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Stigma towards mental illness among Saudi laypeople

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Introduction: Although healthcare delivery system in Saudi can be considered as one of the best in the region, the field of mental health is still sadly underestimated. It appears that when people suffer from mental health problems, they seek assistances from healers who use usually exorcism for driving out demons, envy and witchcraft, some of them might be on reciting Quran, as such may lead to developing negative attitudes towards mental illness, therefore stigma is there, based on all. However, destigmatization has increasingly become a national demand for improving the field of mental health services and facilitating the way for getting better mental health preventively and therapeutically. This project aims at ascertaining the amount of stigma in Saudi Arabia and the way it can be well understood.

Methods: An online questionnaire will be distributed to a sample of five hundred male and female individuals. Designed to assess the amount of stigma towards mental ill will be utilized. It includes a demographical sheet and themes related to the etiologic of mental illness, the way it could be treated and lastly the social distance. The response of participants on the questionnaire related to the social distance follows Likert-type “strongly agree up to strongly disagree”.

Statistical analysis: SPSS Software package will be used for data analysis through appropriate certain statistical formulas linked to hypothetical assumptions.

Outcomes: Results of data will be discussed inclusively on light of the literature, the way they can be implemented clinically and for establishing destigmatisation campaigns on personal, family, community and institutional levels.

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