

## **Talk about mental health in GP-patient consultations**

The DeSTRESS Project<sup>1</sup> is an investigation into the pathologisation of stress in low-income communities, and the moralising narratives of blame and individual responsibility that accompany this. As part of this project, we are looking at recordings of interactions between GPs and patients, with the aim of discovering how these broader narratives about mental health originate in the consultation room. While a wide range of conditions are present in these recordings, our main focus is on consultations about depression and anxiety (which are anyway the most common in the videos that we have).

Our aim for this seminar is twofold. Firstly, we would like to present some of our preliminary findings about these recordings. These include findings about the ways in which GPs diagnose and treat mental health problems, the ways in which they ask patients to self-refer to mental health services, and the general conversational styles that GPs adopt when interacting with their patients. Secondly, we would like to solicit attendees' views of these findings, as well as any other observations that they might have about the recordings themselves.

<sup>1</sup> <https://medicine.exeter.ac.uk/destress/>