

# SOCIAL INCLUSION FOR YOUNG PEOPLE WITH AND WITHOUT PSYCHOSIS



**SPRiG**

*Sussex Psychosis Research Interest Group*



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# Overview



- Social outcomes and psychosis for young people
- A cognitive framework
- Young people in the general population
- Implications for psychosis

# Psychosis and social problems

- Psychosis as *unusual beliefs, unshared perceptions, confused thinking*
- **Social problems as a “hallmark” of psychotic mental health problems**
- Pre → during → post-psychosis
- **Why focus on young people?**
  - ▣ Youth as a risk period
  - ▣ Transitions

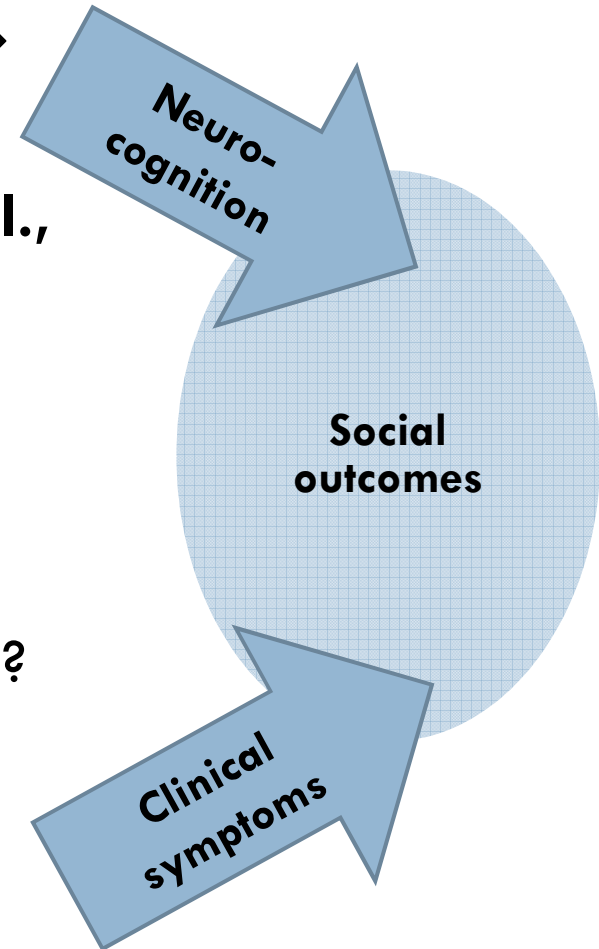
→ **Smaller social networks**  
→ **Less reciprocal social networks**  
→ **Less active, more passive, leisure activities**

(MacDonald et al., 2000; Shimitras et al., 2003)

# A cognitive framework

- **Neuro-cognition + negative symptoms → social outcomes (Grant & Beck, 2009)**
- **Positive symptoms → activity (Jolley et al., 2004)**
- **But:**
  - Unexplained variance in social outcomes?
  - Social and clinical recovery not in tandem?

**=> Additional cognitive variables?**



# What might predict social outcomes in psychosis?

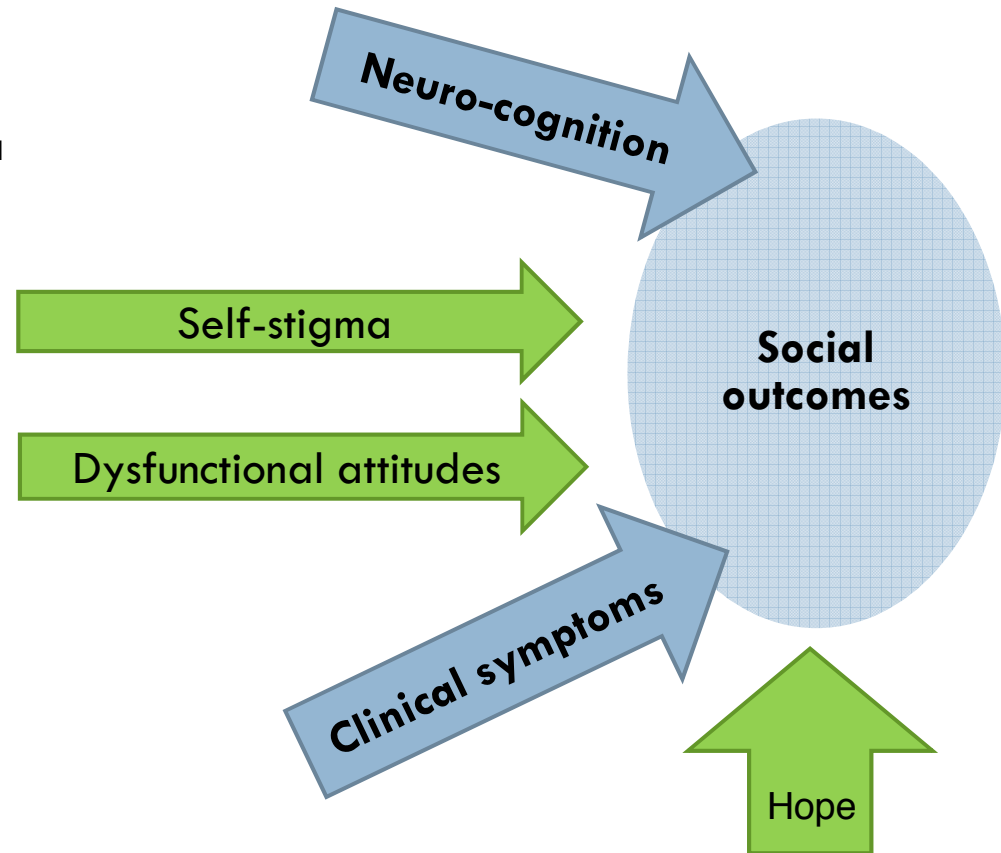
## □ Negative self-beliefs:

- Socio-cognitive model of self-stigma (Corrigan et al., 2004)
- Cognitive model of dysfunctional attitudes in real-world outcomes (Grant & Beck, 2009)

## □ Positive self-beliefs:

- Hope (Snyder, 1992)  
→ pathways and agency
- Personal and positive
- Empirical evidence:

Social -focused CBTp → hope → structured activity (Hodgekins & Fowler, 2010)



# Social inclusion: what and why?

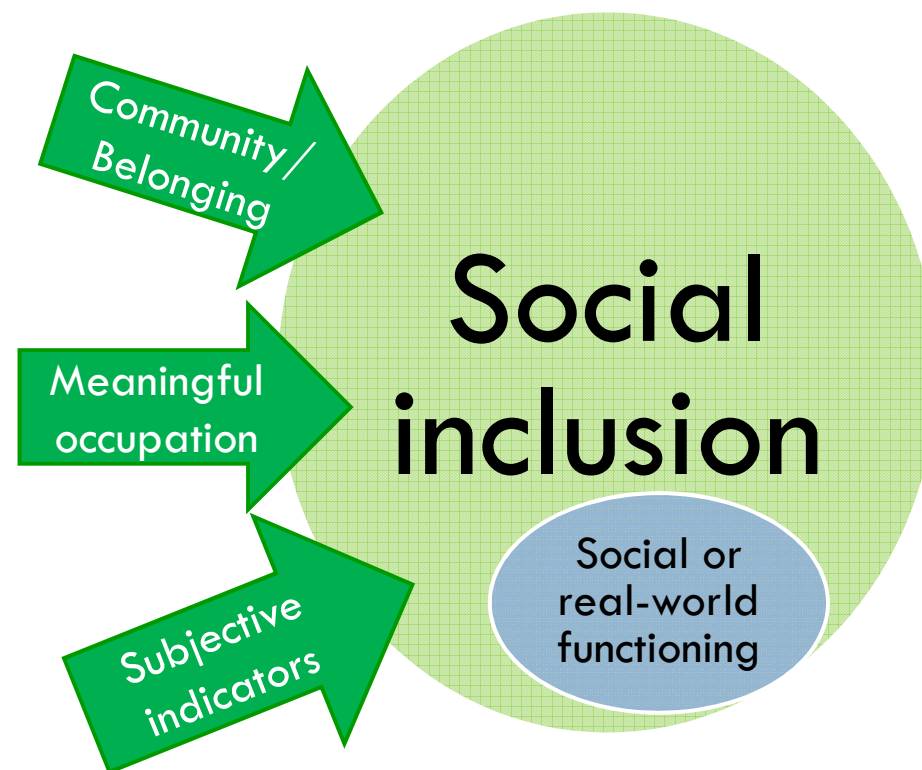
**Social functioning: capacity for and performance in social roles**

Social inclusion as:

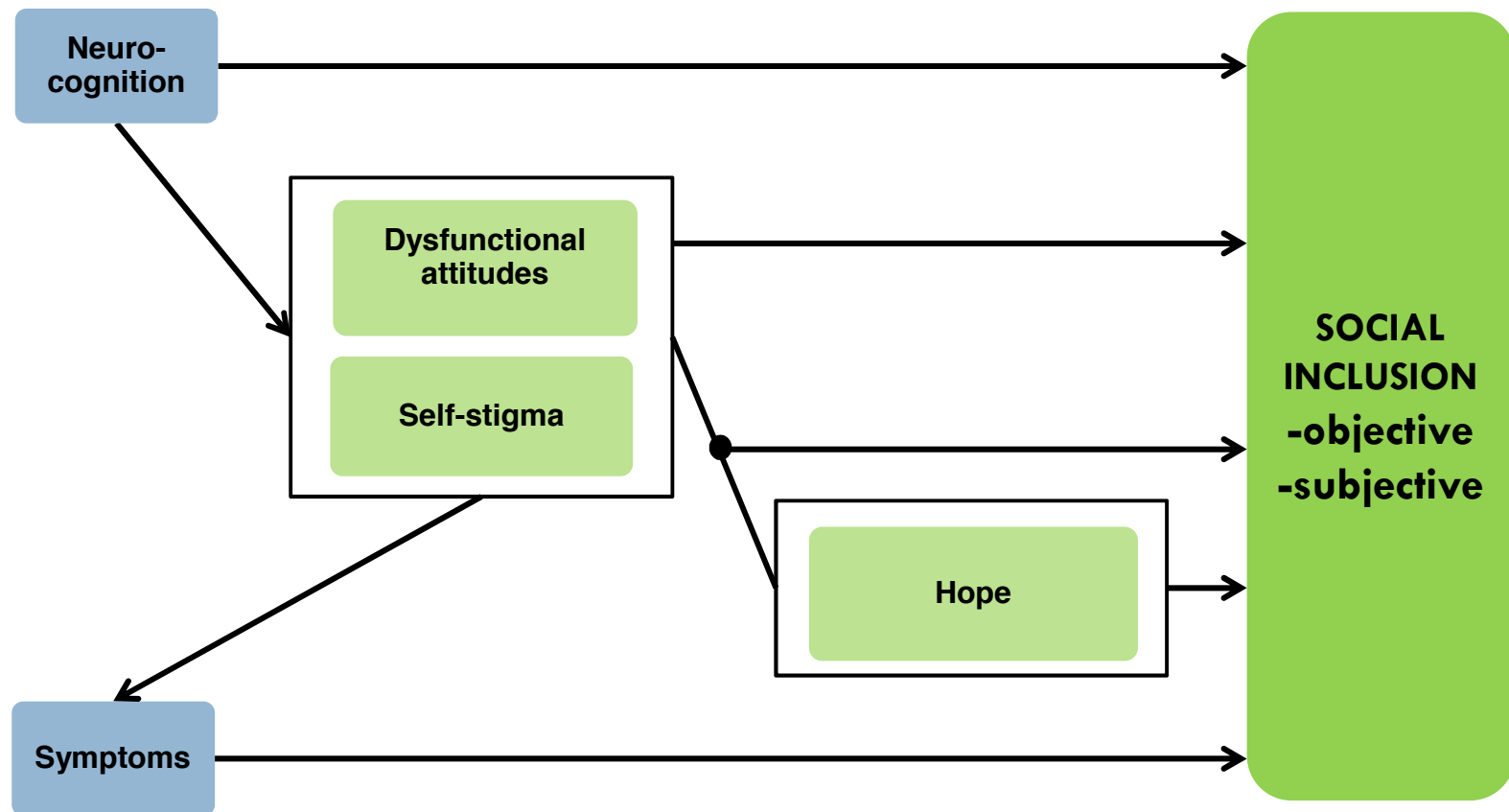
- somewhere to live, someone to love, and something to do
- normatively defined, e.g. citizenship, social relationships
- “mattering”

**Why look at social inclusion?**

- Measurable change
- Positive and personal



# Conceptual model



# General population: Research questions



- What does social inclusion look like in the general population?
- Do negative and positive self-beliefs predict social inclusion?
- Do positive self-beliefs moderate the impact of negative self-beliefs?



# General population study

## □ Social inclusion

### Social Relationship Scale (adapted MacFarlane et al., 1987)

Work

How many people would you talk to when things happen to you for better or for worse in this area?

How many of these people would talk to you about the same area?

### Social inclusion measure (adapted Secker et al., 2009)

I have felt that I am playing a useful part in society

I have friends I see or talk to every week

## □ Self-beliefs

### Dysfunctional attitudes (Weissman & Beck, 1978)

If I fail partly, it's as bad as being a complete failure (defeatist performance)

It's awful to be disapproved of by people important to you (need for approval)

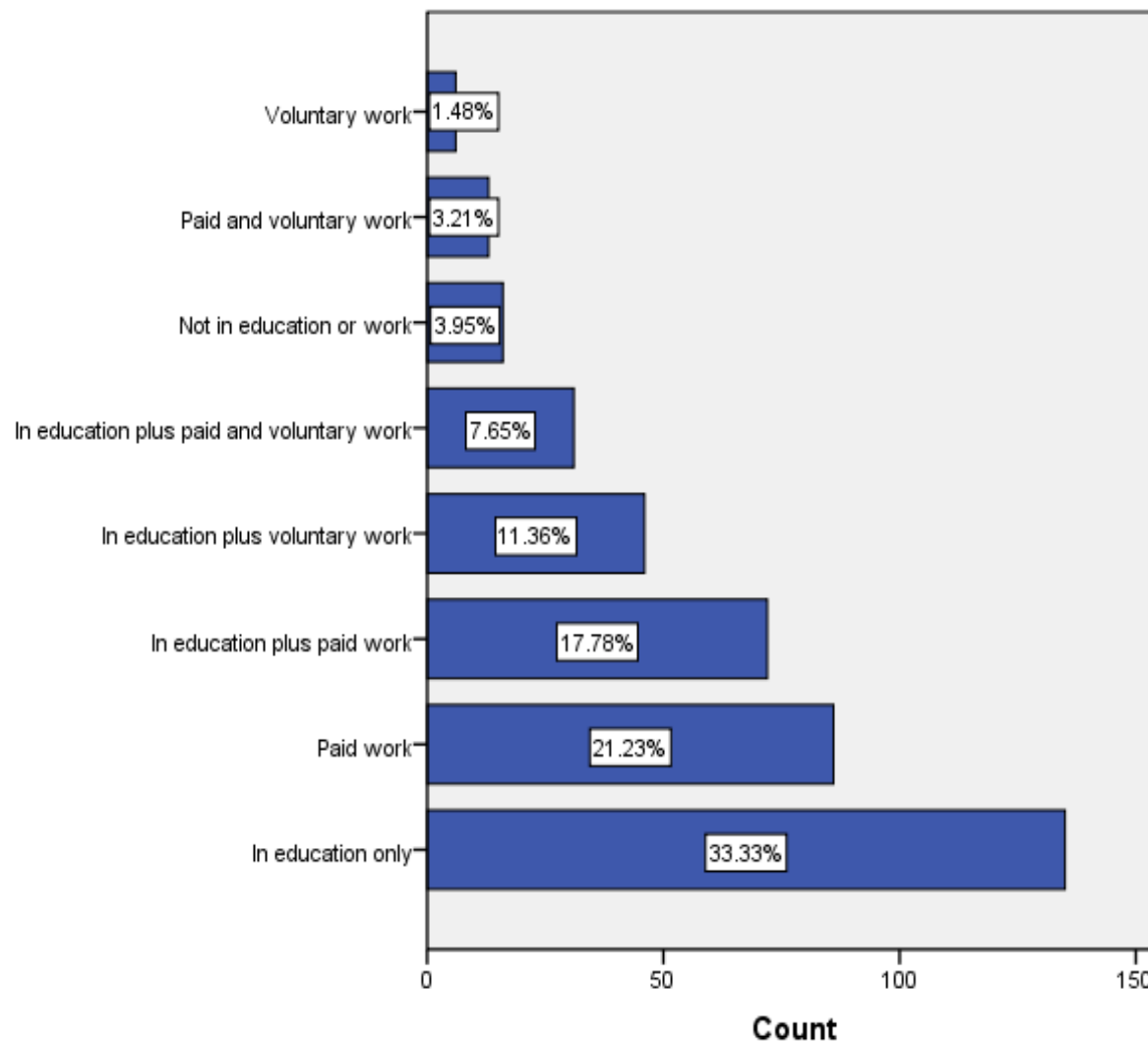
### Domain-specific hope scale (Simpson, 1999)

I can think of many ways to find a job

Even if it's a lousy job, I can usually find something good about it

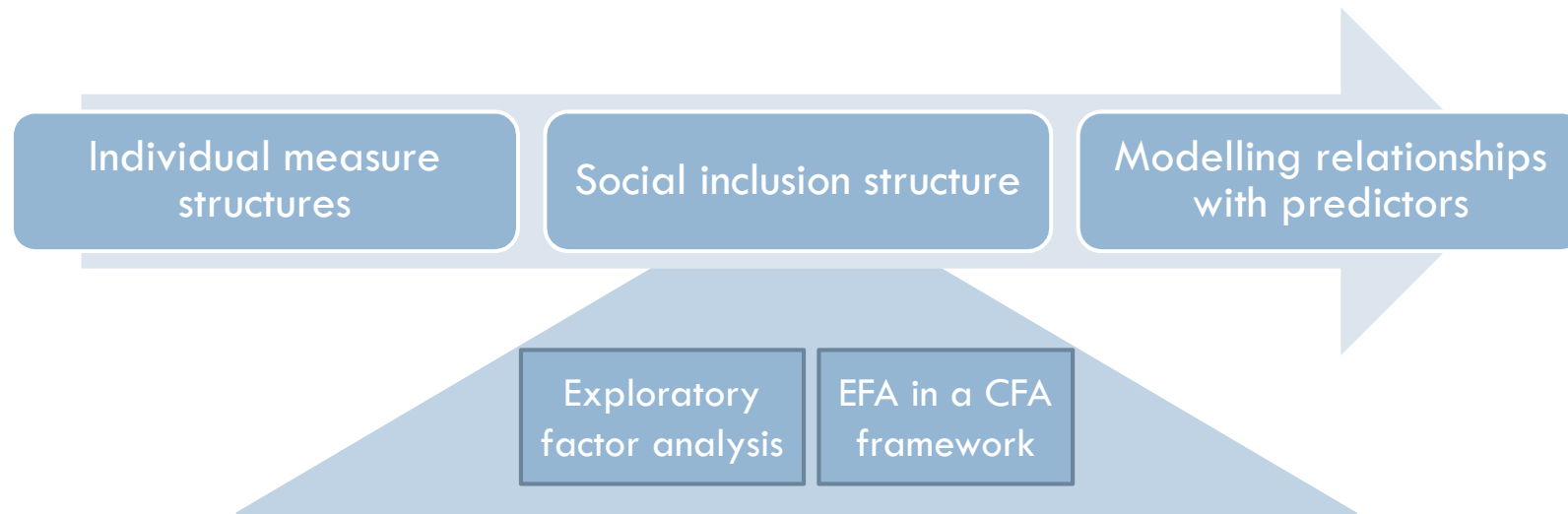
# Demographic characteristics

N=385	%	Mean (SD)
<b><u>Gender</u></b>		
Male	36.6	
Female	60.7	
Trans/gender-queer	1.5	
<b><u>Age (Range = 14-36 years)</u></b>		<b>20.72 (4.45)</b>
<b><u>Ethnicity</u></b>		
White British	76.9	
Not White British	22.4	
<b><u>Country of birth</u></b>		
UK	88.2	
Other	11.3	



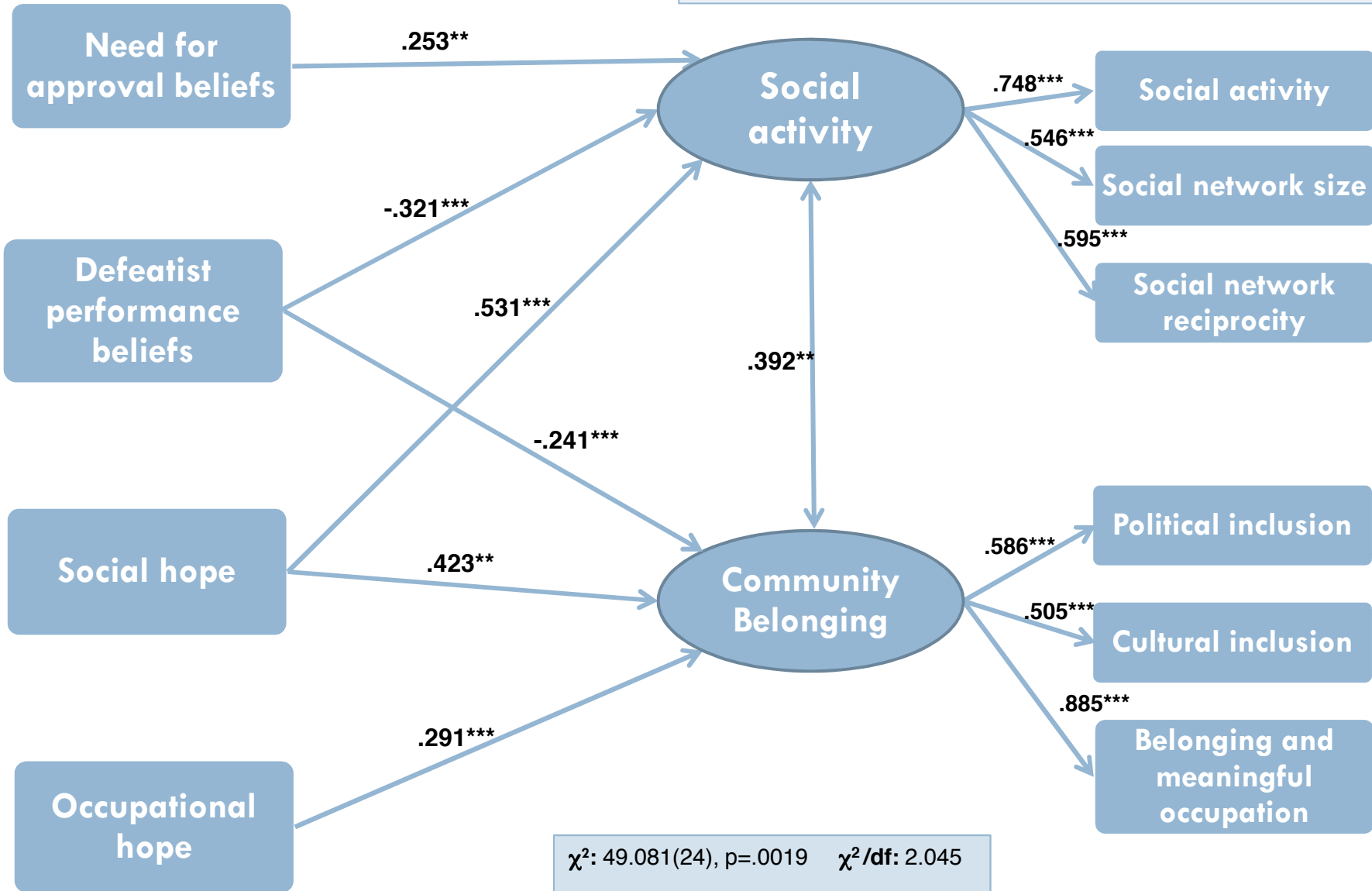
# Exploratory structural equation modelling

- Latent variable (structural equation) modelling = Factor analysis + Path modelling (regression)
- Allows modelling of latent variables, measurement error and missing data



# Exploratory SEM

R <sup>2</sup>	SIM_SC	0.559	SIM_B	0.782
	SRS_NO	0.298	SIM_P	0.343
	SRS_REC	0.354	SIM_CI	0.255
	Social activity	0.438	Community belonging	0.528



$\chi^2$ : 49.081(24), p=.0019	$\chi^2/df$ : 2.045
CFI: .954	RMSEA: .052
SRMR: .039	

\*\*\* p<.001, \*\* p<.01, \* p<.05

(n=385)

# Conclusions

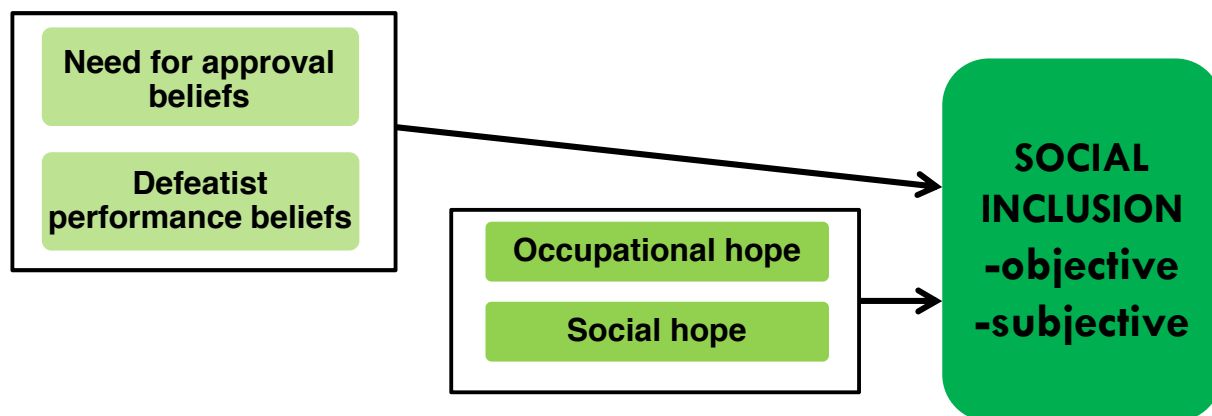
- **What does social inclusion look like in the general population?**
  - Social inclusion has two inter-related factors comprised of subjective and objective indicators



- **Do negative and positive self-beliefs predict social inclusion?**
  - Dysfunctional attitudes and hope have a direct impact on social inclusion in the general population, although need for approval beliefs have an unexpected positive effect on social activity
- **Do positive self-beliefs moderate the impact of negative self-beliefs?**
  - Interactions between negative and positive self-beliefs did not significantly predict social inclusion

# Implications for psychosis:

- Nonclinical support for a cognitive model of social inclusion



- Importance of both positive and negative self-beliefs  
=> **consider both as targets for treatment**
- Independent effects of positive and negative self-beliefs  
=> **what else may protect against negative self-beliefs?**
- Positive impact of need for approval beliefs  
=> **how does this differ in psychosis?**



# THANK YOU!

Any questions or suggestions?

The screenshot shows the homepage of the Sussex Psychosis Research Interest Group (SPRiG) website. The browser address bar displays [www.sussex.ac.uk/spriglab/index](http://www.sussex.ac.uk/spriglab/index). The page features a navigation menu with links for 'About us', 'Study with us', 'News & events', 'International', 'Research', 'Business', and 'Alumni'. Below the navigation is a breadcrumb trail: 'Home > Research > Groups > Sussex Psychosis Research Interest Group (SPRiG) > Homepage'. The main heading is 'Sussex Psychosis Research interest Group (SPRiG)'. The page is decorated with three large images: a boat on a lake, a colorful abstract face, and a hand holding a small plant. A secondary navigation bar contains links for 'About', 'News and events', 'People', 'Our research', 'Clinical implications', 'Publications', 'Links', and 'Useful contacts'. The 'Welcome to SPRiG' section includes a paragraph about the group's composition and a list of current research topics. A 'Contact' sidebar lists Dr. Kathy Greenwood's details. A 'Latest news' sidebar shows three recent updates. At the bottom, there is a green box for 'Join the SPRiG mailing list' with a text input field.

[www.sussex.ac.uk/spriglab](http://www.sussex.ac.uk/spriglab)

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