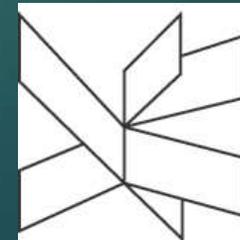


# Self-stigmatisation among young people with a mental illness

OVERCOMING BARRIERS IN MINDS AND SOCIETY

COPENHAGEN SEPT. 20-22, 2017



VIA University  
College

# Agenda

- ▶ Presentation of project participants and the project
- ▶ Stigma and self-stigmatisation
- ▶ Methodology
- ▶ Results
- ▶ Afterthought

# Presenters

- ▶ Lene Mosegaard Søbjerg,  
head of research at VIA University College,



- ▶ Mette Marie Boje Sørensen, project assistant, VIA University College

# Presentation of Mette







The idea behind the project







# Stigmatisation

- ▶ The term stigma is used to refer to an attribute that is deeply discrediting.
- ▶ If someone possesses a stigma, he/she has an undesired differentness
- ▶ US / THEM
- ▶ Stereotypes are the way in which humans categorize information about groups of people.
- ▶ Stigmatisation often involves prejudice from one group towards another group.
- ▶ Lack of knowledge often reason for stigmatisation

# Self-stigmatisation

- ▶ Internalization of stigma
- ▶ Limits one self and abstain from doing things because of expectations of further stigmatisation
  - ▶ Low self-esteem
  - ▶ Poor self-efficacy
  - ▶ Self-discrimination
  - ▶ Self-isolation

# Reports from ONE-OF-US

- ▶ 2013: First national report (1561 respondents)
- ▶ 2015: Second (follow-up) report (1269 respondents)
  
- ▶ Primary conclusions:
- ▶ 91 % have experienced negative treatment
  - ▶ 40 % from close relations
  - ▶ 35 % from employment/education
- ▶ Young people experience stigmatisation more often than older people
  
- ▶ 92 % have stigmatised themselves (2015-survey)

Pernille Skovbo Rasmussen og Peter Ejbye-Ernst

## **Oplevet diskrimination og stigmatisering blandt mennesker med psykisk sygdom**

Opfølgende undersøgelse (2013-2015) som et led i lands-indsatsen EN AF OS



# Research hypothesis and question

- ▶ Hypothesis:
- ▶ Stigmatisation and self-stigmatisation is a hindrance to a successful recovery-process
- ▶ Young people are more affected by stigmatisation than older people

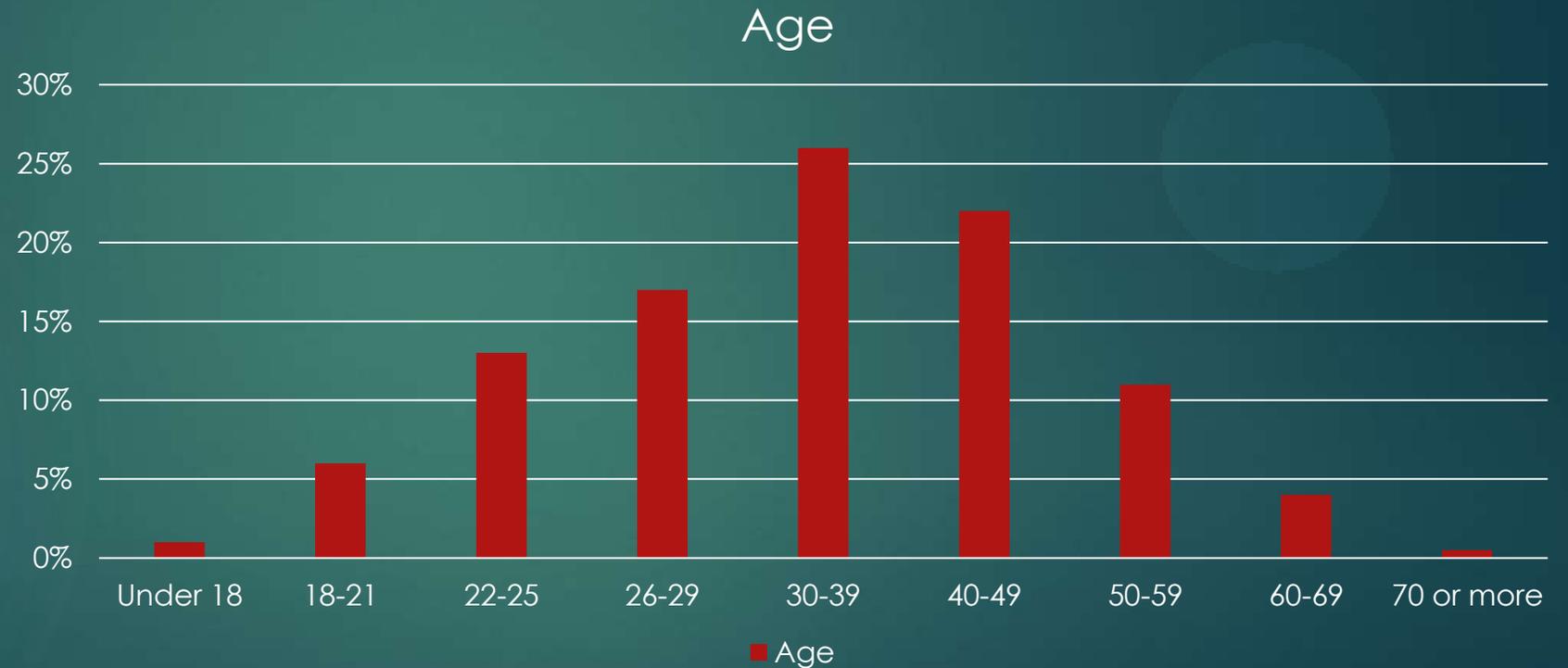
What can be done to prevent the negative consequences of stigmatisation and minimize self-stigmatisation among young people with a mental illness?

# Methodology

- ▶ Qualitative interviews with young ambassadors from ONE-OF-US
  - ▶ 15 ambassadors from ONE-OF-US invited
  - ▶ Response and agreement to meet with 10 ambassadors
  - ▶ Four interviews completed
- ▶ Quantitative survey
  - ▶ Cooperation with ONE-OF-US
  - ▶ Survey posted on ONE-OF-US facebook page
  - ▶ 952 respondents

# Data

- ▶ 952 respondents
- ▶ 13 % men, 87% women



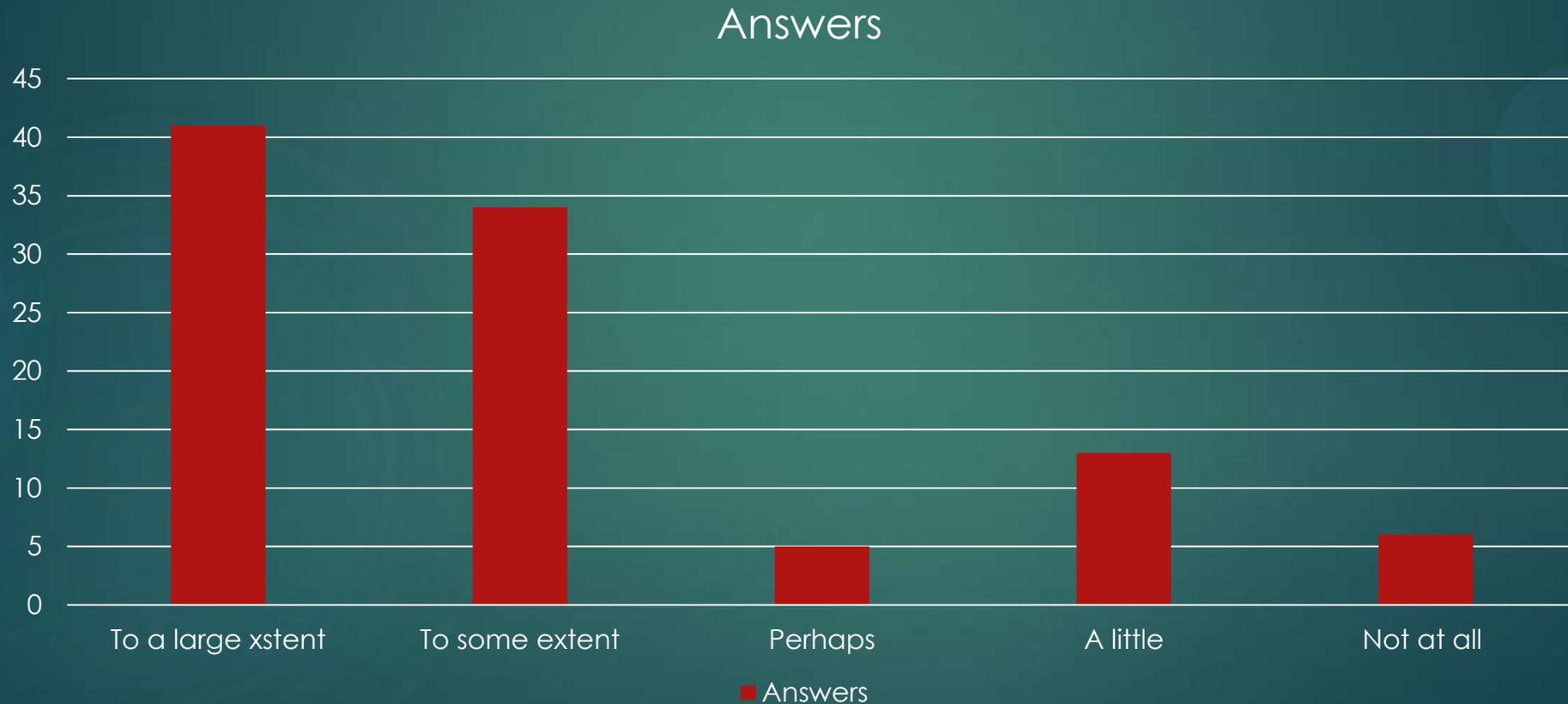
- ▶ 36 % under the age of 30 years old (380 respondents)

# Results among young people

- ▶ 60% are receiving treatment
- ▶ 75 % are in a recovery process
  - ▶ Recovery process is not dependent on receiving treatment
- ▶ 75 % say that their mental illness has a high impact on their perception of themselves and their contact with other people

No significant difference between respondents under and over 30 years old. Stigmatisation is not affected by age.

# Have you experienced stigmatisation due to your mental illness?



# Understanding of stigma

- ▶ Many respondents with a mental illness express understanding of people who don't know a lot about mental illness
- ▶ *"I think, well, I don't think anyone wants to stigmatise – at least not very many – but I think it has to do with ignorance or perhaps feeling sorry for someone. Perhaps it also has a little to do with fear."*

# Where does stigmatisation come from?

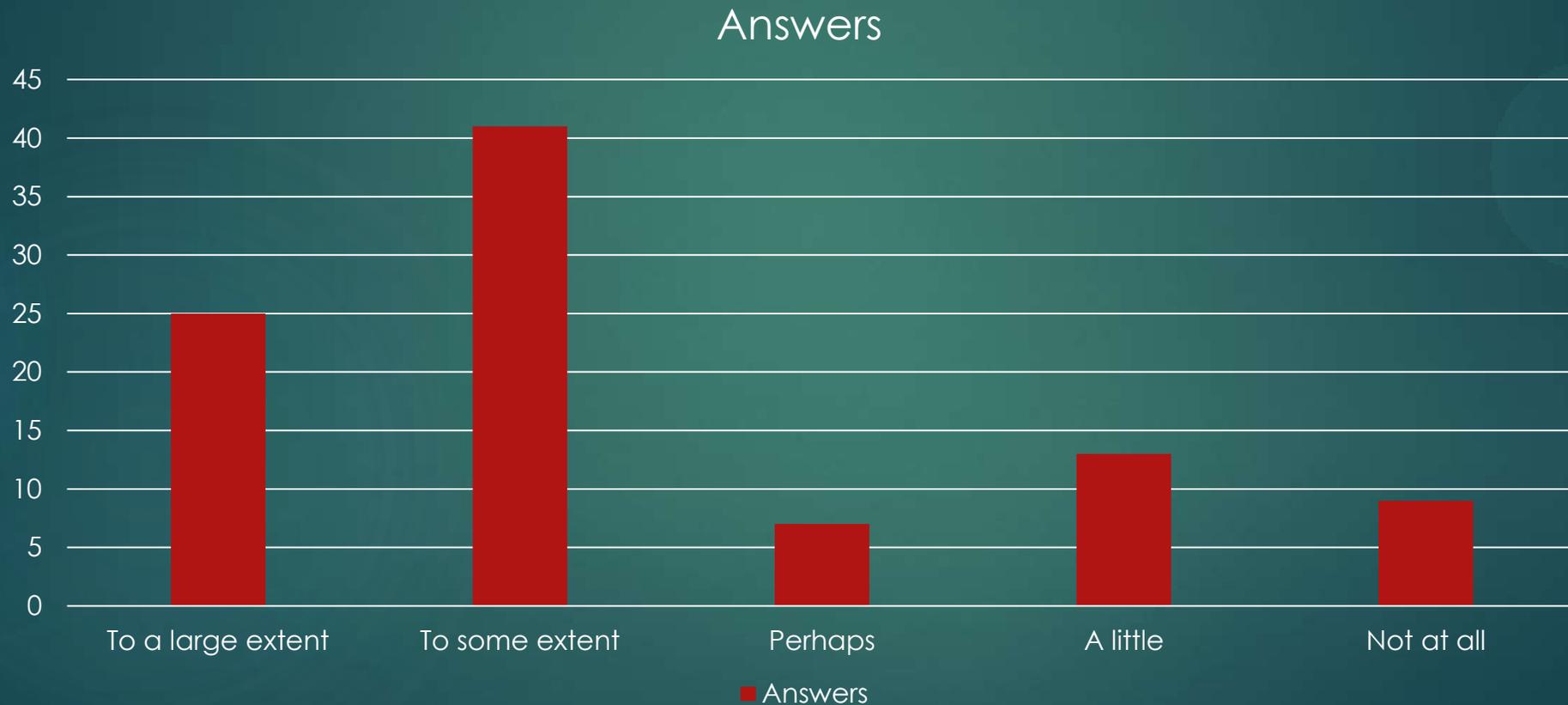


# Stigma from family, friends or close relations

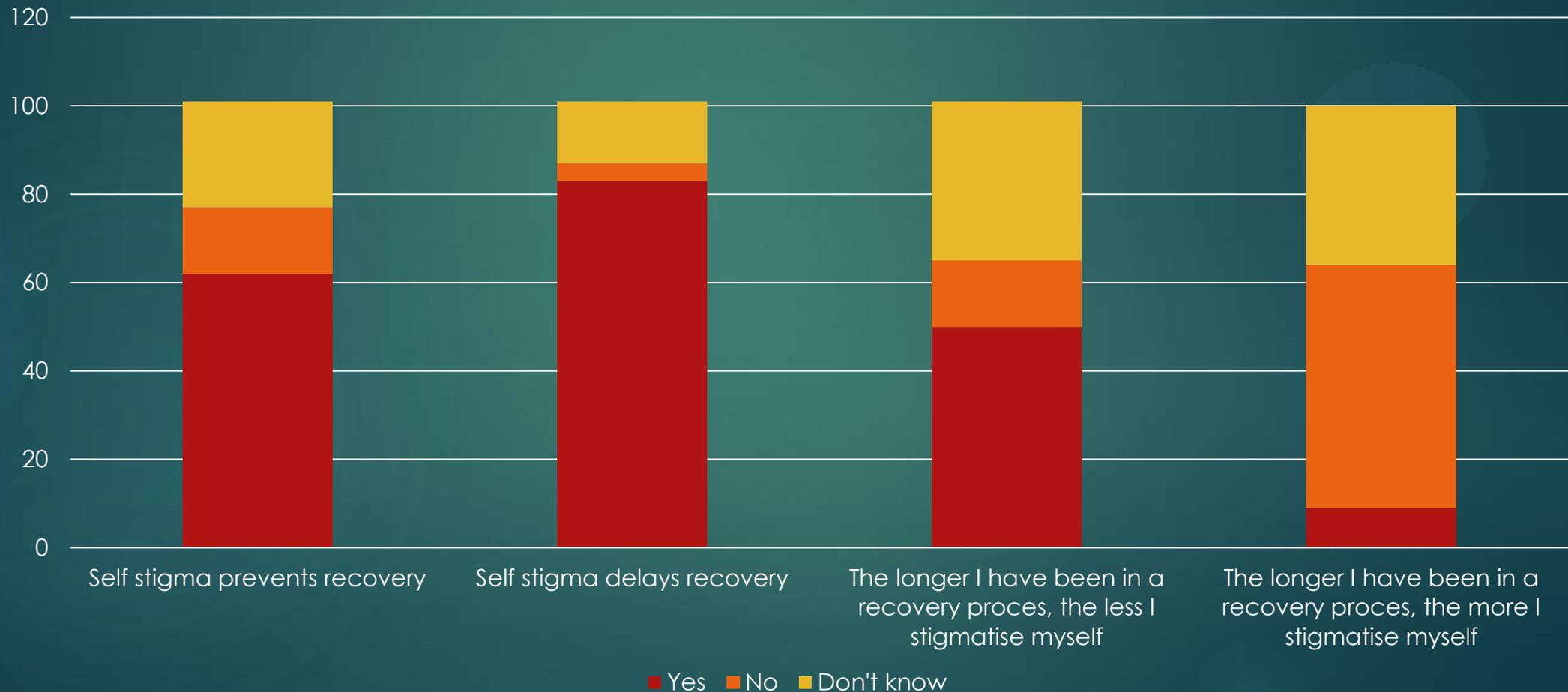


- ▶ *“When I first got my diagnosis, my parents told me not to tell the rest of the family. They wouldn’t understand, couldn’t relate to it and of course they did it to protect me. But it meant that I got the feeling that this was really something, I mean I might as well have killed a person.”*

# Does stigmatisation affect your perception of your-self?



# Self-stigmatisation and recovery



# What can be done?

## Society:

- More money to treatment of mental diseases
- Education in public schools
- More positive stories in the media

## Treatment

- Therapist should talk about negative experiences
- More focus on Peer-to-peer / group therapy
- Involvement of family and close relations in therapy

## People with mental illness themselves:

- Acceptance
- Openness about illness

# Afterthought



Who defines when stigma occurs?