

Mental Illness and Stigma

6XSUDNDVK &KDXGKXU\ 6 HW DO 7KLV LV DQ RSHQ DFFHVV DUWLFOH GLVWULEXWHG XQGHU WKH WH

'HSDUWPHQW RI 3V\FKLDWU\ 'U '< 3DWLO 0HGLFDO &ROOHJH 3LPSUL 3XQH 0DKDUDVKWUD ,QGLD
&RUUHVSQRGLG &KDXGKXU\ 'U '< 3DWLO 0HGLFDO &ROOHJH 3LPSUL 3XQH 0DKDUDVKWUD ,
5HFHLYHG 2G DWR EHU \$FFHSWHG 2G DWR EHU 3XEOLVKHG RSDWPEHU

&RSULJKW &KDXGKXU\ 6 HW DO 7KLV LV DQ RSHQ DFFHVV DUWLFOH GLVWULEXWHG XQGHU WKH WH
XQUHVWULFWHG XVH GLVWULEXWLRQ DQG UHSURGXFWLRQ LQ DQ\ PHGLXP SURYLGHG WKH RULJLQDO D

(GLWRULDO

\$WODYHU\ SODJXH G KXPDLW\ IRU PDQ\ \HDUV VRPHZKHUH LQ DQFLHQW
FLW\ RI *UHFFH VODYHV DQG FULPLQDOV ZHUH PDUNHG E\ FXWWLQJ WKHLU
LQ RUGHU WR UHFRJQL]H WKHP IRU HDV\ UHFRJQLWLRQ RI WKHLU ORZ ZRUWK W
VFLHM\ ZRUG fVWLJPDg LV GHULYHG fVWL]HQg D *UHHN ZRUG IRU D
fUDQG LPSUHVHG E\ DQ LURQG &XUHQW XQGHUWDDQLQJ DQG XVH RI WKH
FRQFHSW VWLJPD LQ WKH VRFLDO VFLHQFHV LV EDVHG RQ WKH ZRUN RI (UYLQJ
*RvPDQSH) QW GJPD DV DQ fDWULEXWH WKDW LV GHHSO\ GLVFUHG LWLQJg
UGXFLQJ WKH EHDUHU fIURP D ZKROH DQG XVXDO SHUVRQ WR D WDLQWHG
GLVFRXQWHG GLRQH G FHLVZHHG WKUHH W\SHV RI VWLJPD
D VWLQWHG ZLWK SK\VLV DQG GLVFRXQWHG\FKDUDFWHU

LQGLQJ PHQWDO GLVRUGHU DQSOHPEHUVKLS RI DQ REMHFWRQDEOH
LQFDVHG H[SRQHQLDOO\ > @ ,W KDV EHHQ HVWDEOLVKHG WKDW DV D UHVXO
VWLJPD SV\FKLDWULF SDWLHQWV WR DQG H[FOXVLRQ DW D
SHUVRQDO XVH WOFDXVH DQG FKHDUWK DQG VRFLHWDO
HvHFRQ SV\FKLDWULF SDWLHQWV WKHLU IDPLOLHV DQG FDUHJLYHUV ,Q
DGGRW LW DOVR KHUVWFKHUWRFLHW\ > @ 6WLJPDWL]LQJ
PHQWDO GLVRUGHU @WV @ € 0 0 0 @À 0 0 0 0 VFO DQGV (0 0 0) E PA @ WADp @ 000 0 0
\$FWLRQ 3ODQ IRU 0HQWDO +HDOWK RI (XURSHDQ QDWLRQ ZDV DJUHHG
DFKLHYH WKH XQGHU PHQWLRQH

- k IRVWHULQJ DZDUHQHV DERXW SV\FKLDWULF GLVRUGHU
- k WDFNOLQJ LQHTXDOLW\ SUHMXGLFH DQG GLVKRQRU IDFHG E\ SV\FKL
SDWLHQWV
- k LPSURYLQJ WKH SURIHVVLRQDO VHUYLFHV IRU WKH FDUH RI SV\FKL
SDWLHQWV
- k LPSURYH WKH WUDLQLQJ DQG DYDLODELOLW\ RI PHQWDO KHDO
SURIHVVLRQDOV
- k WDNH DGYDQWDJH RI WKH XQGHUWDDQLQJ DQG H[SHULHQFH RI SV\FK
SDWLHQWV DQG FDUH > @

DPHGR DQFRXWVWVWLJPD E\
WHUHRW\SHV RI UHVSQRVLELOLW\ GLVJUDFH DQG FRQWDLRQ
KH SRSXODWLRQ WKDW KROG WKH SDWLHQWp WC ÀÀ @ € P€€`0° K0N

LQ FRQFHDOLQJ WKH PHQWDOO\ LOO SHUVRQ DQG PD\ EH XQIDLUO\ WUHDWHG L
PDWWHUV RI MREV DQG DFFRPPRGDWLRQ

7R HYDGH GLVJUDFH WR WKH IDPLO\ WKH SV\FKLDWULF GLVRUGHU WR
RI IDPLO\ PHPEHUV EHOLHYH WKDW WKH LOOQHVV RI WKH PHPEHU VKRXOG EH
FRQFHDOHG WR IDPLO\ PHPEHUV UHSRUWHG ORZ VHOI ZRUWK > a
@ DQG VWUDLQHG UHODWLIRQLK BQWZLWK IULHQGV DQG
> @KLOH REVHUYHG DYRLGDQFH E\ IULHQGV EHFDXVH RI
SV\FKLDWULF GLVRUGHU RI D IDPLO\ PHPEHU > @ \$YRLGDQFH ZDV PRUH
ZKHQ WKH SHUVRQ ZLWK SV\FKLDWULF GLVRUGHU ZDV VWD\LQJ ZLWK WKHP
> @ ,Q RQH VWXG\ RI IDPLO\ PHPEHUV EHOLHYHG WKDW RWKHUV
UHSURDFK WKHP IRU WKH SV\FKLDWULF GLVRUGHU RI WKHLU UHODWLYH > @
3DWLHQWV UHSRUW WKDW VWLJPD DQG GLVFULPLQDWLRQ RFFXUULQJ DV D UHVX
WKHLU RZQ RU PHPEHUV RI WKHLU IDPLO\ ZDV KDUGHU WR EHDU WKDW WKH
SV\FKLDWULF GLVRUGHU LWVHOI 6WLJPD LV DOO HQFRPSDVVLQJ ,W DGYHUVH
DvHFVWKH XW)P @ RI 0\$`Đ0`0 DQ„r•D ppKpĂ€ EVE.@PG €P @ P i€U G ...P ĀgĐG Ā Q ¶Kp ĀV ~¶0€U(L

VFKLJRSKUHQLD RU SV\FKLDWULF LOOQHVV WKH\ DUH RQH DQG WKH VDPH WKLO
&KDQJLQJ QDPHV RQO\ OHEG MHRGPRIUW KFR QXULRQ
DZDUHQHVV

6WLJPD RI PHQWDO LOOQHVV QRW RQO\ UHGXFHV WKH LQGLYLGXDODV VHOI ZRU
EXW DGYDUFKOV UHODWLRQVKLSV DQG RSSRUWXQLWLHV IRU
HPSOR\PHQW 3URYLGLQJ FOHDU LQIRUPDWLRQ DERXW WKH JHQHWLF