

Identification of the individual psychosocial factors and institutional dimensions involved in incorporating complementary and integrative medicine (CIM) into the mental health care provided by French-speaking Switzerland's psychiatric hospitals

This study will help the psychiatric hospitals in Switzerland's French-speaking cantons (VD, GE, NE, VS, FR, Bernese Jura) to identify their current resources in, future needs for, and barriers to incorporating Complementary and Integrative Medicine (CIM) into clinical practice. This project builds on our exploratory study that developed a questionnaire based on an adapted version of Triandis' Theory of Interpersonal Behaviour (TIB). Our overarching objective is to explore the interactions between the psychosocial factors affecting psychiatric hospital healthcare professionals and the particularities of their institutional environments to better understand and improve the incorporation of CIM into their clinical practices. Goals include: 1. describing the CIM practices used by the healthcare professionals participating in the study, their perceptions of the benefits and risks of CIM, and the barriers and facilitators to incorporating CIM into their clinical practices; 2. validating the theoretical model that emerged from the exploratory study; 3. determining the roles of psychosocial and demographic factors on health professionals' intentions to use CIM in their daily practice; 4. understanding how the dynamics between individuals and institutions play roles as barriers or facilitators to using CIM in mental health professionals' clinical practices. We will use a Concurrent Embedded Mixed-Methods study design. The quantitative component will address goals 1, 2 and 3. The questionnaire will be administered to all the mental health professionals in the study's participating psychiatric hospitals. The qualitative component will address goal 4. Semi-structured interviews will be conducted with key hospital administrators, directors, mental health

professionals with administrative responsibilities and health professionals working clinically on wards. The integrative analysis of our findings from individuals' psychosocial data and perspectives on psychiatric hospital contexts will enable an accurate identification of the dynamics and complexity of the multiple individual and social factors involved in incorporating CIM into French-speaking Switzerland's psychiatric hospitals. This approach should bring the benefits of new perspectives and courses of action in this holistic field of mental health care.

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