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Background: Mental Health includes our emotional, psychological, and social well-being. Mental health problems are seen among healthcare workers, particularly physicians & medical students, who are exposed to a high level of stress at their study & work. Despite the perception of medical students and doctors of the importance of mental health, they have low levels of help seeking for their own psychiatric problems. Fear of exposure to stigmatisation is a crucial contributing barrier to accessing mental health services.

Objectives: This study aims to assess stigmatizing attitudes towards mental health and its prevalence among medical students and residents in the University of Jordan and Jordan University Hospital.

Method: This is a cross-sectional, questionnaire-based study, where an electronic questionnaire (Google-form) was distributed, and 801 responses were received back. Data then were analysed using the SPSS software. Mental Illness Clinicians' Attitudes (MICA) Scale is used. MICA Scale is a short, self-administered instrument developed to assess attitudes about psychiatry and people with mental illness.

Results: The total number of students participated in our survey was 801 medical students. Most of them were females and the mean age was 21.67 ± 2.26 . The mean MICA score of the participants was 45.23 ± 9.59 . Males had significantly higher MICA scores compared to females (P-value=0.000). Also, students who take medications for mental disease, students who said they would seek professional help if they needed it, students who lived with someone with mental disease, and students who currently have a close friend with mental disorder had significantly lower MICA scores compared to their counterparts (P-value<0.050). Moreover, students who their household income was higher and students who their father educational level was higher had significantly higher MICA score than their counterparts.

Conclusion: Higher MICA score indicates more stigmatization attitude for patients with mental disorder. Males had significantly higher MICA scores compared to females.

Keywords: Mental Health, Medicine, Medical Students, Residents, Jordan.