

IS02. Initiating programmes on fighting stigma and discrimination because of schizophrenia (Supported by Eli Lilly)

Chairs: N. Sartorius (CH), J.J. Lopez-Ibor (E)

IS02.01

FIGHTING STIGMATISATION BECAUSE OF SCHIZOPHRENIA IN SPAIN: RESULTS

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The pilot study of the World Psychiatric Association programme was carried out in Madrid in 1999. In order to identify the target population and the specific messages to convey a survey of the population was undertaken. The survey showed little knowledge about the disease and a small amount of stigma. As a consequence, the decision was taken not to carry out an awareness campaign in the general population, which has the risk of increasing stigma in parallel to increasing awareness. It was therefore decided to explore the amount of stigma in the environment closer to the patient such as the patients themselves, their relatives, their neighbours and health services staff. Here, the degree of stigma appeared to be much more significant. Therefore, activities related to this group of people were undertaken, specially by training psychiatrists to identify stigma and discrimination and to fight it. The outcome showed a great satisfaction among patients, their relatives and physicians. A pilot media campaign was also undertaken. In the previous years there was no information about schizophrenia in the mass media but only news on incidental problems of patients with schizophrenia. After the campaign news on the disease itself appeared in the mass media. The experience in Madrid shows that the strategies of the WPA programme, which are based on doing population research and adapting the campaign to local needs, is most appropriate and that an anti-stigma campaign can be carried out with success. The same experience is being repeated in 2000 in the whole of Spain. Health authorities in Madrid were very sensible and helpful with the campaign which was supported by an unrestricted grant by Eli Lilly and Company.

IS02.02

FIGHTING STIGMA AND DISCRIMINATION BECAUSE OF SCHIZOPHRENIA

N. Sartorius. *Association of European Psychiatrists, Switzerland*

Stigma attached to mental illness and its consequences for those who suffer from it, for their families and for the health and social service professions that provide care for them is a universal problem. Its presence is reported in a vast majority of countries as a major obstacle to any programme of health and social care. Prejudices about mental illness and the consequent negative discrimination makes treatment of mental illness more difficult and the rehabilitation of people who had it almost impossible. In view of this the WPA has made the fight against stigma and discrimination because of mental illness one of its institutional programmes and a central focus of its advocacy of the human rights of people with mental illness. The presentation will describe the strategy and timetable of the WPA programme. Results from programme sites in Austria, Germany, Greece, Italy and Spain will be presented.

IS02.03

COMBINING A PROGRAMME AGAINST STIGMA WITH A COMPREHENSIVE RESEARCH PROGRAMME ON SCHIZOPHRENIA

W. Gaebel. *Department of Psychiatry, Heinrich-Heine-Universität, Rheinische Landes- und Hochschulklinik, Düsseldorf, Germany*

Germany has recently joined the WPA Antistigma programme. Centres in five towns (Düsseldorf, Hamburg, Kiel, Leipzig, München (TU, LMU)) will each focus on a different aspect of the programme and complement each other's work. Düsseldorf and München (LMH) are also coordinating centres of the country-wide German Research Network on Schizophrenia (MedNet Schizophrenia) funded by the German Government. The research programme is focused on clinical and basic aspects of the course and outcome of schizophrenia under innovative strategies of early detection and intervention, acute and long-term treatment, and rehabilitation. The network will bring together clinicians, practitioners, researchers and consumers. Within the programme, the two coordinating centres will implement Antistigma interventions in all MedNet centres. A nationwide pre- and post-intervention public attitude survey will be carried out by the Leipzig centre. The combination of the two programmes will allow to compare the long-term outcome of schizophrenia in centres with and without specific antistigma interventions. Currently, focus interviews with patients, families, and professionals at different target sites have been carried out by the Leipzig group to collect material on which the development of specific interventions will be based and tailored to specific problems.

IS02.04

THE AUSTRIAN PROGRAMME ON FIGHTING STIGMA BECAUSE OF SCHIZOPHRENIA

W. Schöny. *Section of Psychiatry, Österreichischer Nervenärzte und Psychiater, Wagner-Jauregg-Krankenhaus, Linz, Austria*

In Austria, the programme against Stigma and Discrimination because of Schizophrenia is carried out jointly by the Austrian Association for Psychiatry, the Austrian Schizophrenia Society and the Austrian Federation for Mental Health. The campaign will be launched with TV and radio spots as well as billboards all over Austria. After the media launch, four regions - the East, West, North and South of Austria - will develop regional programmes. Activities will rely on the influence of opinion leaders (e.g. of the medical and legal professions, administrators and politicians). A campaign in schools and for interested lay people is also planned. The Universities of Linz, Innsbruck and Vienna have already completed a survey of the general population and worked with focus groups (MD's, journalists, nurses and social workers) to establish the level of knowledge and attitudes. The survey was designed to assess attitudes (e.g.: Would you mind if a patient with schizophrenia moved in next to you?) and knowledge (e.g.: Is schizophrenia contagious, is it incurable, etc) to provide a baseline for the measurement of changes in attitudes or knowledge after the completion of the programme. The programme will start by the end of 1999 and is going to continue for at least one year.

IS02.05

ANTI-STIGMATISATION PROGRAMME IN ITALY

G. Rossi. *IRCCS "Centro San Giovanni di Dio", Unità di Riabilitazione Psichiatrica, Brescia, Italy*

The Italian centre for the WPA programme has established a local planning group which includes a business leader, a journalist, a

family association member, two psychiatrists, a psychologist, and a school teacher.

The group has carried out a survey of the general population. They have also conducted a review of the image of mental illness as presented by the media, including a review of articles presented in the local newspaper in Brescia, in Northern Italy.

Based upon the research completed the group has selected journalists and students as the first two target audiences for their programme. Other target groups including those suffering from mental illness and their family members, business leaders and the clergy will be included in the programme later.

The presentation will give some of the results of the survey concerning attitudes to the mentally ill and experience from the programme applied in schools.

IS02.06

ANTI-STIGMATISATION PROGRAMME IN GREECE

C.N. Stefanis, M. Economou. *Department of Psychiatry, Eginition Hospital, Athens, Greece*

The programme in Greece has begun with the establishment of Programme Committees and a survey using a variety of knowledge-attitudinal interviews and questionnaires given to families with a member suffering from schizophrenia. This will be followed by a survey on knowledge, beliefs and attitudes of the other selected population groups such as mental health and media professionals, as well as patients.

Among the target groups at whom attitude change programmes will be aimed are:

- health care professionals
- the general public
- high school students
- families
- the clergy
- the police

The presentation will describe some of the results of this work as well as the results of an unwanted "natural" experience that followed the need to place mentally ill (until then residing in a hospital) into the community.

S29. Part II. Biomed collaborative studies in Europe: results and perspectives

Chairs: M. Maj (I), C.B. Pull (LUX)

S29.01

BIOMED-MEROPE PROJECT FOR ADULTS WITH PSYCHIATRIC DISORDERS AND MENTAL RETARDATION

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There is no systematic information on policy, planning and delivery of services for people with mental retardation and mental health needs in European Countries. The aims and objectives of the MEROPE project have been bringing together expertise, developing "best-practice" guidelines, information sharing on European services, development of shared diagnostic methods and improving staff awareness. This presentation will describe the strengths and weaknesses of services in five European countries: Austria, England, Greece, Ireland and Spain. Overall the needs of those with additional mental health needs have not been specifically addressed

at a national level, with the exception perhaps in England, although there are still gaps in services. The main characteristics are unclear policy, trends for legislation changes, increased prevalence of people with dual diagnosis, inadequate generic service provision, need for specialist services and training developments. Comparative data for standardised diagnosis of psychiatric disorders will be presented as well as the results of clinical effectiveness of staff training.

S29.02

A EUROPEAN TECHNOLOGY FOR COMPARING MENTAL HEALTH CARE SYSTEMS. ADAPTATION, VALIDATION AND APPLICATION IN A LARGE SAMPLE OF ITALIAN CATCHMENT AREAS

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Few instruments are available today for the standardised cross-national evaluation of different systems of psychiatric care; the European Psychiatric Care Assessment Team (EPCAT) has addressed this problem by developing an internationally valid technology for assessing scope, structure, levels of utilisation and content of mental health services offered to the population of a specific catchment area.

The resultant instruments, which have been developed and tested by experts from six European countries, are: 1. the European Socio-Demographic Schedule (ESDS); 2. the European Service Mapping Schedule (ESMS), and 3. the International Classification of Mental Health Care (ICMHC). After adjustment to the Italian context, these instruments were employed in a large service assessment survey involving the whole Piedmontese area as well as a representative sample of catchment areas in the remaining Italian regions.

Adequate degrees of feasibility, validity and reliability already emerged during the validation phase were confirmed by application of these three instruments.

THE PRELIMINARY DATA PRESENTED IN THIS PAPER CONFIRM THAT THE METHODOLOGY DEVELOPED BY THE EPCAT GROUP PERMITS AN ACCURATE ASSESSMENT OF PSYCHIATRIC SERVICES. ITS INSTRUMENTS ENABLE:

- identification of a set of service components which comprise the mental health care system available to the population in a catchment area;
- quantification of the level of mental health care resources available to the population within a specific catchment area;
- assessment of the balance between services, say between hospital and community-based care;
- assessment of the relative weight of each form of support and treatment available;
- comparison among data gathered in different catchment areas, according to the characteristics of the population to be served.