

NAMI In Our Own Voice Published Evidence Summary

Publications	Study Types	Study Samples	Major findings
1 Peer-Reviewed Publication	Randomized Control Trial	156 Female US students (13-17 yrs old)	No immediate outcomes were found for students who participated in the In Our Own Voice intervention. However, at 4 and 8 weeks post intervention, adjusting for baseline scores of mental health literacy, level-of-contact, socioeconomic level, age, race, and grade, adolescents in the intervention group scored significantly higher on mental health literacy.

NAMI In Our Own Voice Published Evidence Table

Publication Type	Title	Published	Study Type	Sample	Findings	Link
Peer-Reviewed	Feasibility, Acceptability, and Initial Efficacy of a Knowledge Contact Program to Reduce Mental Illness Stigma and Improve Mental Health Literacy in Adolescents	Jun 2011	Randomized Control Trial	156 Female US students (13-17 yrs old)	Adjusting for baseline scores of mental health literacy, level-of-contact, socioeconomic level, age, race, and grade, adolescents in the intervention group did not score significantly different than those in the control group in mental health literacy immediately after the intervention (95% CI = -.76–2.68, p=.27). However, when controlling for the same covariates at 4 and 8 weeks post intervention, adolescents in the intervention group did score significantly higher on mental health literacy (95% CI=.71–3.53, p=.03). Additionally, there were no significant differences between groups for mental illness stigma at any time point.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3117936/