

Evaluation of the book

”Talk about anxiety and depression ... with children and adults of all ages ”

Introduction

This evaluation will provide knowledge about the relevance and the usability of the book *”Talk about anxiety and depression ... with children and adults of all ages”*. The book is written by Karen Glistrup, family-and psychotherapist, and it was published in 2011.

The aim of the book is to break silence and taboos about mental illness.

TrygFonden has supported the publishing of 750 copies of the book to be handed out to different relevant professionals in Region Midt. In connection with this it was decided to make a quantitative study.

Summary

The evaluation shows that:

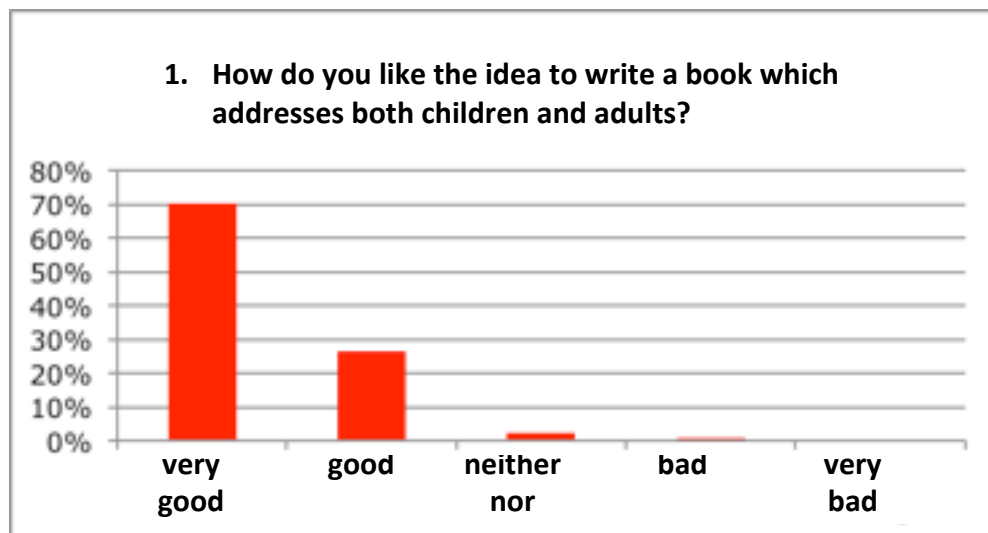
- the idea to write a book to both children and adults, is a functional idea
- the relevance of the book is given a high score by the respondents, both in their private use of the book and in their professional use with children and young people
- it is assessed that the book has great value for children and young people regardless of family situation, and they will all gain from reading and talking about the book
- the book in every way has inspired the respondents to talk with both children and adults/parents about anxiety and mental illness
- the respondents agree that you must talk with children about mental illness
- the respondents predominantly agree that it is difficult for many groups of professionals to be open and honest to children about mental illness
- you can talk with children under the age of 10 about mental illness in the family
- the respondents agree that taboos are founded in childhood and that this book can be a help to break these taboos
- undoubtedly the respondents will recommend this book to others.

Method

The book was sent together with a letter inviting the readers to evaluate the relevance and usability of the book. The period for data collection was 06.09.11 to 15.11.11. During that period the respondents could answer a questionnaire (annex 1) on the TrygFonden's website.

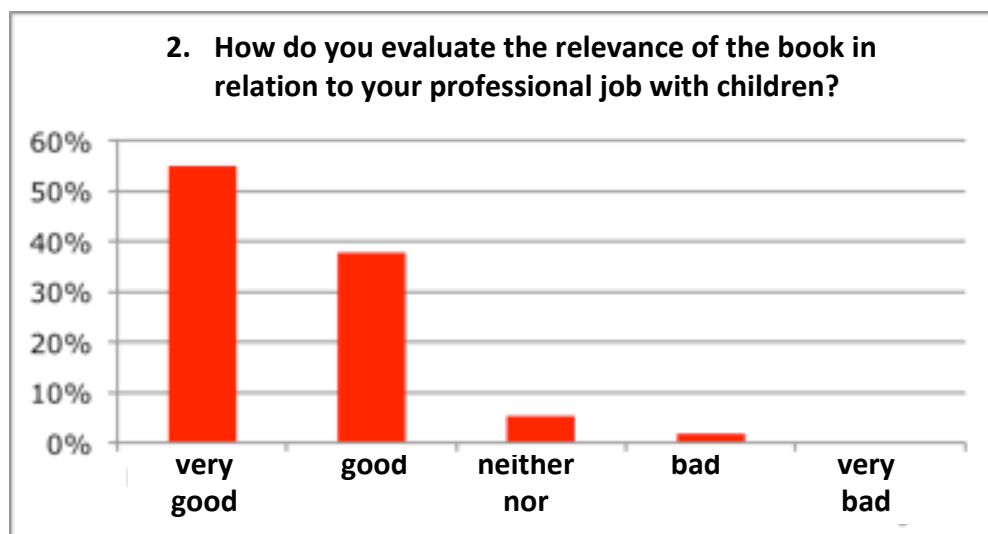
306 respondents answered the questionnaire which is about 40% of the possible respondents.

Results

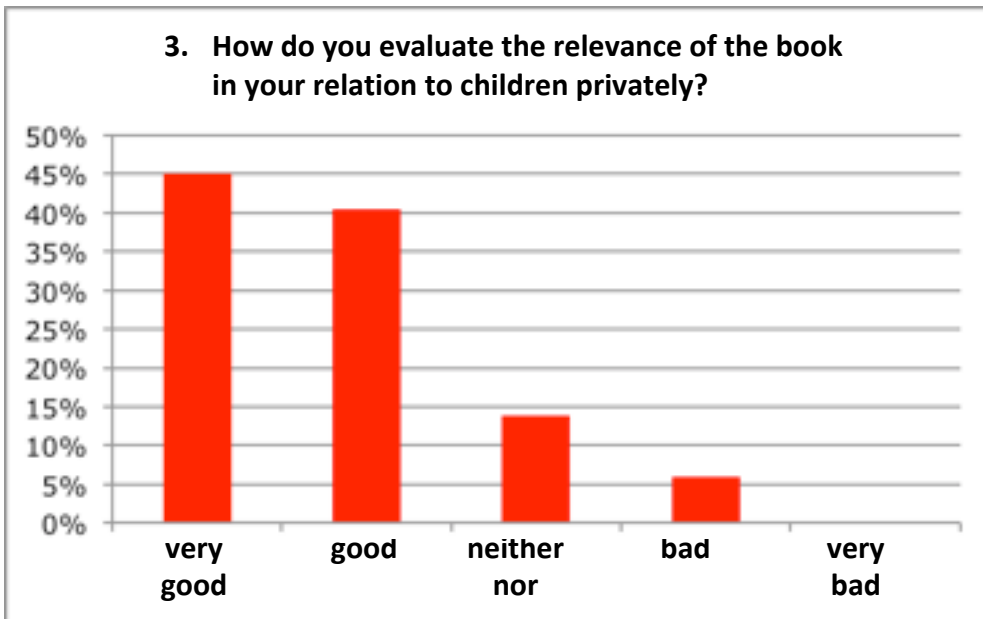


The respondents thought the idea to write a book for both children and adults was "very good" (70,2%) or "good" (26,6%).

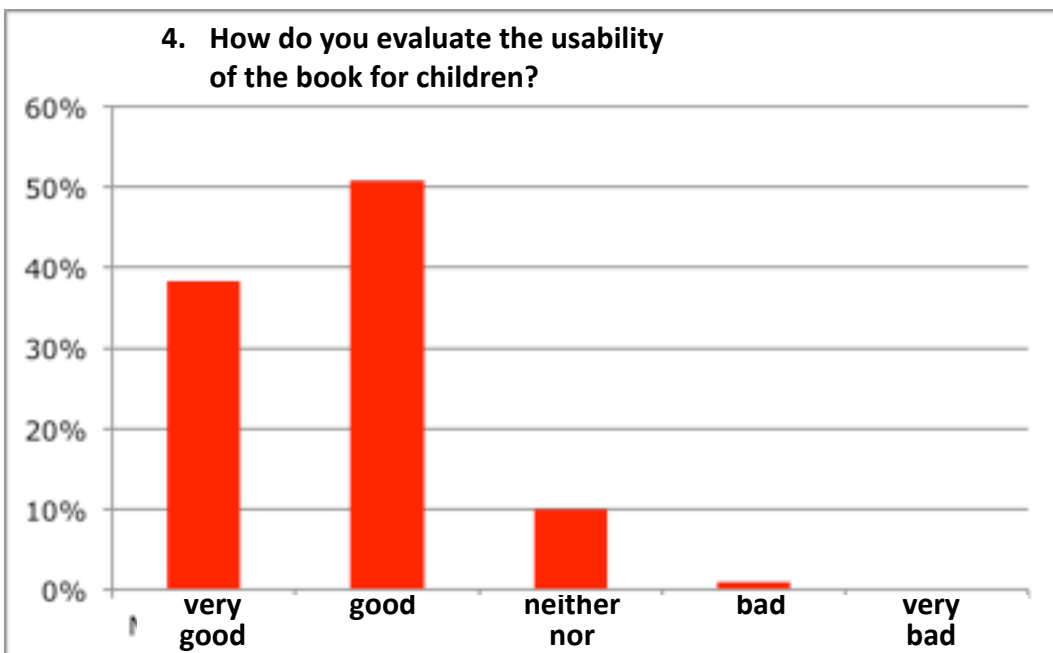
Karen Glistrup had the idea to have both children and adults as audience from all the family talks that she has participated in for many years



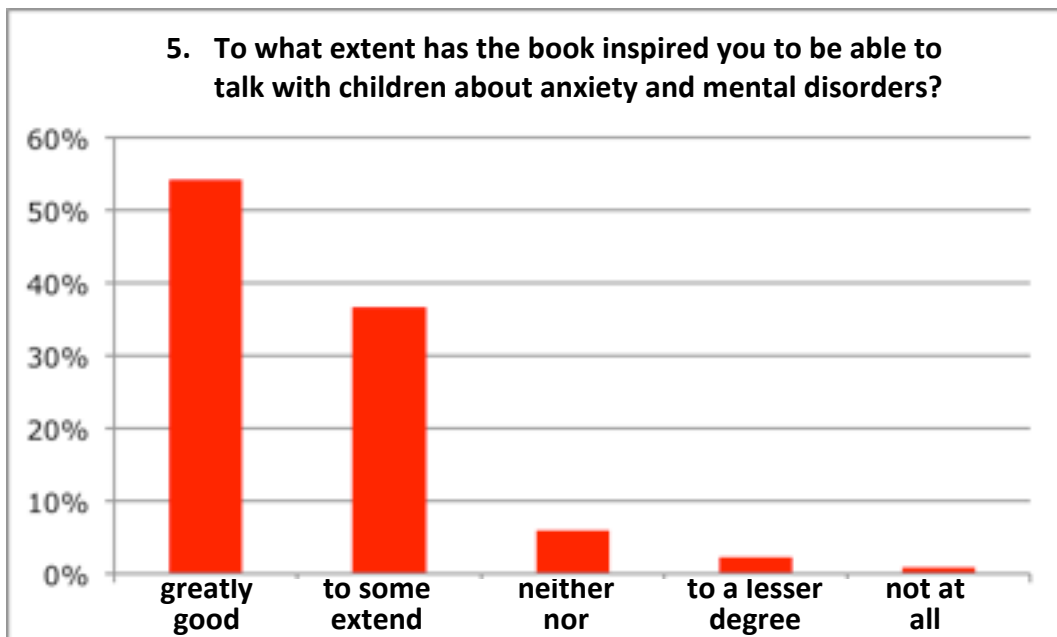
The respondents evaluate the relevance of the book in their professional work as being "very good"(55%) or "good" (37,7%).



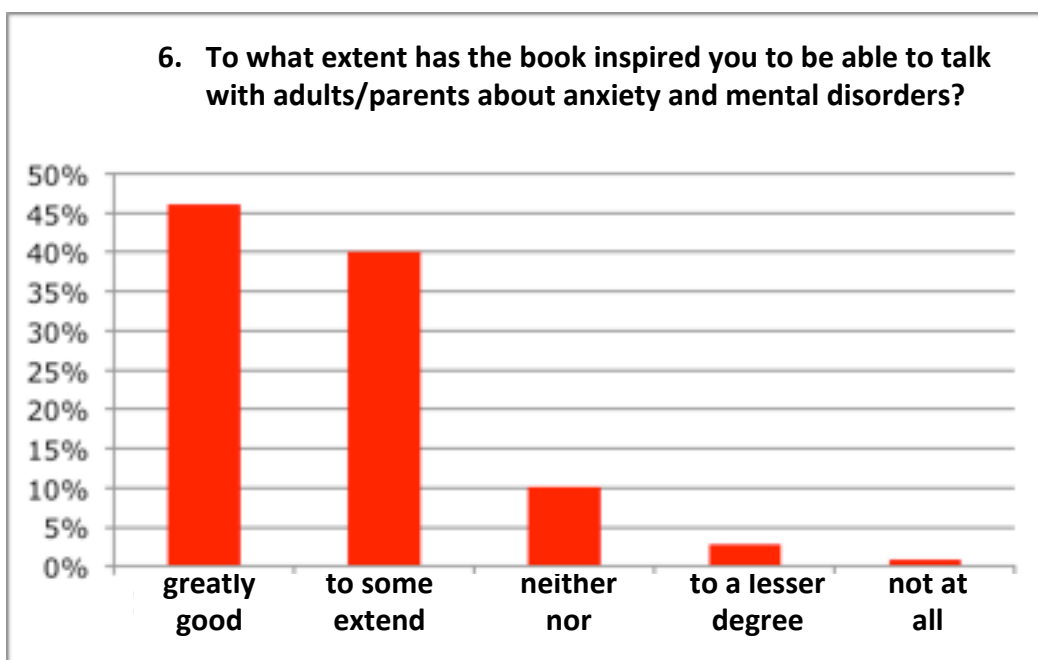
The respondents evaluate the relevance of the book in their private relation to children as being "very good"(45,1%) or "good" (40,4%).



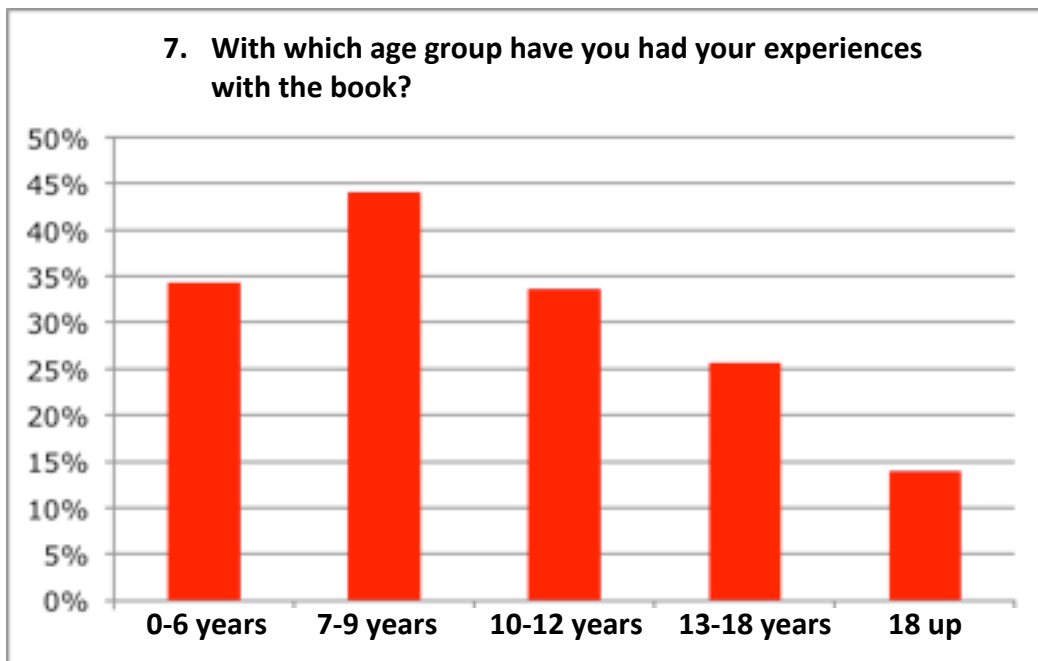
The respondents evaluate the usability of the book for children to be "very good" (38,3%) or "good" (50,8%). 10% choose "neither -nor".



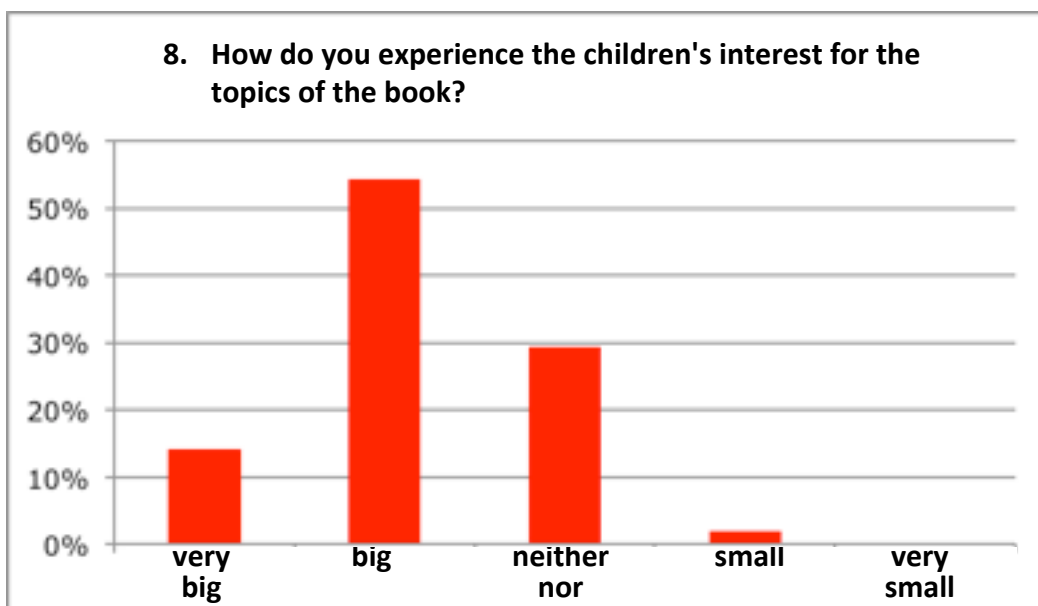
The respondents say that the book inspired "greatly" (54,2%), or "to some extent" (36,7%) so that they could talk with children about anxiety and mental disorders.



The respondents think that the book has inspired them "greatly" (46,1%) or "to some extent" (40,1%) so that they could talk with adults/parents about anxiety and mental disorders? 10% say "neither-nor".

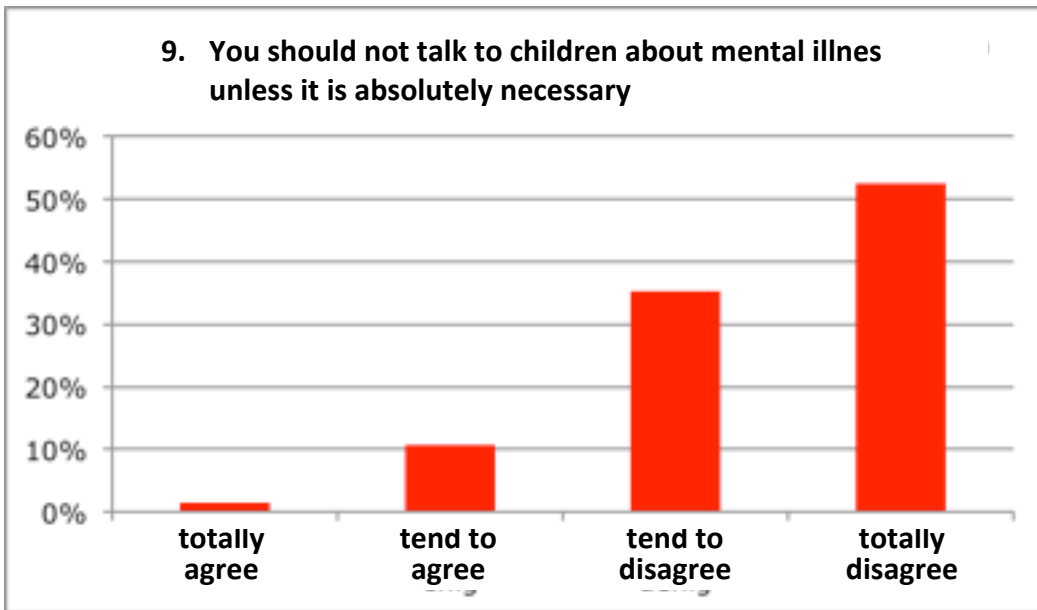


The respondents have made their experiences primarily with the group between 7 -9 years (44,1%), but also the age group 0-6 years (34,3%) and the group 10-12 years (33,7%).

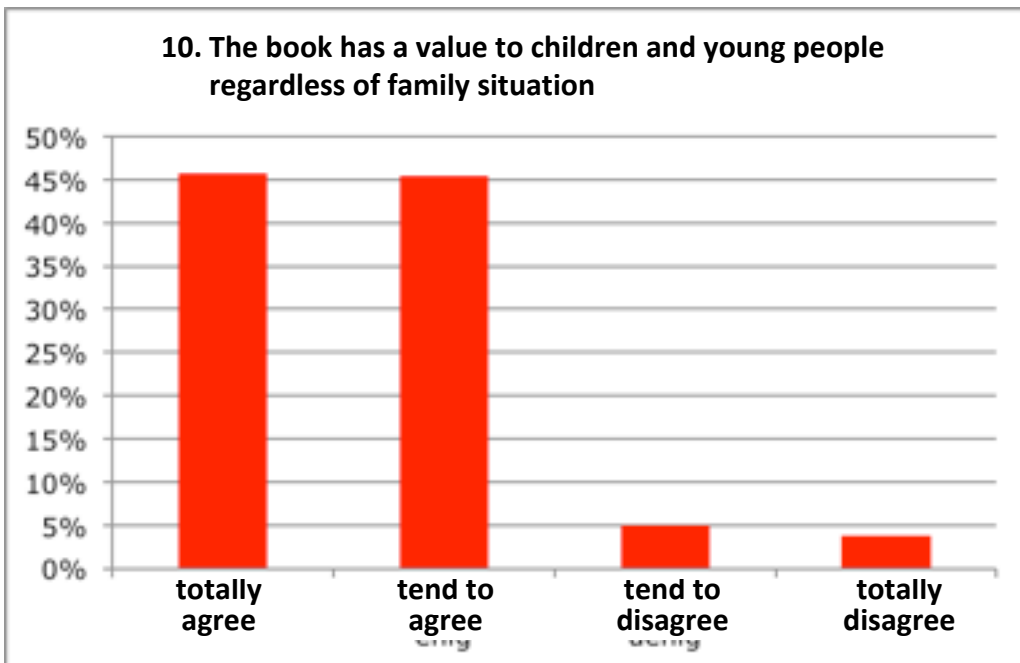


The respondents experience "big interest" (54,3%) from the children about the topics of the book. Some experience the interest to be "very big", and others think "neither -nor" (29,3%).

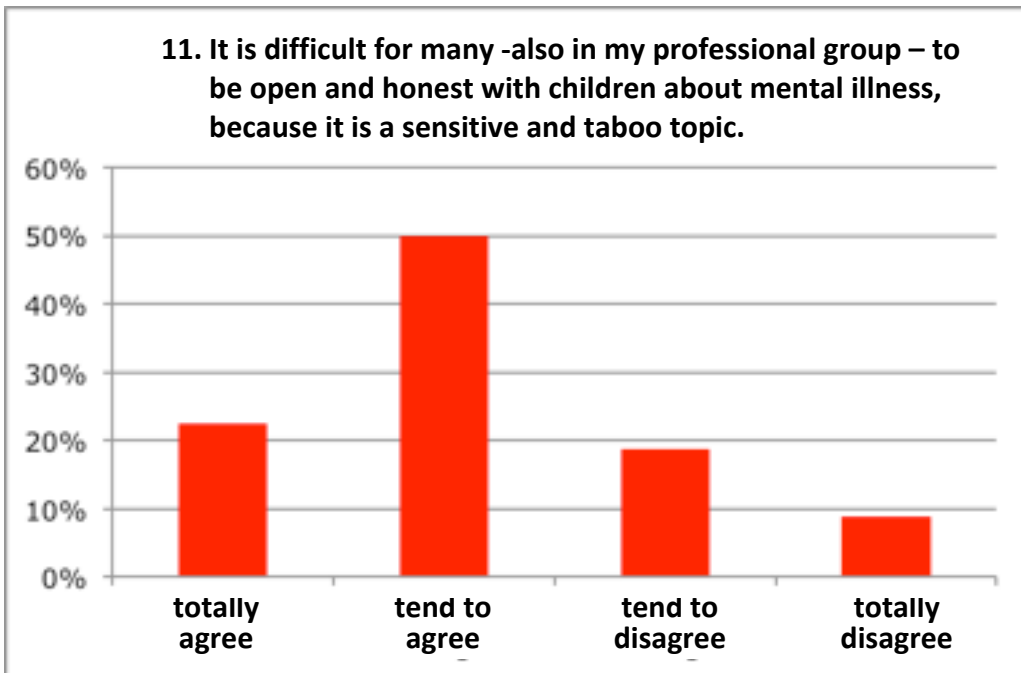
Further more the respondents have been asked whether they agree to the following statements or disagree (9 -14).



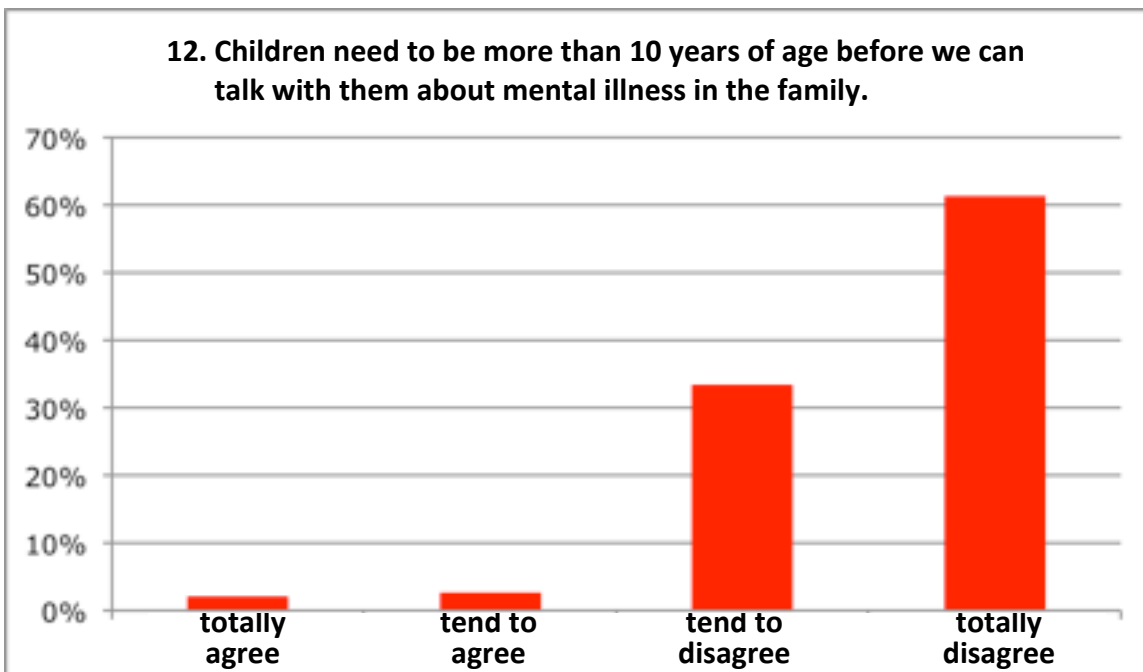
The majority "tend to disagree" (35,3%) or "totally disagree" (52,4%) in this statement.



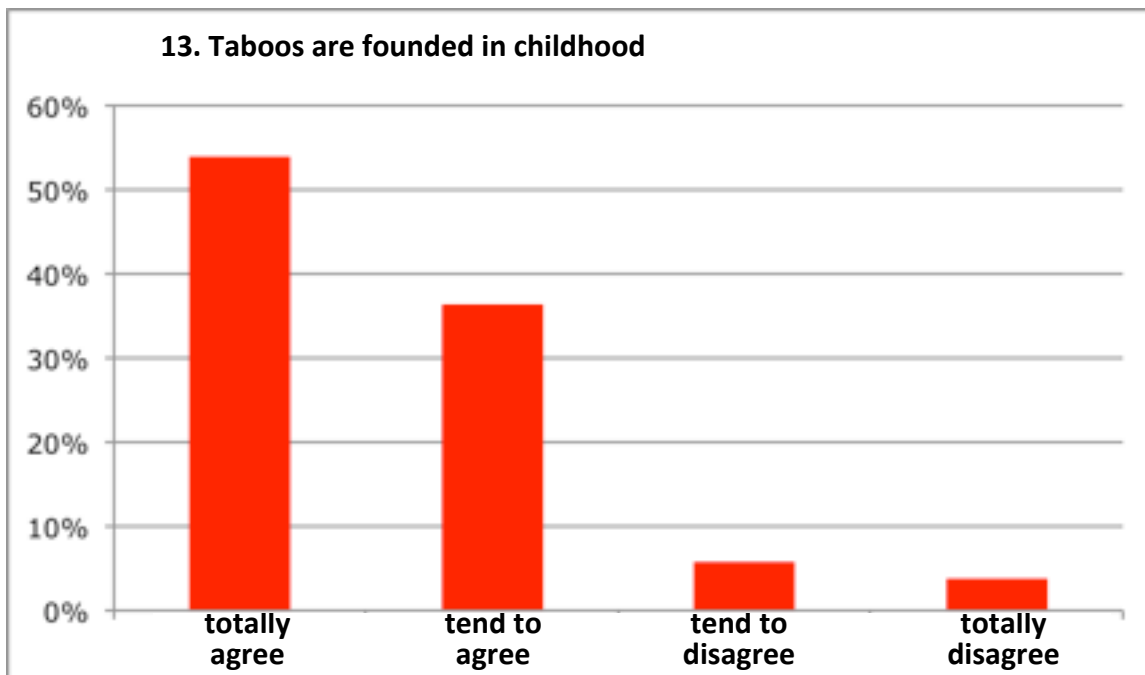
The respondents "totally agree" (45,7%) or "tend to agree" (45,4%) about the value of the book for children regardless of family situation.



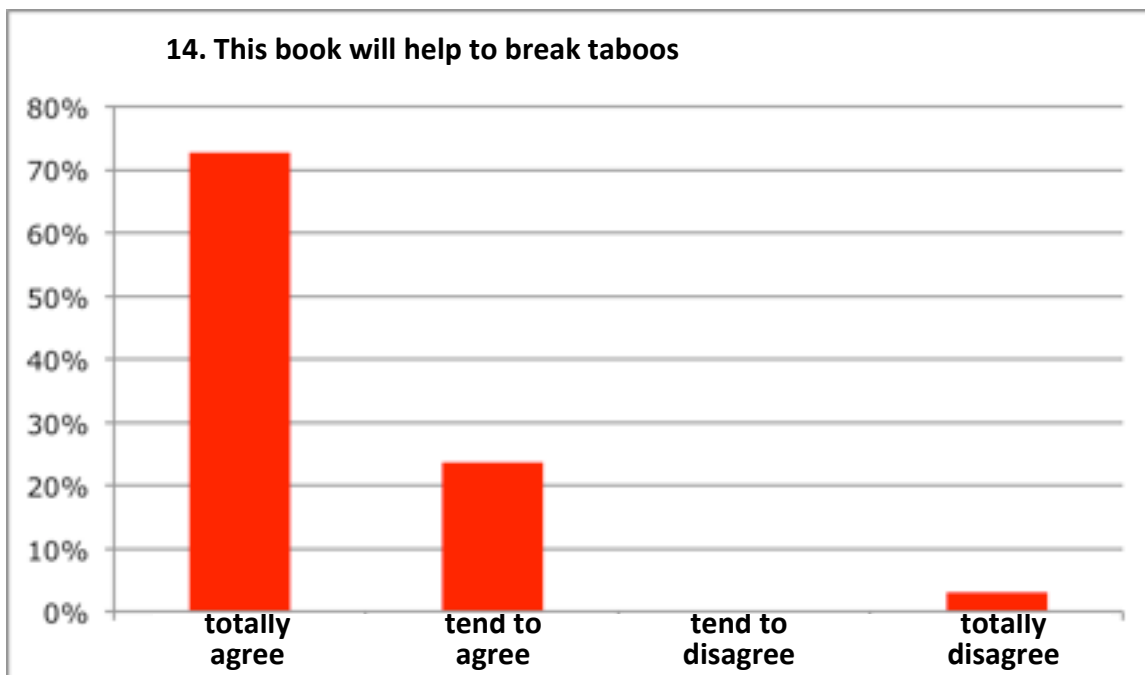
The main part of the respondents tend to agree (50%). 22% totally agree, while 18,7% tend to disagree.



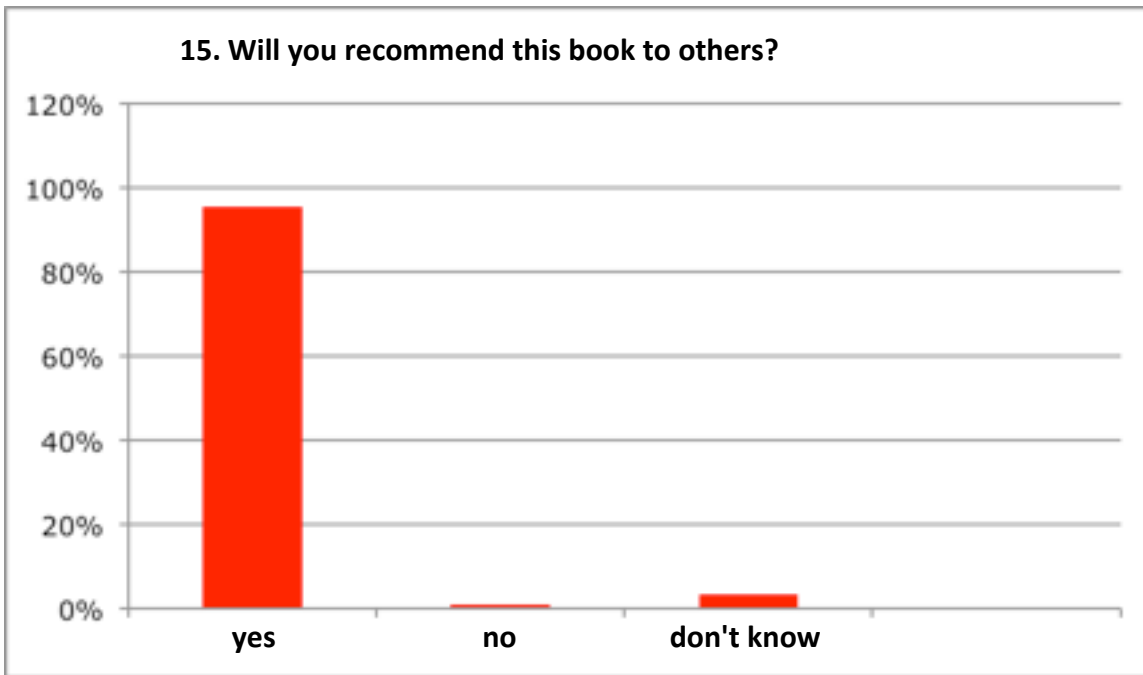
The respondents "totally agree" (61,4%) or "tend to agree" (33,5%) in this statement.



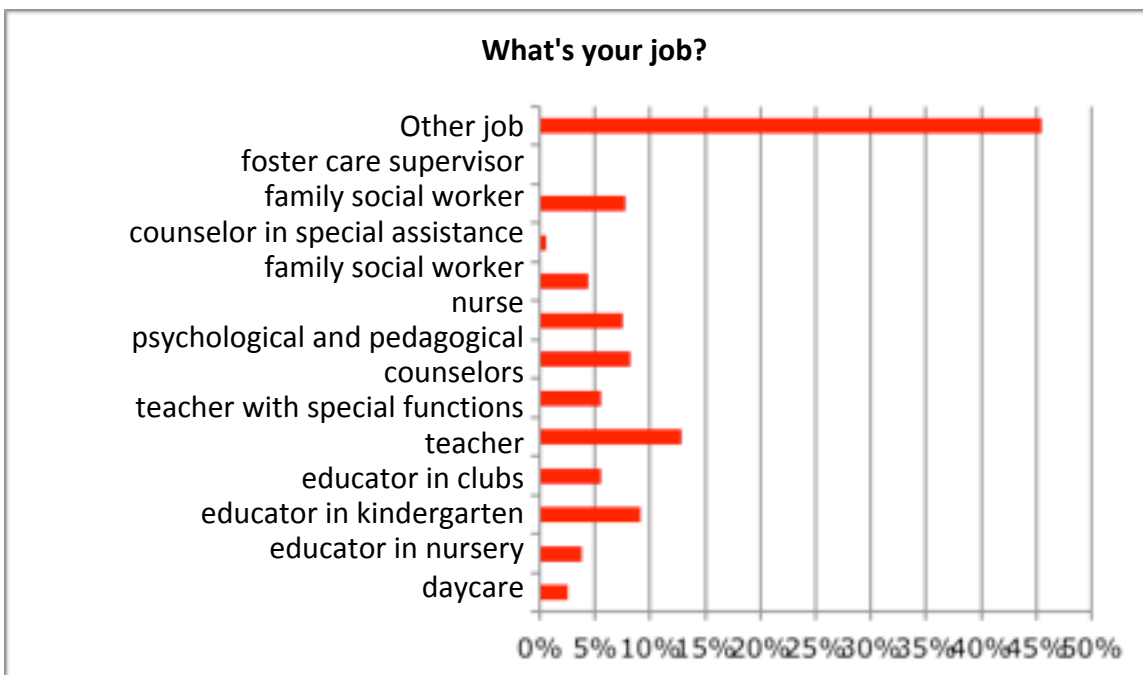
The respondents "totally agree" (54%) or "tend to agree" (36,4%) in this statement.



Here the majority "totally agrees" (72,8%9 or "tends to agree" (23,7%).



The majority will recommend this book to others.



Just about half of the respondents (45,5%) have another professional background than the listed, where it is primarily the teachers and the educators who have answered the questionnaire.

Selected quotes

In the questionnaire it is possible to add comments to the book and the use of the book. Listed here you can read quotes about usability, the intended readers, the academic content and the illustrations of the book. You will find positive and critical comments.

Usability

” I like that the book makes the topic easy, simple, and straightforward. It gives useable words and sentences”.

” This way of talking with children can be used in other contexts where the themes are taboo and hard to talk about, eg abuse problems, divorces, loss in the family.”

”I have lent my book to a parent who has had a depression and who now suffers from anxiety. She has never talked with her kids about it. After our talk she has read the book together with the kids, and everyone has benefitted. It makes it much easier for me to continue my work with the girl.”

” I have used the book in my class (3rd grade) where you find two mothers who have had periods with depression. They had now an opportunity to talk about the issue, and when you sum up it has given many children in class a great deal to talk about having an illness in the brain.”

” I have been waiting for that book for very long. I grew up with a mentally ill mum, and I always felt that I was misunderstood. Now I meet children in my own daycare institution, with the same problem, and this book is a fantastic help starting the necessary talk”.

”I have just become better at talking openly and directly about mental illness with everyone in my family -also with the mentally ill people. Before I thought it better to keep quiet.”

” I would not mind a bit more help in relation to the start of the dialogue. My experience tells me that we sometimes ”jump” into many different and rather complex issues. ”

”As a tool and an inspiration for the educational staff, I think it is too trivial and more knowledge must be added, eg questioning techniques giving the professional the opportunity to talk much better with the child about difficult issues.”

” I think I would prefer two books in a set. One for kids and one for the adults. To simplify the talk with the child and make it possible for the grown up counselor to choose according to the situation, the age, the intellect, what the child might grasp of knowledge.”

Target audience

” I think that once in a while the book becomes a bit vague addressing the different groups of kids”.

” We work with children ages 3-6. We think that this book is written to older groups -and it would be good!”

”Really a fine idea with one part for kids and one part for grown ups. The language is good and easy to understand, supported in a fine way by the illustrations.”

” It is such a big success at our place that parents with mental illness buy the book and read it together with their kids.”

Academic content

The academic and pedagogical level is high. The language immediately makes this difficult issue accessible for children and adults of all ages (from 6 and up)".

" A very relevant book, which both in pictures and text tells you about the things in a very simpel and direct way."

"The book can be used by our volunteers, people without professional knowledge of anxiety and depression, people who will meet the mental illness in their job as volunteers. But on other levels you can't use the book, as the academic content is too thin and very simplified."

"The book is too superficial and never goes to the core of matters. If I didn't know the title of the book, I would think it was a guide to difficult talks with children."

" I think it would be good if the text on the back of the book telling the reader how to use the book, could be moved to the preface of the book."

Illustrations

"The illustrations are fantastic, and I think they can be used when contacting all kinds of groups."

" Wonderful colours and figures – great inspiration to use the book."

" Our foster daughter, 15, had great pleasures from the small drawings".

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