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Self-Stigma in Chinese Patients with Schizophrenia in a District-based Recovery Programme and its Associated Factors

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Introduction

Self-stigma is important for the recovery of people with schizophrenia, and occurs when a person internalises negative evaluations from the public and incorporates them into his/her own personal values. Affected individuals can suffer from low self-esteem, low self-efficacy or other adverse consequences, such as poor treatment compliance.

Objectives

This study examined the self-stigma of Chinese patients with schizophrenia who were enrolled in a district-based recovery programme, and its associated factors.

Methodology

This was a cross-sectional study conducted in an outpatient clinic. Patients who were recruited into the recovery programme from July 2013 to October 2013 with a diagnosis of schizophrenia were invited to participate. Information regarding socio-demographic and clinical characteristics was obtained. The participants rated their self-stigma level using the Self-Stigma Scale – Short Form. Compliance of medication was assessed.

Result

209 participants were recruited. The median score of Self-Stigma Scale was 2.57 (IQR: 0.56). Five factors were associated with a higher level of self-stigma, including more severe negative symptoms, having a better insight into the social consequences of mental disorder, a previous suicide attempt, a higher body mass index and a lifetime length of psychiatric admissions of less than 12 months. Level of self-stigma was not found to be related to medication compliance in current study.