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Title: Stigmatizing Attitudes Toward Depression, Anxiety and Schizophrenia Among Jordanian university students

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Background:

One of the most prevalent mental health conditions, depression affects more than 300 million people worldwide and significantly contributes to disability. Anxiety is characterized by disruptive feelings of dread, concern, and uncertainty. Schizophrenia is a serious, lifelong mental illness that impacts 1% of people worldwide. The illness can cause serious impairments and is characterized by positive, negative, and cognitive symptoms. Rejection and intolerance toward psychiatric patients are part of the stigma associated with mental illness, which reduces their prospects of leading more fulfilling lives. We conducted this study to come up with valuable evidence concerning the awareness of depression and anxiety as mental disorders among university students in Jordan.

Objective:

This study aimed to investigate the stigmatizing views of college and university students toward those who suffer from anxiety, depression and schizophrenia, the desire for social isolation, gender (male and female), and major (medical and non-medical) disparities.

Method:

This cross-sectional study collected data from all Jordanian universities via Google forms. The survey contains three validated questionnaires concerning anxiety, depression and Schizophrenia associated with Stigmatization separately.

Results:

730 people completed the survey, which consisted of three questionnaires, one for anxiety, with 203 responses, of which (66.5 %) were female. While the depression one contained 307 responses, and 72.4% of them were women. And the last one, 223 responds had been collected via the survey in which female consists of 59.4%.

Our research showed that people who were medical students or who had already experienced anxiety were more inclined to disagree with the words "Sign of Weakness," "Not a Real Problem," and "People with Anxiety Are Dangerous."



“ Additionally, people who had previously experienced depression are more likely to concur with "Could Snap Out of Depression." However, those who received any psychological or medical care were more inclined to disagree with the notion.

Furthermore, people who were medical student were significantly three times more likely to disagree with the following statement “Won’t Vote For People With This Condition”. Moreover, people who had Schizophrenia before were significantly twice as likely to disagree with the previous statements.

Conclusion:

The current study found that many Jordanian college students have a stigma toward people with depression, anxiety and Schizophrenia. In addition, students with no history of depression, anxiety or Schizophrenia showed higher stigma in some subscale items toward people with the mental issues. The present results suggest that more anti-stigma actions should be applied to Jordanian college students to help prevent or reduce stigma attitudes toward people with these mental issues.

Keywords:

Anxiety, Depression, Students, Schizophrenia, mental illness, stigma

