

# **Stigma against people with Mental illness and their family members in south west Ethiopia**

**Eshetu Girma** *(MPH, PhD student at CIH<sup>LMU</sup>)*

(Health Education and Behavioral sciences department,  
Jimma University, Ethiopia)

## **Supervisors**

**Dr. Markos Tesfaye**

**Prof. Dr. Norbert Müller**

**Dr. Sandra Dehning**

# Outline

- Introduction
- Significance of the study
- Methods and materials
- Limitation and challenges
- References

# Introduction

Stigma of people with mental illness (PWMI) can be considered as a combination of 3 related problems:

1. Low awareness/knowledge
2. Prejudice
3. Discrimination/enacted stigma

## Introduction

- PWMI and their families often state that *'the stigma associated with their diagnosis was more difficult to bear than the actual illness'*
- WHO also declared *stigma to be the single most important barrier to overcome in a community.*

# Introduction

- Less awareness and high delay in treatment seeking for mental illness in Ethiopia (e.g mean >4 years and median >1 year) *[Eshetu and Markos, 2011]*.
- 84.1% reported that the community perceives mental illness as shameful illness *[Eshetu and Markos, 2011]*.
- There is positive correlation between delay in treatment seeking and stigma.

## **Significance of the study**

- Better understanding of the complex constructs of stigma in a developing country
- For policy makers.....evidence
- For researchers.....may reveal areas of further investigation
- Implication for medical curriculum

**Evidence for anti-stigma campaigns?**

## **Research questions**

- What is the level of self and public stigma?
- Are socio-demographic and other psychographic variables associated with stigma?
- Is there a correlation between components of stigma?
- is there a correlation between public stigma of PWMI and their family self stigma?





## **This study aims at measuring;**

- The level and major attributes of self and public stigma and discrimination against;
  - people with mental illness and
  - their family members in south west Ethiopia

## Study design

- Community (*for public stigma*) and institution (*for self-stigma*) based cross sectional quantitative study
- Triangulated with qualitative study

# Population

## Source population

- Residents living in GGFC for public stigma
- Mental illness attendants and family members at JUSH

## Study population

- Eligible individuals selected from households GGFC for public stigma
- Eligible PWMI and families from JUSH for self stigma

# Sample size determination

## Single population proportion

- 845 individuals for public stigma
- 422 PWMI and 422 family members for self stigma
- For indepth interview, will be determined based on information saturation

# Sampling techniques

## Public stigma

- urban and rural districts (1:4)---SRS method
- HHs- systematic random sampling
- head of HHs or eligible respondents SRS

## Self stigma

- All consecutive patients and families during the study period
- Intensity purposive sampling for qualitative study

## **Inclusion/Exclusion criteria**

- Resident of the study area
- written informed consent
- Age  $\geq 18$  years
- PWMI '*capable*' to give information (not severe and on the course of improvement)  
family members of each PWMI

## **Data collection methods and materials**

- Face to face interview using questionnaires for both quantitative
- Record review for type of mental illness
- In-depth interview using in-depth guide, tape recorder and note

# Measurements

## Tools

- Will be adopted from: *CAMI, SMOS, DISC-12, DAS, ISMI scales*

## Variables

- **Dependent:** stigma
- **Independent:** socio-demographic, other psychographic variable.
- **Qualitative:** experiences, why, how, when and where of stigma?



# **Data collectors and supervisors**

## **Data collectors**

- **For public stigma:** will be grade 12 complete trained data collectors
- **For self stigma:** psychiatry nurses in JUSH
- **In-depth interview:** PI

## **Supervisors**

- Msc mental health/MPH students

# Analysis

- Univariate
- Bivariate
- Multivariate analysis.....linear regression
- Correlation analysis between stigma components
- Urban-rural difference in stigma.....t-test  
-SPSS
- Thematic analysis for in-depth inter

# **Ethical considerations**

- Clearance from JUEC
- Permission from local authorities and JUSH
- written informed consent
- Confidentiality

# Dissemination of findings

- CIH<sup>LMU</sup>
- JU/department of psychiatry
- Local stakeholders for mental health
- Journals for publication
- Presentation on conferences

## Expected Limitations and Challenges

**In the self stigma study,**

- Social desirability bias/information bias
- Selection bias/external validity?

**Public stigma:** What does PLWMI mean?

(Low mental health literacy)

- Delay in securing ethical clearance?

**Why.....???!...**

# References

1. Barry M, Jenkins R: Implementing Mental Health Promotion. London: Elsevier 2006
2. Thornicroft G: Shunned: Discrimination against People with Mental Illness Oxford, Oxford University Press; 2006.
3. Corrigan P: On the Stigma of Mental Illness Washington,D.C., American Psychological Association; 2005.
4. Sartorius N, Schulze H: Reducing the Stigma of Mental Illness. A Report from a Global Programme of the World Psychiatric Association Cambridge, Cambridge University Press; 2005.
5. Link BG: Mental patients status, work and income: an examination of the effects of a psychiatric label. *Am Sociol Rev* 1982; 47:202–215
6. Link BG, Cullen FT, Frank J, et al: The social rejection of former mental patients: understanding why labels matter.*Am J Sociology* 1987; 92:1461–1500
7. Mohammed K, Zubair I, Isa A, Muktar A: Perception and beliefs about mental illness among adults in Karfi village, northern Nigeria. *BMC International Health and Human Rights* 2004, 4:3
8. Eshetu G, Markos T: Patterns of treatment seeking behavior for mental illnesses in south west Ethiopia, 2010 (unpublished paper)
9. Y.Y.Bekele ,A.J.Flisher ,A.Alem, Y.Baheretebab: Pathways to psychiatric care in Ethiopia *Psychological Medicine*, 2008, 39,475483.CambridgeUniversityPress
10. Beddington J, Cooper CL, Field J, Goswami U, Huppert FA, Jenkins R, Jones HS, Kirkwood TBL, Sahakian BJ, Thomas SM: The mental wealth of nations. *Nature* 2008, 455:1057-1060.