

IASSID Europe Abstracts

Track 5. History, identity & rights

Symposium: STIGMA

Paper 2

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Oral presentation – Research paper

Title: Standing up for Myself: a psychosocial group intervention to increase the capacity of people with intellectual disabilities to manage and resist stigma

Aim: To develop a psychosocial group intervention ‘Standing up for myself’ (STORM) for adults (16 +) with mild to moderate ID, aimed at enhancing their capacity to manage and resist stigma and have a positive effect on their wellbeing, and assess the intervention’s preliminary outcomes.

Method: Eleven third sector organisations in the UK piloted the intervention with people with ID (N=67), with existing group facilitators from these organisations running the programme. The STORM intervention’s impact on participants’ mental health, self-esteem, and other psychosocial outcomes was assessed, and qualitative feedback from facilitators and group members collected.

Results: The STORM programme elicited positive responses from group facilitators and participants. Preliminary outcomes show small positive effects of STORM on participants’ mental health, self-esteem and sense of social power.

Conclusion: The STORM programme appears successful in empowering people with ID to manage stigma they may face in ways that are personally meaningful, and to engage in acts of stigma resistance. Its potential as a public health intervention that can benefit large numbers of people with ID by engaging them as active agents in challenging stigma should be explored going forward.