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## Relationship Between Internalized Stigma and Treatment Efficacy in Mixed Neurotic Spectrum and Depressive Disorders

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*Introduction:* Many psychiatric patients suffer from self-stigma. One consequence of these internalized prejudices is decreased treatment efficacy. Much has been written about the effects of self-stigma in patients with severe mental disorders. However, individuals with minor psychiatric disorders also suffer from self-stigma. It is therefore necessary to explore the effect of self-stigma on treatment efficacy of neurotic patients.

*Method:* Aim of our study was to investigate relationship between self-stigma, severity of symptoms, and presence of comorbid disorder and treatment outcome in neurotic patients. Patients were treated by combined psycho and pharmacotherapy. Level of self-stigma was measured by Internalized Stigma Of Mental Illness scale. Severity of anxiety and depressive symptoms was assessed by Beck Anxiety Inventory, Beck Depressive Inventory and Clinical Global Impression Scale.

*Results:* Level of self-stigma was significantly correlated with the levels of anxiety, depression and global evaluations of a mental state on the beginning of the therapy. Up to our results patients with higher level of self-stigmatization had lower improvement after combined treatment in respect to perceived anxiety symptoms.

*Conclusion:* Self-stigma seems to be an important factor influencing efficacy of combined treatment. More researches focused on self-stigmatization should be done to find an optimal therapeutic strategy for patients with higher level of self-stigmatization.