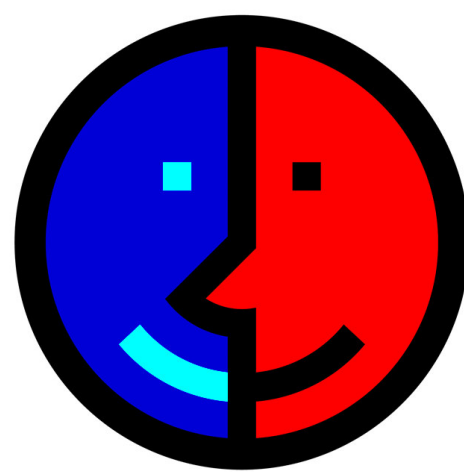


Anti Depp 2006-2009



The Connection Between Hearing Loss & Mental Health

SPEAKER: JENNIKA KULLMAN



Purpose & Methods

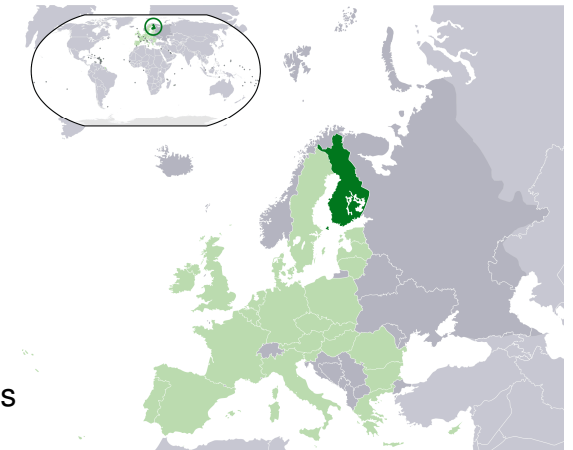
- Study & define the connection between hearing loss and mental health
- Create a model for preventing social isolation among the target group
- Methods:
 - Produce & distribute information
 - Survey among the members of the two organisations
 - Promotion & prevention

Finland fact

- Finland's population – 5,3 million
- Official languages – Finnish & Swedish (6%)
- Hard of hearing – 15 %
- Mental illness – 25 %

Target group

- Swedish speaking Finns suffering from hearing loss &/ or mental illness
- Staff in the health-, hearing- and mental health services



Project partners



- The Finnish Federation of Swedish Speaking Hard of Hearing
- 9 non-profit associations
- 2250 members



Finlands Svenska
Psykosociala
Centralförbundet

- Finland's Swedish Speaking National Psychosocial Central Association
- 13 non-profit associations
- 1024 members



Survey

- Target group:
 - Members of the project partners organisations

- Purpose:
 - Receive the target groups own life experiences of living with hearing loss &/or mental illness

- Issues regarding:
 - Depression, isolation, treatment by others, constraints, need of information & support

- Answering %:
 - 26,5 % (850 respondents)



Background fact

■ Members:

- Hearing 71,9 %
- Health 26,5 %
- Both 1,6 %

■ Gender:

- Women 62,6 %
- Men 37,4 %

■ Middle age:

- 65,5 year

■ Life situation:

- Retired: 70,5 %
- In working life: 15,8 %
- Sick listed: 1,5 %
- Others: 12,3 %


■ Number of persons in the household:

- 1: 39,8 %
- 2: 47,8 %
- 3: 7,3 %
- 4-7: 5,0 %



Common factors

- Based on literature & previous research within the field
- Population health problems
- Hidden functional disability
- Social functional disability
- Hard to discover directly
 - gradually symptoms
- Seek help – high level
- Missunderstanding > avoid social relations > isolation
- Affect relations with family & friends
- Identity crisis
- Others treatment & attitudes
- Others consideration



Similarities (< 5% difference)

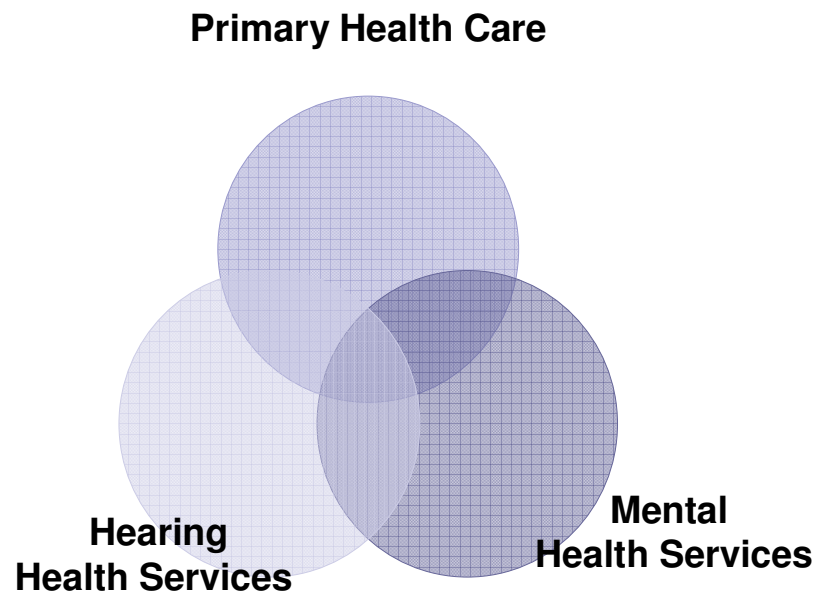
- Feel isolated: 61,1 %
- Experienced restrictions: 63,2 %
- Received help: 68,6 %
- Have somebody to entrust: 88,4 %
- Tendency to similarities:
 - Feel depressed, feel weak, feel worthless, low interest for activities, hard to come to an easy decision, reduced joy of living



Differences (> 5% difference)

- Have tinnitus:
 - Hearing 36,2 %
 - Health 14,7 %
- Have tinnitus sometimes:
 - Hearing 38,0 %
 - Health 66,7 %
- Felt stressed:
 - Hearing 34 %
 - Health 55 %
- Intentionally isolated:
 - Hearing 38,9 %
 - Health 46,5 %
- Feel worried about the future:
 - Hearing 29,7 %
 - Health 58,8 %
- Experienced bad treatment:
 - Hearing 23,0 %
 - Health 50,3 %

Model of preventing social isolation



- Between the project organisations and the public sector (health-hearing- & mental service)
- To get right help, in right time, in right place to the target group
- Increase the cooperation
- Produce information about the connection & how to reach the organisations → distribute in the right place



Comments

- *"I'm hard of hearing since birth. I have never seen information about the connection between hard of hearing & mental illness before."*
- *"I was working but had to retire when I got a hearing loss. Then I didn't realise I got depressed. It was first many years later I understood."*
- *"I feel weartless when I can't work as my colleagues."*
- *"I'm stamped as stupid by my employer."*

Thank you for listening!

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