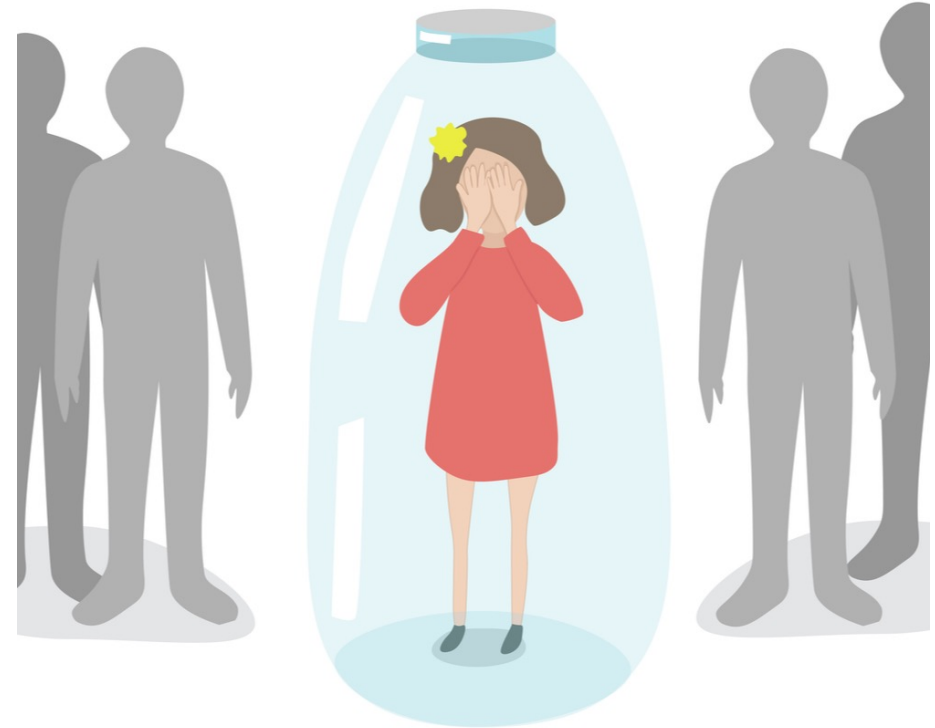


# Knowledge, attitudes, and behaviours towards mental health in Ireland

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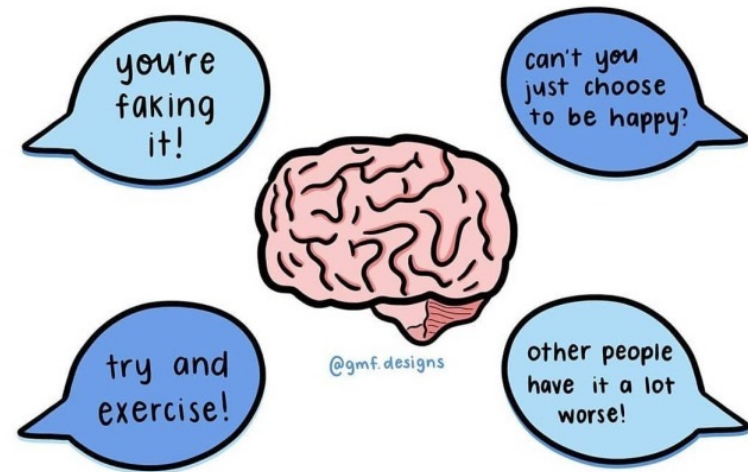
## Introduction

- Mental health stigma can lead to problems with:
- Employment
- Access to accommodation
- Access to healthcare
- Self-esteem



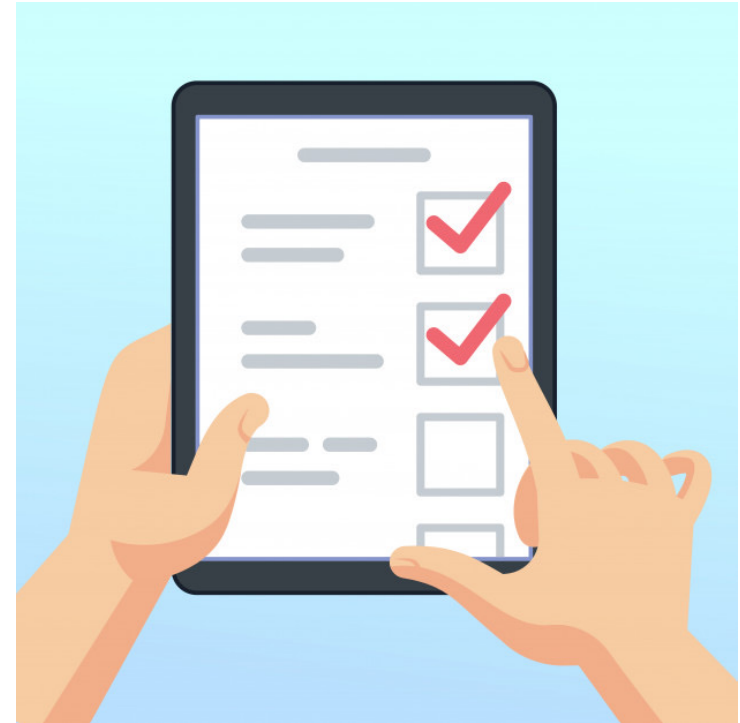
- Previous research by Durand-Zaleski and colleagues (2012) showed that attitudes and behaviours towards people with schizophrenia were more negative than attitudes and behaviours towards bipolar disorder or autism, in a French sample.
- What are knowledge, attitudes, and behaviours towards these groups like in Ireland?

## WHAT MENTAL HEALTH STIGMA SOUNDS LIKE



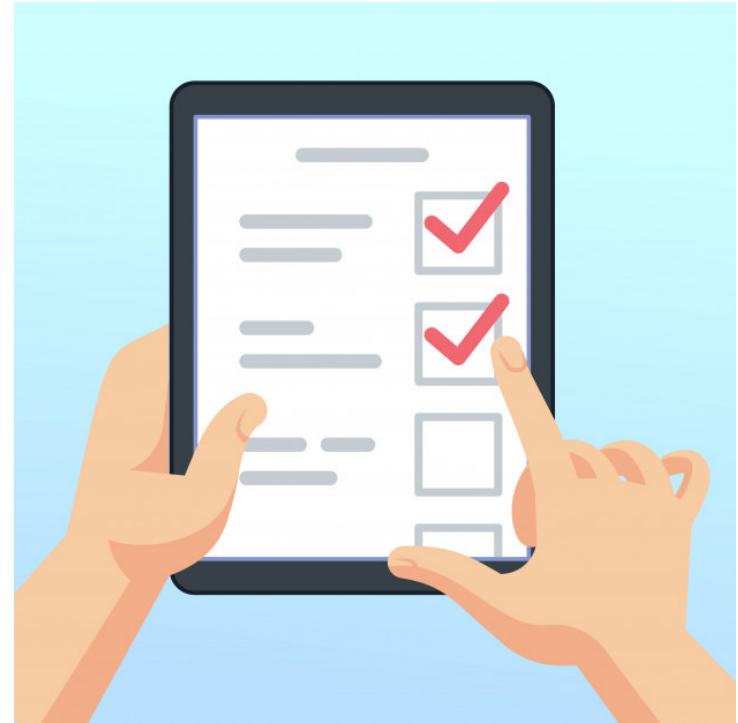
## Methods

- We recruited 307 Irish adults to participate in an online survey.
- This survey contained 22 questions on mental health.
- The survey began with general questions on a variety of topics related to mental health.

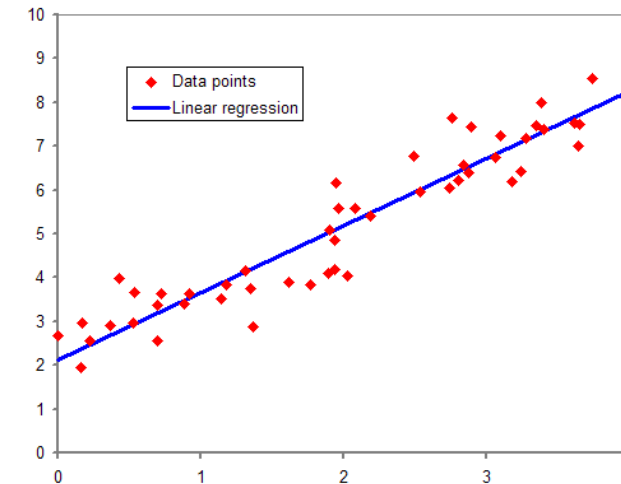
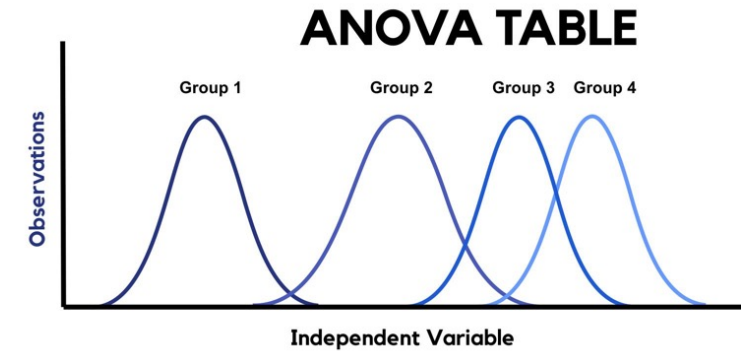


- The survey also asked more specific questions related to schizophrenia, bipolar disorder, and autism, from which we calculated three main variables that we compared across these groups:

- Knowledge
- Attitudes
- Behaviours



- To examine differences in Knowledge, Attitudes, and Behaviours towards each group, we used a modification of ANOVA called trimmed mean ANOVA as this is more appropriate for non-parametric data.
- To examine the relationship between Knowledge, Attitudes, and Behaviours, we used a type of regression called linear mixed effects modelling.



## Results

- More participants believe psychotherapies are effective than drug therapies.
- 54.8% reported not being sufficiently informed about mental health by the media.
- 97.4% believe mental health research should constitute a public health priority.

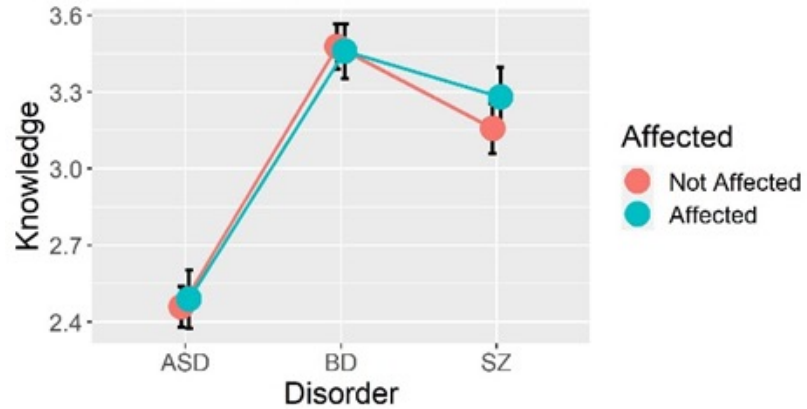


<b>Variable</b>	<b>F-statistic comparing disorder responses (p-value)</b>
Knowledge	134.59 (<0.001)
Attitude	22.83 (<0.001)
Behaviour	29.7 (<0.001)

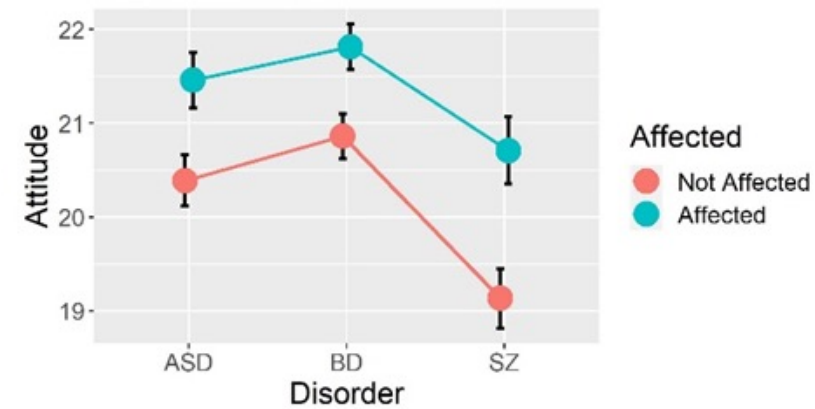
ANOVAs comparing Knowledge, Attitudes, and Behaviours responses were all statistically significant, indicating differences in Knowledge, Attitudes, and Behaviours towards schizophrenia, bipolar disorder, and autism.



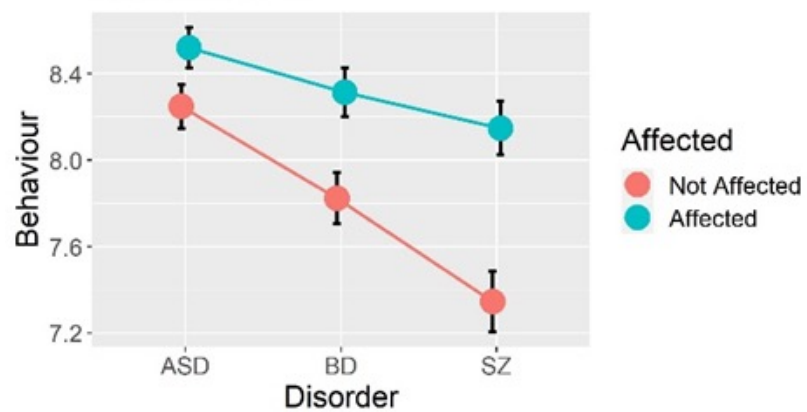
**A** Knowledge Scores Across Diagnosis  
Scores out of 5



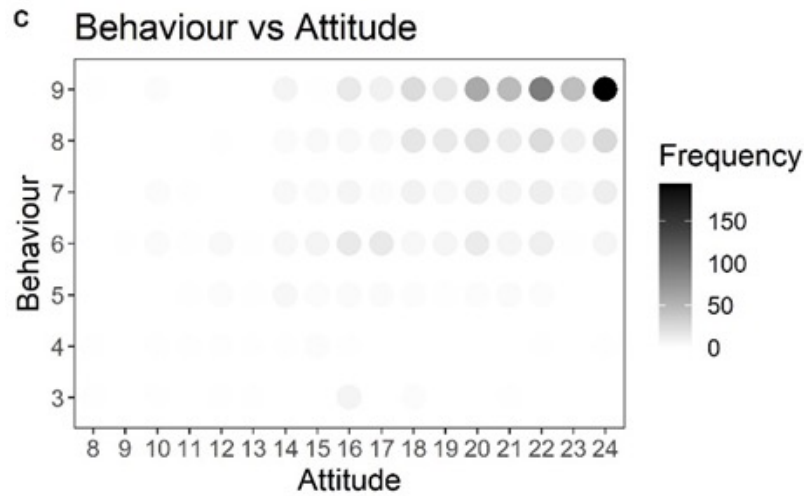
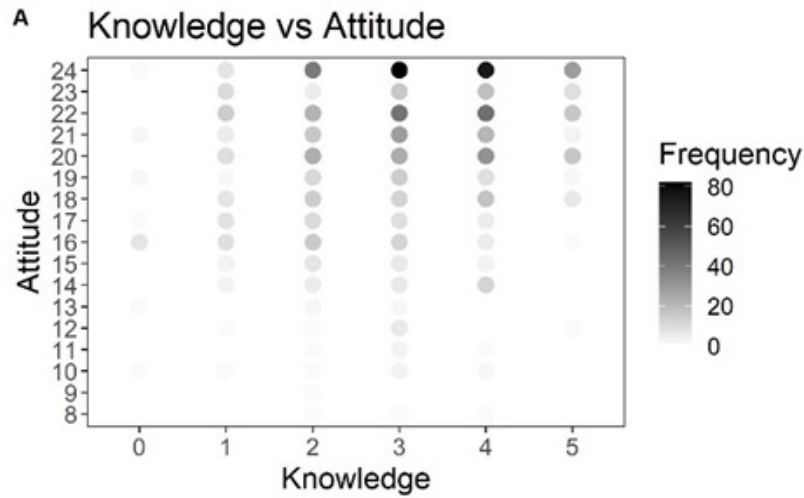
**B** Attitude Scores Across Diagnosis  
Scores out of 24



**C** Behaviour Scores Across Diagnosis  
Scores out of 9



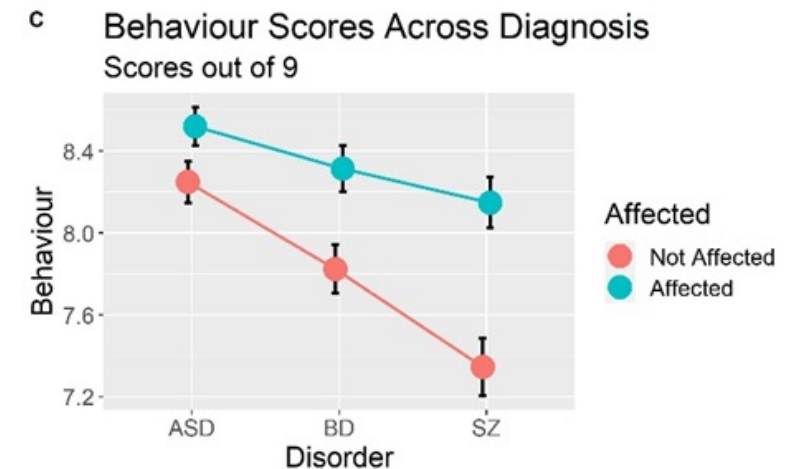
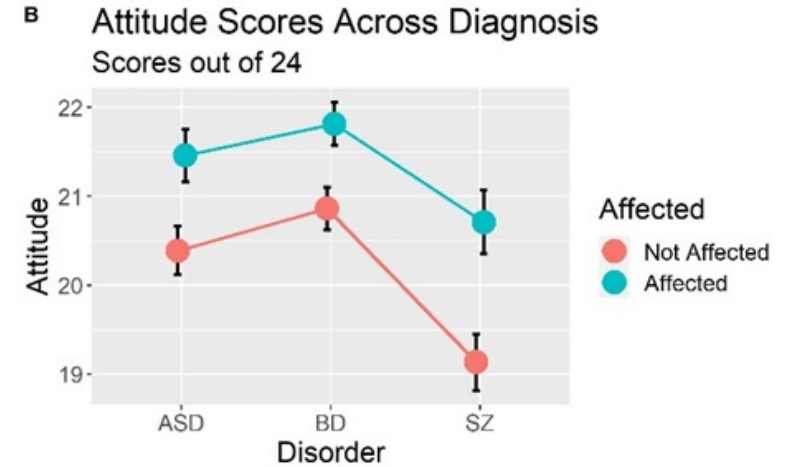
Line plots showing differences in Knowledge, Attitude, and Behaviour between autism (ASD), bipolar disorder (BD), and schizophrenia (SZ).



Fluctuation plots showing the relationship between Knowledge versus Attitude, Knowledge versus Behaviour, and Attitude versus Behaviour

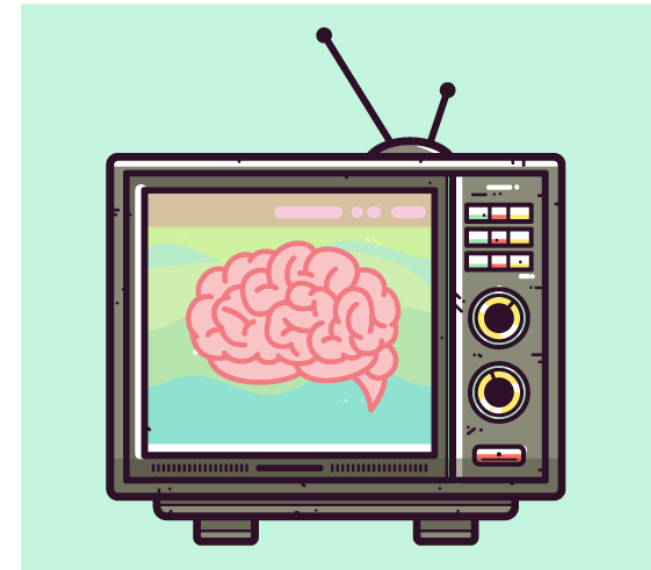
## Discussion

- Attitudes and behaviours towards people with schizophrenia were more negative than either bipolar disorder or autism.
- These results are consistent with those of Durand-Zaleski and colleagues but extends these results to people in Ireland.



## Implications

- Additional Irish public awareness campaigns focused on reducing stigma of particular groups might be helpful.
- The Irish media should do more to inform the public about each of these groups.





Ultimately, it is hoped that better understanding of public knowledge, attitudes, and behaviours towards mental health will help us develop more effective policies and campaigns to reduce mental health stigma across all groups and increase acceptance and opportunities.

## Acknowledgments

- April Hargreaves – Principal Investigator
- Gerard Loughnane - statistical analysis
- Gabriela Grasso – creation of online questionnaire and participant recruitment
- Marzia Mohseni - participant recruitment
- ...and many thanks to all individuals who participated in this survey!

