

# “As Shared As Possible”: Teaching Shared Decision Making in Severe Mental Health care.

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## Method

Through an iterative process we developed the didactic model. As a first step, we reviewed the literature on existing SDM models and assessed their appropriateness for further enrichment in mental health care setting. Second, we integrated all the specific requirements and optimized didactic aspects of the model. Finally, in a two-round Delphi approach involving a multi-disciplinary panel of health care professionals, clients and caregivers, the model was fine-tuned. The associated training was based on the didactic model, and on literature on previous communication courses which we reviewed systematically and further optimized with our own clinical and teaching experience.

## Results and Conclusion

The results of the study are presented in figure 1 and figure 2.

We present a pragmatic SDM framework for teaching and training purposes in the multi-disciplinary mental health care setting. It contains 6 steps and periodical value checks in between, hence the name 'Shared Steps & Checks.' Furthermore, we present a training program for psychiatry residents: 'As Shared As Possible'. The program contains of theory on SDM in severe mental health, in combination with roleplays, plenary discussion and intervention and reflection.

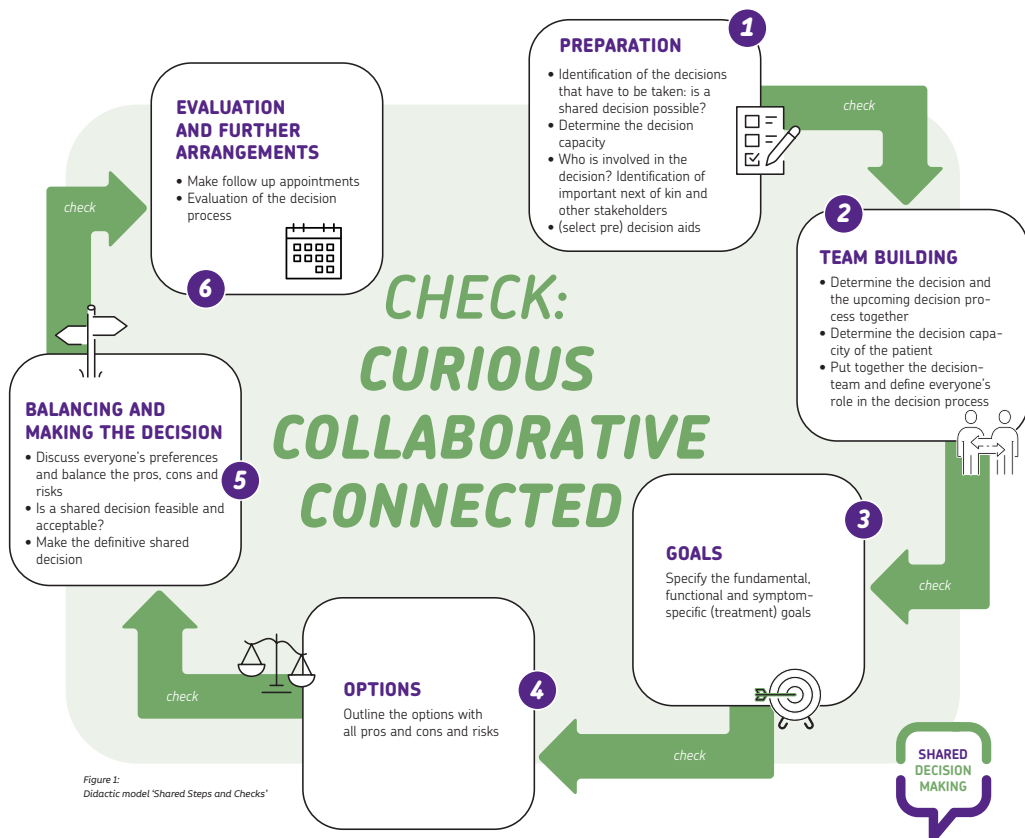


Figure 1: Didactic model 'Shared Steps and Checks'

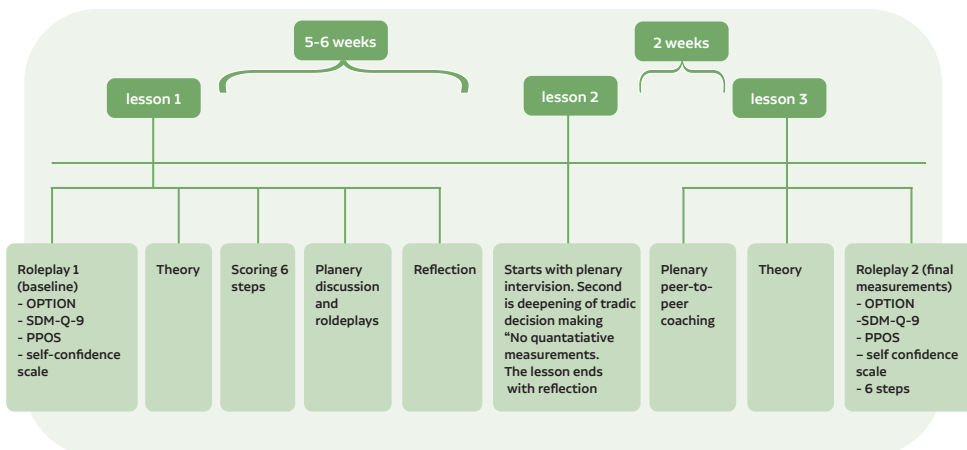


Figure 2: Timeline and details of the training program 'As Shared As Possible'