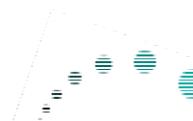




Stigma

- A visible or perceivable mark or sign (i.e. receiving mental health treatment),
- that differentiates people from one another,
- that is connected with undesirable features (dangerous, untrustworthy, incompetent),
- where one party has a status of less power,
- and that leads to rejection or neglect.

(Link & Phelan, 1998)



Stigma: the problem

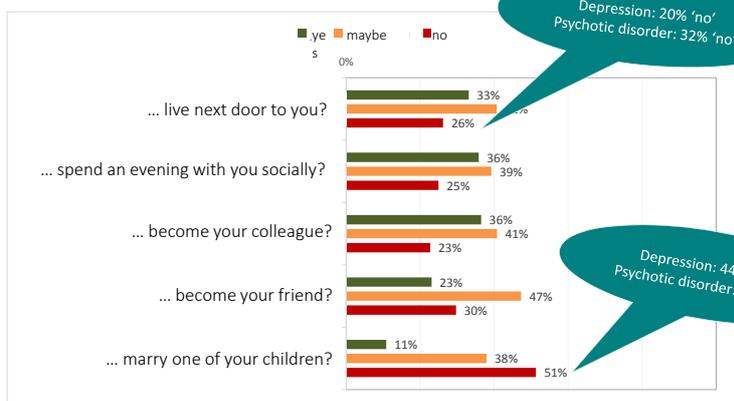
- Mental health problems: high prevalence, misconceptions, prejudices, misunderstandings;
- 25-50% experiences discrimination and 50-75% expects to be discriminated (i.e. at work, social relations);
- Negative effects for social identity;
- Increases disadvantage in housing, work, study and social relations;
- Counteracts positive results of treatment or counseling;
- Found in many research projects (ASPEN, INDIGO).

Jeroen



Would you like Jeroen to ...

Social Distance Scale



mean score: 15.3 (SD = 3.89)

Link, B. G., Phelan, J. C., Bresnahan, M., Stueve, A., & Pescosolido, B. A. (1999). Public conceptions of mental illness: labels, causes, dangerousness, and social distance. *Am J Public Health, 1999/09/04*, 1328-1333.

Additional characteristics

- What other characteristics influence desired social distance towards Jeroen?
- Being employed elicits less social distance (Perkins, 2009)
- What enhances/reduces social distance?
 - Seeing/picturing persons in a complete manner
 - Additional positive side-effects of recovery oriented interventions (work, housing)
- Employment, nuisance (noise), age

Perkins, D. V., Raines, J. A., Tschopp, M. K., & Warner, T. C. (2009). Gainful employment reduces stigma toward people recovering from schizophrenia. *Community Ment Health J, 45*(3), 158-162. doi:10.1007/s10597-008-9158-3

Panel survey

N = 2376 (74%)

1-16 januari 2018



Panel survey

- Social Distance Scale (Link, 1999)
- Vignette of Jeroen (fictional persona, varying in mental disorder, employment, nuisance, age)
- Expected main effects for all characteristics and interactions for mental disorder
 - Smaller effects for employment, nuisance, age in the case of a psychotic disorder

Link, B. G., Phelan, J. C., Bresnahan, M., Stueve, A., & Pescosolido, B. A. (1999). Public conceptions of mental illness: labels, causes, dangerousness, and social distance. *Am J Public Health*, 1999/09/04, 1328-1333.

Jeroen

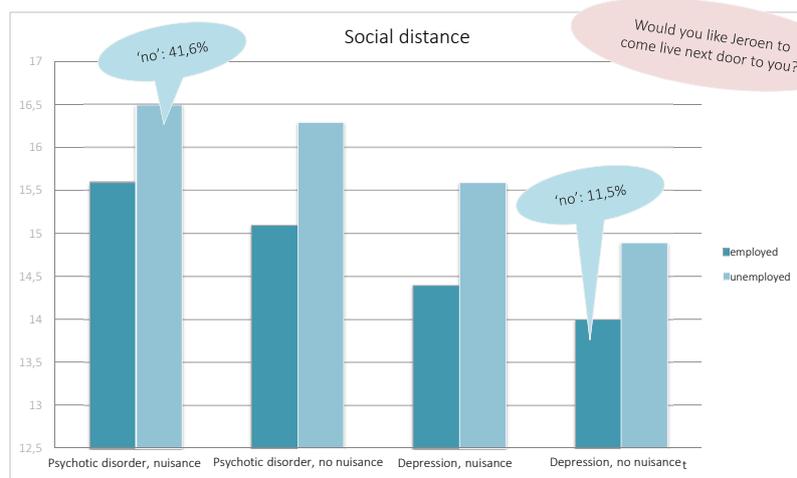
19/40 years old

Jeroen is a [age] man and lives in an apartment in Nieuwegein. After finishing school he started working as a logistic employee. After a few years [...].

Sometimes, the neighbours complain about noise nuisance

Jeroen is often awake at night. [nuisance]. A year ago his brother convinced him to seek [Psychotic disorder/depression] mental health care where he was diagnosed with [diagnose] kreeg. Six months ago, Jeroen found a job in logistics. Since then, next to group therapy. [work]

Nuisance, work & social distance



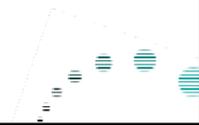
Results

Four way ANOVA

Main effects for:

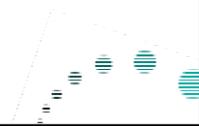
- Employment ($F(1, 2360) = 47.65, p < .01, \eta^2 = .020$)
- Nuisance ($F(1, 2360) = 11.97, p < .01, \eta^2 = .005$)
- Type of disorder ($F(1, 2360) = 56.75, p < .01, \eta^2 = .023$)
- No effect for age.
- No interaction-effects: the effects for employment and nuisance are equally strong for both disorders.

5% explained variance ($R^2 = .051$)



Conclusions

- Interventions/campaigns should differentiate between mental health disorders
- Picturing patients as whole persons can enhance inclusion
- Recovery enhancing interventions for work can mitigate stigma
- Attention for quality housing



Future research

- Expand to other mental disorders, i.e. co-morbidity with addiction, autism
- Vignettes without a mental disorder
- Knowledge consortium destigmatization and social inclusion: collect, develop, disseminate knowledge (36 partners)

