

Symposium | Forensic Psychiatry : [Symposium 50] Anti-stigma 2

📅 2025年9月26日(金) 16:30 ~ 18:00 🏢 Session Room 4 (Large Hall B)

[Symposium 50] Anti-stigma 2

Moderator: Shigeki Seki (Silver Ribbon Japan)

[SY-50-02] Anti-stigma in Taiwan

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The stigma surrounding mental illness refers to negative and unequal beliefs about mental disorders, which can hinder and limit various aspects of life for individuals with mental disorders, such as social participation, healthcare access, housing, and employment. Stigma is tied to social interaction processes, making it easier for individuals with mental disorders to internalize societal stigma responses, leading to self-stigma, which affects self-efficacy, self-esteem, quality of life, and willingness to seek help during episodes of mental illness. Research indicates that the level of mental illness stigma in the Asia-Pacific region is higher compared to other regions, while countries with individualistic values, such as the United States, have the lowest levels of stigma. Media reports tend to highlight individuals with mental disorders during major social events, reinforcing public fear and prejudice, despite the fact that only a small percentage of individuals with mental disorders exhibit violent behavior. These negative reports lead to perceptions of individuals with mental disorders as dangerous or helpless, further excluding them from social activities and fostering self-stigma and social withdrawal. This stigma also affects the families and caregivers of individuals with mental disorders, increasing their stress and sense of isolation. Service providers' expectations of individuals with mental disorders are often lower, hindering their recovery. To address this issue, it is recommended to establish family and social support networks, promote public mental health awareness, increase professional training, provide education and psychological support, and create opportunities for positive social interactions. I will exchange anti-stigma movement experiences in Taiwan.