Western University

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Measurement of Clinical Risk of Stigma and Discrimination of Mental Illnesses

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Available at: https://works.bepress.com/amreshsrivastava/106/
No conflict of interest

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Background

Stigma

Discrimination

Social exclusions

Prejudice

Isolation


Why Stigma is a clinical risk?

Stigma

Delay in treatment

Risk factor

Suicide

Violence

Lack of self-care

Physical illness

hospitalization

Relapse

Poor outcome

Non-compliance

Reference:

Baxter H, Singh SP, Standen P, Braganza D. The attitudes of ‘tomorrow’s doctors’ towards mental illness and psychiatry: changes during the final undergraduate year: Med Educ 2001;35:381-3

Common findings patients and relatives perception of stigma.

What creates Stigma?

- unawareness in community: 97%
- Nature of Illness: 73%

Mumbai Study, Stigma Research and Action 2011
Common findings: patients’ and relatives’ perception of stigma.

- **Complete treatment**: 85
- **Relapse prevention program**: 88

Measure to reduce stigma

Mumbai Study, Stigma Research and Action 2011
There is need for a paradigm shift in anti-stigma intervention: need for intervention in physician’s clinics.
A multidimensional disorder

- Personal
- Environmental
- Social
- Treatment related
- Cultural
- Illness-related
We hypothesize that the efficacy of an intervention can be successfully measured by comparing it before and after treatment.
Scale for Quantification of Stigma

Quantification of ‘Burden of stigma’ in clinical practice

Shrivastava Amresh and Yves Bureau
OBJECTIVE

• Examine quantification and clinical correlates of stigma in a hospital based population of schizophrenia
Scale

• Our tool which includes 65 items: 49 items experience and 16 items as opinion
• quantifies four domains of stigma;
  • 1) Personal,
  • 2) Family,
  • 3) Social, and
  • 4) Illness.

Lysaker PH, Tsai J, Yanos P, Roe D. Associations of multiple domains of self-esteem with four dimensions of stigma in schizophrenia. Schizophr Res. 2008 Jan;98(1-3):194-200
In addition, the items are distributed into three subscales:

A) self-experience:

B) Illness related consequences,

C) Coping strategies.
Measurement

- 7 point scale:
  - 1, Normal, not at all ill; - No burden
  - 2, Borderline - Undetermined
  - 3, Mild burden
  - 4, Moderate burden
  - 5, Marked burden
  - 6, Severe burden
  - 7, Extreme burden
Part A. Experiences of Stigma:

This part of the scale will measure the experience of stigma. This quantification will then be used to assess the level of stigma in the patient.

1. Psychological experience
2. Social experience
3. Experience of the illness and treatment
4. Coping strategies

Part B: Individual’s Opinion about stigma

This part of the scale will measure the opinion of the patient about stigma. This is somewhat different form measuring experience as this part is asking what the person thinks about stigma instead of reporting the amount of stigma. Also, the scale for opinions tends to be dichotomous as opposed to continuous.
Stigma Quantification Scale (SQS) for ‘Burden of stigma’ in clinical practice

Scale

Part A:

1. Psychological consequences
   a. How much hopelessness do you feel?
   b. How poor is your self esteem?
   c. How low is your level of confidence?
   d. How much has your frustration tolerance suffered?
   e. To what extent do you have “feelings of inferiority”?
   f. To what extent do you experience inequality?
   g. How much has your empowerment suffered?
   h. To what extent have you developed a sense of defeat?
   i. To what extent have you developed a sense of Shame?
   j. To what extent have you developed guilt?
   k. To what extent are you a low achiever?
   l. To what extent are you non productive?
   m. To what extent are you uncomfortable in public?

2. Social consequences
2. Social consequences

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>a.</td>
<td>To what extent are you discriminated?</td>
</tr>
<tr>
<td>b.</td>
<td>How much prejudice do people show against you</td>
</tr>
<tr>
<td>c.</td>
<td>How much avoidance is there in your behavior?</td>
</tr>
<tr>
<td>d.</td>
<td>How much dislike have you developed towards people?</td>
</tr>
<tr>
<td>e.</td>
<td>To what extent is your marriage jeopardized?</td>
</tr>
<tr>
<td>f.</td>
<td>To what extent have you lost your family support?</td>
</tr>
<tr>
<td>g.</td>
<td>To what extent have you lost financial support?</td>
</tr>
<tr>
<td>h.</td>
<td>To what extent have you been discriminated in your workplace?</td>
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Stigma Quantification Scale (SQS) for ‘Burden of stigma’ in clinical practice

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<tbody>
<tr>
<td>i.</td>
<td>To what extent have you been discriminated against when applying for work?</td>
</tr>
<tr>
<td>j.</td>
<td>To what extent do your relatives hide your illness?</td>
</tr>
<tr>
<td>k.</td>
<td>To what extent are you abused (physical and or sexual)?</td>
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3. Illness related consequences

<table>
<thead>
<tr>
<th></th>
<th>Question</th>
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<tbody>
<tr>
<td>a</td>
<td>How much do your symptoms worsen due to the illness?</td>
</tr>
<tr>
<td>b</td>
<td>To what extent you are non adherent (non compliant)?</td>
</tr>
<tr>
<td>c</td>
<td>To what extent did your quality of life deteriorated due to the illness?</td>
</tr>
<tr>
<td>d</td>
<td>To what extent have your level of functioning deteriorated due to illness?</td>
</tr>
<tr>
<td>e</td>
<td>To what extend have the side effects of medication caused shame?</td>
</tr>
<tr>
<td>f</td>
<td>To what extent has your treatment been delayed due to this illness?</td>
</tr>
<tr>
<td>g</td>
<td>To what extent did you undergo discrimination by doctors and other medical professionals?</td>
</tr>
<tr>
<td>h</td>
<td>How severe was your contemplation of self-harm?</td>
</tr>
<tr>
<td>i</td>
<td>To what extent were you discriminated due to abnormal behavior or violence?</td>
</tr>
<tr>
<td>j</td>
<td>Has shame or guilt interfered with your treatment?</td>
</tr>
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4. Coping strategies

<table>
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<tr>
<th></th>
<th>Question</th>
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<tbody>
<tr>
<td>a</td>
<td>To what extent has your religiosity interfered with your coping?</td>
</tr>
<tr>
<td>b</td>
<td>To what extent has your inner strength interfered with your coping?</td>
</tr>
<tr>
<td>c</td>
<td>To what extent has your past experiences interfered with your coping?</td>
</tr>
<tr>
<td>d</td>
<td>To what extent has your family or friends interfered with your coping?</td>
</tr>
<tr>
<td>e</td>
<td>To what extent has your medical treatment interfered with your coping?</td>
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</tbody>
</table>
Part B: Opinion

Logistic regression will be used to indicate the relations between these dichotomous variables with coping scale.

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<tbody>
<tr>
<td>I.</td>
<td>Do you know that this illness can be treated as any other physical disorder?</td>
</tr>
<tr>
<td>II.</td>
<td>Does this illness cause shame to your relatives or family members?</td>
</tr>
<tr>
<td>III.</td>
<td>Do you believe it will adversely affect your marriage?</td>
</tr>
<tr>
<td>IV.</td>
<td>Do you believe it will adversely affect your work/employment possibilities?</td>
</tr>
<tr>
<td>V.</td>
<td>Have you suffered abuse from your family members due to mental illness?</td>
</tr>
<tr>
<td>VI.</td>
<td>Do your relatives neglect you?</td>
</tr>
<tr>
<td>VII.</td>
<td>Do people call you names?</td>
</tr>
<tr>
<td>VIII.</td>
<td>Do you believe that people are afraid of you because you may become aggressive?</td>
</tr>
<tr>
<td>IX.</td>
<td>Do you believe people might harm you because you have mental illness?</td>
</tr>
<tr>
<td>X.</td>
<td>Do you believe that this illness is of ‘supernatural’ origin?</td>
</tr>
<tr>
<td>XI.</td>
<td>Do you believe your family will fulfill your needs if you cannot?</td>
</tr>
<tr>
<td>XII.</td>
<td>Do you believe this illness may reduce your capacity to work and function?</td>
</tr>
<tr>
<td>XIII.</td>
<td>Do you think negative attitudes of people interfere with your recovery?</td>
</tr>
<tr>
<td>XIV.</td>
<td>Do you fear being called ‘names’ due to your mental illness?</td>
</tr>
<tr>
<td>XV.</td>
<td>People think I am a non-achiever</td>
</tr>
<tr>
<td>XVI.</td>
<td>Think I am not productive</td>
</tr>
</tbody>
</table>
Preliminary findings Method:

- Hospitalized sample _ Not in acute phase
- Schizophrenia DSM IV
- Administered by postgraduate research officer
- In this study we present the constructs of the scale and preliminary findings based on a field trial done in Mumbai, India with a cohort of 30 individuals
- In this pilot study conducted in India we present the scale details and results.
Results:

A total score of stigma and discrimination was computed from four subscales:

- Psychological consequences,
- Social consequences,
- Illness-related consequences, and
- Coping strategies.
Correlations among the subscales of the measure:

<table>
<thead>
<tr>
<th>Subscales</th>
<th>r</th>
<th>p</th>
</tr>
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<tbody>
<tr>
<td>Psychological and Social</td>
<td>.895</td>
<td>&lt; .001</td>
</tr>
<tr>
<td>Psychological and Illness</td>
<td>.825</td>
<td>&lt; .001</td>
</tr>
<tr>
<td>Psychological and Coping</td>
<td>-.298</td>
<td>.110</td>
</tr>
<tr>
<td>Social and Illness</td>
<td>.848</td>
<td>&lt; .001</td>
</tr>
<tr>
<td>Social and Coping</td>
<td>-.207</td>
<td>.272</td>
</tr>
<tr>
<td>Illness and Coping</td>
<td>-.331</td>
<td>.074</td>
</tr>
</tbody>
</table>
Result

- Age and Total Scores shows significant negative correlation ($r = -0.541$, $p = 0.002$)
- Duration of Illness and Total Scores - non significant ($r = -0.339$, $p = 0.067$)
- Non-significant trend towards higher duration of illness associated with lower total scores.

**ANOVAs (predicting total scores)**
Result

• Duration of Treatment and Total Scores significant negative correlation ( \( r = -0.360, p = 0.051 \) )

• Hospitalization- no correlation – F(3,26) = 0.753, p = 0.531)

• Relapse rate – No correlation – F(3,26) = 1.94, p = 0.148
Result

- Suicide – $F(2,27) = 8.676$, $p = .001$ (Higher suicide scores predict higher total scores)

- Non-compliance – $F(1,28) = 5.701$, $p = .024$ (Non-compliance predicts higher total scores)
Graphs for the Significant Results for Suicide and Non-Compliance
Graphs for the Significant Results  Non-Compliance
High stigma

• Severity of suicide
• Non-compliance
• Trend toward inverse relation of high score of stigma with Duration of illness and duration of untreated illness
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Thank you