STIGMATIZATION, THE DARK SIDE OF CATEGORIZATION

PSYCHIATRIC TREATMENTS INFLUENCE ON SELF-PERCEIVED CAPABILITIES AND IDENTITY

OVERCOMING BARRIERS IN MIND AND SOCIETY

8TH CONFERENCE - TOGETHER AGAINST STIGMA
AGENDA

• Background
• Study design
• Results
• Discussion
Muligvis derfor mine venner er venner med mig.....
Maybe that’s why my friends are my friends

Delte ud af min livsvisdom.
Shared my life wisdom....

Og husk, at omgive dig med venner, der er mentalt ustabile, for den slags siger aldrig nej til at gå ud og få et glas vin.

Remember; Make sure you are surrounded by friends who are mentally unstable... they will never say no to a glass of wine
BACKGROUND

• Is CRT a relevant acute psychiatric treatment (in Denmark)? Question asked by the Danish Health Authority

• Evaluation of 5 different CRT teams in relation to implementation of intensive CRT, organization, economy, admission, patient perspective etc.

• Social- and self-stigmatization obstruct the fulfillment of the life potential of psychiatric service users

• Reducing stigmatization is a key component in political and treatment strategies focusing on equality, recovery and empowerment

• **Question** how do patients perceive themselves when in CRT or TAU treatment?
STUDY DESIGN
THEORETICAL PERSPECTIVE

THEORETICAL PERSPECTIVE BASED ON

• Sociological stigmatization perspective

• Social psychological perspective on the use, meaning and effect of stereotypes as both devaluing and empowering identity constructing mechanisms

• Dialectic analysis focusing on the interplay and interrelation between rebuilding, empowering the self in a recovery process, and the process of devaluation of the self in a (self-)stigmatization process with a perception of lack of competence and capabilities.
STUDY DESIGN
EMPIRICAL PERSPECTIVE

METHOD AND DATA

• Semi-structured personal interviews with 14 acute psychiatric service users (CRT and TAU)
  • Additional 10 interviews and 8 from earlier studies

• 5 (6) different CRT’s located in the five regions in Denmark. Difference in population and geography etc.

• Theoretical thematic and empirical based coding in Nvivo
RESULTS

THEMES

• The patients’ stories

• CRT
  • Visitation to CRT
  • Building of relationship including accessibility and continuity of treatment
  • Treatment content including medical treatment, nursing, qualifying abilities to master daily life etc.
  • End of treatment

• Self image, stigmatization and empowerment

• Evaluation of the relation to the CRT team

• Cross-sectoral coordination

• Optimizing the CRT

• Comparison between CRT & TAU
RESULTS
SELF IMAGE, STIGMATIZATION AND EMPOWERMENT

SELF IMAGE

• I knew something was wrong. But when I came down to the Psychiatric Emergency Department .. [] there I felt sick..I felt so sick. Because I was among schizophrenics and psychotic who walked around the hallways, and I simply felt so sickened being down there

• I'm more myself when I'm at home than when I'm in here (TAU). Because when I sit in here, I have the feeling that I do not know what to say. It's like I'm not myself when I'm in here. Like I Am When I'm Home. I think it's easier to talk about things when you're home
STIGMATIZATION

• If you're mental ill then you're dangerous, you're killing people. [...] People are saying yes—but you're sick...you're dangerous. That's all they hear about mental illness... I don’t kill people. [...] ... But you don’t hear the positive telling about mental illness...
RESULTS
SELF IMAGE, STIGMATIZATION AND EMPOWERMENT

EMPOWERMENT

• With CRT I don’t feel like a patient...

• Perhaps I’m not a very beautiful man, but at least I’m a good person, a lovely person…. Who deserves a better life than what I have offered myself. It's not something that comes from one day to the next. It takes some time. And I have not finished changing my life. I can not say that in one year, I think. It's coming quietly, but it's coming
RESULTS
EVALUATION OF THE RELATION TO THE CRT TEAM

INTIMIDATING HOME VISITS?

• Question using the effect of the interviewer: It must be intimidating to have the psychiatric system at your home?

• No, actually the opposite! The home visit gives a better understanding of the person I really am….so a better understanding of the person they are working with..
RESULTS

• TAU is a vital treatment when the risk of harm to self or other is uncontrollable, but it has devaluing side effects on self-perceived capabilities and the construction of identity

• CRT is associated with recovery and empowerment and especially a self-perceived capability of taking responsibility in relation to one’s own life
  • more in control with CRT
  • Identity as citizens and less as patients
DISCUSSION

- Stigmatization obstructs the fulfillment of the life potential of psychiatric service users. If differences in treatment are associated with difference in stigmatization, the treatment associated with the least degree of stigmatization should be preferred.