

Symposium | Forensic Psychiatry : [Symposium 39] Beyond Barriers: The Current State and Future Challenges of Mental Health Stigma Across Countries

📅 2025年9月26日(金) 13:10 ~ 14:40 🏢 Session Room 4 (Large Hall B)

## [Symposium 39] Beyond Barriers: The Current State and Future Challenges of Mental Health Stigma Across Countries

Moderator: Muhammad Hanif Abd Latif (Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia), Ryo Mizui (Miyagawa Medical Juvenile Training School)

### [SY-39-03] Mental Health Stigma in Australia: Clinical and Cultural Reflections

\*Marie Kitano<sup>1,2</sup>, Muhammad Hanif Abd Latif<sup>3</sup>, Nur Iwana Abdul Taib<sup>4</sup>, Junko Kitaoka<sup>5,8</sup>, Ryo Mizui<sup>6,8</sup>, Tsuyoshi Ono<sup>7,8</sup> (1. Monash Health (Australia), 2. The University of Melbourne (Australia), 3. Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia (Malaysia), 4. Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (Malaysia), 5. Tarumi Hospital (Japan), 6. Miyagawa Medical Juvenile Training School (Japan), 7. Medical Juveniles Correction and Education Center in East Japan (Japan), 8. Japan Young Psychiatrists Organization (Japan))

キーワード : Mental Health Stigma、Cultural Psychiatry、Early-Career Psychiatrists

Stigma surrounding mental illness remains a significant barrier to the delivery of quality care, not only within the general public but also among healthcare professionals. This presentation is part of a cross-national study conducted in collaboration with researchers from Japan, Malaysia, and Australia, examining attitudes toward mental health stigma among psychiatry trainees and psychiatrists. Focusing on the Australian context, this presentation will explore how clinicians' views may shape clinical decision-making, communication, and therapeutic engagement.

Australia is often considered to have relatively low levels of public stigma compared to many other countries. This is frequently attributed to widespread mental health education, access to public resources, and comparatively high mental health literacy. However, growing awareness has introduced new and more nuanced challenges. While overt stigma may be less common, more subtle forms of misunderstanding and bias continue to influence both clinical environments and broader societal attitudes. Additionally, there are unique challenges associated with anti-stigma efforts themselves. These issues highlight the need to reflect on how stigma operates in everyday practice and within the professional culture of psychiatry.

This presentation draws on survey findings and clinical experience to examine how societal perceptions, professional identity, and daily clinical practice are interconnected in the Australian context. By considering these insights alongside cultural and systemic factors, the presentation aims to contribute to a deeper understanding of how stigma functions within mental health care.