

## Poster

📅 2025年9月27日(土) 10:00 ~ 11:00 🏢 Poster Session (Foyer 1)

## Poster 17

### [P-17-02] Exploring Changes in Recognition and Stigmatization Toward Individuals with Schizophrenia in Singapore from 2014 to 2022

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キーワード : Schizophrenia、Mental Health Literacy、Mental Illness Stigma、Mental Health Campaigns、Singapore

Schizophrenia is a debilitating illness that poses long-term impairment in individuals and a significant economic burden on society. Early recognition of schizophrenia is essential for ensuring successful treatment outcomes. Understanding mental health literacy, i.e., recognition of and stigma towards mental illnesses, is crucial for guiding policy and informing targeted interventions. The current study aimed to examine changes in schizophrenia recognition, personal stigma and social distancing as well as shifts in sociodemographic factors influencing recognition and stigma over 8 years in Singapore. The study utilized data from two consecutive nationwide cross-sectional surveys on mental health literacy using a vignette approach. Singapore citizens and permanent residents aged 18-65 were recruited via disproportionate stratified sampling. Respondents were presented with a schizophrenia vignette and recognition was assessed using an open-ended question. Stigmatizing attitudes were assessed by the personal stigma scale and the social distance scale. Correct schizophrenia recognition increased from 11.5% to 15.1%, though the difference was not statistically significant ( $p$ -value = 0.192). Recognition response categories changed significantly with more recognizing schizophrenia as another mental disorder and fewer recognizing it as a general psychological issue. There was a statistically significant reduction in 'weak, not sick' and 'dangerous, unpredictable' stigma scores. A higher 'weak, not sick' score was consistently associated with lower odds of recognition of schizophrenia. The lack of significant improvement in recognition was likely due to a lack of targeted schizophrenia awareness campaigns in Singapore, while the significant improvement in personal stigma was likely due to general mental health initiatives. Younger age and social contact with individuals with schizophrenia were associated with better recognition and less stigma. Individuals of Malay and Indian ethnicities attributed schizophrenia as a personal weakness but showed less social distancing. Future initiatives should focus on culturally tailored anti-stigma interventions for schizophrenia accessible to older individuals and leveraging social contact.