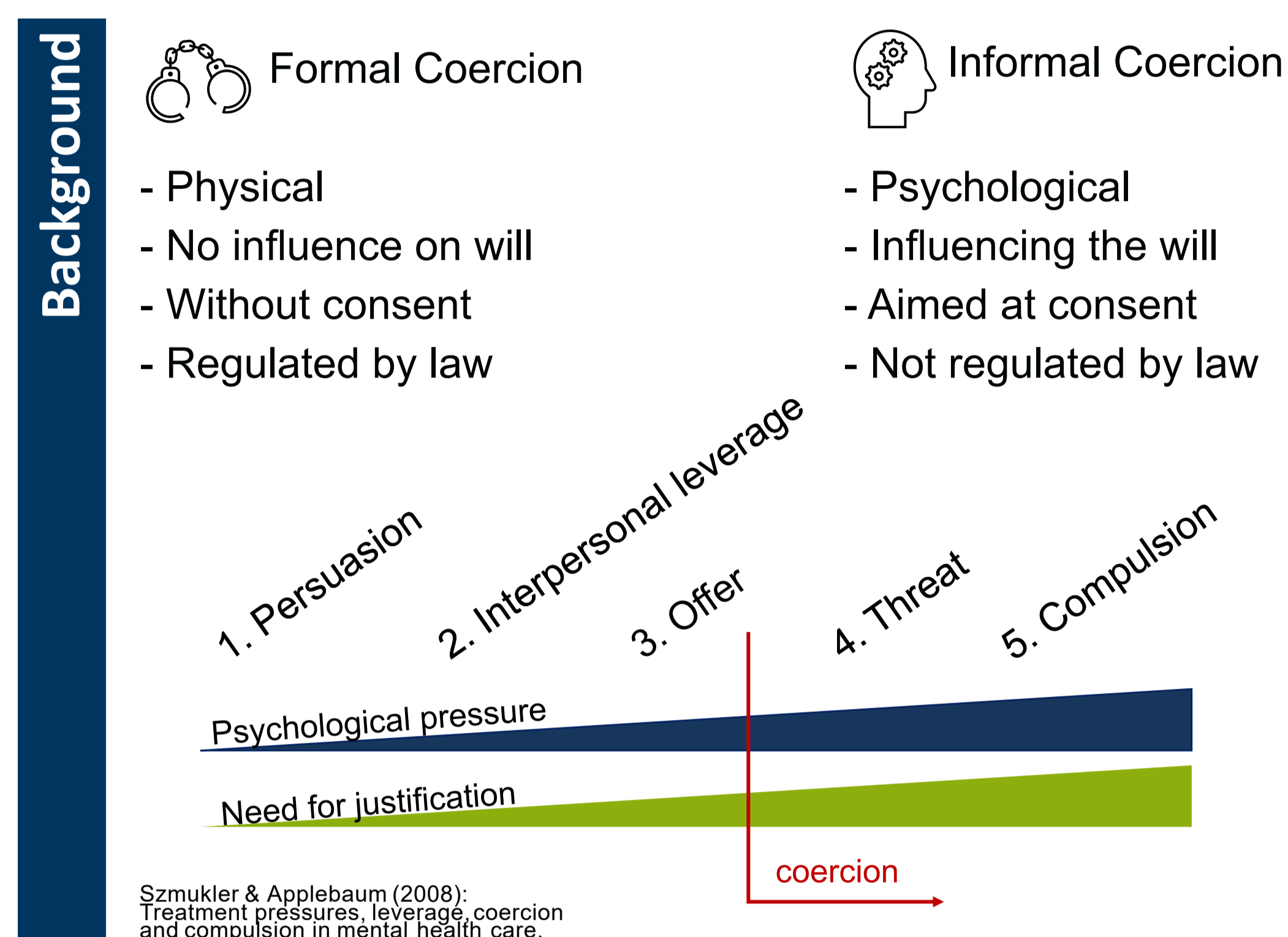


Informal Coercion and Treatment Pressures in Mental Health Care: A Contextual Model

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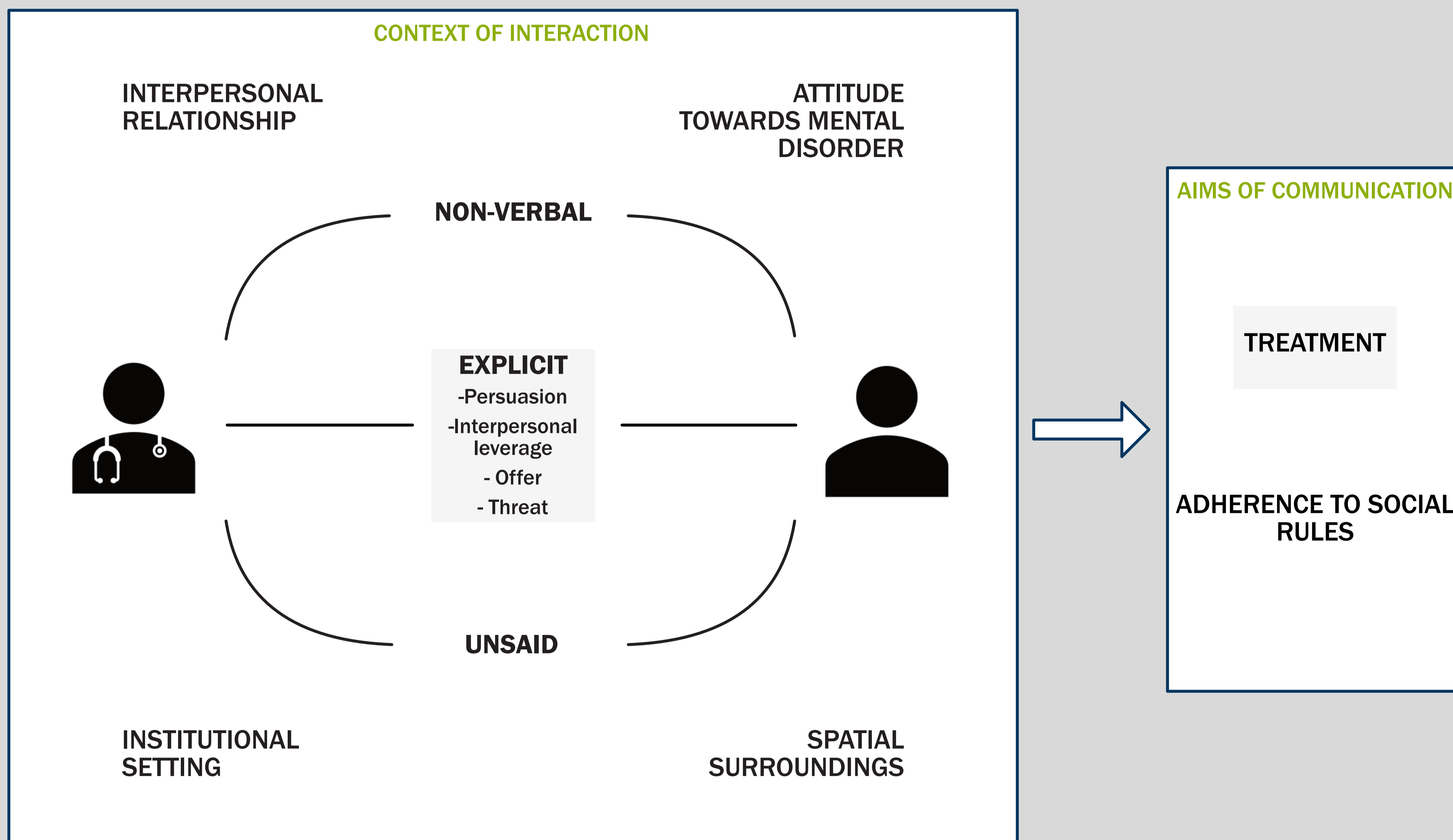
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- Research Questions**
- What forms of psychological pressure do people with psychiatric experience encounter in psychiatric hospitals and their social environment?
 - In which situations does psychological pressure occur?
 - How do people with psychiatric experience and their relatives evaluate psychological pressure in relation to formal coercion?
 - How can psychological pressure and coercion be reduced from the perspective of those affected? What are the recommendations for action?

- Method**
- A) 14 people with a psychiatric diagnosis with experience of a psychiatric hospital
 - B) 11 relatives of people with experience of a psychiatric hospital stay and formal coercion
 - Semi-structured qualitative interviews
 - Grounded Theory Methodology

PSYCHOLOGICAL PRESSURE MUST BE SEEN IN CONTEXT



- Results**
- Psychological pressure is used to not only increase treatment adherence but also commitment to social rules.
 - Psychological pressure is exerted by not only mental health professionals but also by family and friends.
 - The perception and evaluation of psychological pressure is determined by not only the content but also the way of communication.
 - Contextual factors play an important role in the perception and evaluation of psychological pressure.
 - Psychiatric professionals and relatives have a basis of deciding whether their actions are ethically legitimate or not only when they have good knowledge about their own communication - its aims, implications, and an understanding of the other person.

- Recommendations**
- In order to avoid and reduce psychological pressure, mental health professionals should:
- Reflect critically on their communication considering implicit meanings and contextual factors
 - Ensure the greatest possible transparency
 - State explicitly that there are no negative consequences for not accepting an offer
 - Not (only) remain in the biomedical discourse
 - Reduce social and institutional rules to the bare essentials

