

Perceived stress and internalized stigma among patients with mental disorders in Al Ahsa governorate–Saudi Arabia

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Statement of the problem: World Health Organization (WHO) reported that being able to cope with life stressors is a key element for being mentally healthy. It also, found that the number of persons suffering from mental disease is rising all over the world and the burden of these mental disorders still significantly has an impacts on health and major social, human rights and economic consequences in all countries of the world. Stress is considered as one of the most important contributors in the development of mental illnesses. One of the main stressors facing patients suffering from mental illness and their families is the stigma of their mental illness. It was revealed that people who suffer from mental health problems tend to hide these problems for fear of stigmatization. So, this study was done to assess perceived stress and internalized stigma among patients with mental disorders in Al Ahsa governorate-Saudi Arabia.

Methodology & theoretical orientation: A descriptive correlational research design was utilized in this study. The study was carried out in the outpatient department of The Psychiatric Hospital for Psychiatric Medicine in Al Ahsa governorate-Saudi Arabia. The subjects of this study included a convenient sample of 125 patients who came to the outpatient clinic. Three tools were used to collect the study data and each patient in the study was interviewed individually to explain the aim of the study and taking their approval. Data confidentiality was assured and patient's privacy and anonymity were maintained and respected.

Conclusion: It can be concluded from this study that there is a significant positive relationship between patients with mental disorders and their perceived level of stress. It was recommended that increasing public awareness regarding mental disorders, with emphasis on developing psychological interventions to reduces the stigma of mental illness and improve the patients' well-being.

Keywords: Stress, Stigma, Mental disorders.

Biography

Heba Shafik Ibrahim Mohamed is an assistant professor in College of Nursing, Damnhour University, Egypt and King Saud Bin Abdulaziz for Health Science University, Al Ahsa, and Saudi Arabia. She has an experience of 25 years in psychiatric and mental health nursing either educational or practical. She published many research papers in international journals.

Received: September 08, 2022; **Accepted:** September 10, 2022; **Published:** October 13, 2022