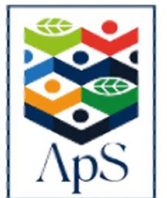


Upstairs works:
*Working together to
combat stigma in
psychological health*



Background:

- Caring about everyone's psychological health is essential since well-being at this level may contribute decisively to a healthier, more productive and more inclusive society
- Combat prejudice and discrimination, as they constitute barriers to the inclusion of those who develop psychological health problems.

Objectives:

Contribute to the fight against stigma and prejudice:

- Detecting stigma in the community and raising awareness of inequalities as a source of discrimination;
- Detecting and reducing self-stigma, minimizing the respective damage.

Method:

- Target population - secondary school students.
- The intervention was structured around four meetings (Challenges) of 90 minutes each, three of which take place during the second term of the school year and the last one at the end of the third term.
- In each session/challenge, the facilitators (volunteer students from the Psychology and Communication Sciences degrees and two teachers) implement a set of dynamics that constitute a starting point for exploring the concepts and respective reflection.
- In the third session a short film was used which has been fully realised (story and film production) by the students involved, with the group from the Communication Sciences degree leading this process and even holding a workshop for psychology students on how to build a script for a short film. This short film aims to promote empathy, raising awareness about non-discrimination.
- To assess the presence (or not) of stigma, we used the AQ-9 Oliveira and Azevedo, 2014 (in the first session and the followup session). This is the Portuguese version, revised and abbreviated, of the AQ-27 Attribution Questionnaire Corrigan et al, 2003

Results:

Difference of mean scores in the two data collection moments

| Dimension | Difference |
|----------------|------------|
| Feel sorry | - 0.77 |
| Dangerousness | - 0.77 |
| Fear | - 1,12 |
| Responsibility | + 0,1 |
| Segregation | - 0,71 |
| Anger | + 0,1 |
| Aid | + 0.44 |
| Avoidance | - 1 |
| Coercion | - 0,83 |

Conclusions

Some negative attitudes towards people with mental illness decreased (Fear);

The positive attitude “aid” towards people with mental illness increased

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Thank you for your attention!