

## **P-1189 - REDUCING STIGMA IN ADULT NURSING STUDENTS TOWARDS MENTAL ILLNESS THROUGH PSYCHOEDUCATION DELIVERED IN HIGHER EDUCATION LECTURES: A PILOT STUDY**

S.A.Punter

University of West of England, Bristol, UK

**Introduction:** Link et al. (2001) recognise stigma as a significant barrier to recovery and quality of life for people with mental illness. There is increasing awareness that they receive poorer medical care in general hospitals (Liggins and Hatcher, 2005) and poorer health care generally (Thornicroft et al., 2007).

**Objectives:** Deliver lectures addressing:

- Nursing patients with mental illness in medical settings.
- The WHO's recognition of mental illness as a disability.
- The detrimental effect of depression and anxiety on co-morbid medical disorder prognoses.

**Aims:** Reduce stigma in first year adult nursing students so:

- They do not avoid those with mental illness.
- Recognise co-morbid depression and anxiety so they can be treated.

**Methods:** A 2 part questionnaire is delivered pre and post lecture. Questions for the pre-test, post test component are based on the Office of National Statistics (ONS) stigma survey (Crisp et. al., 2000, 2005). Additionally part 1 includes questions on nurses' patient group preference based on Brinn (2002). Part 2 includes questions on perceived attitude change post lecture. Ethics has been discussed with UWE's ethics' committee.

**Results:** Data is analysed using SPSSv13. Differences on the ONS questionnaire are not significant but post lecture attitude change is, reaching a confidence level of 95%. The mental illness patient group is least preferred; further analyses in the ongoing larger study are necessary to ascertain significance.

**Conclusion:** Psychoeducation delivered through lectures can change attitude towards mental illness. However stigma is complex and careful consideration of how attitude translates into behaviour is necessary.