



IMPORTANCE OF THE IMPACT OF PSYCHIATRIC PATHOLOGY ASSOCIATED STIGMA - A CASE OF DOUBT

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INTRODUCTION

- Psychiatric diagnosis associated stigma represents a series of negative attitudes directed against patients with a psychiatric disorder. Negative attitudes can have an external origin, coming from those around them, or they can be internalized. Stigma can be structural, related to state institutions, it can be social or personal, self-stigma.⁽¹⁾

DISCUSSIONS

- Self-stigma has multiple implications for the well-being of patients with psychiatric disorders, preventing them from seeking specialized help⁽²⁾ or possibly decreasing their adherence to treatment.⁽³⁾ In the case of patients afflicted with bipolar affective disorder, this correlates with a low quality of life score evaluated using the QoLS, even in the case of patients with a minimal or remitted clinical picture.⁽⁴⁾
- The GAMIAN-Europe study reveals that 1 in 5 patients diagnosed with bipolar affective disorder or depression feel a moderate or severe level of self-stigma.⁽⁵⁾ Psychotherapy as an adjunctive intervention in the case of patients diagnosed with an affective disorder can be associated with better results in terms of symptomatology and functionality.⁽⁶⁾
- The stigma associated with the diagnosis of bipolar affective disorder has multiple negative implications in the evolution of a patient, and their addressability must also be multidimensional.
- Patients with this diagnosis, in addition to the classic clinical picture, must be routinely investigated to assess the level of stigma that they feel.
- Regarding the management of these patients, pharmacological treatment must combine with psychotherapy aimed at the patient's accusations in order to improve the stigma and increase the individual's resilience.
- Public health measures related to educating the general population about psychiatric diagnoses are useful in order to increase the social support that patients with psychiatric disorders receive.

CONCLUSIONS

- Nonetheless, mental health education represents one of the most important parts in providing high standard medical help.
- Transdisciplinarity is of great need when it comes to genetic testing, counselling and increasing the quality of life of our patients.

OBJECTIVES, MATERIALS, METHODS

- Taking into consideration the great responsibility that patients with a high level of insight have in what regards their daily habits and medication schedule, we would like to bring to light the need for a better mental health education.
- 45 y-o Romanian patient, diagnosed with type I bipolar affective disorder, a history of multiple psychiatric admissions, was hospitalized under his consent for a depressive episode. Full insight since the diagnosis (20 years ago).
- The patient's socio-familial context captures him being a father of 2 boys from a previous marriage, being divorced due to extramarital relations that resulted in a child while he was suffering from a manic episode.
- Examination of his mental state at admission: aspects that have been present despite stated full adherence to treatment plan, following a peak during the last month: severe anxious-depressive mood, ideation of helplessness and incurability of prevailing intensity, fixation prosexic deficit, low appetite, mixed sleeping disorders.
- Currently, the patient is being treated with an atypical antipsychotic, mood stabilizer and anxiolytic antidepressant, compliant, minimal symptoms that were evaluated with the help of MADRS and YMRS. Despite the lack of adverse reactions to treatment and the lack of cognitive decline that can occur as a result of affective episodes, the patient scores low on QoLS.
- His chief complaint is the impairing doubt whether his children will suffer from any type of affective disorders having to withstand discrimination and seclusion, looking forward to even genetically testing them.

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