



**GAMIAN-Europe**  
Global Alliance of Mental Illness  
Advocacy Networks

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## GAMIAN-Europe Pan European Stigma Study

Purpose of Study:

To:

- Establish the frequency and intensity of self-stigma reported by a European sample of participants with a diagnosis of mental illness.
- Measure levels of empowerment among this sample
- Measure levels of perceived discrimination and devaluation among this sample
- Assess the interaction between the constructs of self-stigma, empowerment and perceived discrimination and devaluation
- Examine any differences in these constructs by countries

Participants in 2006:

Spain, Portugal, Italy, France, Lithuania, the Czech Republic, Poland, Finland, Croatia, Cyprus, Estonia, Sweden, Slovenia, Malta, Russia, Romania, Turkey, Greece, The Ukraine, Belgium & Macedonia. (4.500 responses)

Background Questions	Internalised Stigma of Mental Illness (ISMI)	Boston University (BU) Empowerment Scale	Perceived Devaluation and Discrimination Scale
Age, gender, years since first contact with mental health services, work status, education, current main type of mental health care received, current diagnosis, knowledge of current diagnosis and agreement with current diagnosis	29-items on the experience of stigma, composed of 5 subscales: Alienation, Stereotype Endorsement, Perceived Discrimination, Social Withdrawal and Stigma Resistance.	Empowerment scale developed with considerable service user involvement. A 17-item version of the scale consisting of factor 1 "Self esteem-self-efficacy" and factor 2 "power-powerlessness" (Rogers <i>et al</i> , 1997).	12-item scale scales measures beliefs about the degree of devaluation and discrimination directed toward persons with mental illness (Link, 1987)
	Overall, 33.4% of valid ISMI scores are above possible median for the scale. For most, moderate levels of internalised stigma are apparent; There is large variability in this by country with 6% of responses in Sweden to 74% in Greece, above the median; The highest endorsed sub-scale is stigma resistance and the lowest is stereotype endorsement.	Overall, 72.41% of BUES scores are greater than the possible median. This indicates high empowerment; Variability by country ranges from 45% in Finland to 91% in Russia; Scores on the self-esteem/self-efficacy subscale are higher than those on the power/powerlessness subscale	32.6% of valid scores are above possible median for the scale. For most, moderate levels of perceived devaluation discrimination are apparent; There is large variability in this by country with from 6% in Greece to 75% in Finland; At an item level, very high responses for individual items, especially in relation to employment.

Publications in Journal of Affective Disorders, Schizophrenia Research  
Detailed results available on demand (mail to [info@gamian.eu](mailto:info@gamian.eu))

**Follow up in 2010:** Internet Questionnaire in 20 languages on [http://www.gamian.eu/stigma\\_followup.htm](http://www.gamian.eu/stigma_followup.htm),

Deadline: 31 December 2010 results to be published in April 2011.

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