
OVERCOMING STIGMA IN MOOD DISORDERS: A NEW PSYCHOEDUCATIONAL AND BEHAVIOUR MODIFICATION COURSE

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Purpose: Mood disorders are very common and associated with significant disability. Stigma because of mental illness is also ubiquitous in the society.

Methods: We have created a new course for people with mood disorders to help them learn more and be able to practice ways to overcome stigma in their lives and themselves. The course is a closed group with five to eight participants, co-led by a mental health professional and a person with lived experience. The course consists of 7 two hour sessions and focus on the following topics: Introduction and orientation; Depression, Anxiety and Recovery; Self-Stigma; Social Stigma – Family, Friends and Medical settings; Stigma in Education, Housing and the Workplace; Disclosure; and Conclusion. There is a homework assigned between sessions

Results: A pilot running of the course has been completed. It was used for a fine-tuning of the course and finalizing the course content. Feedback was encouraged and was used for these purposes

Conclusions: The course: 'Overcoming Stigma in Mood and Anxiety Disorders' may have a significant role in helping people with those disorders to achieve recovery