

GAMIAN-EUROPE

PAN EUROPEAN STIGMA STUDY (2010)

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

1. To measure the levels of stigma that people with a mental illness feel towards themselves, across Europe (**Internalised stigma**);
2. To measure the degree to which people with a mental illness believe that the general public hold negative attitudes towards the mentally ill (**Perceived devaluation/discrimination**);
3. To measure the levels of self-esteem and feelings of power/control that people with a mental illness report (**Empowerment**).

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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)

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- Surveys sent out through the GAMIAN-Europe network of charity organisations in 21 European countries;
- Survey packs translated using forward-back translation approach with reconciliation meeting;
- Survey link sent to each member organisation, with the aim of recruiting a minimum of 50 people

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

- Participating countries

Belgium, Croatia, Czech, Finland, France, Greece, Hungary, Israel, Italy, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Russia, Slovenia, Spain, Sweden,

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

- Socio demographic results

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

What is your current housing situation?				%
	Homeless shelter		0,98	
	Hospital		2,62	2,95
	Residential care home		3,76	1,26
	Retirement community		0,74	
	Own house, flat or apartment		52,98	60,33
	Rented room(s)		14,55	15,61
	Live with relative(s)		14,06	13,92
	Other		10,30	5,90

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Who do you live with?			% all	% dep
	My spouse and/or children		37,29	53.15
	Parents/relatives		24.12	18.57
	Friends		1,64	2.53
	Roommates		12,92	5.49
	I live alone		20,11	17.30
	Other		3,92	2.95

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Do you work?					% all	% depr
	I work full-time				12,92	16.03
	I work part-time				16,76	12.66
	I work as a volunteer (not paid)				4,82	2.53
	I'm looking for a job				11,45	11.39
	I'd like to work but am afraid of losing my benefits.				3,03	4.22
	I'm not able to work (disabled)				31,23	26.16
	Student				3,11	1.69
	Retired				16,68	25.32

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Where does your money come from?				% all	% depr
	Disability payments			28,37	19.41
	Invalidity benefits			12,59	9.70
	Charitable grants/donations			1,23	0
	Pension			14,06	21.52
	Salary or Wages			25,43	25.32
	Financial contribution from the family			7,69	8.44
	Other			10,63	15.62

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What is your current main type of mental healthcare			% all	% depr
	In-patient care		24,12	25.74
	Out-patient care		40,39	34.18
	Treatment at home		12,35	20.25
	Day-care		5,89	8.44
	Other		17,25	11.39

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ISMI % positief responses	
Living with mental illness has made me a tough survivor	58,46
People with a mental illness make important contributions to society.	57,73
People discriminate against me because I have a mental illness.	52,25
I am disappointed in myself for having a mental illness.	49,14
I don't talk about myself much because I don't want to burden others with my mental illness	48,32
Being around people who do not have a mental illness makes me feel out of place or inadequate.	32,05
Because I have a mental illness, I need others to make most decisions for me.	31,64
I cannot contribute anything to society because I have a mental illness.	31,23
People can tell that I have a mental illness by the way I look.	30,17
Nobody would be interested in getting close to me because I have a mental illness.	27,56

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Major differences 2006-2010

People agree less on:

- I don't talk about myself much because I don't want to burden others with my mental illness
- I feel comfortable being seen in public with a person who is obviously mentally ill.

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Major differences 2006-2010

People agree more on:

- People with a mental illness make important contributions to society.
- Living with mental illness has made me a tough survivor.
- People discriminate against me because I have a mental illness.

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

PPD % positive responses	
Most people would not hire a mental health patient to take care of their children, even if she or he had been well for some time	69,34
Most employers will pass over the application of a former mental patient in favour of another applicant.	68,11
Most people think less of a person who has been in a mental hospital.	67,38
Most people believe that a person who has been in a mental hospital is just as intelligent as the average person	45,54
Most people would accept a fully recovered former mental patient as a teacher of young children in a public school	43,99
Most people believe that a former mental patient is just as trustworthy as the average citizen.	43,58

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Major differences 2006-2010

People agree less on:

- Most people in my community would treat a former mental patient just as they would treat anyone.
- Most employers will pass over the application of a former mental patient in favor of another applicant.

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Major differences 2006-2010

People agree more on:

- Most employers will hire a former mental patient if he or she is qualified for the job.
- Most people would accept a former mental patient as a close friend.

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BUES % positive responses	
“Making waves” never gets you anywhere.	72,83
I feel I have a number of good qualities.	72,59
I feel I am a person of worth, at least on an equal basis with others.	68,66
Most of the misfortunes in my life are due to bad luck.	56,55
Experts are in the best position to decide what people should do or learn.	55,40
I feel powerless most of the time.	54,83

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Major differences 2006-2010

People agree less on:

Experts are in the best position to decide what people should do or learn.

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Major differences 2006-2010

People agree more on:

- I feel powerless most of the time.
- Most of the misfortunes in my life are due to bad luck.

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	N	%
bipolar	234	19,13
depression	237	19,38
other	176	14,39
psychosis	325	26,57
unknown	243	19,87

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Conclusions (Depression)

33.76% score moderate/high on internalised stigma

43.04% score moderate/high on stigma resistance

67.51 % score moderate/high on self esteem/self efficacy

76.79% score moderate/high on power/powerlessness

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Conclusions (Depression / [Schizophrenia](#))

33.76% scores moderate/high on internalised stigma

47.69%

43.04% score moderate/high on stigma resistance

47.69 %

67.51 % scores moderate/high on self esteem/self efficacy

66.77%

76.79% scores moderate/high on power/powerlessness

80.31%

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PAN EUROPEAN STIGMA STUDY (2006 & 2010)

Conclusions (Depression 2006-2010)

33.76% score moderate/high on internalised stigma

2006 = 21.70 % (significant)

43.04% score moderate/high on stigma resistance

2006 = 59.7%

67.51 % score moderate/high on self esteem/self efficacy

2006 = 68.3% (significant)

76.79% score moderate/high on power/powerlessness

2006 = 57.4 % (significant)

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Questions for further analysis:

Do women have lower levels of stigma towards themselves, etc. than men?

Do people who have a number of relationships in their lives (i.e. have a spouse/partner, live with others, have a friend who they can confide in, are close to their family), have lower levels of stigma towards themselves, etc. than others?

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Do people who are employed, have lower levels of stigma towards themselves, etc., than others?

Do people who have recently come into contact with mental health services for the first time, have lower levels of stigma towards themselves, etc. than others?

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Do people who agree with their diagnosis, have lower levels of stigma towards themselves, etc. than others?

Do people who have a diagnosis of a psychotic illness, addiction or personality disorder, have higher levels of stigma towards themselves, etc., than those who have a diagnosis of depression or an anxiety disorder?