

P82: Influence of the “Porta Aberta à Saúde Mental” program in reducing the self-stigma in the three elements of the team with experience of mental illness

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Introduction: Self-stigma is considered a transformation process in which the person with mental illness experience losses its identity, failing to perform their roles, starting to adopt a passive view, self-stigmatizing and self-devaluation. The Porta Aberta à Saúde Mental (PASM) program from Hospital São João, is directed to the school community. However, it is also a promoter of decreased self-stigma, once it involves people with mental illness experience.

Objectives: The aim of this study is to evaluate how the PASM influences self-stigma from the elements of the team with experience of mental illness.

Materials and Methods: It was chosen the study of collective instrumental case, consisting in three cases that are part of the team of the program with experience of mental illness. For information gathering it was used a sociodemographic questionnaire, Internalized Stigma of Mental Illness of Ritsher, et al (2003), Revised Spontaneity Assessment Inventory, Kipper (2005); a grid of observation and an interview.

Results and Discussion: PASM decreased levels of self-stigma in all study participants and facilitated in general, the development of some indicators promoters of that same reduction, in particular the control of anxiety, isolation and decreased motivation. The results are due to the fact that the participants have acquired and played a new social role (part of an anti-stigma team) and the exercise of spontaneity, vital for the production of new answers.

Conclusion: The PASM led to the decrease of self-stigma in all three cases.

References

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