

Exploring Mental Health Stigma At Salem State University (SSU)

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Introduction

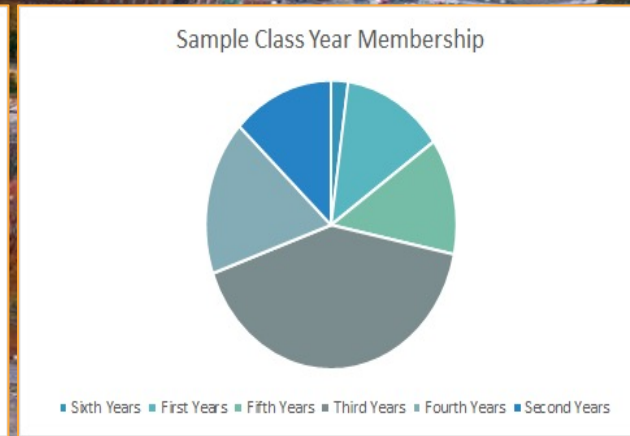
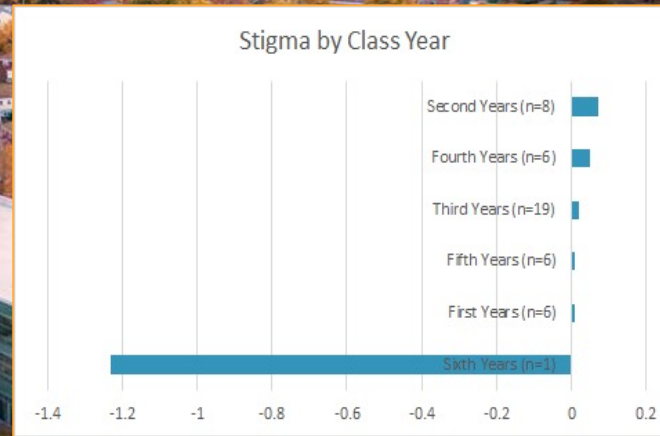
A cross-sectional observational study looked at mental health stigma at SSU. We took a survey, that was anonymous and designed to examine if and to what extent mental health stigma exists. Existing literature shows that stigmas surrounding mental health can affect individuals' quality of life and how they approach mental health issues, but also can lead to the impairment of psychiatric services. Internalized stigmas, such as those we will be reviewing (An et al., 2020)

Method

Participants
34 women, 12 men, and 3 non-binary (2% Black, 8% White, 2% Asian, 6% preferred gender not listed) were recruited through SSU class Facebook groups via an email sent to SSU student leaders.

Data Collection
Data was collected through an online survey. We explored stigmas about mental health and individuals' experiences with mental health related issues were brainstormed. The survey was developed to help identify if participants had experienced stigma around mental health.

Results



- Through analyzing the data it was shown that stigma exists. We expected widespread stigma; however, many of the identities that had high membership showed individual and isolated stigma, so we cannot say for certain which demographic identities have more stigma than others.

- analysis of the data shows that while a degree of stigma exists on campus, it appears to be a highly individual phenomenon. Z-scores from groups with significant numbers of respondents did not show large degrees of stigma, aside from a few outliers.

References

Goh, C. M., Ong, W. J., Wei, K., Verma, S. K., ... Subramaniam, M. (2020). Reasons and determinants (MISReaD) among Singapore's lay public – a qualitative

