

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 (2010)

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

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

Period for responding: end July end December 2010.

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User- run initiative:

Self reporting, supported by the local national 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 (more than 7.000 visits of the questionnaire-page)

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Importance of research on self stigma or internalised stigma:

- Provide a solid foundation for stigma **researchers**
- Help **policy makers** to understand outcomes of actions
- Help **clinicians** to know the extent to which internalised stigma adversely influences therapeutic outcomes
- Defining target populations for **health promotion** strategies

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Importance of **longitudinal** research

Building a stronger longitudinal research would improve the potential for identifying people who are at risk for developing a high level of internalized stigma

(Livingston & Boyd, Social Science & Medicine, 2010)

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- 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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1447 responses - 1223 Valid responses after cleaning of data

Analysis of results supervised by Prof. Dr. Marc De Hert
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