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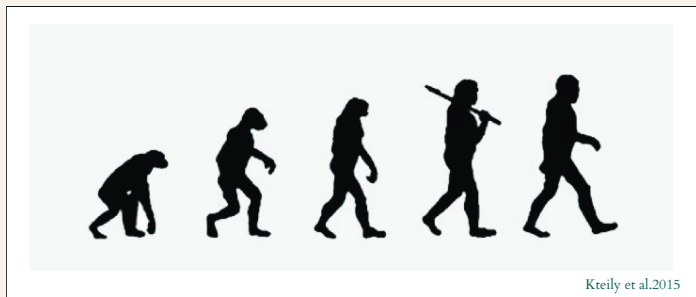
Development of the Dehumanisation in Psychosis Scale (DiPS)

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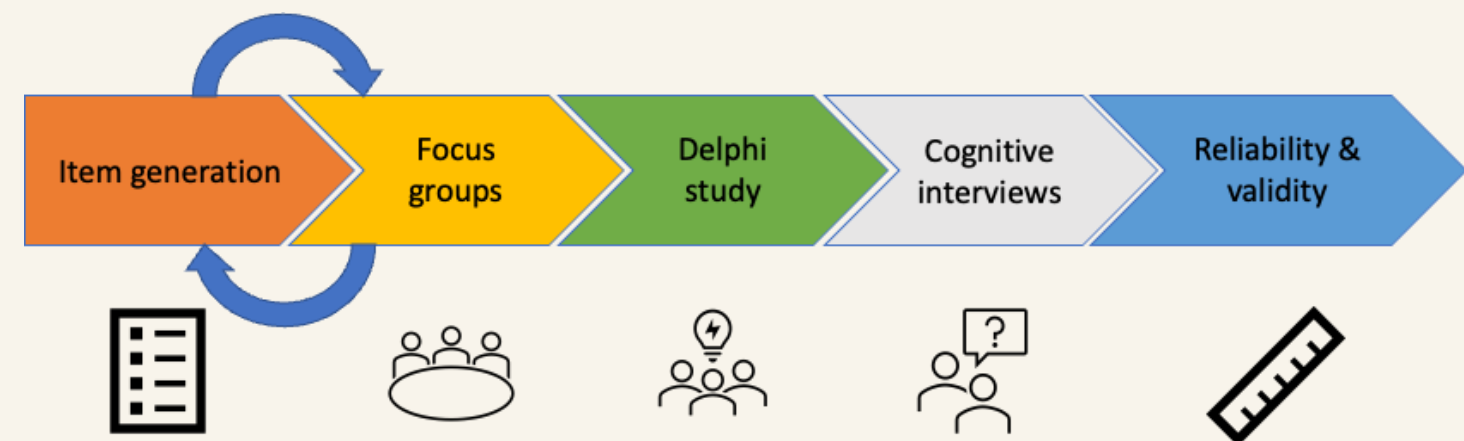
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Dehumanisation and psychosis

People with psychosis report that a distressing element of their experience is self-dehumanisation - feeling less, or other than human. This can be as a result of the inherent nature of psychosis - experiencing hallucinations, delusions and paranoia can set people with psychosis apart from others. This is compounded by stigma around psychosis; people with psychosis are often treated in a manner which is dehumanising and exclusionary, and perceived as less human than those from a non-clinical population, and less human than those with other mental health conditions, such as anxiety and depression [1,2]. Reducing feelings of dehumanisation could be a treatment target for Cognitive Behavioural Therapy (CBT) interventions for psychosis. Current measures [3, 4], however, lack rigorous development, and have not been validated for use within clinical populations.



Measure development protocol



Item generation

Deductive literature review

Method: Literature search for ways in which self-dehumanisation had previously been conceptualised and measured

Finding: One theme of self-dehumanisation

Denying human qualities

This included forms of animalistic and mechanistic dehumanisation, and denial of thinking and feeling states

Inductive qualitative study

Method: Semi structured interviews with 20 self-disclosed voice hearers. Transcripts analysed using Reflexive Thematic Analysis (RTA) [5]

Findings: Experiences of dehumanisation had six main themes:

- Extent of distressing psychosis
- Strength of personal agency
- Sense of belonging with other humans
- Integrity of self as a private and coherent entity
- Trust in own credibility and reliability
- Sense of worth as a human being

PPI consultations

PPI focus group 1

Discuss 7 domains of self-dehumanisation

PPI consultants agreed with 7 domains

PPI focus group 2

Discuss and suggest items

N = 44 items generated from inductive and deductive presented to group
N = 1 item removed
N = 8 items reworded
N = 32 new items suggested



Next steps

Delphi study



Cognitive interviews



Psychometric testing



Clinical implications

To bring awareness to self-dehumanisation as a potential aspect of the experience of psychosis and other mental health conditions

Self-dehumanisation as a target for CBT and mindfulness based therapy

