STIGMA TOWARDS PEOPLE WITH DEPRESSION IN DEVELOPING COUNTRY

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INTRODUCTION

Depression is one of the most significant public health challenges. More than 350 million people in the world suffer from depression. Stigma towards people with depression represent an important barrier in health seeking and compliance to the treatment. More than 60% of people with depression never visited a mental health specialist for receiving professional help¹.

OBJECTIVE

To study social and demographic characteristics of stigma towards people with depression and make comparison between people from urban and rural localities.

METHODS

In a cross-sectional analysis we evaluated 384 persons. Data were collected by an anonymous self-reported questionnaire that, beyond stigma towards people with depression, evaluated individual and family characteristics of the participants. Stigma was evaluated using The Depression Stigma Scale (DSS). The Depression Stigma Scale (DSS), developed by Kathleen Griffiths, was used to measure stigma against people with depression

REFERENCES

[1] Bianchi R, Verkuilen J, Brisson R, Schonfeld IS, Laurent E. 2016. Burnout and depression: Label-related stigma, help-seeking, and syndrome overlap. Psychiatry Research Journal.

RESULTS

The level of stigma mean (standard deviation), measured by the Depression Stigma Scale presented higher values in persons from rural localities, both for personal stigma [19.73 (4.88) vs. 14.09 (4.88) $p < 0.001$] and for perceived stigma [27.43 (3.30) vs. 21.62 (4.15) $p < 0.001$]. There is no difference in the level of stigma regarding the presence of a person with depression in the family in both rural and urban localities. Previous studies show that contact with people that have depression decrease level of stigmatization. Data from our study show unclear results.

CONCLUSION

Level of stigma towards people with depression is higher in rural localities than in urban localities in Moldova. More research is needed in order to understand characteristics of stigma towards depression.