

Shared decision-making in child and adolescents psychiatry : A qualitative study on the perspective of professionals

INTRODUCTION

- The shared decision is a collaboration between the young patient, his/her parents and the mental health professional to determine together the most appropriate care or treatment (Hayes et al, 2019).
- There is limited research on the concept of shared decision-making in juvenile clinics.

OBJECTIVES

This is an **exploratory study**.

Better understanding :

- The place of children and parents
- Specific features, challenges and limits
- The impact on treatment satisfaction and compliance

From the perspective of **child psychiatrists**

METHODOLOGY

Qualitative research

- Semi-structured interviews with child psychiatrists via Teams
- Interview guide
- Thematic analysis (Braun & Clarke, 2006)

Reasoned sampling strategy

- Participants selected on the basis of different criteria
- Heterogeneous sample

Participants

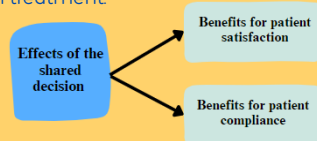
- 16 child psychiatrists (11 women and 5 men)
- 32 to 67 years old and at least 5 years of clinical experience
- Liege, Brussels and Luxembourg regions
- Different work sectors : hospitals, mental health centres and private practices

RESULTS

Five main categories of shared decision were developed during interviews' analysis :

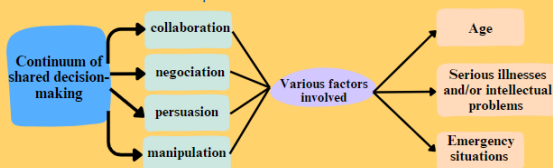
1 The effects of a shared decision :

The active participation of patients in their own care would promote their satisfaction with their treatment and/or their care, as well as their compliance with treatment.



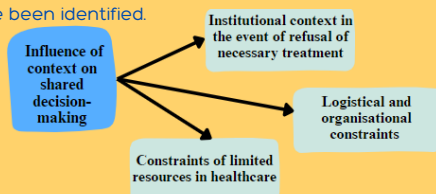
2 The shared decision-making continuum :

Shared decision-making can be represented as a continuum. The same participant who promotes the importance of collaboration with the child in the decision-making process may be led to use techniques of negotiation, persuasion or manipulation depending on certain factors. The professional can therefore progress along this continuum from collaboration to manipulation.



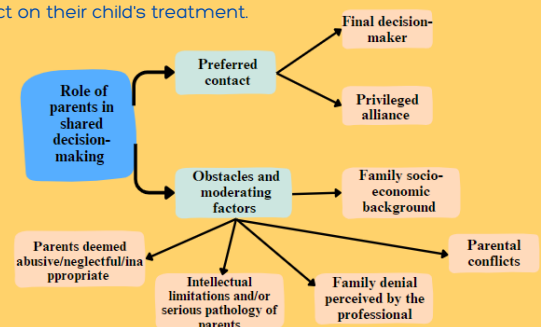
3 The influence of context on shared decision-making :

Various contexts may influence or even impact the shared decision. Three have been identified.



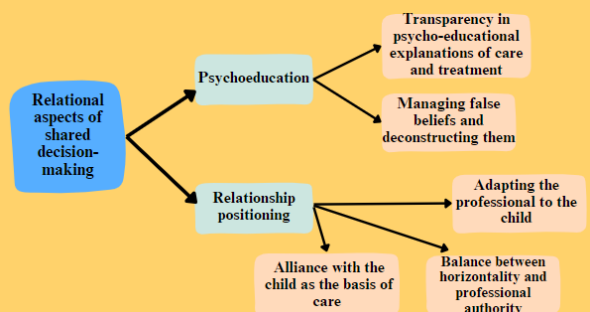
4 The role of parents in shared decision-making :

The alliance between parents and professionals is very important because it plays a key role in the child's care. Despite this, there are obstacles and moderating factors linked to the parents that have an impact on their child's treatment.



5 The relational aspects of shared decision-making :

The professional takes a psycho-educational approach to the child, adapting to it and considering the alliance with it as the basis of care.



DISCUSSION

- The value of shared decision-making is recognized both in the literature and by the vast majority of participants. However, according to the literature and participants, **there are limits and factors to be taken into account**.
- It is important to have a **better understanding** of this concept, which is underdeveloped in the literature, as it can improve the quality of care for minor patients.
- The concept **needs a better adaptation for minor's clinics**, as well as to its challenges, limits and specificities.

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References :
Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative research in psychology*, 3(2), 77-101.
Hayes, D., Edbrooke-Childs, J., Town, R., Wolpert, M., & Midgley, N. (2019). Barriers and facilitators to shared decision making in child and youth mental health: clinician perspectives using the Theoretical Domains Framework. *European child & adolescent psychiatry*, 28, 655-666.