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efpsa
*European Federation of
Psychology Students' Associations*

WHAT MAKES YOU STAY?

VOLUNTEERING EXPERIENCES IN MENTAL HEALTH-RELATED DESTIGMATIZATION WORK

Future Minds HF Tagung

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Agenda

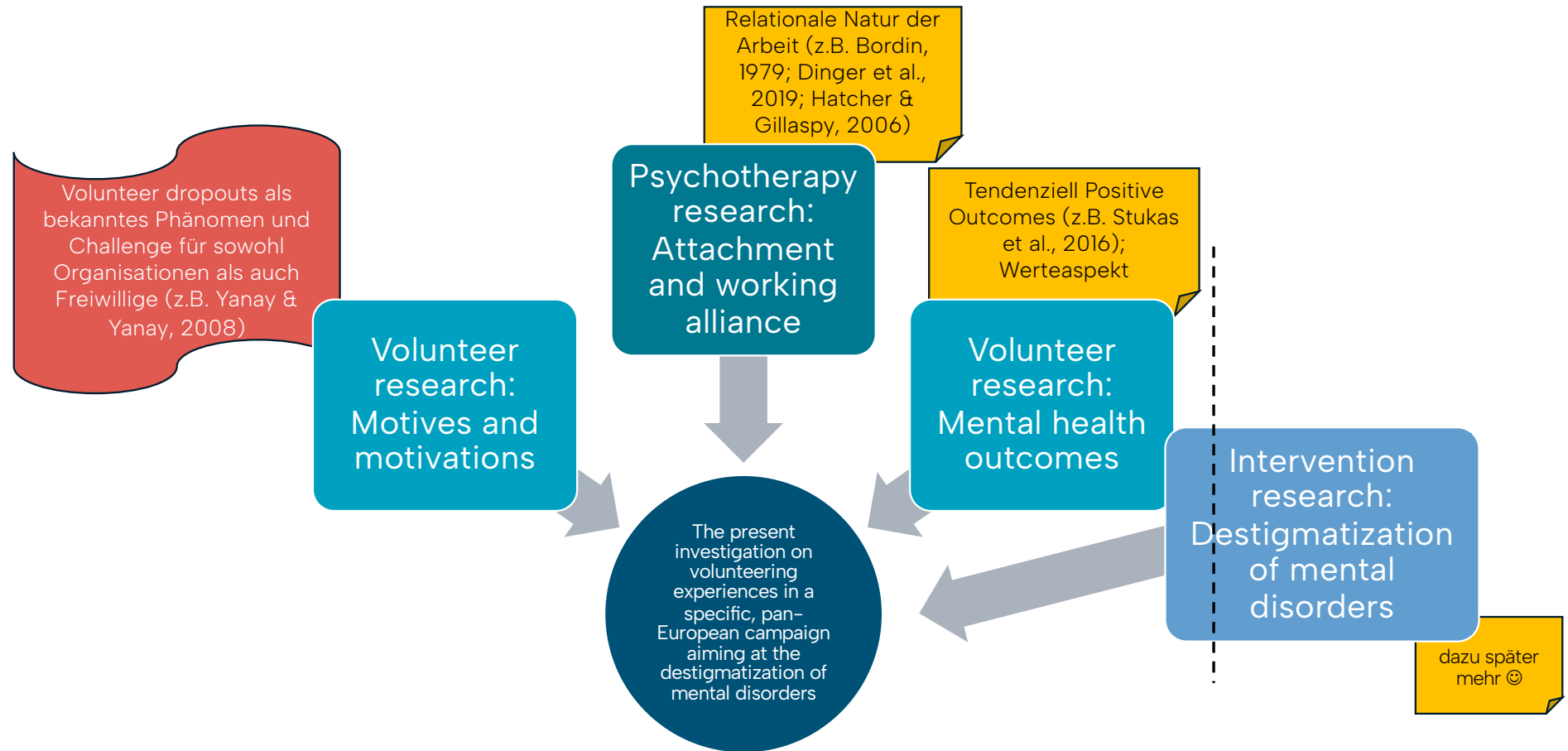
Hinführung und mögliche Relevanz

Methoden & Ablauf des Projekts

Zentrale Ergebnisse

(Gemeinsame) Diskussion & Ausblick

Theorie



Setting: Mind the Mind



- **Ziel:** Entstigmatisierung psych. Störungen
- **Methode:** Workshops für Schüler*innen und Erwachsene, durchgeführt von geschulten, ehrenamtlich engagierten Psychologiestudierenden
 - Mischung aus Psychoedukation, Normalisierung und Verweis auf konkrete Anlaufstellen der Gesundheitsversorgung
 - Quizzes, interaktive Gruppendiskussionen, sokratischer Dialog, multimediale didaktische Stimuli [Videos], etc.

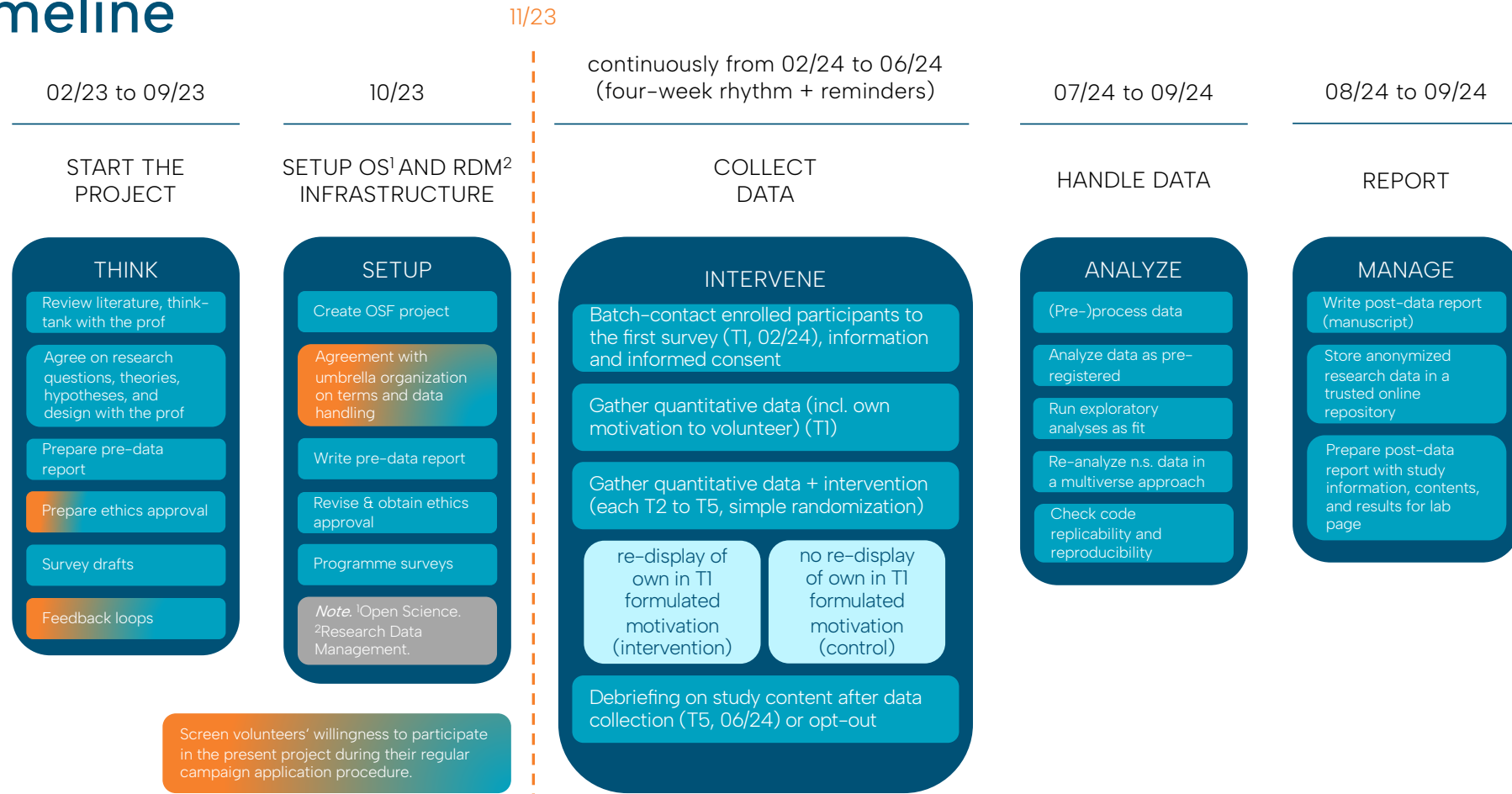
Zahlen, Daten Fakten:

- Gegründet 2014, 2024/2025 bereits im 11. Mandat („Wave“)
 - 10. Mandat während der Erhebung für die vorliegende Untersuchung
- 2023/2024 (10. Mandat):
 - 15 Länder, 17 Nationalkoordinationen
 - 78 Lokalkoordinationen, **>600 Ehrenamtliche**
 - > 20 000 Workshop-Teilnehmende

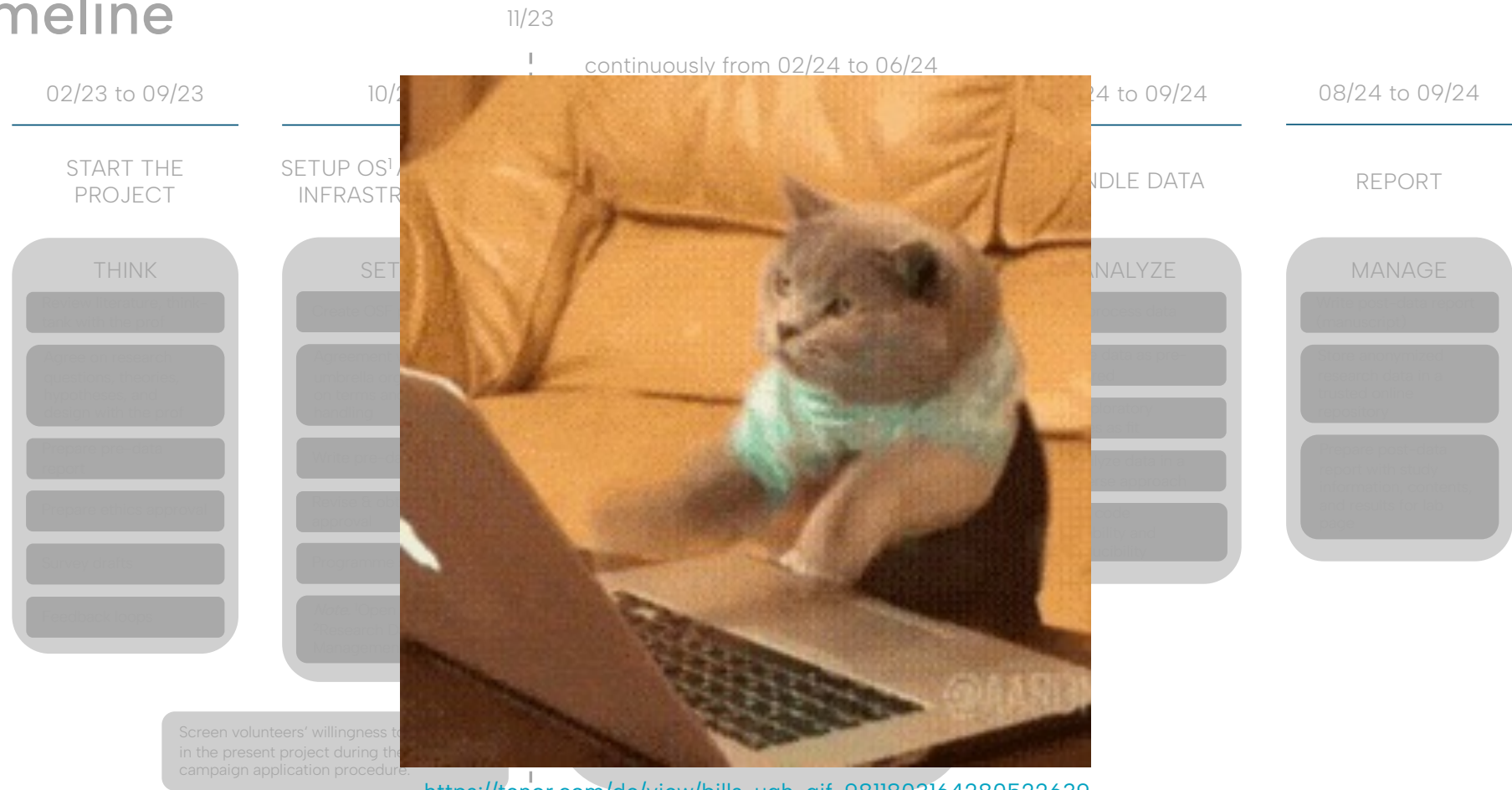


Abbildung 1. Eigene. Übersicht der aktiven Kampagnenländer in 2024/2025.

Timeline



Timeline



<https://tenor.com/de/view/bills-ugh-gif-9811803164280522639>



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Sample

- $k = 207$ Datenzeilen
 - einer variablen Anzahl an Freiwilligen (Wave 1: $N = 71$; Wave 5: $N = 27$)
 - aus 16 deutschen Städten
 - im Alter von $M = 23.15$ Jahre, $SD = 2.32$ (min. 19, max. 31 Jahre),
 - davon 189 Datenzeilen von weiblichen Teilnehmenden
- 38.03 % bereits in einem der letzten vier Jahre mindestens 1x in dieser Kampagne engagiert
 - davon ca. 1/3 mit 1–2x / Monat Engagement-Frequenz
- 51.22 % der befragten Volunteers wiesen einen sicheren Bindungsstil aus
 - gefolgt von 39.02 % ängstlich-vermeidend; 4.88 % ängstlich-ambivalent / anklammernd; 4.88 % gleichgültig-vermeidend / abweisend (cave: $N = 41$ Bindungsdatenzeilen)
- Gleichverteilung von Aufgaben-, Ziel- und Bindungsorientierung der erlebten Arbeitsbeziehung zu Zielgruppenpersonen

Zentrale Ergebnisse

Präregistrierung, Material, Daten und Code sind abrufbar via: https://osf.io/m2hd4/?view_only=abddff7becd0451ba01346c28a4cee41

X 

X

X

Volunteer **commitment** | **satisfaction** | **intent to remain** remains stable or **increases** over time, and trajectories show individual differences.

?

X

X

Volunteer **commitment** | **satisfaction** | **intent to remain** varies as a function of grappling with one's own initial motivations to volunteer such that the relationship will be positive upon re-reading one's own initially stated motivation compared to not re-reading.

✓ EH4 | Volunteer **presentation anxiety** remains stable or decreases over time, and presentation anxiety trajectories show individual differences.

X? EH6 | Is there a relationship between **presentation anxiety** and **number of workshops delivered** by a volunteer?

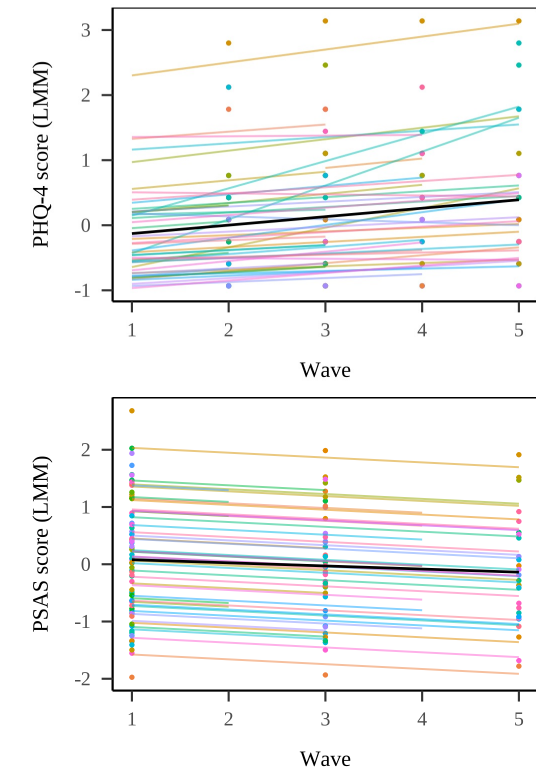
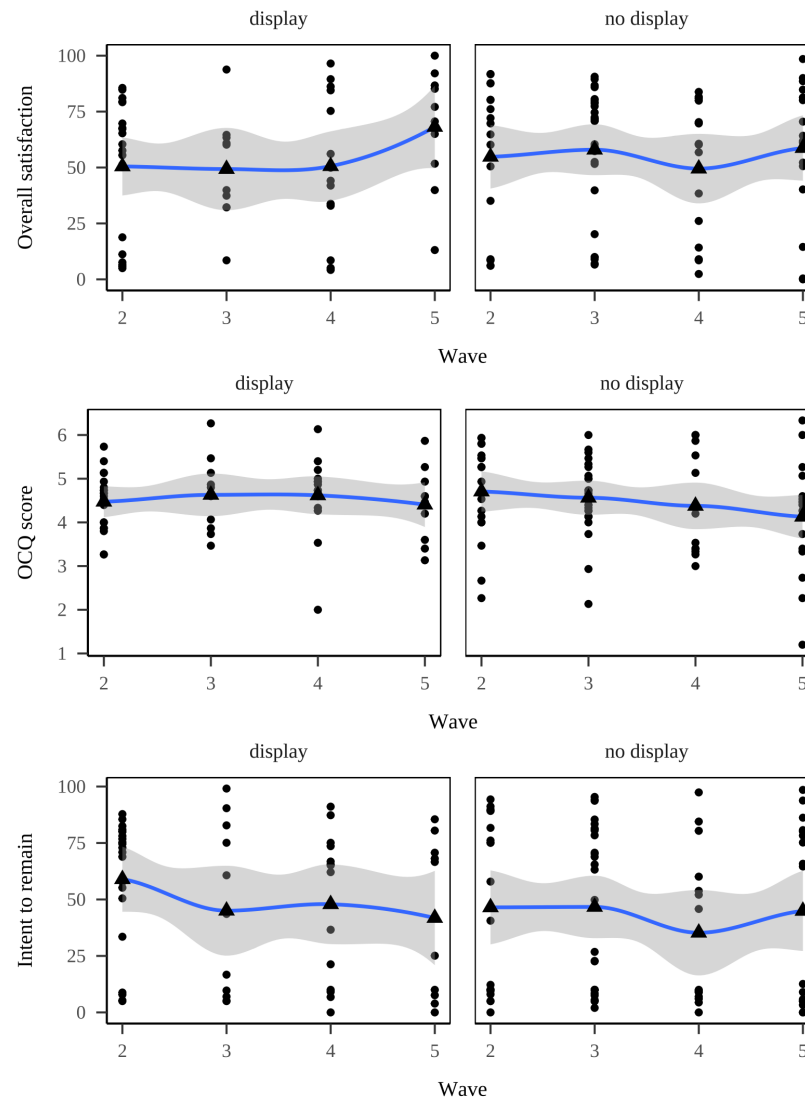
X EH5 | Does **initial volunteer commitment** predict changes in volunteer intent to remain?

X✓ EH7 | Is volunteer **attachment style associated with facets of motivation** to initialize volunteering?

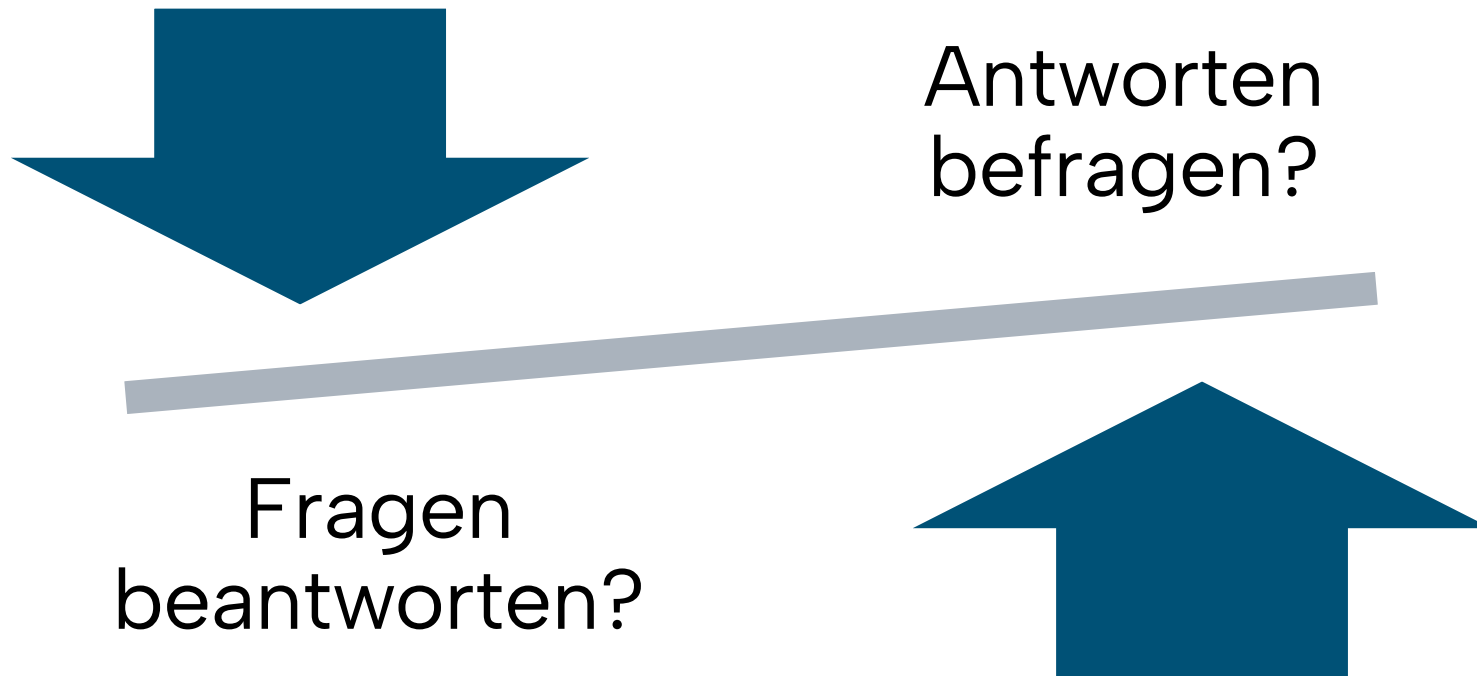
X EH8 | Does **volunteer attachment style predict differences in perceived working alliance** with workshop target audiences?

 EH9 | What does the **trajectory of mental health in volunteers** look like during a campaign mandate?

Fancy plots



Diskussion und Limitationen



VIELEN DANK! FRAGEN? GEDANKEN?



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