

Enhancing Mental Health Communication

Multilingual and Accessible Solutions
through the TRIMENS Project

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UNIVERSIDAD
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Why TRIMENS?

Addressing the gap in clear, accessible mental health information



The Challenge

- Growing mental health awareness, but information remains unclear and sometimes unreliable
 - Need for trustworthy, easy-to-understand resources
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What is TRIMENS?


TRIMENS = Translating and Interpreting Mental Disorders
(Traducir e Interpretar Trastornos Mentales)

Project Objectives


- Enhance health literacy for patients and families with informational material in plain language and easy-to-read format
- Promote accurate, stigma-free media coverage

Multidisciplinary Approach

Our Team

- Experts in psychology, journalism, and translation studies
 - Collaboration for comprehensive solutions
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Legal Context

- Spanish and European laws require accessible communication
 - Upcoming 2025 law mandates easy-to-read formats in healthcare
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Legal Framework

Year	Milestone
2016	GDPR (General Data Protection Regulation) adopted by the EU.
2018	GDPR enters into force across EU member states.
2019	European Accessibility Act (EAA) adopted (Directive (EU) 2019/882).
2022	EU member states required to transpose the EAA into national law by June 28.
2025	June 28: European Accessibility Act fully applies (highlighted: new Spanish law enters into force)

Methodology

- Compilation of multilingual corpus (Spanish, English, German)
 - Types of texts: scientific articles, patient guides, brochures, media articles
 - Selection: 30 texts per language, with psychologist input
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Methodology

Focus on bipolar disorder, borderline personality disorder, and schizophrenia because of their prevalence in Spain:

- BPD: \approx **2.0%**
- BLP: \approx **1.4%**
- SCH: \approx **1.0%**

Sources: Servicio de Información sobre Discapacidad;
Vall d'Hebron Barcelona Hospital Campus

Methodology: Resource Development

- From Complexity to Clarity
 - Translations EN > ES
 - Translations EN > DE

 - Multilingual glossaries in plain language EN – ES, DE-ES and ES – ES



xbench.net

Readability and Validation

Text adaptation based on the principles and standards of plain language and Easy-to-Read.

Plain Language

– Readability tools (Inflesz, Flesch-Kincaid, Wiener Sachtextformel)

– AI (ChatGPT, Gemini, Perplexity)

[Varela Salinas, M. J., & Godoy Lorenzatto, A. (2024). Using ChatGPT and determinologisation to enhance understanding of lung cancer information. *Lebende Sprachen*, 69(2), 412-433.]

Readability and Validation

Easy-to-Read Texts

- Adherence to Spanish and European easy-to-read guidelines (after training courses)

- Validation with diverse focus groups

Plain Language: older adults, students of Spanish as a foreign language, diverse literacy and language levels

Easy-to-Read: collaboration with associations

Fundación Albatros Andalucía



Example of easy to read-text



© European Easy-to-Read
Logo: Inclusion Europe.

En ese grupo también están:


- El trastorno esquizoide: la persona prefiere estar sola y no tiene interés en relacionarse con otras personas.
- El trastorno paranoide: la persona cree que los demás quieren hacerle daño, aunque no sea cierto.
- El trastorno esquizotípico: la persona tiene ideas raras y puede comportarse de forma extraña.
- El trastorno antisocial: la persona no respeta las normas ni los derechos de las demás personas.
- El trastorno histriónico: la persona necesita llamar mucho la atención.
- El trastorno narcisista: la persona se cree mejor que los demás y necesita admiración.

- El trastorno evasivo (o evitativo): la persona tiene mucho miedo a hacer el ridículo o a que la rechacen, por eso evita a otras personas.
- El trastorno dependiente: la persona necesita que otros decidan por ella y tiene mucho miedo a quedarse sola.
- El trastorno obsesivo-compulsivo de la personalidad: la persona es muy perfeccionista y quiere que todo sea exacto y ordenado.


Todas estas personas tienen algo en común.

Tienen formas de pensar, sentir y comportarse que no son lo que esperan las personas que los rodean.

Media Analysis & Guidelines

- Analyze media language on mental health
 - Identify and address stigmatizing terms
 - Develop actionable guidelines for journalists
 - Promote responsible, stigma-free reporting
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Next Steps

- Finalize resources. Implementation of AI in the process of creating easy-to-read materials. Validation.
 - Develop easy-to-read scales for different cognitive needs
 - Analyze the language employed by the media when reporting on mental disorders
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Launch a user-friendly website

TRIMENS

SALUD MENTAL EXPLICADA

MENTAL HEALTH EXPLAINED

PSYCHISCHE GESUNDHEIT ERKLÄRT



If we can help even one person feel more informed and supported, it is worth it.



Pictures

Images on slides 2, 7 and 17
created with the help of AI-assisted tools.

Logo on slide 16:
Logo of the TRIMENS project
created with the help of AI-assisted tools.

Logos on slide 12:
<https://www.albatrosandalucia.com/>
<https://www.plenainclusionandalucia.org/>

Logo on slide 13:
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www.easy-to-read.eu

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Research Team

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Thank you!



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