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EVALUATION OF SELF-ESTEEM WITH INTERNALIZED STIGMATIZATION IN THE PATIENTS WITH MENTALLY ILLNESS

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Introduction: Internalized stigmatization means a internalized reaction in the person with mentally illness as a answer against the people reject and discrimination.

Objective: The peoples with mentally illness believe that most people reject and devalue people with mental illnesses, they may suffer a number of negative outcomes, such as demoralization, lowered self-esteem.

Aim: The aim of our study was to identify the relationship between the factors effecting the internalized stigmatization and self-esteem among patients with mentally illness.

Methods: In this study, we measured the prevalence of internalized stigma among 115 outpatients referring to the Psychiatry Service of Antalya Education and Research Hospital between 2009-2010 using Rosenberg Self-Esteem(SE) Scale, the Internalized Stigma of Mental Illness(ISMI) Scale, and Personel Datasheet.

Results: Of the patients, 53.9% had middle level of SE and the 22.00-70.00 ranging of ISMI, 30.4% of the patients were found to be 21-30 years-old. We found the increase of ISMI when SE was decreased in both of gender($p=0.01$, $r= -0.67$) and it was also found to be decreased of ISMI when the education level was increased in the patients($p=0.004$, $r= -0.27$). Recurrent hospitalization of the patients increased their ISMI points($p=0.014$, $r= 0.23$). There was no statistical relation between the living place of the patients and their ISMI points($p=0.523$).

Conclusions: Our results suggest that some factors effected internalized stigma and showed the relationship between the internalized stigmatization and self-esteem among patients with mentally illness. To decrease and prevent internalized stigmatization, a specific education should be provided to patients, families and society by health professionals.