

QUALITY OF LIFE AND PUBLIC STIGMA AMONG MENTAL HEALTH PROFESSIONALS

L.STARACE (1,3), M. ALTAMURA (1), R. SAPONE (2), V. ORSI (2), A. PETITO (1), A. BELLOMO (1,2)

1. UNIVERSITY OF FOGGIA, FOGGIA, ITALY

2. ASL FOGGIA MENTAL HEALTH DEPARTMENT, FOGGIA, ITALY

3. STIGMAMENTE ART MEDIA AND PSYCHIATRY APS, MANFREDONIA, ITALY

INTRODUCTION

The aim of the present study was to compare mental health professionals quality of life with their own public stigma toward mental illness.

METHODS

Data were obtained from 70 participants working in the mental health sector of DSM ASL Foggia (psychiatrist, psychologists, nurses etc.). Participants were interviewed using a semi-qualitative questionnaire: Stigmaquest (version 1.5). It comprises scales associated with public stigma. It also comprises 5 semi-structured questionnaires (WHO-5, GAD-2, GAD-7, PHQ-2, PHQ-9) assessing the quality of life.

RESULTS

There were found several evidences:

- 1) 39% of respondents reported high levels of burnout and depressive symptoms;
- 2) there were many different terms used to refer to people with mental illness reflecting a wide range of expertise and experience among professionals;
- 3) they had a meaningful awareness of the importance of their role;
- 4) additionally they defined themselves as being able to help patients through effective communication;
- 5) gender, age and ethnicity of the mental patients dealt with prejudice attitudes and stereotypes among professionals;
- 6) mediatic stigma was found;
- 7) one suicidary risk was found.

CONCLUSIONS

Mental health professionals had to training to avoid burnout and maintain a high quality of life and work satisfaction. Replication of the current findings with additional samples of mental health professionals would be useful to further explore the relationships between the professional quality of life and the prejudicial beliefs. The good news is that a low quality of life did not make necessarily a professional more stigmatizing or worst between pairs.

39%

need to do a clinical test for depression, burn out or anxiety Disorder



corresponding author L.Starace direttore@stigmamente.it

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