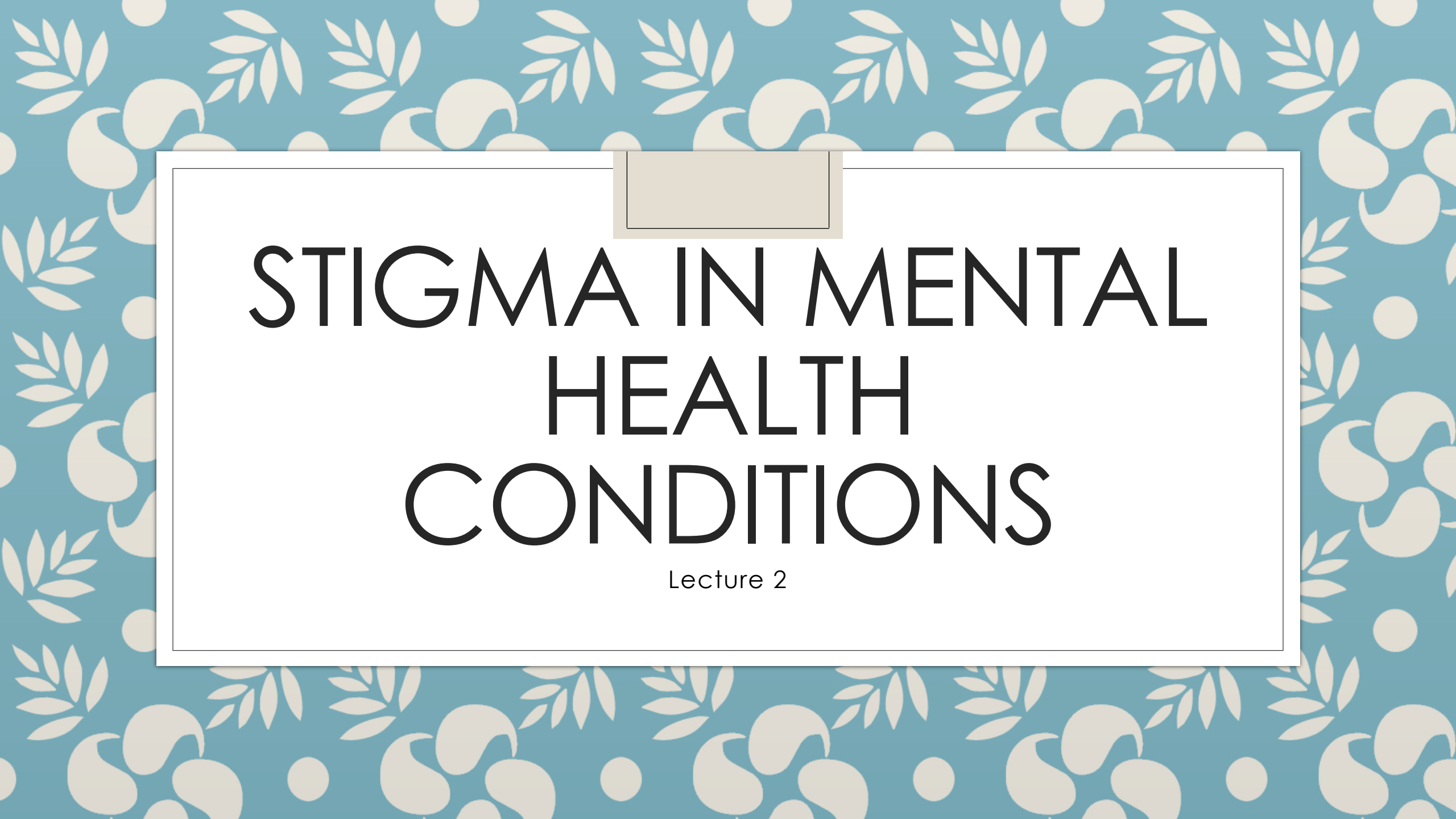




STIGMA IN MENTAL HEALTH CONDITIONS

Lecture 2

Stigma, ED`s and Depression

Overcoming the stigma of depression



- Stigmatised attitudes differ across mental health disorders (Ebnetter & Latner, 2013)
 - Five vignettes describing AN, BN, BED, MDD and obesity
 - 15 item stigma scale – low scores = high stigma
 - ANOVA, Pearsons and CFA

Stigma and Eating Disorders

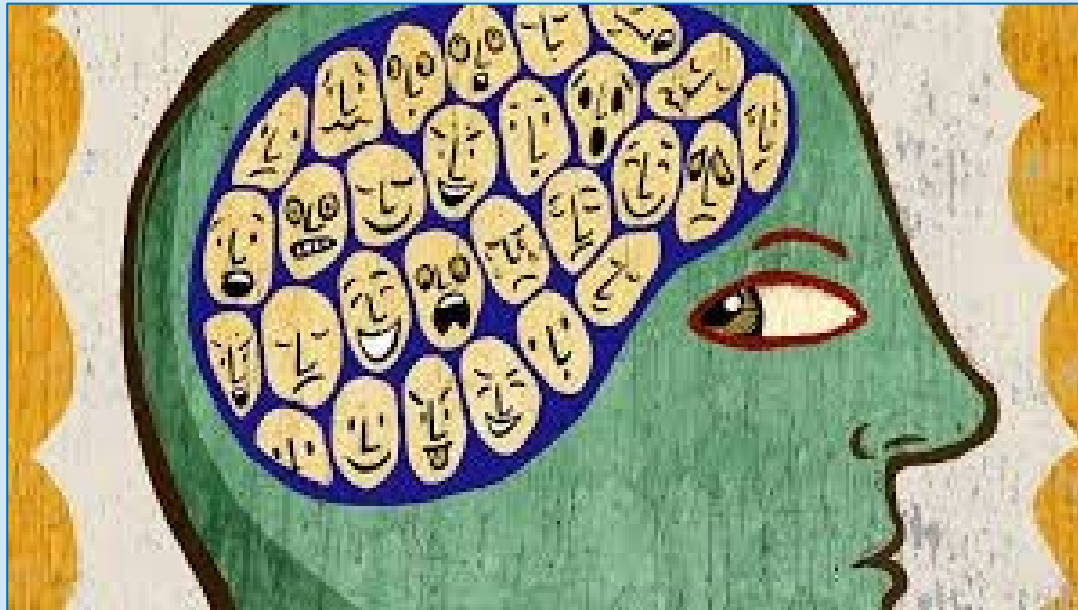
- [TEDx Eating Disorders](#)



- Findings:
 - People with BED were believed to be more responsible for condition than those with AN or BN.
 - Individuals with ED`s more to blame than those with MDD
 - People with MDD more unpredictable and more unwell
 - People with BED have a lack of self discipline

Stigma with Schizophrenia

Connecting to Madness - Jim van Os



Stigma in Schizophrenia (Lv, Wolf & Wang, 2013)

- Experiencing stigma and self stigma in Chinese patients with schizophrenia:
- Measures:
 - Detailed demographics
 - Self stigma scale – 70% reported this
 - Experienced stigma scale – over 50% experienced this
 - Social support scale – low mean scores
 - Quality of life scale – low mean scores
 - Severity of psychotic symptoms scale – more negative symptoms
- Multiple Regression

Experiences of Mental Health Stigma

- Experiencing stigma
- Louise Byrne



**KEEP CALM
AND END
MENTAL HEALTH
STIGMA AND
DISCRIMINATION**

The impact of Stigma:

- Why does it matter?
 - To reduce prejudice and discrimination
 - To reduce social exclusion
 - To improve social support
 - To improve subjective QoL
 - To improve self esteem
 - To improve treatment outcomes
 - To reduce self stigma
 - To reduce social isolation
 - To reduce guilt, hopelessness and the self-fulfilling hypothesis

The impact of Stigma:

- Read the article by:
 - Burke, Zabel, Clark & Morrison (2016) – Experiences of stigma in psychosis: A qualitative analysis of service users' perspectives
- Answer the questions on the following slides:

The impact of Stigma:

- 1. What did Wood and colleagues (2015) suggest regarding the impact of stigma?
- 2. What do Brohan et al. (2010) identify as the three categories of stigma?
- 3. What is the SIMS and what does it measure?
- 4. Summarise the participant demographics in Wood et al.'s (2016) study.
- 5. Briefly summarise their methodology.
- 6. What primary themes did they suggest?

The impact of Stigma

- 7. Outline the main findings of the Wood et al. study.
- 8. What did Wood et al, offer as limitations to their study?
- In summary:
- There are a wide array of negative outcomes that can occur as a result of stigma.
- Stigma should be part of the assessment process and should inform interventions aimed at reducing both public and self-stigma mechanisms.

How can we eliminate Stigma?

- More on this next week but...
 - A campaign must be multifaceted
 - Not just for the sharing of knowledge
 - To challenge stereotypes
 - To challenge the Media
 - To challenge the professionals
- Social Psychologists have input:
 - Brown (2010) mass participation and social contact, to facilitate positive integration, contact and disclosure.
 - E.g. Time to Change Roadshows.