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A B-LEARNING COURSE TO REDUCED SELF-STIGMA IN SCHIZOPHRENIA: PREPARING INDIVIDUALS TO ACTIVE LIFE

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Introduction: Psychosocial Education is defined as give to the patient structured, systematic and didactic information about mental illness and his treatment. Actually is one the most frequent rehabilitation approaches, being used in several mental health departments. The good results obtained by this approach are congruent with the principles and guidelines defined for best practices in rehabilitation process (Rummel-Kluge et al, 2006).

Aims: Describe a psycho educative b-learning program develop to reduce self-stigma in schizophrenic individuals.

Methods: A psycho educative B-Learning program was developed using the results of other studies. This program was after applied during 4 months with 21 schizophrenic individuals followed in a psychiatric department, evaluated in a pre and pos-test model.

Results: The program includes 10 sessions intentionally prepared for those individuals, given information to reduced self-stigma using topics such us myths, stereotypes, self-esteem, self-confidence, relapse prevention, social interaction, feel include in the community, being able to ask for help and to recover. All those topics where discuss using Moodle platform from Porto University within a group in the presence of the therapist and individually at home. A sociodrama group was also developed.

Conclusions: This approach seems to empower the individuals, allowing them to achieve the program by their own rhythm and to participate within a group but also to be in contact using the Moodle platform, decreasing feeling of loneliness. Primary results seem to be good, with low relapse, low absenteeism in class and some success in finding a job.