

Document Title: **Section: Stigma and Mental Illness**
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SECTION COMMITTEE:

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MEMBERSHIP:

1. Ando, Shuntaro (Japan)

Contact: Graduate School of Medicine, The University of Tokyo, sandou-tyk@umin.ac.jp

Websites: <http://klab.c.u-tokyo.ac.jp/project/stigma/>, <http://ttcp.umin.jp/>

Main areas of interest related to stigma: Adolescent mental health and suicide prevention.

Projects currently involved:

1. Research Group for Evidence-based Anti-stigma Activity
2. Tokyo Teen Cohort study

2. Aravind, Vaithiyam Krishnaram (India)

Contact: Ram Psychiatry Hospital, Madurai, drvkaravind@gmail.com

Website: www.rampsychiatry.com

Main areas of interest related to stigma:

Stigma of Depression & Anxiety:

- Defeating stigma of depression with psycho education to the general public regarding the use of antidepressants and its benefits & thereby reducing the chronicity of illness.
- Stigma of various psychiatric illnesses by promoting in small videos to the school educational programs for parents, teachers & students with help of psychologist.
- Reducing the burden of disease by promoting various kinds of lectures to the public and also to the medical fraternity by Indian Medical Association through CME program.

Projects currently involved: At present one project which is undertaken by the hospital (Ram Psychiatry Hospital) is conducting lectures and talking about various psychiatric illness in the local language and published via social media & newsprint in local language at periodical interval of time.

3. Ballester, Dinarte Alexandre Prietto (Brazil)

Contact: Universidade Federal de Pelotas – Brazil, ballester.dinarte@gmail.com

Website: <https://institucional.ufpel.edu.br/unidades/id/307>

Main areas of interest related to stigma: Psychiatry, professional development, primary care, mental health education

Projects currently involved: Prevention of mental health stigma in a university general hospital.

4. Campo-Arias, Adalberto (Colombia)

Contact: Universidad del Magdalena, Santa Marta, acampoa@unimagdalena.edu.co

Website: <https://investigacion.unimagdalena.edu.co/persona/perfil/4012>

Main areas of interest related to stigma: Stigma-discrimination complex due to different characteristics, conditions or situations: mental disorders, sexual orientation and race-ethnicity.

Projects currently involved: Reduction of stigma-discrimination towards mental disorders in school adolescents: a pilot study of an intervention in the school context.

5. Chang, Chih-Cheng (Taiwan)

Contact: Department of Psychiatry, Chi Mei Medical Center Tainan, rabiata@gmail.com

Website: http://www.chimei.org.tw/main/cmh_department/top/57790_index.html
(Chinese only)

Main areas of interest related to stigma:

- Stigma associated with severe mental illness and ADHD
- Family stigma related to severe mental illness and ADHD
- Substance use disorder stigma

Projects currently involved:

1. Multi-level related factors of affiliate stigma in caregivers' children and adolescents with attention-deficit/hyperactivity disorder
2. Personal stigma among people with substance use disorder
3. Personal stigma among people with severe mental illness in Taiwan

6. Corrigan, Patrick (USA)

Contact: National Consortium Stigma and Empowerment at Illinois Institute of Technology Chicago, corrigan@iit.edu

Websites: www.ncse1.org, www.HOPprogram.org, www.apa.org/pubs/journals/sah/

Main areas of interest related to stigma: The impact of grassroots peer-led programs to challenge the stigma of mental illness.

Projects currently involved:

1. Implementation and effectiveness trials of the Honest Open Proud program
2. Editor of *Stigma and Health*

7. de Almeida, Bárbara Joana Gouveia Lopes (Portugal)

Contact: Hospital de Magalhães Lemos, Oporto, bjglalmeida@gmail.com

Main areas of interest related to stigma: provider-based stigma, stigma among medical students

Projects currently involved:

1. Mental illness: a comparison of stigma between General Practitioners' and Psychiatrists.
2. Mental health stigma among medical students.

8. Elnemais Fawzy, Michael (Egypt)

Contact: Al Abbassia Mental Health Hospital Cairo, melnemais@gmail.com

Website: <https://www.ashoka.org/en-eg/fellow/michael-elnemais-fawzy>

Projects currently involved:

1. Internalized stigma among Egyptian patients with schizophrenia and its effects on compliance
2. Indigo local raising community awareness to improve access to mental health services

9. Herazo, Edwin (Colombia)

Contact: Instituto de Investigacion del Comportamiento Humano,
eh@comportamientohumano.org / herazoedwin@hotmail.com

Websites:

https://scienti.minciencias.gov.co/cvlac/visualizador/generarCurriculoCv.do?cod_rh=0000686212

<https://scholar.google.com.co/citations?user=YdcKOogAAAAJ&hl=es>

https://www.researchgate.net/profile/Edwin_Herazo

Main areas of interest related to stigma: mental health policies, bioethics, public mental health, community psychiatry and cultural psychiatry.

Projects currently involved: Barriers to access to medical care in patients from the psychiatric outpatient clinic.

10. Johannessen, Jan Olav (Norway)

Contact: University of Stavanger, Senior Researcher, Stavanger University Hospital,
jan.olav.johannessen@sus.no

Website: TIPS-info.com

Main areas of interest related to stigma: Early Intervention in Psychosis/Risk for Psychosis, and Health Service Development with Easy Access and Low Threshold to Treatment. Population-directed Suicide prevention work.

Projects currently involved:

1. TIPS (Early Intervention in Psychosis)
2. POP (Prevention of Psychosis)
3. "Choose-To-Live", a Population-directed Suicide Prevention Project

11. Jorm, Anthony (Australia)

Contact: Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne, ajorm@unimelb.edu.au

Website: <https://findanexpert.unimelb.edu.au/profile/60295-anthony-jorm>

Main areas of interest related to stigma: Intervention trials; effect of media reporting of mental illness and trials; measurement of stigma, discrimination and supportive behaviour

Projects currently involved:

1. Media guidelines on reporting of mental illness and crime
2. Effects of Mental Health First Aid training on stigma and supportive behaviour
3. Australian national surveys of discrimination and supportive behaviour

12. Kallivayalil, Roy Abraham (India)

Contact: Department of Psychiatry, Pushpagiri Institute of Medical Sciences and Research Centre, Thiruvalla, Kerala- 689101, roykalli@gmail.com

Website: <https://pushpagiri.in/>

Main areas of interest related to stigma: Anti-stigma campaign among medical students, Resident Doctors and members of the Indian Medical Association, working with CSOs, NGOs and lay volunteers for psychiatric rehabilitation and media advocacy.

Projects currently involved:

1. National Alliance for Mental Health- India: anti-stigma campaign
2. Pushpagiri Institute of Medicine- Community Psychiatry Project
3. Mariasadan psycho- social rehabilitation project.

13. Lasalvia, Antonio (Italy)

Contact: Section of Psychiatry, Department of Neuroscience, Biomedicine and Movement Sciences, University of Verona, antonio.lasalvia@univr.it

Website: <https://www.dnbm.univr.it/?ent=persona&id=1483&lang=en>

Main areas of interest related to stigma:

- Assessment of self-reported experiences of stigma and discrimination by people with different mental disorders (i.e. schizophrenia, depression, anxiety disorders).
- Evaluation of interventions aiming to reduce stigma and discrimination in the workplace and in healthcare settings.
- Stigma and discrimination in young people at high risk for psychosis or experiencing a first episode of psychosis.
- Implementation of anti-stigma intervention designed and produced by mental health service users themselves.
- The effect of renaming schizophrenia to reduce the stigma attached to it.

Projects currently involved:

1. INDIGO-DISCUS: Developing a short version of the Discrimination and Stigma Scale (Lead: Dr. Sara Evans-Lacko) - multisite collaborative international project aiming to develop a shortened version of the original 22-item Discrimination and Stigma Scale (DISC) using robust scale reduction methods and to test the shortened version of the scale for use in low and middle-income countries.
2. INDIGO-PRIMARY: PRogramme to IMplement interventions addressing knowledge, Attitudes and behaviour of primary care providers towards people with mental illness (Leads: Dr Mirja Koschorke and Dr Brandon Kohrt) - multisite collaborative international project aiming to develop, implement and evaluate interventions to improve knowledge, attitudes and behaviour of primary care staff towards people with mental illness in primary care settings.
3. Renaming schizophrenia? – National project promoted by the executive board of the Italian Psychiatry Society (Società Italiana di Psichiatria; SIP) aiming to assess the opinion of main mental health stakeholders (i.e., psychiatrists, service users, family members) on renaming schizophrenia in order to reduce stigma and discrimination attached to this condition.

14. Lesmana, Cokorda Bagus Jaya (Bali-Indonesia)

Contact: Faculty of Medicine, Udayana University, cokordabagus@unud.ac.id

Main areas of interest related to stigma: Mobilizing families, communities, local doctors, and policy makers to increase the demand for mental health services and ensure that disorders become less stigmatized.

Projects currently involved:

1. Bali free from pasung
2. Raising community awareness in improving access to mental health care in Bali
3. Assessment of the acceptability and implementation of the Indonesian Mental Health Act

15. Lucksted, Alicia (USA)

Contact: University of Maryland School of Medicine Department of Psychiatry -and- U.S. Veterans Administration VISN-5 Mental Illness Research, Education, and Clinical Center (MIRECC), aluckste@som.umaryland.edu

Websites: https://www.mirecc.va.gov/visn5/Educational_products (click on “stigma” tab) and <https://www.medschool.umaryland.edu/profiles/Lucksted-Alicia/>

Main areas of interest related to stigma: Interventions to help people avoid and resist the internalization of mental illness stigma and its corrosive effects.

Projects currently involved:

1. Development of resilience-promoting and self-stigma preventing resources for young people experiencing initial episodes of psychosis.
2. U. S. Veterans Administration national strategic planning knowledge review and training development to reduce the disparities and harms of stigma to military veterans who have had court involvement.
3. Dissemination of “Ending Self Stigma” psychosocial intervention and development of tailored variations of the core curriculum.

16. Milev, Roumen (Canada)

Contact: Queen’s University, Providence Care, Kingston, roumen.milev@queensu.ca

Website: <https://psychiatry.queensu.ca/directory/faculty-gft/roumen-milev>

Main areas of interest related to stigma: Stigma in mood and anxiety disorders.

17. Morales Cano, Guadalupe (Spain)

Contact: Fundación Mundo Bipolar, gm@mundobipolar.org

Main areas of interest related to stigma:

- Stigma: background of the animal kingdom, historical evolution; in psychiatry and mental health.
- Analysis of its effects for people with mental health problems.
- When stigma becomes discrimination; human rights. The UN Convention.
- Training as a means of combating stigma and discrimination.

Projects currently involved:

Research: impact of training actions delivered by peer experts.

1. Courses to Emergencies Services 112 (Madrid)
2. Master Universitat Jaume I Valencia (Spain): Training provided by peer expert, Training provided to social and health professionals. Topic: Stigma & Media.
<https://www.uji.es/estudis/oferta/base/masters/2017/centre/fcs/salut-mental/?p=page-indice-contenidos>
3. EU Commission, Horizon 2020 Research Project: Recover-E. Training to multidisciplinary teams in Eastern Europe. <http://www.recover-e.eu/>

18. Pescosolido, Bernice (USA)

Contact: Indiana University, pescosol@indiana.edu

Main areas of interest related to stigma: Public stigma, national and cross-national culture, college/university students

Projects currently involved:

1. US National Stigma Studies
2. Stigma in Global Context – Mental Health Study
3. Reducing Stigma in the Next Gen

19. Rüsçh, Nicolas (Germany)

Contact: Department of Psychiatry II, Ulm University and BKH Günzburg, nicolas.ruesch@uni-ulm.de

Website: <https://www.uniklinik-ulm.de/psychiatrie-und-psychotherapie-ii/unser-team/nicolas-ruesch-english.html>

Main areas of interest related to stigma:

- Interventions to reduce self-stigma (incl. Honest, Open, Proud/HOP, formerly known as Coming Out Proud/COP)

- contact-based interventions to reduce public stigma
- stigma and (un)employment
- stigma and risk of psychosis
- stigma and global mental health/LMICs
- stigma measurement

Projects currently involved:

1. Evaluation of HOP for soldiers with mental illness
2. Meta-analyses on efficacy of HOP and outcome predictors
3. INDIGO partnership programme
4. Online interventions to reduce public stigma

20. Sartorius, Norman (Switzerland)

Contact: Association for the Improvement of Mental Health Programmes (AMH), Geneva,
sartorius@normansartorius.com

Website: <http://aim-mental-health.org>

Main areas of interest related to stigma:

- stigma in different cultures
- stigma and health personnel
- relationship of stigmatisation and values; any other matter in the area of stigma is however also of interest

Projects currently involved:

1. mainly WPA section activity, and GASA support
2. publications
3. participation in INDIGO

21. Schomerus, Georg (Germany)

Contact: University of Leipzig Medical Center, Department of Psychiatry,
Georg.schomerus@uni-leipzig.de

Website: <https://www.uniklinikum-leipzig.de/einrichtungen/psychiatrie-psychotherapie>,

Twitter: @MHandSociety

Main areas of interest related to stigma: Time trends of stigma and other public attitudes related to mental illness, on stigma and help-seeking, and on the stigma of substance use disorders.

Projects currently involved:

1. EVOLVE: Attitudes towards people with mental illness in a polarizing society (Time trend study 1990-2020).
2. The stigma of Substance Use Disorders. Book, Ed. G. Schomerus and P. Corrigan, Cambridge University Press.
3. Continuum Beliefs and Mental Illness Stigma.

22. Stuart, Heather (Canada)

Contact: Department of Public Health Sciences, Queen's University Kingston, Ontario,
heather.stuart@queensu.ca

Main areas of interest related to stigma: Stigma as it is experienced and reported by people with mental and substance use disorders, as well population level metrics.

Projects currently involved: Currently involved in a large project with the Mental Health Commission of Canada looking at structural stigma in healthcare settings in Canada.

- 23. Sumskiene, Egle (Lithuania)**
Contact: Institute of Sociology and Social Work, Vilnius University, Faculty of Philosophy, egle.sumskiene@fsf.vu.lt
Website: <http://web.vu.lt/fsf/e.sumskiene/>
Main areas of interest related to stigma: Mental health, deinstitutionalization, public discourse
Projects currently involved: People and places: transformation of community's welfare in the process of deinstitutionalization.
- 24. Tal, Amir (Israel)**
Contact: Beit Ekstien, Danel Group and Co-founder at Sequel Care, research@b-e.org.il
Website: <https://www.sequel.care/>
Main areas of interest related to stigma: Role of digital mental health platform as a vehicle to improve treatment and recovery while decreasing mental illness stigma.
- 25. Tavakoli, Saman (Iran)**
Contact: Iranian Psychotherapy Association, samantavakoli@gmail.com
- 26. Thornicroft, Graham (UK)**
Contact: Centre for Global Mental Health & Centre for Implementation Science, Health Service and Population Research Department, Institute of Psychiatry, Psychology and Neuroscience, King's College London, graham.thornicroft@kcl.ac.uk
Website: <http://www.researcherid.com/rid/B-4027-2010>
Main areas of interest related to stigma: interventions to reduce stigma, stigma scales
Projects currently involved: Indigo Network, Indigo Partnership, Lancet Commission on Stigma and Discrimination in Mental Health (details are at: <http://www.indigo-group.org>)
- 27. Udipi, Gauthamdas (India)**
Contact: Doc Gautham's Neuro Centre, docgautham@gmail.com
Website: docgautham.com, [Doc Gautham - YouTube](#)
Main areas of interest related to stigma: To educate people on the biological basis of mental health and disorders, to eradicate stigma and promote help seeking, to promote acceptance and inclusion in society and at work.
Projects currently involved:
 1. Promoting education on mental health through website.
 2. Promoting awareness through short videos on mental health.
 3. Education of healthcare personnel on the biological basis of mental health.
- 28. Üçok, Alp (Turkey)**
Contact: Istanbul University, Istanbul Faculty of Medicine, alpucok@gmail.com
Main areas of interest related to stigma: Stigma related to schizophrenia
Projects currently involved: Interviews with 1.030 people from different districts of Turkey assess knowledge, attitude and social distance towards people with psychosis.
- 29. van Weeghel, Jaap (The Netherlands)**
Contact: Phrenos centre of expertise; Tilburg University, jweeghel@kcpshrenos.nl
Website: <https://www.kenniscentrumphrenos.nl/diensten/kennisconsortium-destigmatisering-en-sociale-inclusie/>

Main areas of interest related to stigma: Public stigma, internalized stigma, disclosure issues, stigma in the workplace, and stigma in the military, stigma in health care.

Projects currently involved:

1. Evaluation of an intervention to support decisions on disclosure in the employment setting (DECIDES); a cluster RCT.
2. Stigma on mental health issues and substance misuse within the military.
3. Effectiveness of Narrative Enhancement and Cognitive Therapy (NECT), an intervention to counteract internalized stigma; a RCT.

30. Wahl, Otto (USA)

Contact: University of Hartford, owahl@hartford.edu

Main areas of interest related to stigma: Mental illness stigma, Media images of mental illness, Stigma reduction

Projects currently involved:

1. Wahl, O., Brister, T, Rothmann, J., & Thompson, C. (in press). Brief Report: Impact of the Revised NAMI In Our Own Voice Presentation. *American Journal of Psychiatric Rehabilitation*.
2. Volunteer judge for Directing Change student stigma reduction video contest.
3. Reviewer and Editorial Board member for *Stigma and Health*.

31. Yanos, Philip T. (USA)

Contact: John Jay College, City University of New York, pyanos@jjay.cuny.edu

Website: <https://mhrecoverylab.commons.gc.cuny.edu/>

Main areas of interest related to stigma: Self-stigma, interventions for self-stigma, mental illness microaggressions, and predictors of community stigma.

Projects currently involved:

1. Study of stigma in clinical psychology training in the United States
2. Adaptation of Narrative Enhancement and Cognitive Therapy for first episode of psychosis
3. Study of impact of mental health museum exhibits on stigma

ORGANIZATIONAL AFFILIATES (NON-VOTING):

1. Aktionsbündnis Seelische Gesundheit (Germany) / German Alliance for Mental Health (carried by the German Association for Psychiatry, Psychotherapy and Psychosomatics/DGPPN)

Contact: Wolfgang Gaebel, koordination@seelischegesundheit.net

Website: www.seelischegesundheit.net

Main areas of interest related to stigma: Our aim is to raise awareness for mental health and its prevention in society. All our projects collaborating with experts, family members and self-help organizations campaign towards an open and tolerant interaction with people with mental illness.

Projects currently involved:

1. The Green Ribbon for Mental Health Campaign (initiator/coordinator)
www.grueneschleife.com
2. Offensive Psychische Gesundheit (partner) www.inqa.de/DE/vernetzen/offensive-psychische-gesundheit/uebersicht.html
3. German Mental Health Week (initiator/coordinator)
www.aktionswoche.seelischegesundheit.net

2. Bring Change to Mind (USA)

Contact: Pamela Harrington, pharrington@bringchange2mind.org

Website: www.bringchange2mind.org

Main areas of interest related to stigma: Teen/adolescents stigma reduction communications; school-based programs, resources and curriculum; trainings and professional development; research findings on effective stigma reduction in messaging; networking with colleagues for best practices and collaboration

Projects currently involved: Evidence based peer led high school clubs; Public Service Announcements and messaging

3. Mental Health Commission of Canada / Opening Minds (Canada)

Contact: Micheal Pietrus, mpietrus@mentalhealthcommission.ca

Websites: https://www.mentalhealthcommission.ca/English/search?search_api_fulltext=Micheal+Pietrus&focus_area, www.theworkingmind.ca

Main areas of interest related to stigma: Developing evidence-based, self-sustaining anti-stigma programs for key population groups: Youth, Healthcare Providers, Workplace and Media.

Projects currently involved:

 1. The Working Mind Program – self-sustaining, evidence-based training program shown to reduce stigma and increase resilience.
 2. The Inquiring Mind – similar to The Working Mind but focuses specifically on university, college and high school students.
 3. Understanding Stigma / CBIS – in the process of developing a virtual anti-stigma program for PAHO specifically for primary care physicians and clinicians.

4. ONE OF US – the Danish anti-stigma campaign (Denmark)

Contact: Anja Kare Vedelsby, anja.kare.vedelsby@regionh.dk

Website: www.one-of-us.nu

Main areas of interest related to stigma: Information, inspiration and evidence of effective stigma reducing interventions as well as conferences.

Projects currently involved: Inequity in health for people with mental illness, Training for journalism students

5. Samen Sterk zonder Stigma (The Netherlands)

Contact: Gerdien Rabbers, info@samensterkzonderstigma.nl

Website: www.samensterkzonderstigma.nl

Main areas of interest related to stigma: Samen Sterk zonder Stigma is active in the labour market, mental health institutions, primary and secondary schools, media and in the districts of municipalities. Our ambassadors are the core of our work.

6. SANE (Australia)

Contact: Michelle Blanchard, Anne Deveson Research Centre & Melbourne School of Psychological Sciences, University of Melbourne, michelle.blanchard@sane.org

Websites: <https://findanexpert.unimelb.edu.au/profile/22375-michelle-blanchard>, www.sane.org/adrc

Main areas of interest related to stigma: Understanding and addressing stigma and discrimination towards people experiencing complex mental health issues. Complex mental health issues include low prevalence mental disorders, high levels of psychological distress and/or complex trauma.

Projects currently involved:

1. National Stigma Report Card: www.nationalstigmareportcard.com.au
2. SANE StigmaWatch: www.sane.org/stigmawatch
3. SANE Peer Ambassador Program: <https://www.sane.org/services/peer-ambassadors>