

SELF-STIGMA AMONG INDIVIDUALS WITH PSYCHOSIS AND THEIR CAREGIVERS IN YOGYAKARTA, INDONESIA

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Background: Stigma does not only affect the clinical outcome of individuals with psychosis but could also cause delayed help-seeking. It could prevent those people who have psychosis and their family in seeking health care treatment for their mental illness. Stigma attached to those individuals and their families leads to health, social, and cultural consequences. To date, little research has done on stigma towards psychosis in low-middle income countries, including Indonesia.

Objectives: To explore the subjective experience of stigma among people with psychosis and their caregivers in Yogyakarta, Indonesia

Methods: We are recruiting 10 people with psychosis and 10 caregivers to be selected as the participants. The study is conducted at spiritual-based rehabilitation center and community setting. The participants were interviewed using a semi-structured in-depth. The interview guide focus to explore each participant's life history, personal experience with psychosis, and their stigma experience.

Results/Potential Outcomes: Five emerging themes were identified: perceived cause of psychosis, treatment, understanding of psychosis, experiences of stigma, and coping with the stigma.

Discussion/Implications: It is not only by engaging people with psychosis in meaningful dialogue could generate rich information, but also involving the caregivers in the conversation could give another perspective about stigma experiences. These findings are expected and will generate key information that can be used to develop a video intervention to reduce the stigma.

Learning Objectives:

- 1) Participant will be able to explore the subjective experiences of stigma among people with psychosis and their caregivers
- 2) Participant will be able to understand how stigma affects people with psychosis and their caregivers' daily life

References:

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Hawari, D. (2001). *Pendekatan Holistik Pada Gangguan Jiwa Skizofrenia*. Jakarta Indonesia: Gaya Baru.