

Mental Health Stigma

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Driving question

"How has mental health stigma/discrimination/etc. been elicited in past studies (in Psych and maybe Econ/Education) and **how reliable** are those measures?"

Definitions of Stigma

Public Stigma: negative stereotypes and prejudice associated with mental illness held collectively by people in a society or community

Personal stigma: individual's stereotypes and prejudices

Perceived public stigma: individual's perception of public stigma

Self-stigma: when an individual identifies himself with the stigmatized group and applies corresponding stereotypes and prejudices to the self

Other Key Terms/Ideas

Help-seeking attitudes

Theory of planned behavior/reasoned action: Beliefs → intentions → actions

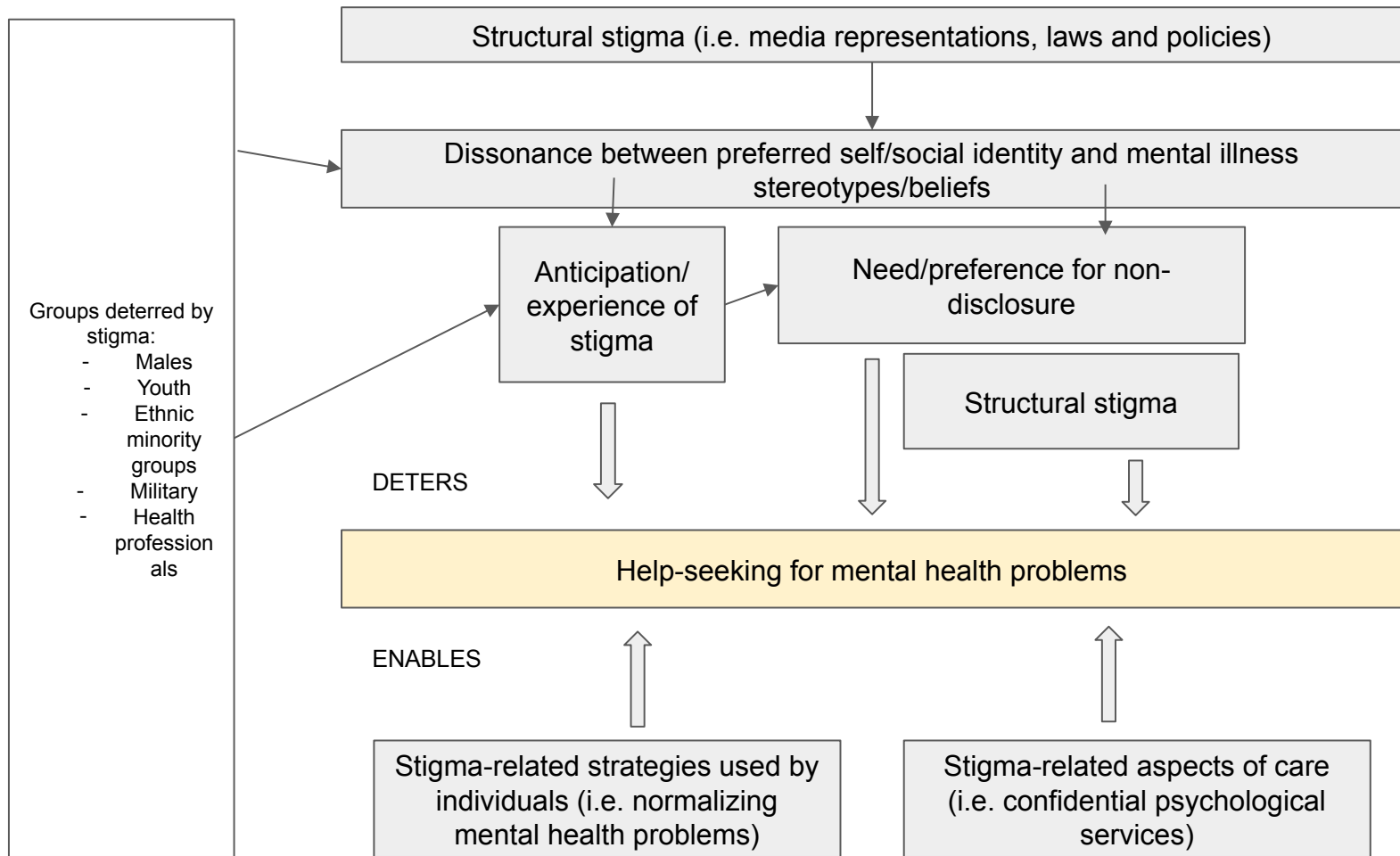
How Stigma is Internalized: Modified labeling theory

Surveys

Main Surveys:

- Discrimination-Devaluation Scale
 - 6 points: strongly agree, agree...strongly disagree
 - “Most people...” and “I would...”
- i.e.: “Most people would believe that someone who has received mental health treatment is just as trustworthy as the average person.”

Strongly agree / agree / slightly agree / slightly disagree / disagree / strongly disagree



Findings - What Should We Do

Large and Diverse Samples

- WEIRD: Western, Educated, Industrialized, Rich, and Democratic

How do we manage the bias that comes with surveys?

- Binary Scale of Measurement