



TADQIQOTLAR

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# TADQIQOTLAR

*Jahon ilmiy – metodik jurnali*

## 13 - SON

*May – 2023*



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**STIGMATIZATION AS A BARRIER BETWEEN PSYCHIATRIST AND PATIENTS***Vosiqova K.A, Tolipova N.Sh, Abdumannonova N.Z**Tursunova Z.A, Ahunjanova F.G**Tashkent medical academy***СТИГМАТИЗАЦИЯ КАК БАРЬЕР МЕЖДУ ПСИХИАТРОМ И ПАЦИЕНТАМИ****STIGMATIZATSIYA PSIXIATRLAR VA BEMORLAR ORASIDAGI BARYER SIFATIDA****Abstract**

Stigmatization not only reduces the social adaptation of patients and affects their quality of life but also negatively affects their compliance with the doctor. Stigma serves as a barrier between people with mental problems and psychiatrists. The purpose of our research was to determine the level of mental stigmatization among students of a medical institution and to study the effect of patient curation in a psychiatric course on these indicators. The research was conducted in the form of a Google survey among students of the Tashkent Medical Academy of different levels, and we got the following conclusions: Despite the low expression of hostility toward mental patients in the studied groups, 1:3 participants in the first group and 1:2 participants in the second group believe that mental patients are dangerous, and the majority (79.2% and 76.8%) of students do not want to work in a team with mental patients. Attitudes towards psychiatry have changed positively among students who have completed the psychiatry course (23% in group 1, 58.8% in group 2). Non-biological ideas about the origin of mental illnesses decreased almost 10-fold after getting acquainted with psychiatry.

**Абстракт**

Стигматизация не только снижает социальную адаптацию пациентов и влияет на качество их жизни, но и негативно влияет на их приверженность врачу. Стигма служит барьером между людьми с психическими проблемами и психиатрами. Целью нашего исследования было определение уровня психической стигматизации у студентов медицинского учреждения и изучение влияния на эти показатели курирования пациентов в психиатрическом курсе. Исследование проводилось в виде Google-опроса среди студентов Ташкентской медицинской академии разного уровня, и мы получили следующие выводы: группы и 1:2 участники второй группы считают психически больных опасными,

а большинство (79,2% и 76,8%) студентов не хотят работать в команде с психическими больными. Отношение к психиатрии изменилось положительно у студентов, окончивших курс психиатрии (23% в 1-й группе, 58,8% во 2-й группе). Небиологические представления о происхождении психических заболеваний уменьшились почти в 10 раз после знакомства с психиатрией

### Abstrakt

Stigmatizatsiya nafaqat bemorlarni ijtimoiy adaptatsiyasini pasaytiradi va hayot sifatiga ta`sir qiladi balki, shifokor bilan komplaynsiga ham salbiy ta`sir qiladi Stigma ruhiy muammolari mavjud insonlar va psixiatrlar orasidagi baryer bo`lib xizmat qiladi. Tadqiqatimiz maqsadi tibbiyot bilim yurti talabalari orasida ruhiy stigmatizatsiya darajasini aniqlash va psixiatriya kursida bemorlar kuratsiyasini ushbu ko`rsatkichlarga ta`sirini o`rganish bo`ldi. Tadqiqot google so`rovnoma ko`rinishida Toshkent tibbiyot akademiyasi turli bosqich talabari orasida o`tkazildi va quyidagi xulosalarga ega bo`ldik. O`rganilgan guruhlarda ruhiy bemorlarga nisbatan adovat hissi past darajada ifodalanganligiga qaramay, birinchi guruhda 1:3 qism ishtirokchilar, ikkinchi guruhda 1:2 qism ishtirokchilar ruhiy bemorlarni havfli deb hisoblaydi va ko`pchilik (79,2% va 76,8%) talabalar ruhiy bemorlar bilan bir jamoada ishlashni xohlashmaydi. Psixiatriya kursini tamomlagan talabalarda psixiatriyaga bo`lgan munosabat ijobiy tarafga o`zgargan (1-guruhda 23% 2-guruhda 58,8% ijobiy munosabat). Ruhiy kasalliklarni kelib chiqishi haqidagi nobiologik tasavvurlar psixiatriya bilan tanishgandan so`ng deyarli 10 barobarga kamaygan.

### Background.

Stigmatization is a baseless or unproven negative label placed by society on a person, thing, or event. Stigmas are used not only in psychiatry but also in various areas of society in relation to different races, nationalities, social statuses, and sexual orientations. In psychiatry, stigmatization is used not only in relation to mental patients but also in relation to psychiatrists, diagnoses, and psychopharmacological drugs. According to the WHO, more than 450 million people in the world suffer from mental disorders. (1) This means that these 450 million people and their family members and loved ones also suffer from mental stigmatization to one degree or another. Stigmatization not only reduces the social adaptation of patients and affects their quality of life, but also negatively affects their compliance with the doctor. Stigma serves as a barrier between people with mental problems and psychiatrists. (2) As a result, mental problems are not only not eliminated but also cause serious complications. Patients with a mild level of mental illness suffer more from stigmatization than patients with a severe level of mental illness. (3) This also depends on the level of self-criticism among patients. According to the results of the research, the negative attitude of the medical staff towards mental patients has a negative effect on the provision of adequate medical care. (4) Here it is important to mention that

stigmatization is an urgent problem not only in psychiatry but also in medicine. Studying the attitude of future doctors, i.e., medical students, toward mental patients and to psychiatry in general and changing it to the positive as much as possible can be one of the most important steps in reducing mental stigmatization and preventing its negative consequences.

### **Purpose of the study.**

Determining the level of mental stigmatization among students of a medical institution and studying the effect of patient curation on these indicators in a psychiatry course

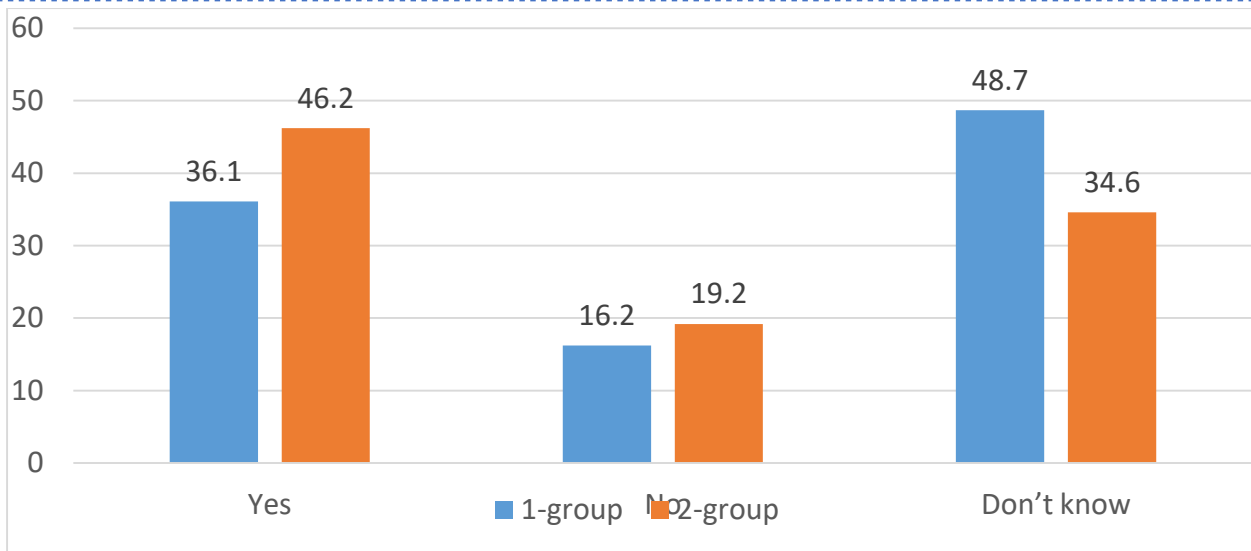
### **Material and methods.**

The research was conducted among the students of the Tashkent Medical Academy in the form of a Google questionnaire. The set of questions, "Social perceptions about mental health," was used as a questionnaire. 200 students in the 1st–6th grade took part in the study; 73 of them were men (36.5%) and 127 were women (63.5%). The participants were divided into two groups. The first group consisted of 52 people who had not completed the psychiatry course (courses 1–4, partially 5), and the second group consisted of 148 people who had completed the psychiatry course. "Social Perceptions of Mental Health" Questionnaire 5 is an internationally used questionnaire, and scientific studies have been conducted using this questionnaire in many countries. 6 7 The attitude of students toward various indicators was determined by answering the questions.

1. Indicator of fear of mental patients and their isolation from society (Questions 1–6)
2. Indicator of attitude toward direct psychiatry (question 7)
3. Indicator of aggressive attitude towards mental patients (questions 8, 9, and 10)
4. Index of non-biological ideas about the origin of mental illnesses (question 11)

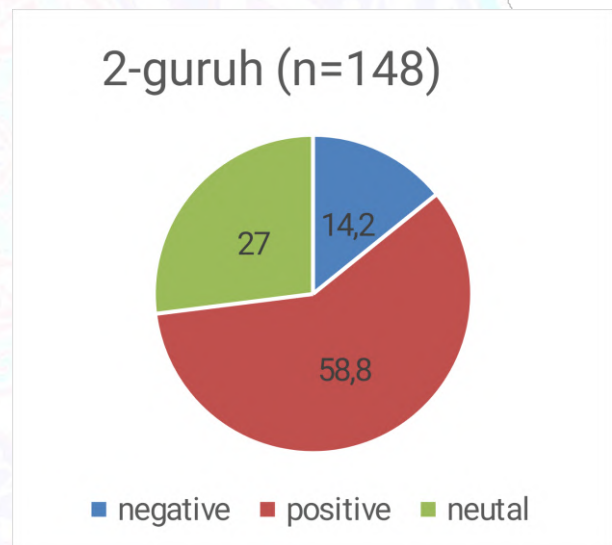
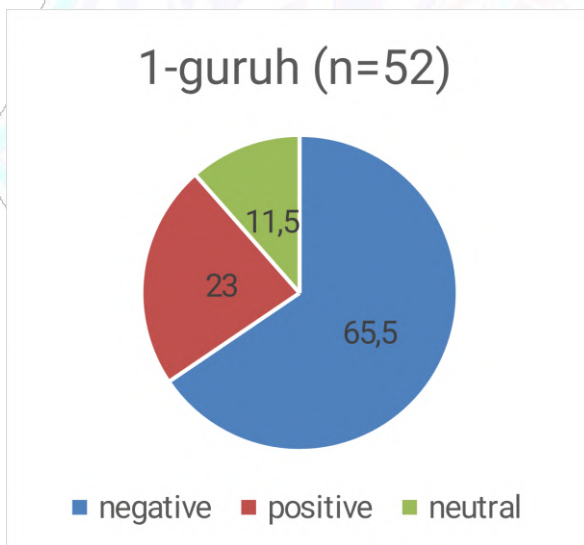
### **Analysis of results**

The rate of danger from mental patients was quite high among the two comparison groups. Among the students who completed the psychiatry course, this indicator was 46.2%; that is, it was higher than the indicator of the group of students who had not yet completed the psychiatry course (36.1%). This may be due to the fact that students only curate patients in "closed wards". (Diagram 1)



1-rasm

The rate of positive attitude towards psychiatry was only 23% among the students of the 1st group, who had not yet met the psychiatry course, and after completing the psychiatry course, this rate increased to 58.8%. (Figure 2,3)



2-figure

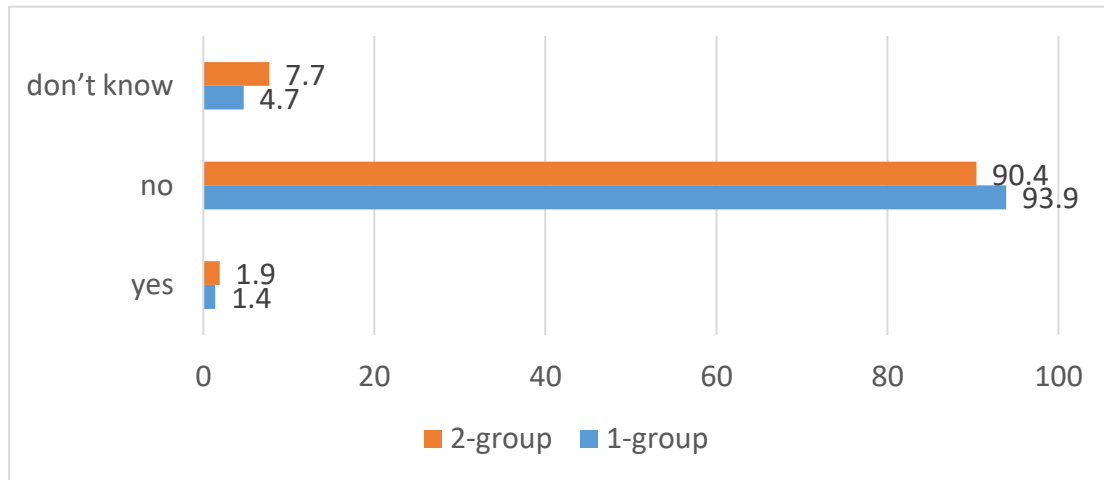
3-figure

Although there was no statistically significant difference between the two groups when evaluating the index of aggressive attitude towards mental patients, more than 90% of the participants of both groups stated that they have no hostility towards mentally ill

people

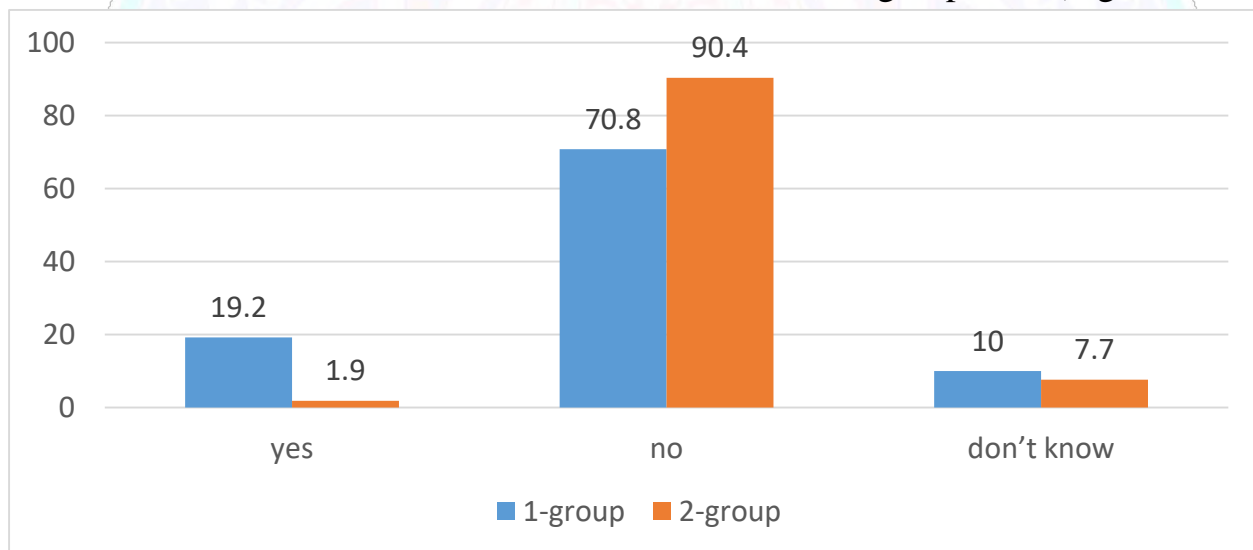
(Figure

4).



4-figure

The most significant difference between the two compared groups was noticed in the assessment of the index of non-biological perceptions about the origin of mental illnesses. 19.1% of the students of the 1st group believed that mental illnesses are the result of people's lack of will and powerless actions, while this attitude was only 1.9% of the students of the 2nd group (Figure 5).



5-

figure

### Summary.

Despite the low expression of hostility toward mental patients in the studied groups, 1:3 participants in the first group and 1:2 participants in the second group believe that mental patients are dangerous, and the majority (79.2% and 76.8%) of students do not want to work in the same team with mental patients. Attitudes towards psychiatry have changed positively among students who have completed the psychiatry course (23% in group 1, 58.8% in group 2). Non-biological ideas about the origin of mental illnesses decreased by almost 10 times after getting acquainted with psychiatry.

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Contact information of the authors

Vosiqova Kamola Alisher qizi

Mobile number: +998903739502

E-mail: kamolavosikova@gmail.com



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