

## Poster

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## Poster 7

### [P-7-03] Stigma Toward Mental Health Patients Among Medical Students: A Cross-Sectional Study in Guadalajara, Mexico.

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**Background:** Globally, one in three people will experience mental illness in their lifetime. Stigma, including self-stigma and external stigma, is a significant barrier for medical students in addressing mental health issues.

**Objectives:** Evaluate the grade of stigma of medical students towards patients with mental health illness.

**Methods:** A cross-sectional study was conducted with 329 medical students in Guadalajara, Jalisco. Participants completed the Opening Minds Scale for Health Care Providers (OMS-HC-15), a Likert scale ranging from 15 to 75, assessing stigma through three subscales: negative attitudes toward patients, willingness to disclose or seek help, and desired social distance. Higher scores indicate greater stigma.

**Results:** A total of 329 medicine students were interviewed, of which 53% were female and 47% were male, with a mean age of  $22.9 \pm 1.1$  years. Most students reported having received a consultation from a mental health professional (67.2%), also more than half had a first-grade relative with a mental health disorder (54.1%). Regarding the OSM-HC-15 scale, the mean score reported was  $31.8 \pm 7.6$ ; from the three subscales: attitudes, disposition/ looking for help, and social distance, the mean scores were  $11.8 \pm 3.7$ ,  $10.40 \pm 3.1$  and  $9.5 \pm 3.2$  respectively. When comparing the total scale and subscales scores by gender, there were no statistically significant differences.

**Discussion:** The findings suggest low levels of stigma among medical students in Guadalajara. Despite the generally positive attitudes observed, further efforts are necessary to strengthen education and reduce any residual stigma, fostering better support for mental health patients.