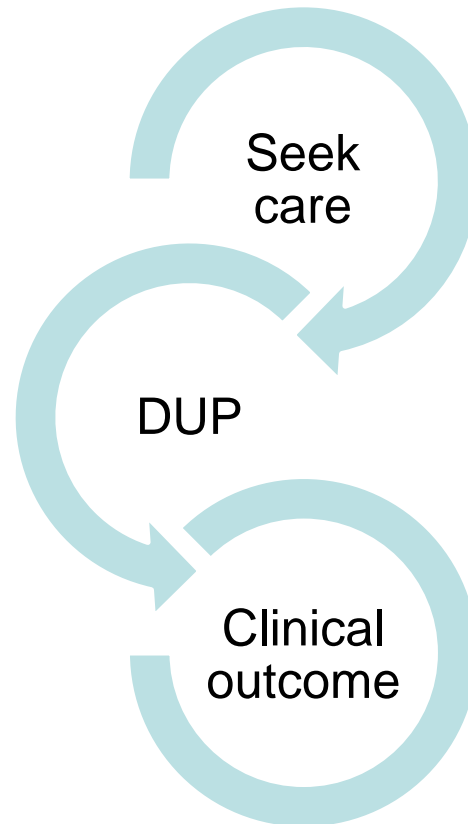# Self-labelling and stigma as predictors of attitudes towards help-seeking among people at risk of psychosis: 1 year follow-up

Ziyan Xu, Mario Müller, Karsten Heekeren, Anastasia Theodoridou, Diane Dvorsky, Sibylle Metzler, Alison Brabban, Patrick W. Corrigan, Susanne Walitza, Wulf Rössler, Nicolas Rüsch

Outline

- Introduction
- Methods
- Results
- Summary
- Clinical implication
- Future work

Introduction

DUP=duration of untreated psychosis

Penttilä M, et al (2014) Duration of untreated psychosis as predictor of long-term outcome in schizophrenia: systematic review and meta-analysis. Br J Psychitry 205: 88-94.
von Reventlow HG, et al (2014) Pathways to care in subjects at high risk for psychotic disorders - a European perspective. Schizophr Res 152: 400-407.
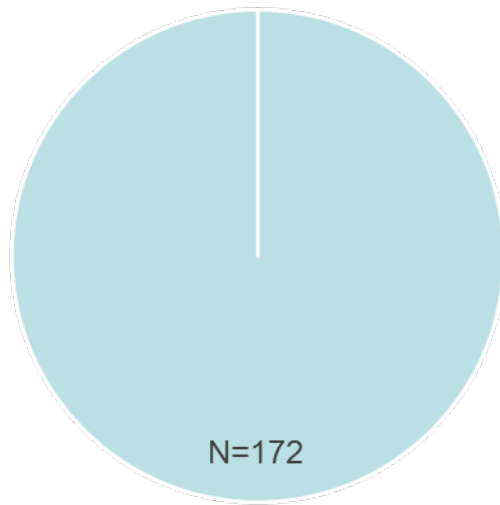
Introduction

- Attitudes towards help-seeking
  - Perceived public stigma
  - Stigma stress
    - the cognitive appraisal of stigma as a stressor
  - Self-labeling
    - Facilitate service use
    - Coupled with stigma

Clement S, et al (2015) What is the impact of mental health-related stigma on help-seeking? A systematic review of quantitative and qualitative studies. Psychol Med 45: 11-2
Yang LH, et al (2010) Potential stigma associated with inclusion of the psychosis risk syndrome in the DSM-V: an empirical question. Schizophr Res 120: 42-48.
Rüsch N, et al (2013) Attitudes towards help-seeking and stigma among young people at risk for psychosis. Psychiatry Res 210: 1313-1315.

Methods-Participants

- Inclusion criteria
  - high-risk status of psychosis
  - ultra-high risk status of psychosis
  - risk of bipolar disorder

- Exclusion criteria
  - schizophrenic, substance-induced or organic psychosis, bipolar disorder, current substance or alcohol dependence
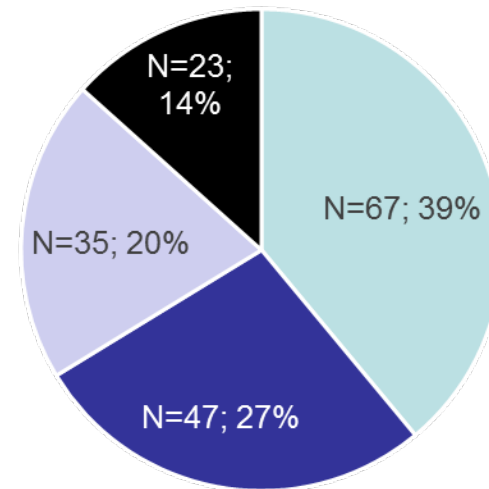 - age<13 or >35 years
  - low intellectual abilities with IQ<80

Methods-Participants

basline

1-year follow-up

N=172

interviewed

N=67; 39%

N=47; 27%

N=35; 20%

N=23; 14%

completed
unable to be contacted/interviewed
with incompleted data
decided to discontinue

Methods-Measurements

- Help-seeking attitudes
  - psychiatric medication
  - psychotherapy
- Self-labelling
- Perceived stigma: PDDQ (Link, 1987)
- Stigma Stress: SSC (Rüsch, 2009)
- Positive and negative symptoms: PANSS (Kay, 1987)

Statistical Analysis

- t-test or chi square test
- Multiple linear regressions

Results

- difference between dropouts and completers

  - completers were younger than dropouts (p=0.008)

  - dropouts perceived more stigma than completers s(p=0.03)

Results

- ## Multiple linear regressions
  - ### – psychiatric medication

Dependent variable	Independent variables	Beta	t	p	Adjusted R²
Positive attitudes towards psychiatric medication after one year	Change of self-labelling as 'mentally ill'	0.35	2.85	0.006	
	Change of perceived stigma	- 0.13	-1.07	0.29	
	Change of stigma stress	- 0.10	-0.83	0.43	
	Change of positive symptoms	0.03	0.26	0.80	
	Change of negative symptoms	- 0.27	-2.10	0.04	
	Depressive disorder (0=no, 1=yes)	0.18	1.50	0.14	
	Anxiety disorder (0=no, 1=yes)	0.16	1.40	0.17	
	Gender (1=male, 2=female)	-0.12	-1.05	0.30	
	Age	-0.03	-0.24	0.81	
	Positive attitudes towards psychiatric medication at baseline	0.55	4.92	< 0.001	0.26

Results

- ## Multiple linear regressions
  - ## psychotherapy

Dependent variable	Independent variables	Beta	t	p	Adjusted R^2
Positive attitudes towards psychotherapy after one year	Change of self-labelling as 'mentally ill'	-0.10	-0.85	0.40	
	Change of perceived stigma	-0.28	-2.26	0.03	
	Change of stigma stress	-0.30	-2.35	0.02	
	Change of positive symptoms	-0.35	-2.54	0.01	
	Change of negative symptoms	0.23	1.83	0.07	
	Depressive disorder (0=no, 1=yes)	-0.07	-0.61	0.55	
	Anxiety disorder (0=no, 1=yes)	-0.03	-0.26	0.80	
	Gender (1=male, 2=female)	0.23	2.02	0.05	
	Age	0.18	1.58	0.12	
	Positive attitudes towards psychotherapy at baseline	0.28	2.58	0.01	0.27

Summary

- ## self-labelling
  - willingness to take psychiatric medication
- ## perceived stigma and stigma
  - reluctance to seek psychotherapy

Summary

- Label avoidance

- Disclosure concerns

- stress-coping models

Link B, et al (1989) A Modified Labeling Theory Approach to Menta Disorders: An Empirical Assessment. Am Sociol Rev 54: 400-423.
Clement S, et al (2015) What is the impact of mental health-related stigma on help-seeking? A systematic review of quantitative and qualitative studies. Psychol Med 45: 11-27
Rüsch N, et al (2009) A stress-coping model of mental illness stigma: I-II. Predictors of cognitive stress appraisal. Schizophr Res 110: 59-71.

Limitations

- High attrition
- Unmeasured factors
- help-seeking attitudes Vs. behaviours

Clinical implication

- Increase non-stigmatising self-awareness
- Interventions to reduce public stigma
- Reduce stigma stress

Yang LH, et al (2013) Public stigma associated with psychosis risk syndrome in a college population: implications for peer intervention. Psychiatr Serv 64: 284-288

Future work

- Qualitative work

- Examine moderator or mediator variables

- Explore specialized anti-stigma interventions

Thanks for your attention!

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