



# Development of 'Arbour'

An app to support early disclosure of mental ill health for doctors and medical students

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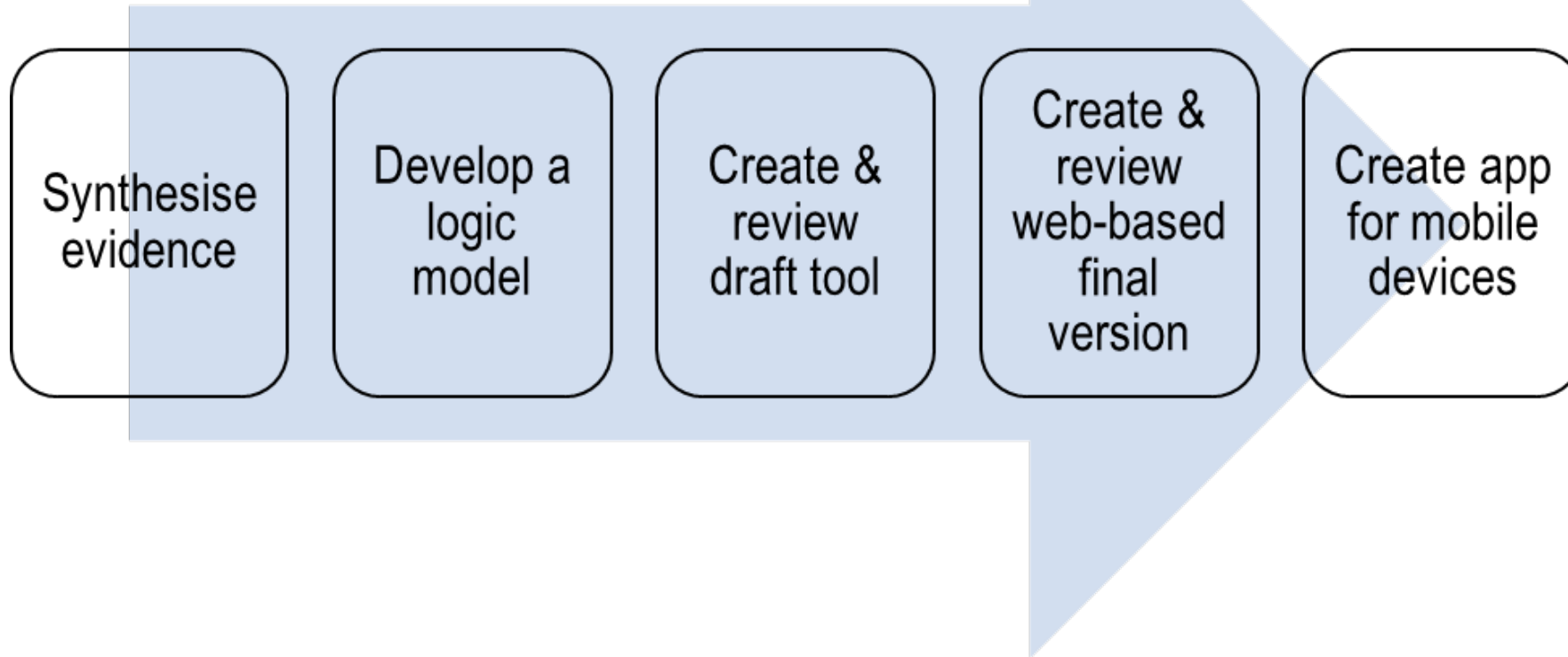
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# Overview of 'Arbour' development

- Medical Research Council (MRC) guidance on developing a complex intervention (MRC, 2000):
  - Identifying the evidence-base
  - Identifying/developing appropriate theory
  - Modelling processes and outcomes

# Overview of 'Arbour' development (MRC guidance)



# What is already known

- Doctors and medical students delay seeking support and/or treatment for mental ill health.
- Some doctors and medical students are ambivalent about disclosing their mental ill health
- Knowledge of where to seek mental health support among doctors and medical students is poor

**Intervention Aim:** To increase levels of earlier help-seeking by doctors and medical students for mental ill health.

# Identifying the evidence-base

- Online anonymous survey (Cohen et al., 2016)
- Structured literature review
- Qualitative interviews (n=46) with doctors and medical students with experience of mental ill health
- Focus group with experts within physician health

# Anonymous survey

Online survey with 1,946 UK doctors, both with and without a history of mental ill health.

- For all doctors, what they think they would do is different to what they actually do when they become unwell.
- Doctors not fully aware of their disclosure options or use established support pathways
- Age and speciality are a risk (younger and hospital doctors more at risk)



The screenshot displays the journal's homepage for 'Occupational Medicine'. The main article featured is 'Understanding doctors' attitudes towards self-disclosure of mental ill health' by D. Cohen, S. J. Winstanley, and G. Greene. The article is dated April 2016. The page includes navigation links, a search bar, and a sidebar with options for 'This Article', 'Current Issue', and 'The Journal'. A banner for 'World Day for Safety and Health at Work' is also visible.

# Qualitative study (n = 46)

## Focus of the interviews



- Drivers
  - 25% ha
  - 44% first experienced symptoms whilst at medical school
- Initial primary disclosure often enabled further disclosures
- An act of kindness



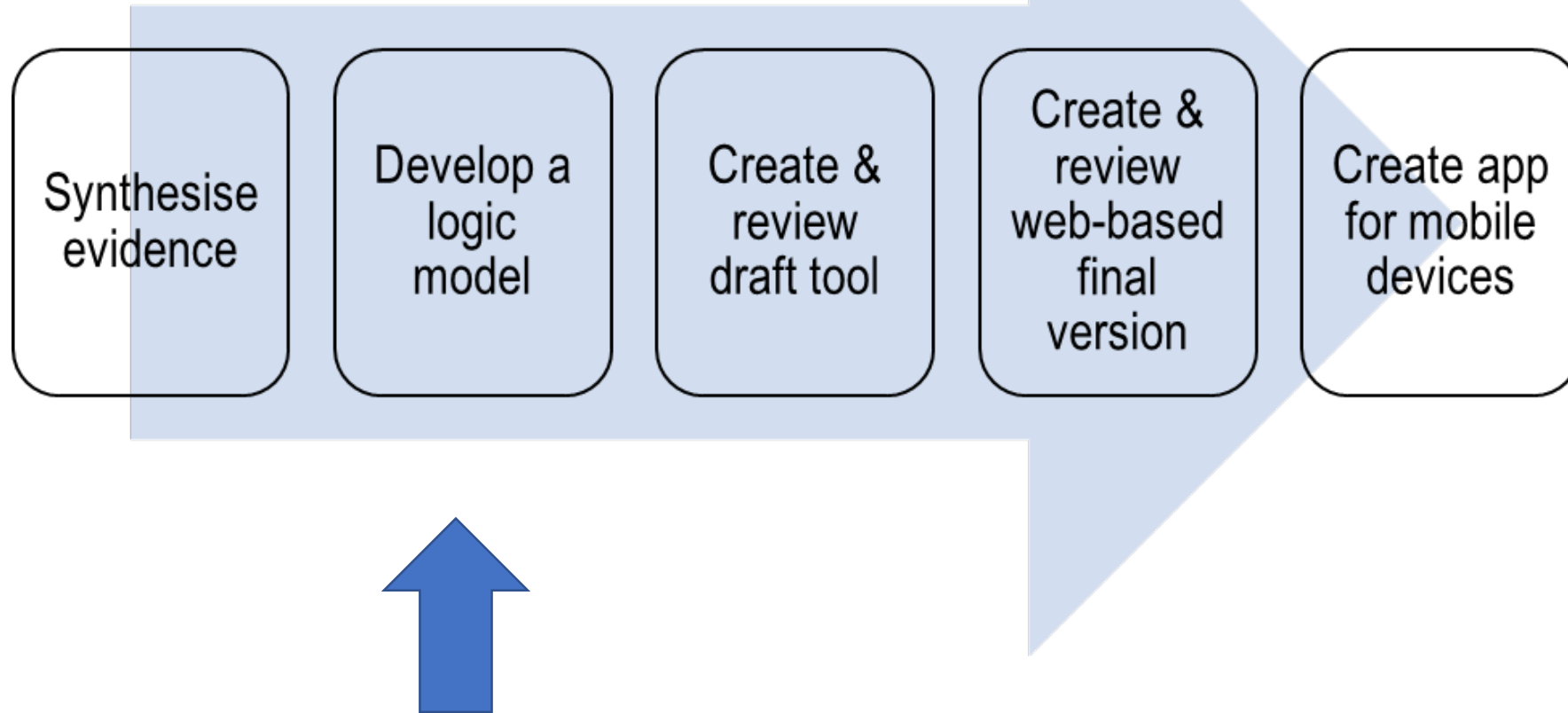
# Identifying/developing appropriate theory

- Manage ambivalence
- Guide and support decision making
- Developing autonomy
- Support self efficacy

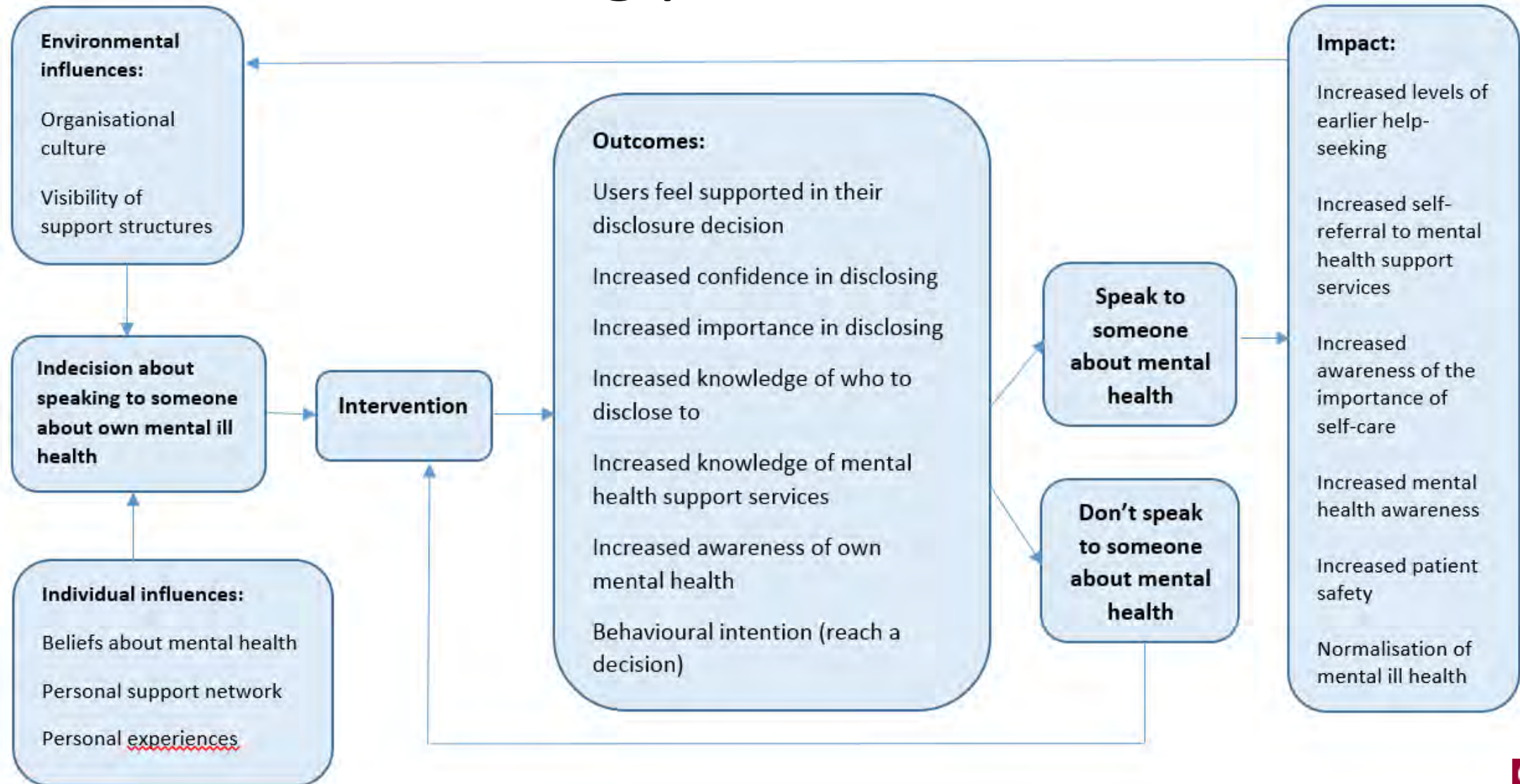
**motivational interviewing**  
(‘guiding’ decision making not ‘telling’)



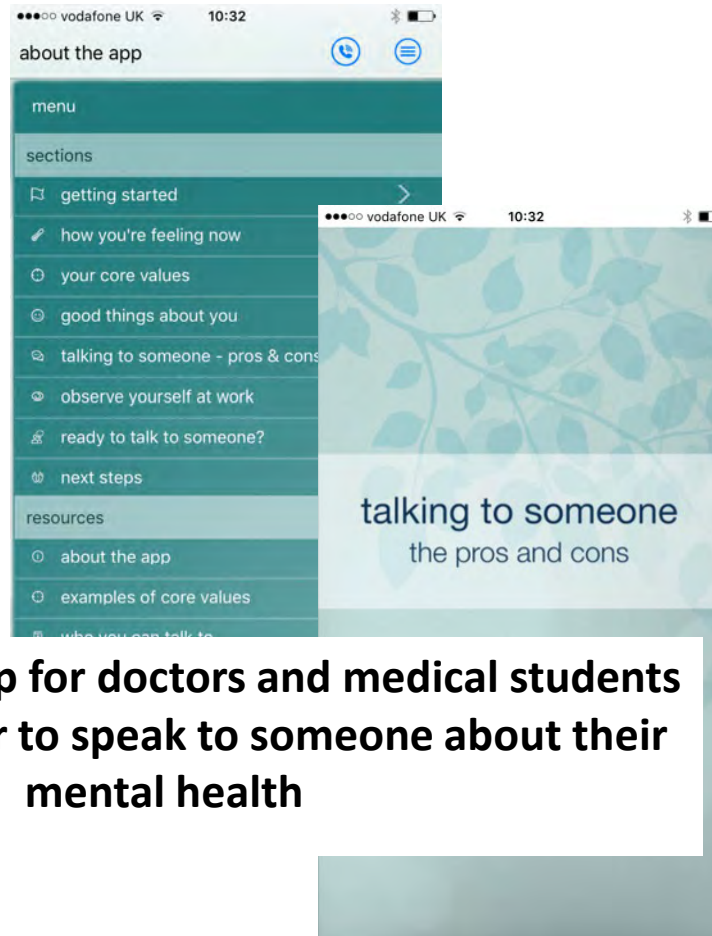
# Overview of 'Arbour' development (MRC guidance)



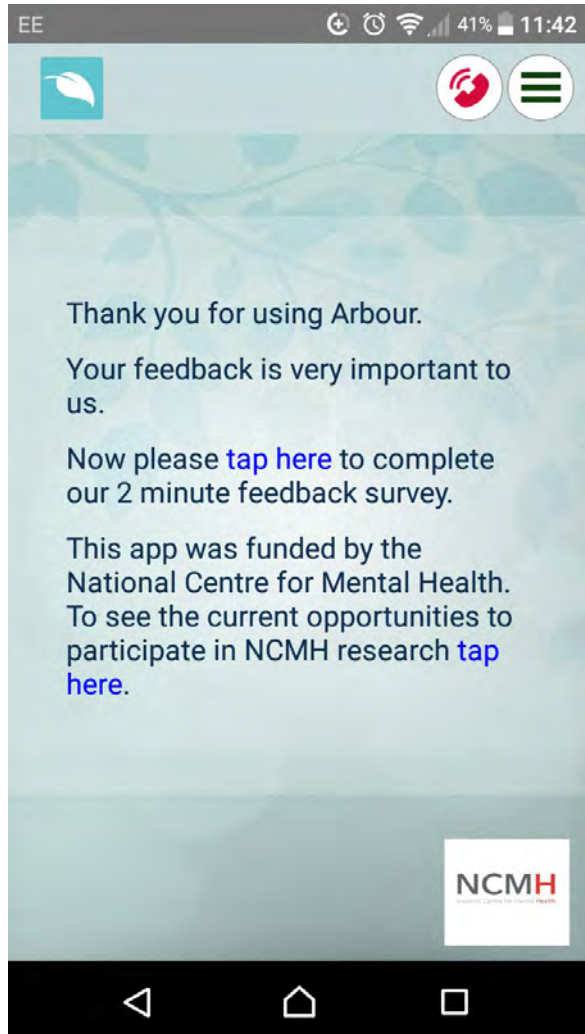
# Modelling processes/outcomes



# The finished app

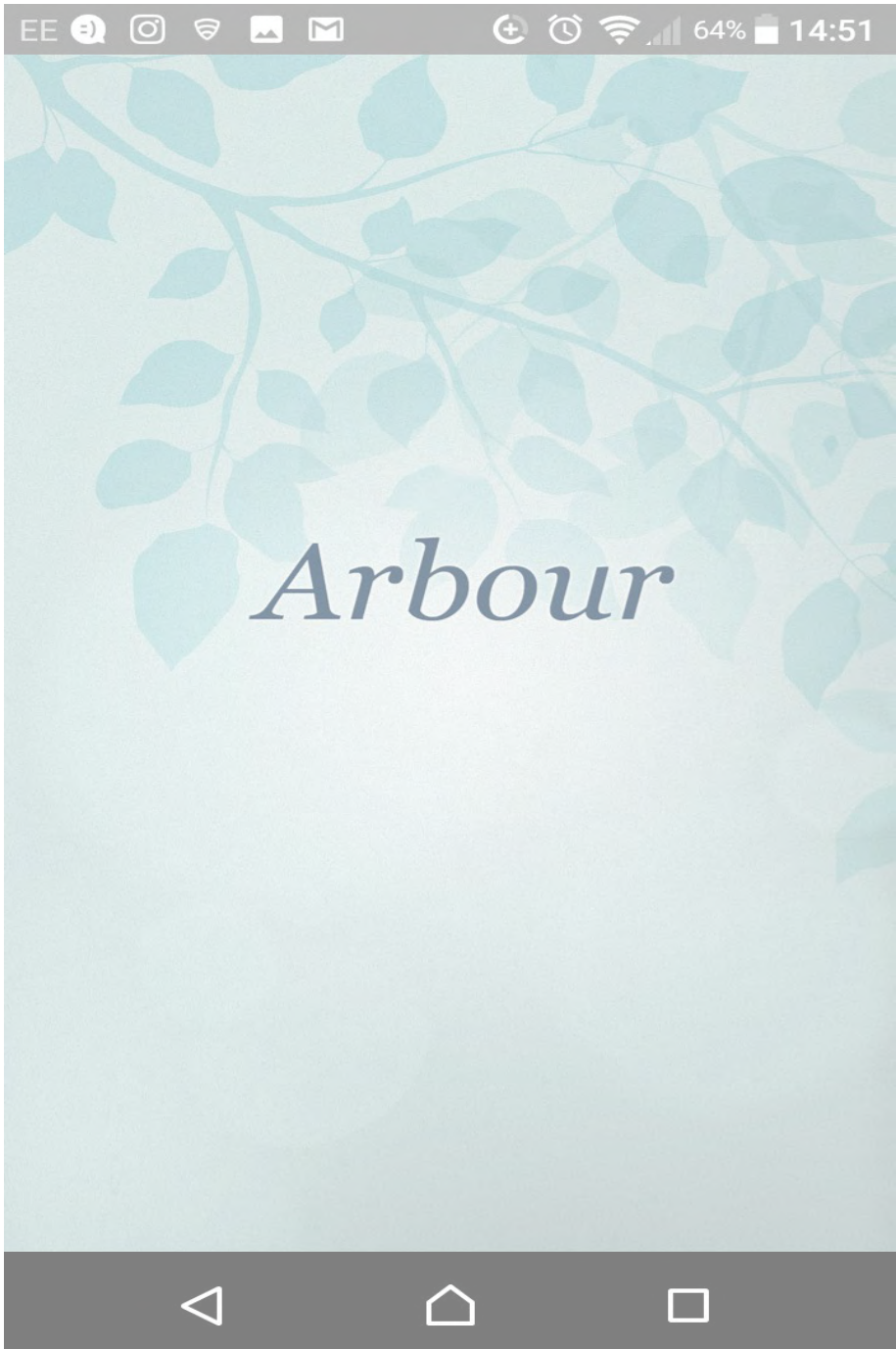


# The next stage: evaluation of 'Arbour'



- The app is available for both smartphones and tablets (android devices version 5.0 and above, and iOS version 8 and above).
- To download the app please visit [Google Play](#) or the [App Store](#) and search for **Arbour**.





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Thank You