

Stigma among home caregivers of patients with mental disorders in Iran

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Introduction

The classic starting point for defining the stigma of mental illness is Goffman's statement: 'an attribute that is deeply discrediting'. Mental health related stigma is internationally a central issue for people with mental health illness in other words they are among the most stigmatized groups in society.

It has been extensively documented that caregivers of people with serious and persistent mental disorders must successfully cope with many challenges to provide good care.

Previous studies indicated that pluralistic cultures such as Iran showed higher rates of stigma due to mental disorders among families. The purpose of this study is to survey the prevalence of stigma in relation to home caregivers of patients with mental disorders in Iran.

Method:

The present review study was conducted with searches in databases such as PubMed, Google Scholar, Science Direct and Ninedex to find information related to the current study in Iran. Keywords including "stigma, attitude, mental disorder, psychiatric disorder, patients with mental disorders and home caregiver" were used in both English and Persian. In the period from 2000 to 2016, only 9 articles in relation to the objective of this study were found.

References:

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3. Stuart H. Fighting the stigma caused by mental disorders: past perspectives, present activities, and future directions. *World Psychiatry*. 2008;7(3):185-8.
4. Hanzawa S, Nosaki A, Yatabe K, Nagai Y, Tanaka G, Nakane H, et al. Study of understanding the internalized stigma of schizophrenia in psychiatric nurses in Japan. *Psychiatry and clinical neurosciences*. 2012;66(2):113-20.



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Results:

Found articles were about concept and dimensions of stigma, consequences and experiences of stigma, attitude of the caregiver toward the patient and psychoeducation to caregivers. Statistics shows 43% to 92% of the caregivers of people with mental illness report feeling stigmatized. The experiences of family members of people with mental illness include stigmatized social interactions, high levels of stress, and ongoing caregiver burden. They describe feelings of being isolated, ignored, blamed, and criticized by the family, friends, neighbors, colleagues, and even mental health providers.

Conclusion:

The most common stigma among Iranian families with mentally ill patients is shame due to society's negative and stereotypical judgments. It seems that due to the few number of studies about stigma of regarding the mentally ill patients and their families in Iran and the importance of the home caregiver's attitude in the recovery of the mentally ill patient, further research in the field of culture is essential to provide the appropriate solutions to reduce stigma.

Title	Authors	year
Family caregiver burden in mental illnesses: The case of affective disorders and schizophrenia	Von Kardorff E, Soltaninejad A, Kamali M, Eslami Shahrabaki M	2015
Effects of Psychoeducation on Stigma in Family Caregivers of Patients with Schizophrenia	Vaghee S, Salarhaji A, Asgharipour N, Chamanzar H	2015
Mental illness stigma: A concept analysis	Heydari A, Meshkinyazd A, Soodmand P	2014
Family Care giving in Bipolar disorder: Experiences of Stigma	Shamsaei F, MohamadKhan Kermanshahi S, Vanaki Z, Grosse Holtforth M,	2013
Stigma among Iranian family caregivers of patients with Alzheimer's disease	Navab E, Negarandeh R, Peyrovi H, Navab P	2013
Original Article Mental illness stigma in city of Tehran	Nojomi M, Malakouti S.K, Ghanean H, L. Jacobson	2009
Survey of cognitive, emotional and behavioral components of stigma towards	Tavakoli S, Kaviani H, Sharifi V, Sadeghi M, Fotouhi A	2006
Comparison of mental illness stigma between families with schizophrenic patient and families with major depressive disorder	Shahveisi B, Shojae shafti S, Fadaee F, Dowlatshahi B	2005
Comparison of mental illness stigma among families with schizophrenic patient, depressed and bipolar	Sadeghi M, Kaviani H, Rezaei R	2001

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