

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 -2010)

GAMIAN-Europe, a patient-driven pan-European organization, represents the interests of persons affected by mental illness and advocates their rights

First survey: 2006: 20 countries – 4500 responses
Results recently published in the Journal of Affective Disorders
and in the Schizophrenia Research

Second survey: 2010. *(with financial support of Lundbeck International Neuroscience Foundation)*

Identical questionnaire in 20 languages, involvement of patient-associations in 23 European countries.

Deadline for responding: 31 December 2010.

To be repeated every 4 years.

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

- GAMIAN Europe Pan European Survey containing:
 - Demographic questions
 - 16 items
 - Internalised Stigma of Mental Illness (ISMI) – 29 items (Ritscher *et al*, 2003)
 - Perceived Devaluation and Discrimination Scale 12 items (Link, 1987)
 - Boston University (BU) Empowerment Scale – 17 items (Rogers *et al*, 1997)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Self reporting, supported by the local patient association.

Accessible to all patients:

- No language barrier: everyone can respond in his or her own language

- Both online and printed version, accessible at the GAMIAN website

Possibility to compare 2006-2011 and to detect trends...

Possibility to have results country by country, and trends country by country (detect positive or negative effects of local events between 2006-2010, possibility of evaluation of local anti stigma campaigns)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Preliminary results based on 500 responses from 10 countries (gathered by Oct 10th).

Definitive results to be published in April 2011.

Analysis of results supervised by Prof. Dr. Marc De Hert
(University of Leuven, Belgium)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

25% Bipolar disorder

25% Depression

25% Schizophrenia /Schizoaffective disorder

5% Alcohol/Anxiety/Autism/Personality disorder/ OCD /PTSD

20% Unknown / No answer

Age: 2006: no data <-> 2010: 75% between 31-59 year

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Demographic items: most significant trends

More respondents are living independently (own house or rented rooms): 2006: 56.4% <-> 2010: 68.8 %

Less have a regular income (salary): 2006: 24% <-> 2010: 17%

More have knowledge of diagnosis: 2006: 77% <-> 2010: 81.1 %

More agree with diagnosis: 2006: 53% <-> 2010: 65%

Less in residential treatment:

In patient care : 2006 32% <-> 2010 26%

Out patient care: 2006 61% <-> 2010 64%

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Measurement of the levels of stigma that people with a mental illness feel towards themselves, across Europe (**Internalised stigma**);

Trends 2006-2010: (% difference)

24% more respondents agree that people with MI make important contributions to society (42 -> 66)

24% more think they can have a good life, despite the MI (34-> 58)

10% more think that living with a MI has made him/her a tough survivor (46 -> 56)

11% more think they are able to live how he/she wants (41 -> 52)

10% more think that people discriminate because of MI (40 -> 50)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Measurement of the levels of stigma that people with a mental illness feel towards themselves, across Europe (**Internalised stigma**);

Trends 2006-2010: (% difference)

8% more think that people with MI should not get married (22 -> 30)

13% less feel comfortable being seen in public with a person who is obviously MI (58 -> 45)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Measurement of the degree to which people with a mental illness believe that the general public hold negative attitudes towards the mentally ill (**Perceived devaluation/discrimination**);

No major trends (difference >5%)

4 % more respondents think entering a mental hospital is a personal failure (59 -> 63)

4 % more respondents think employers will hire a former mental patient if he or she is qualified for the job (47 -> 51)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Measurement of the degree to which people with a mental illness believe that the general public hold negative attitudes towards the mentally ill (**Perceived devaluation/discrimination**);

4 % more respondents think that most young women would be reluctant to date a man who has been hospitalised for a serious mental disorder (67 -> 71)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Measurement the levels of self-esteem and feelings of power/control that people with a mental illness report (**Empowerment**).

13% more respondents feel powerless most of the time (45 -> 58)

13% more respondents think the misfortunes in their life are due to bad luck (45 -> 58)

8% more respondents have a positive attitude towards themselves (61 -> 69)

8% less respondents think that experts are in the best position to decide on what people should do (64 -> 56)

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2006 -2010)

Conclusions

Trends are neither extremely positive nor negative

There is still quite a lot to achieve.....

Looking forward to the definitive results of the survey in a few months....