

## Abstract GSURC (2013)

Much research has shown that a number of negative effects result from stigmatizing individuals with a mental health illness. Previous research with a general college sample has also found that those who hold greater stigmatizing attitudes toward individuals with mental health illness have greater psychological distress. The focus of this study is to see if mental health stigma is associated with psychological distress among an African American college sample. If there is an association between mental health stigma and psychological distress. In addition, psychological inflexibility, a global tendency to avoid internal experience, mediated this relationship. The present study replicates Masuda et al's (2009) study with an African American college sample (N=177) who demonstrate greater distress and mental health stigma in psychology research. The measures used were the SAB (Stigmatizing Attitudes Believability) and the GHQ (General Health Questionnaire). We hypothesize that the African American sample will show a similar pattern of findings as the previous research; that is, there will be an association between mental health stigma and greater psychological distress. This research may shed light on the personal negative consequences that result from stigmatizing those with a mental health illness.