

Relationship of Mental Health Stigma with Self Compassion and other Factors

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Abstract

A study was conducted in various hospitals and clinics to find out the relationship of mental health stigma with Buddhist concept self-compassion. 300 patients those included 150 indoor patients and 150 outdoor patients were studied. Self-compassion scale and Discrimination and stigma scale (DISC-12) were used. It was assumed that that a relationship may be found between self compassion level and mental health stigma? The responses of the patients were analyzed with SPSS (22). The Self compassion responses reflected low 144 (48 %), moderate, 148 (49.3 %) and 8 (2.7 %) high levels, however, no significant relationship was found between self compassion and mental health stigma. Some important information about indoor and outdoor patients, gender, mental status and various classifications of mental illness and relationship of these with mental health stigma also emerged. The study in a noticeable manner contributed towards the understanding of mental health stigma, cross cultural applications recommended.

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