

PODCASTS AND MENTAL HEALTH

With the spread of the internet and the decline in use of traditional media such as newspaper and radio, podcasts have exploded in popularity over the last few years.

The aim of this PhD study is to identify whether listening to a podcast can reduce stigmatising attitudes towards people living with complex mental health issues.

This project began in June 2020.

The study is funded by the [National Stigma Report Card project](#), which is led by SANE Australia in partnership with the [Melbourne School of Psychological Sciences](#) with the support of the [Paul Ramsay Foundation](#).

STUDY 1: PODCASTS AND MENTAL HEALTH SURVEY

The aim of this survey was to understand the behaviours, attitudes and preferences of podcast listeners regarding different types of podcasts, including podcasts on the topic of mental health. It was also designed to understand the relationship between listening to podcasts and different aspects of mental health.

This study is now complete. [Read a summary of the findings here](#).

STUDY 2: CO-DESIGN AND ANTI-STIGMA PODCAST RESEARCH (CASPR) STUDY

The aim of this co-design study was to bring key target audience members together to inform the development of a new podcast. This new podcast aims to reduce stigmatising attitudes towards people living with complex mental health issues.

The study is now complete. [Read a summary of the findings here](#).

PODCAST PRODUCTION

After the co-design study, the team worked together to produce the new podcast.

On the Same Wavelength is a new six-episode podcast focusing on how we can improve outcomes for people living with complex mental health conditions in Australia. Each episode, you will hear from SANE Peer Ambassadors, who share their stories – what goes right, and what goes wrong – helping us get on the same wavelength. Their stories are honest, confronting, but hopeful.

On the Same Wavelength was launched to the public on July 20, 2023. [Listen here](#).

STUDY 3: THE WAVELENGTHS STUDY: RANDOMISED CONTROLLED TRIAL

This study explored whether listening to On the Same Wavelength influences listeners' attitudes, discriminatory intentions, and degree of empathy towards people living with complex mental health issues.

The study is now complete. Read a summary of the findings, [here](#).

EXPECTED OUTCOMES

This study will generate new information about how podcasts can be used for stigma reduction initiatives.

Results will be published in a PhD thesis and may also be published in a peer-reviewed journal or presented at a conference.

TEAM MEMBERS

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FURTHER INFORMATION

Contact This email address is being protected from spambots. You need JavaScript enabled to view it. for more information about the project.