

GROUPS 4 HEALTH

The next step in social prescribing

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Australian Government
Australian Research Council



CIFAR
CANADIAN
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FOR
ADVANCED
RESEARCH

Social
Identity
and
Groups
Network



Social connectedness matters

“People with adequate social relationships have a 50% greater likelihood of survival than those with weaker relationships.” (Holt-Lunstad et al., 2010)

If you are over 50 and join a social group then you cut your risk of developing depression by 24%. (Cruwys et al., 2013)

With every group that you lose after retirement, your quality of life declines by 10% and your life expectancy reduces by 3%. (Steffens et al., 2016)

“If you belong to no groups but decide to join one, you cut your risk of dying over the next year in half” (Putnam, 2000)

OPEN ACCESS freely available online PLOS ONE

Social Relationships and Mortality Risk: A Meta-analytic Review

Julianne Holt-Lunstad^{1*}, Timothy B. Smith², J. Bradley Layton³

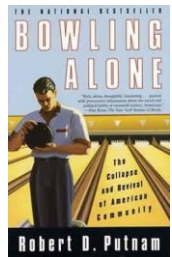
¹Department of Psychology, Brigham Young University, Provo, Utah, United States of America, ²Department of Counseling Psychology, Brigham Young University, Provo, Utah, United States of America, ³Department of Epidemiology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States of America



Social Science & Medicine
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Social group memberships protect against future depression, alleviate depression symptoms and prevent depression relapse

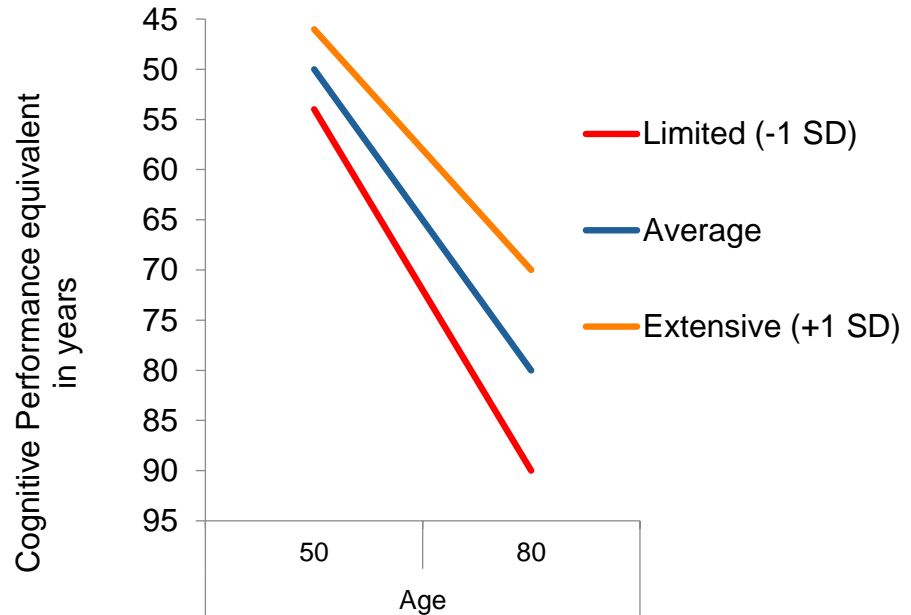


Social connectedness matters: Are some relationships especially beneficial?

Cognitive and
chronological
age as a function of
group ties



Social group ties are more protective
against cognitive decline than
individual ties (Haslam et al., 2014)



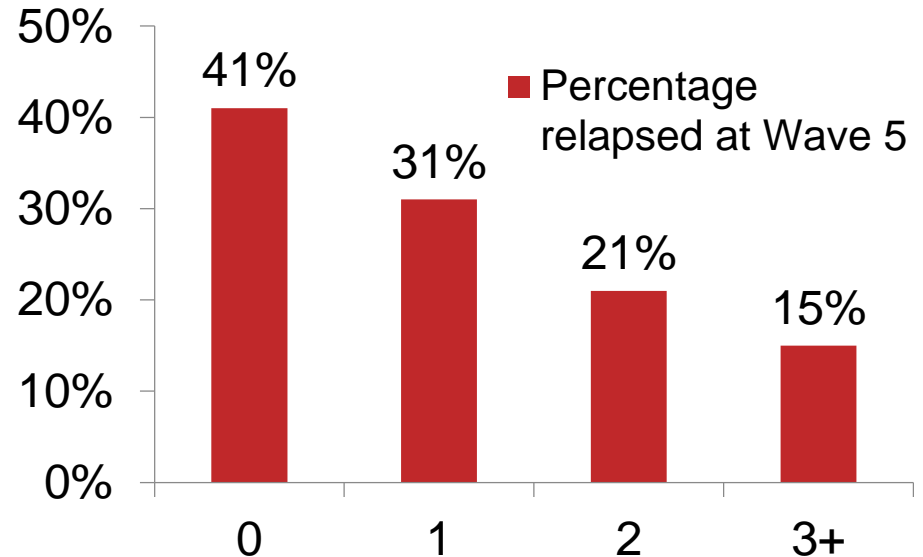
Social connectedness matters: Are some relationships especially beneficial?



Group ties as a
function of
depression relapse



Depressed older adults who increased their social group ties reduced their risk of relapse (Cruwys et al., 2013)



Social group connectedness matters

*Humans are social animals who have lived — and have evolved to function — in **social groups**.*



family groups



interest groups



sporting groups



national groups



religious groups

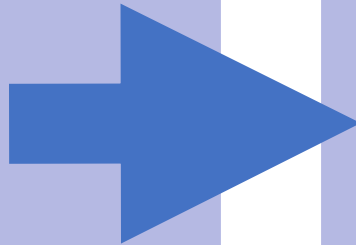
*A large part of our sense of self (“who we think we are”) derives from these group memberships — our sense of **social identity** — our sense of “us” and “we” (Tajfel & Turner, 1979).*

Because our social identity is central to who we are, when the group ties that make up this social self break down, so does our health.

Social identity and health

Groups have this power because they feed into processes of:

- communication (Postmes)
- trust (Platow, Foddy)
- social connection (Drury)
- solidarity (Reicher)
- influence (Turner)
- organization (^AHaslam)
- leadership (^AHaslam, Steffens)



...and all have implications for health because they are the basis for:

- self-esteem (Jetten)
- control (Greenaway)
- belonging (Cruwys)
- social support (^AHaslam)
- coping (Branscombe)
- resilience (Muldoon)
- purpose (^CHaslam)
- meaning (Cruwys)

Social group interventions



Early identification
& perceived fit with
reminiscence
group improved
cognition & well-
being

Haslam et al., (2013)
Aging and Mental Health



Identification as
design team
improved cognition
and well-being

Knight et al. (2010) Ageing
and Society
Haslam et al. (2014) Ageing
and Society



Identification with
clubs (water,
news, gender)
improved quality
of life

Gleibs et al (2011)
Psychology and health



Identification with
therapy group
improved
depression,
anxiety, quality
of life

Cruwys et al. (2014)
Journal of Affective
Disorders

Intervention studies



Identification with clubs improved depression, anxiety, quality of life

Cruwys et al. (2014)
Journal of Affective Disorders



Identification with Salvation Army increased group memberships, adaptive schema

Cruwys et al. (2014) British Journal of Clinical Psychology



Identification with gentlemen's club improved depression, anxiety

Gleibs et al. (2011) Aging & Mental Health



Transition from substance user to non-user identity predicted reduced relapse risk.

Dingle et al. (2015)
British Journal of Social Psychology

Intervention studies

Different group activities are an important part of the solution, but offering any group activity is not a recipe for success in the longer term.

- ❖ Because groups need to have meaning and value to bring health gain, these may need to change with people's motivations and interests.
- ❖ A single positive group experience is an important stepping stone but the evidence is that belonging to multiple groups brings greater health gain.



Why do we need G4H?



Currently, in therapeutic contexts, social factors are largely managed at the individual interpersonal level, which ignores...

- ❖ the wider social context in which we live, and
- ❖ evidence of the particular benefits associated with group belonging

In the social prescribing context, once people benefit from, and are open to, social intervention we want to help them take the next step to engineer and manage their own social group worlds.

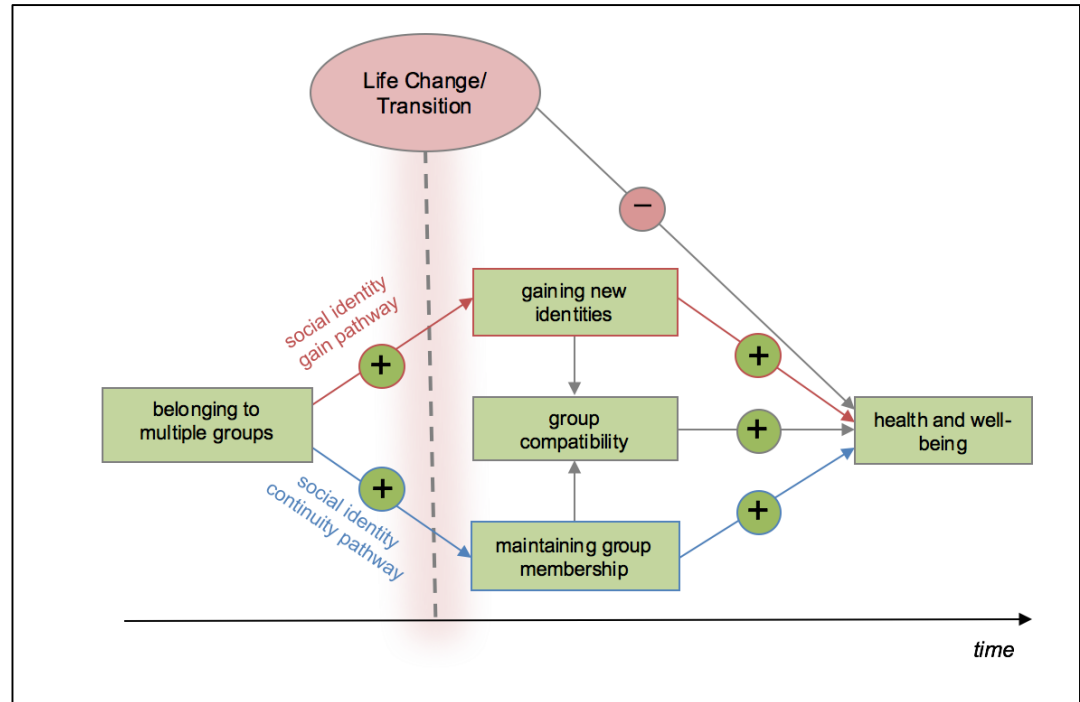
G4H fills these gaps



What is G4H?



A social identity theory-derived intervention, that is informed by — and targets — the group processes specified in the ***Social Identity Model of Identity Change***.



The G4H program



Schooling: Raising awareness of the value of groups for health and of ways to harness this.

Scoping: Developing social maps to identify existing connections and areas for social growth.

Sourcing: Training skills to maintain & utilise existing networks & reconnect with valued groups

Scaffolding: Using group as a platform for new social connections & to train effective engagement.

Sustaining: Reinforcing key messages & troubleshooting (“booster” session one month later).

The **GROUPS 4 HEALTH** program: How does it all fit together?



The G4H program: Schooling



- Why are we here?
- What makes up a group?
- **The groups in your life**
- How can groups help me?
- Social relationships and health
- Social groups as a psychological resource
- Multiple groups as multiple resources



The groups in your life...

Now list all the groups that you are part of in the table below.

Group membership

Feminist?

Parent

Australian?



Environmentalist?

Volunteer?

Dog walker?

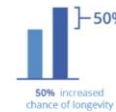
The G4H program: Schooling



- Why are we here?
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THE BENEFITS OF HIGH SOCIAL CONNECTION:



stronger gene expression for immunity (research by Steve Cole, UCLA)



THE DANGERS OF LOW SOCIAL CONNECTION



The G4H program: Scoping

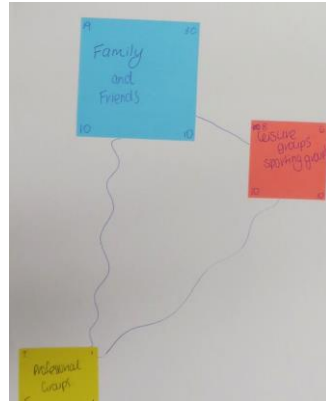


Mapping your social world:

Social Identity Mapping (SIM)

Paper-based
version

(pSIM)

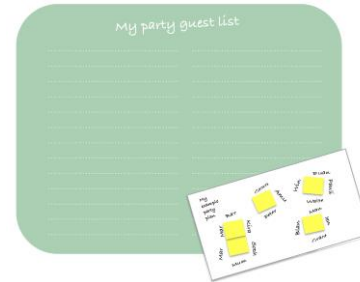


On-screen version
(eSIM)

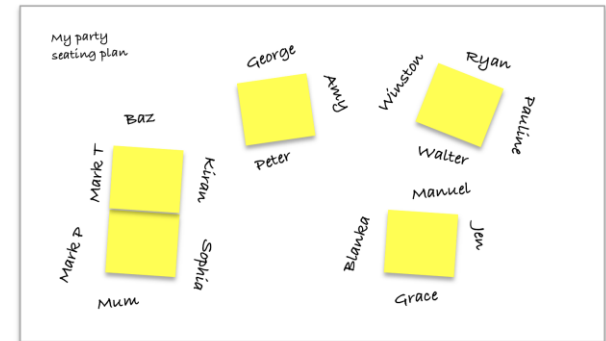
The G4H program: Sourcing



- **Getting the most out of our social groups**
- Reconnecting with existing groups
- Barriers to getting more from our groups
- Thinking about and managing expectations
- The importance of giving and receiving
- The pain is worth the gain



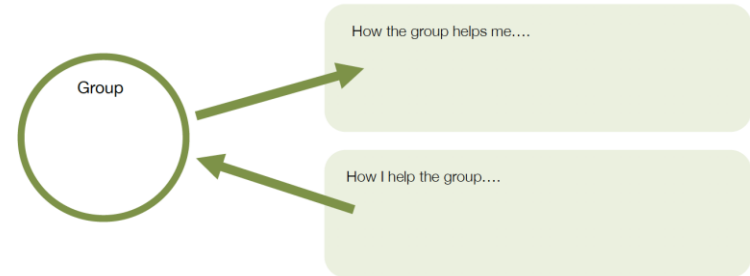
SIMIC identity
continuity
pathway



The G4H program: Sourcing



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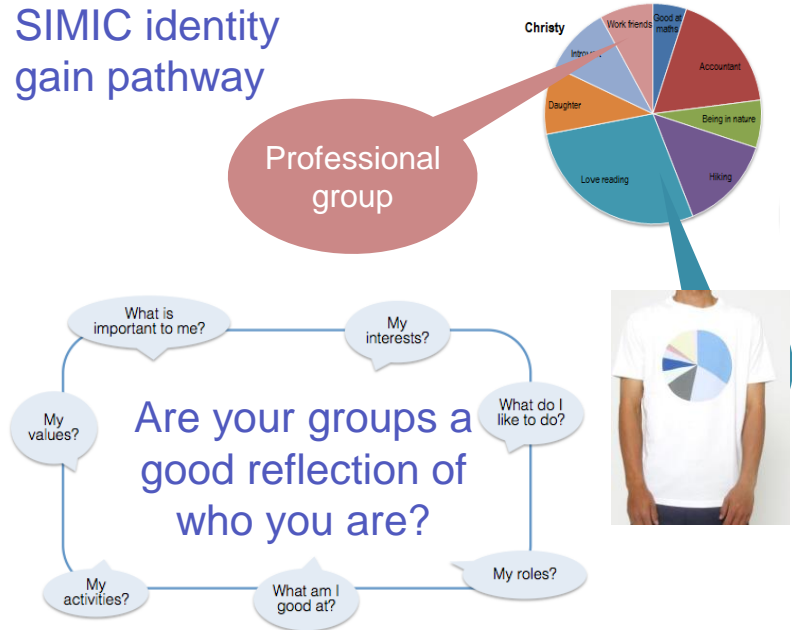


The G4H program: Scaffolding



- **Connections between yourself and your groups**
- Identifying and joining new groups
- Developing a social plan
- Building shared identity
- Scaffolding: Building on what you have

SIMIC identity gain pathway



The G4H program: Scaffolding



- Connections between yourself |and your groups
- **Identifying and joining new groups**
- Developing a social plan
- Building shared identity
- Scaffolding: Building on what you have

Identify new groups to join...

1. _____

And my motivation to join this group is...

2. _____

And my motivation to join this group is...

3. _____

And my motivation to join this group is...

The G4H program: Scaffolding



- Connections between yourself |and your groups
- Identifying and joining new groups
- **Developing a social plan**
- Building shared identity
- Scaffolding: Building on what you have

SIMIC identity gain pathway



Singing or music group.

My motivation to join: This is important to me because singing is an important part of who I am and helps me to keep sane.

S Find out what choirs or other music groups are out there locally

M Commit myself to joining at least one of these groups

A Group should focus on modern music

R See if my friend would like to join with me to make it easier. Provide them with information about the group

T Attend the group at least once by the end of the month

The G4H program: Sustaining



- Welcome back
- **Discussing progress**
- Returning to your social identity maps
- Winding down and closure

Share and discuss experiences...

Making the most of your social groups

Think about some of the positive experiences you have had in the process of managing your social world and jot down some particularly enjoyable and memorable ones below:



G4H Evaluation: Proof-of-concept



Participants

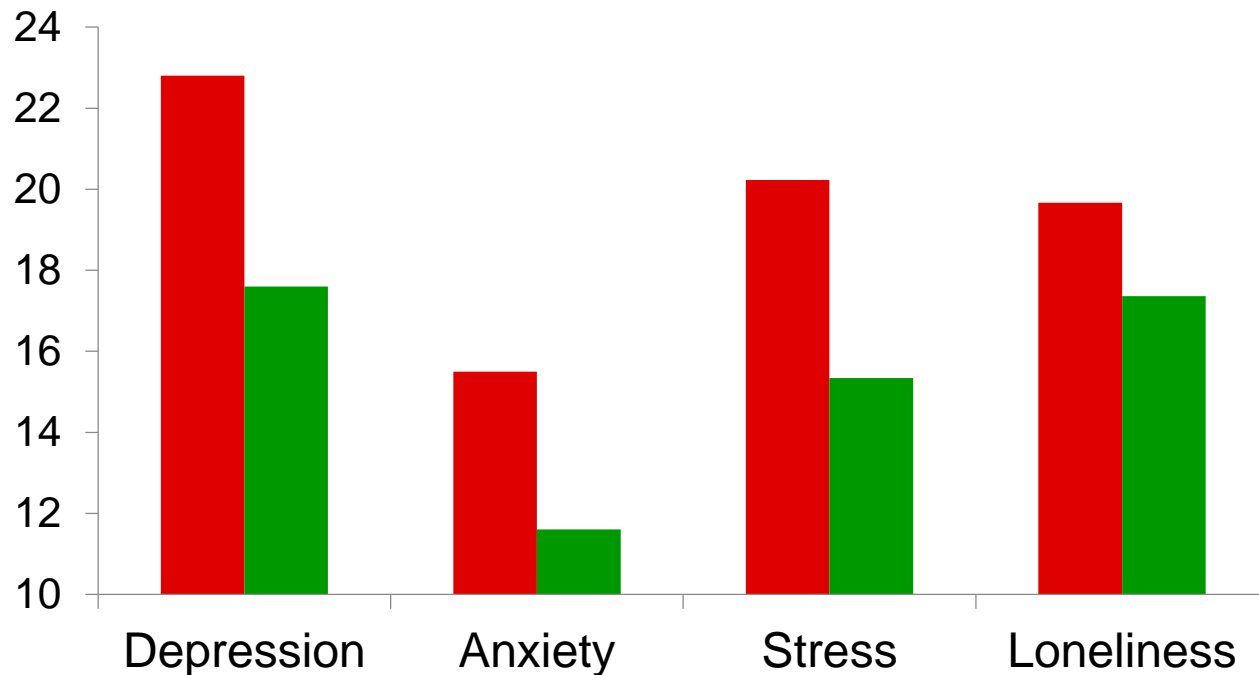
Two university student groups screened for social isolation and psychological distress

- ❖ G4H group: 83 commenced (T1), 56 completed (T2), 26, 6-mnth follow-up (T3)
- ❖ Comparison (Matched to G4H) group: 75 (T1), 25 (T3) 6 month follow-up

Measures

- ❖ Primary: *mental health and well-being*
- ❖ Secondary: *Strength of identification with multiple groups*

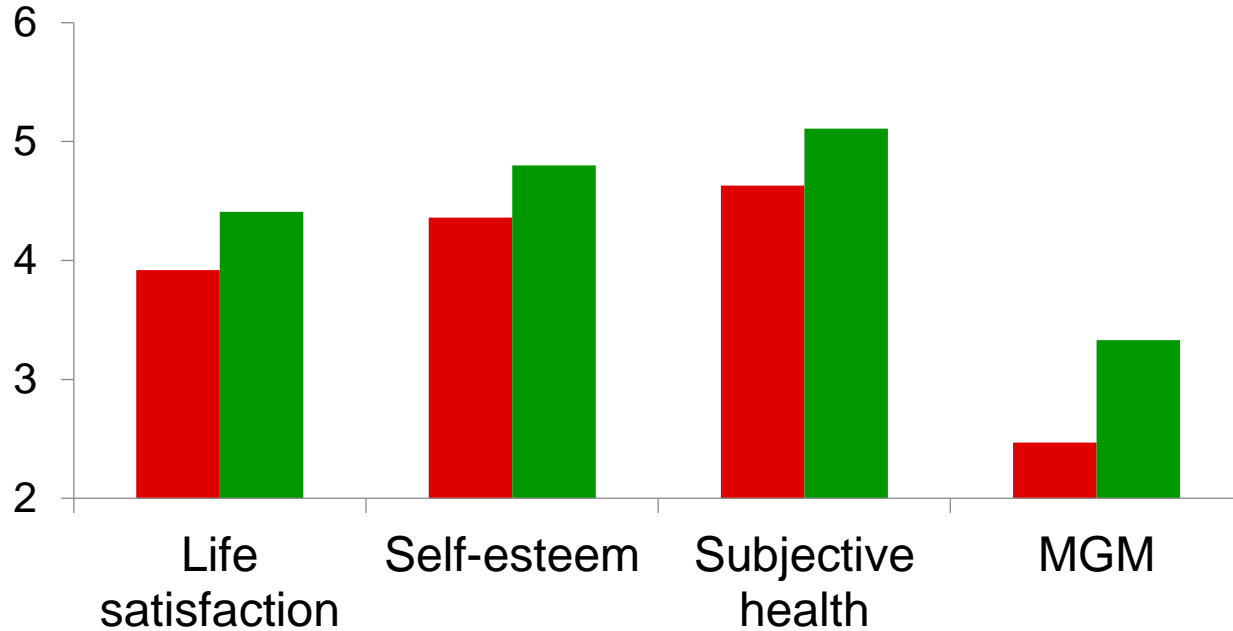
Proof-of-concept



Mental health

■ Pre-G4H n=83 participants with at least mild depression
■ Post-G4H n=56 participants

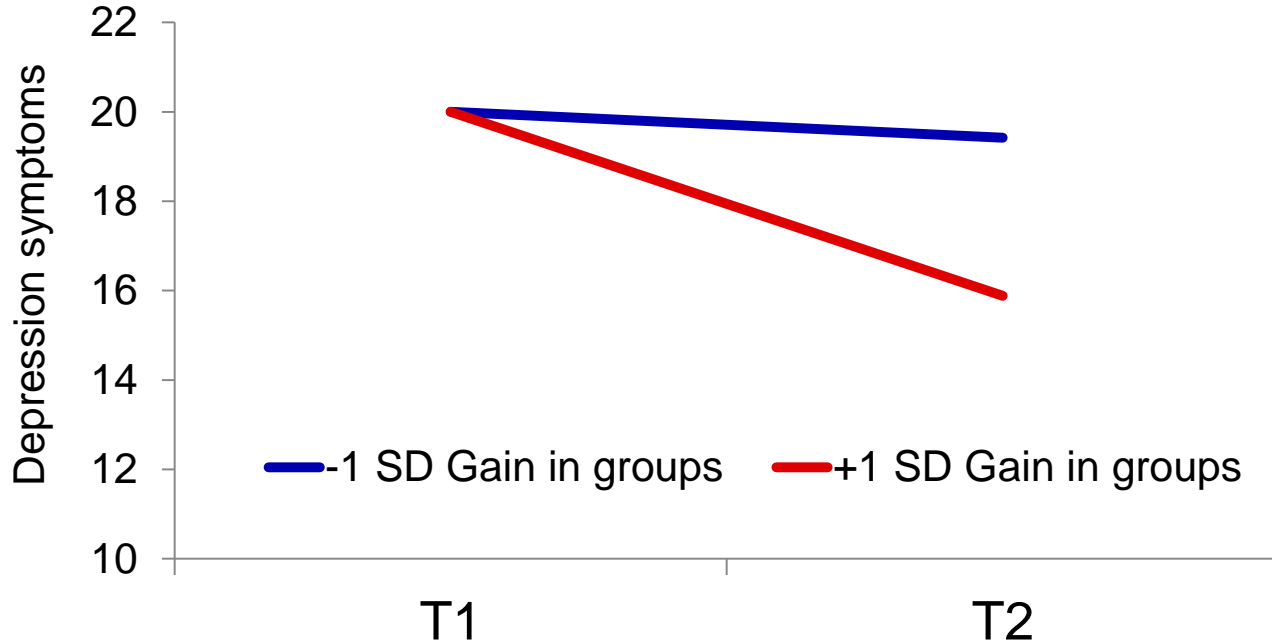
Proof-of-concept



Well-being

- Pre-G4H n=83 participants with at least mild depression
- Post-G4H n=56 participants

Proof-of-concept

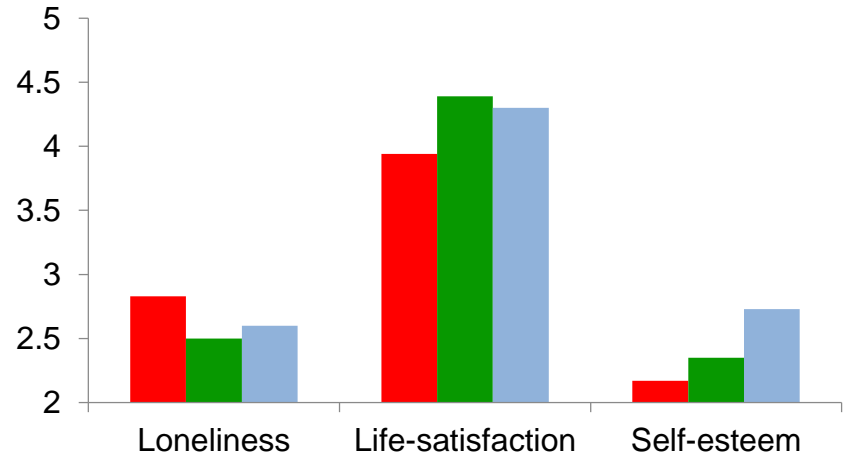
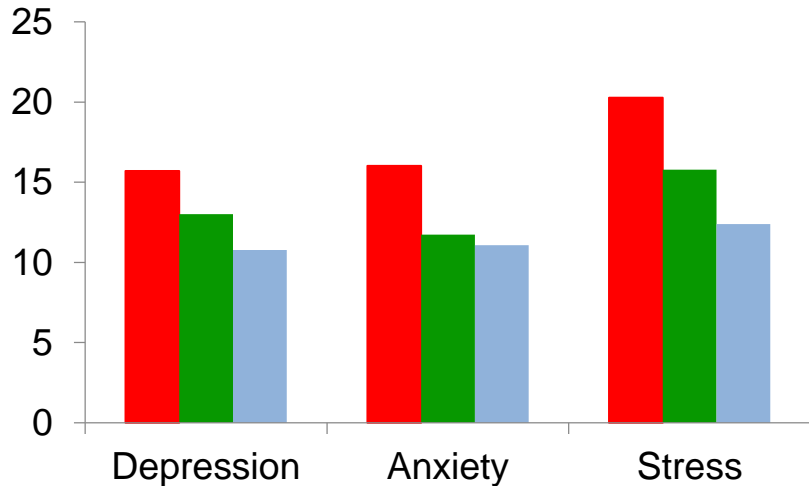


Gains in group membership predicted improvement in depression, anxiety,

Proof-of-concept



- Pre-G4H n=83
- Post-G4H n=56
- 6 Months Post-G4H n=26



Proof-of-concept

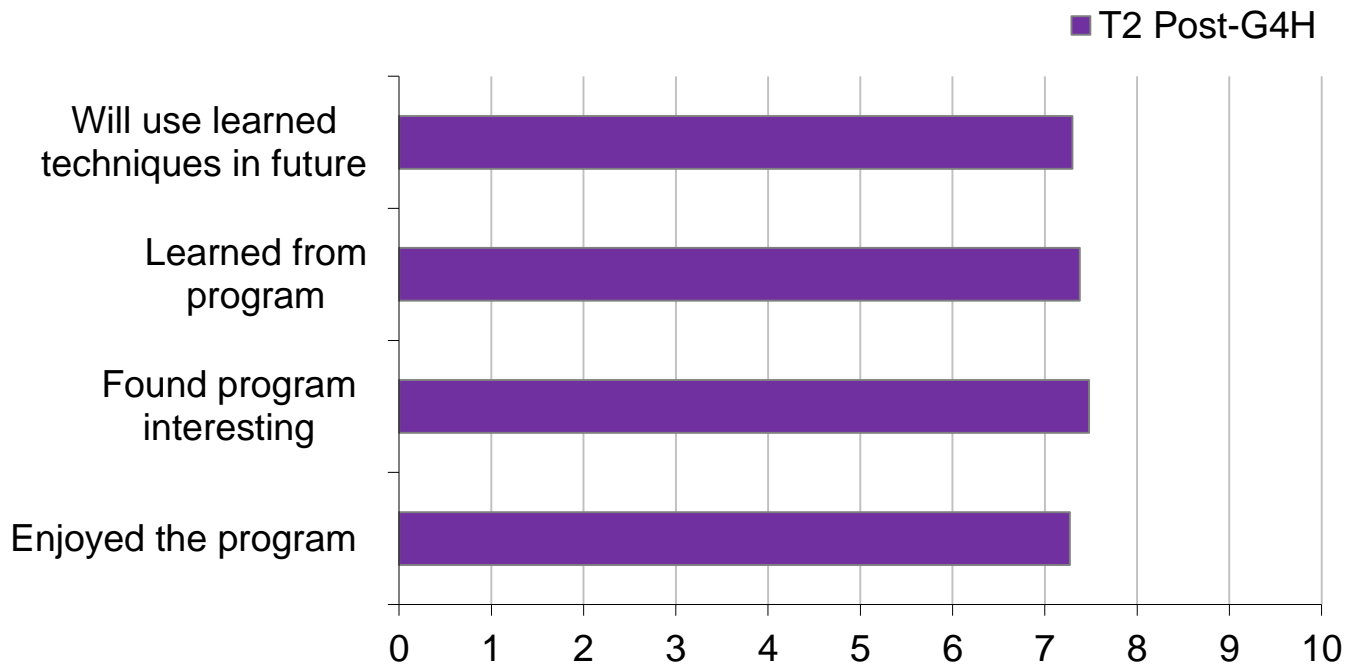


	G4H Group		Non-treatment	
	Mean T3-T1	P value	Mean T3-T1	P value
DASS-D	-4.61	.026*	-1.20	.643
DASS-A	-5.0	.008*	-2.00	.363
DASS-S	-4.77	.004*	-3.12	.133
Self-esteem	0.69	.001*	-0.12	.463
Life Satisfaction	1.38	.337	-0.76	.478

Change in outcomes only found in the G4H Group

Notes: Mean score change T3 (6 months post G4H) minus T1 (pre-G4H)
DASS: Depression, anxiety and stress scales

Proof-of-concept



Program feedback

RCT

ANZCTR Trial Approval No: ACTRN12617001602314



Participants

- ❖ N=120, *Male* 31.1 years (SD=12.8), 64% female
- ❖ Community recruitment (GP / psychology / community health service referrals)
- ❖ Presenting with a mental health diagnosis

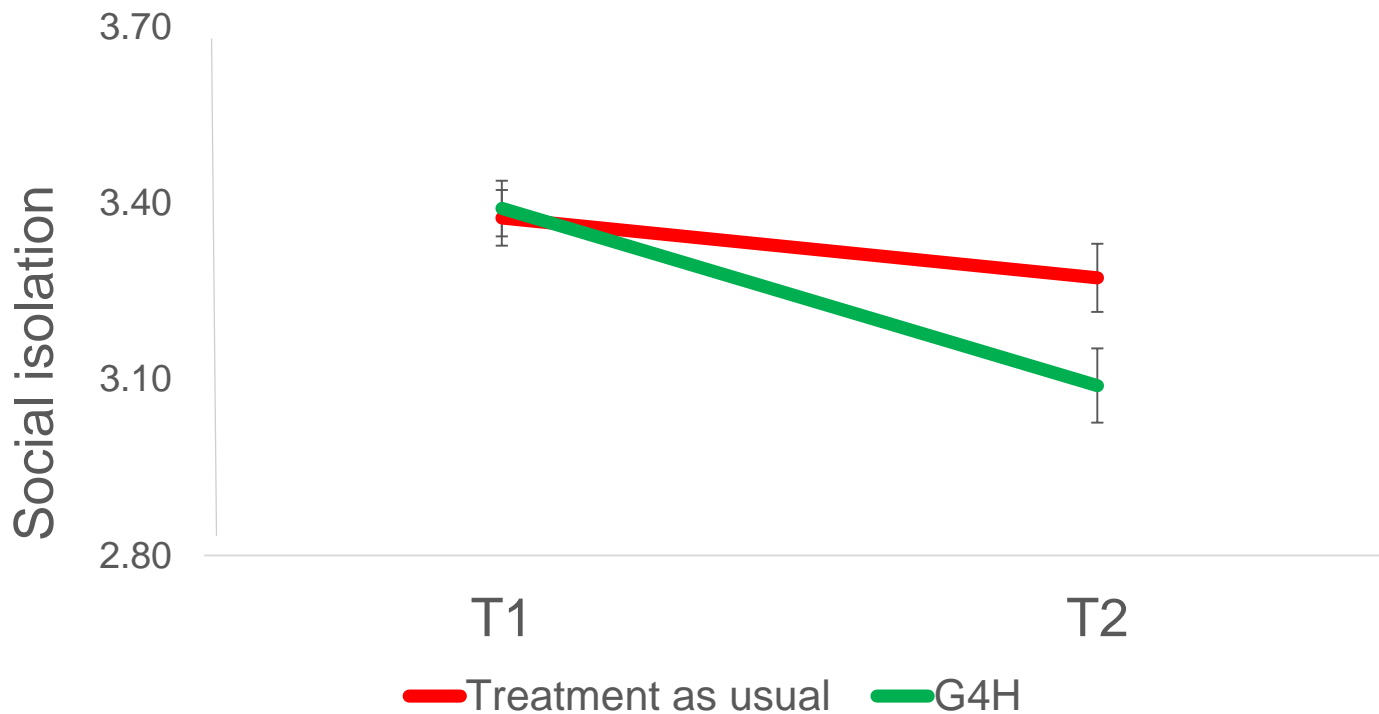
Design

- ❖ Randomly assigned to:
 - (i) G4H or (ii) treatment-as-usual

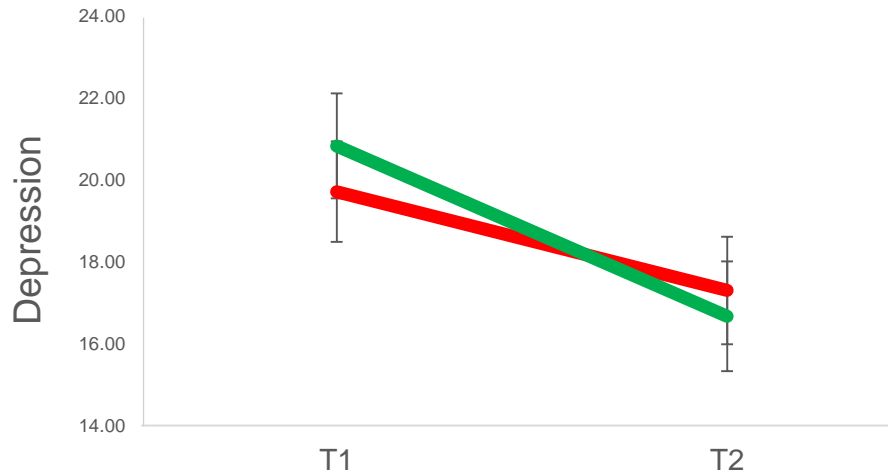
Measures

- ❖ Time points: *pre-G4H (T1), 2 months post-G4H (T2)*
- ❖ Primary: *Social isolation (RULS-8)*
- ❖ Secondary: *Depression (DASS-21) Social anxiety (mini-SPIN)*

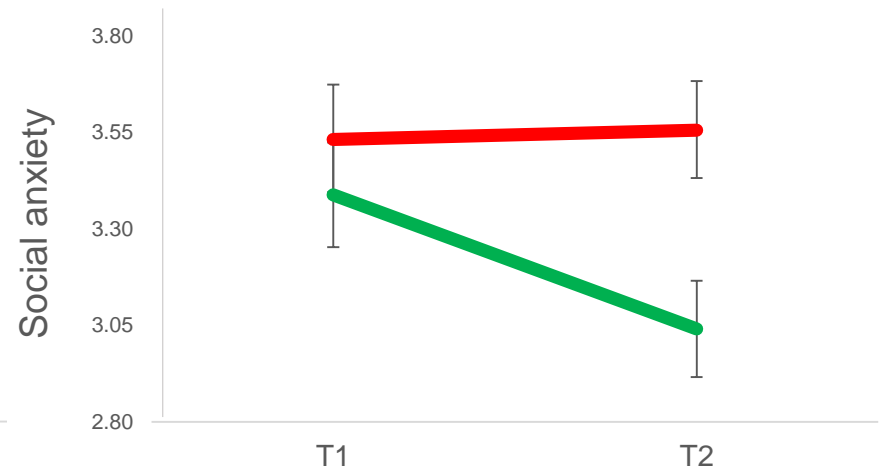
RCT outcomes - primary



RCT outcomes - secondary



Interaction: $F(1, 118) = 1.28, p = .260, \text{partial } \eta^2 = .01$



Interaction: $F(1, 118) = 9.03, p = .003, \text{partial } \eta^2 = .07$

— Treatment as usual — G4H

Adaptations and studies



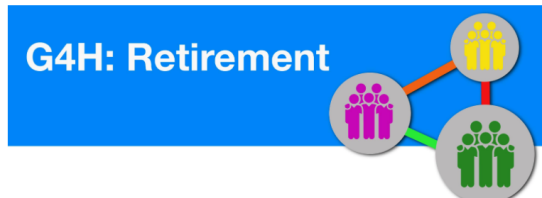
GROUPS 4 EDUCATION

G4E is an interactive online programme designed to enhance students' experiences and learning outcomes.

Using the latest social psychological research, this programme will explore the role of social connectedness and belonging whilst at university, and provide you with the tools with which to understand and enhance your own learning perspectives.



GROUPS 4 EDUCATION at Nottingham Trent University



GROUPS 4 HEALTH: Retirement

Retirement involves a significant life change, and planning is key to this successful transition.

GROUPS 4 HEALTH: Retirement (G4H:R) is an interactive online program designed to assist you in one aspect of planning—social planning—that tends to be neglected, despite evidence showing this is an important predictor of good health and well-being in retirement.

Using the latest research in psychology and health, G4H:R will explore the positive role that social connectedness and belonging can play in your retirement.



GROUPS 4 HEALTH: Going home

Workbook

Catherine Haslam
Tegan Cruwys
S. Alexander Haslam
Sarah Bentley
Genevieve Dingle
Jolanda Jetten

Conclusions...



Social prescribing is fundamental to managing the large scale problems brought about by social isolation.

G4H extends on this to provide with people with the skills to manage their social group worlds independently

This is not the cheap solution. It is the *sustainable solution* that will prove cost effective.



thanks to...



Tegan Cruwys,
Sarah Bentley
Genevieve Dingle
Alex Haslam
Jolanda Jetten
Melissa Chang

