

**Knowledge of schizophrenia and perception towards the stigma of schizophrenia: A comparative study among general population and caregiver.**



Presented by:

Stela Shakya



# BACKGROUND

- Schizophrenia is disorder that may also include a group of disorders.
- Three positive symptoms of schizophrenia: hallucination, delusions and thought disorders.
- Two of the symptoms are necessary and sufficient for a diagnosis of schizophrenia.
- The stigma of schizophrenia is deeply rooted with the social and cultural norms of the society.



# STATEMENT OF PROBLEM

- Schizophrenia occurs in all societies regardless of class, religion, culture.
- The prevalence of schizophrenia is 4/1000 population.



# **RATIONALE OF THE STUDY**

- **Mental illness is stigmatized in most of the communities and people with such illness are often subjected to defame.**
- **Stigma impairs an individual's and their caregiver's physical, social and emotional wellbeing, and health-seeking behavior.**
- **Only few studies on mental health services and stigma are available from Nepal.**



# OBJECTIVES

- To determine the knowledge of schizophrenia.
- To study the perception towards the stigma of schizophrenia.
- To find out the approaches to overcome the barrier of schizophrenia.



# RESEARCH METHODOLOGY

## **Study design:**

Descriptive cross-sectional study design.



## **Study area:**

The samples for caregivers was collected from the Tranquility Hospital located in Hattiban, Lalitpur. And samples for general population was collected from Lagankhel, Lalitpur.





## **Ethical consideration:**

Ethical clearance was obtained from the Institutional Review Committee of Nobel College. Also, written and verbal consent was taken from the participants before data collection. All the information were kept confidential.



# **Sampling technique:**

**Purposive sampling techniques was used to collect the samples.**



# Sample size

Sample size was determined by using the formula  $n = Z^2 pq / d^2$ . Using a prevalence of 0.05 from the previous study (Neupane et al., 2016) the sample size for each group was 74.



# VALIDITY AND RELIABILITY

- The research questionnaire were validated from literature review and by consulting the research advisors of Nobel College before administrating the questionnaires.
- The Cronbach alpha was obtained for perception statements which was found to be 0.447 after removing 2 statements.



# **Data analysis:**

- **The results was further analyzed through mean, standard deviation.**
- **Chi-square test was used to measure the association between dependent and independent variables.**



# Association between respondent's knowledge on schizophrenia and their exposure towards the patient

Characteristics	Knowledge on schizophrenia		Total	p-value	
	Adequate	Inadequate			
Caregiver of the patient	Yes	58 (65.9%)	16 (26.7%)	74	0.001
	No	30 (34.1%)	44 (73.3%)	74	
	Total	88	60	148	



# ASSOCIATION BETWEEN THE PERCEPTION TOWARDS THE STIGMA OF SCHIZOPHRENIA AND EXPOSURE OF RESPONDENTS TOWARDS THE PATIENTS

Characteristics	Perception towards the Total stigma			p-value	
	Good	Bad	Total		
Caregiver of the patient	Yes	62 (52.1%)	12(41.4%)	74	0.408
	No	57(47.9%)	17(58.6%)	74	
Total	119	29	148		



# APPROACHES TO OVERCOME THE BARRIERS OF SCHIZOPHRENIA

Approach to overcome the barrier of schizophrenia	Frequency		%	
	Caregivers	General population		
<b>Educating the public</b>	2	2.7 %	14	18.9 %
<b>Providing awareness to support the people with the illness</b>	10	27 %	21	28.4 %
<b>expanding treatment coursed in both public and private health sectors</b>	7	9.5 %	10	13.5 %
<b>Developing more professionals in psychology/counselling</b>	45	60.8 %	29	39.2 %





# WAY TO OVERCOME SIGMA RELATED TO SCHIZOPHRENIA

Way to overcome sigma related to schizophrenia	Frequency		%	
	Caregivers	General population		
Speaking up against stigma	18	24.3 %	29	39.2 %
Get help from supportive peoples	23	31.1 %	28	37.8 %
Not to isolate yourself with the symptoms	10	13.5 %	7	9.5 %
Reducing self-doubt and shame	23	31.1 %	10	13.5 %



# **Limitations of the study**

The study is only focused inside the Kathmandu valley so generalizability of the findings in larger area may not be feasible.

As the study is an academic research, there was economic constrains and time limitations.

Schizophrenia is a rare disorder so it was difficult to find the caregivers while collecting the data.



# **RECOMMENDATION:**

- Mental health professionals like psychologists and counselors can be developed in a wider range in the country as patients have to visit the Kathmandu for treatment from different parts of the country.
- Awareness can be provided regarding the knowledge to support the people with schizophrenia and to help them overcome the barrier of the disease.



**Thank you!**

