Chapter II:

LITERATURE REVIEW:

‘Research is the carrier of civilization. Without them, history is silent, literature dumb, science crippled, thought and speculation at a standstill’

- Barbara Tuchman

The variables which have been studied in the present research i.e. acceptance, exposure and knowledge, stigma and discrimination have been studied by different researcher in different part of the world. This chapter gives a review of these researches. As most of the studies include all of the variables investigated in this research, no attempts has been made to differentiate and organize the literature review under different heads.

• Gaonkar Deelip 2014 studied the Users Perspectives on Utilization of District Mental Health Program in South Goa District. The findings of the study revealed that lack of awareness and education about the illness prevailed in Goa. Many respondents did not want to reveal their illness while many identified their illness to be a physiological problem. Those suffering from illness used different forms of treatment but indigenous medication was mostly used because of the cheap availability and lack of exposure to the modern biomedical treatment. In the study stigma and discrimination that is attached to mental illness was identified as a strong factor.

• Dr. Abubaker Ibrahim Elbur, Dr. Ahmed Abdul Rahman Albarraq, Yousif M. A., Mustafa Awad Abdullah, Ibrahim D.T. Aldeeb 2014 had studied the Relatives’ Perception on Mental Illnesses, Services and Treatment, Tarif, Saudi Arabia. The findings of the study revealed that 81.2% were males, 70.7% were residing in the town and nearly three quarter of respondents was aged less than 40 years. 42.1% were University Graduates. 49.6 % of the respondents believe that the major cause of mental illness was the evil eye, followed by 47.4% personal weakness. Majority of the
respondents (73.7%) preferred that their patients to receive treatment in home. The study reveals that the misconceptions about the causes on mental illness, stigma and negative beliefs and attitudes about mental illness and the persons with mental illness were prevalent among relatives of patients suffering from mental illness. Analysis of the demographic data obtained in the study showed that over 70% of the families of the persons suffering from mental illness reside in the city. Rapid urbanization and urban life have a series of negative impacts on individual’s mental health. A broad range of causes were reported by the participants regarding the causes of mental illness. The study found that nearly half of the participants believed ‘evil eye’ to be the major cause of mental illness which attributes the strong cultural belief on black magic and evil eye among the community. A considerable percentage of interviewees (47.4%) attributed mental illness to personal weakness. The results of the study showed that nearly 50% of the persons suffering from mental illness were considered by their relatives as adherent to mental illness. It was also found on the study that the positive belief on medicines of the relatives was significantly associated with patient’s commitment to the treatment plan which can be considered as a practical indicator for the influence of positive beliefs on the outcome of the treatment and patient well-being. The study concluded that misconceptions about the causes of mental illness, stigma and negative beliefs and attitudes about the person with mental illness and it were prevalent among participants. The study finally suggested that health educational interventions are needed to educate the public on important aspects related to mental illness.

- Mahadeo Shinde, Anmol Desai, Shivaji Pawar, 2014, had studied the Knowledge, Attitudes and Practices among Caregivers of Patients with Schizophrenia in Western Maharashtra, at Krishna Institute of Nursing Sciences Karad, Karad Satara, India. The finding of the study reveals that 30% of the caregivers had no prior knowledge about schizophrenia. The major caregivers for the patients were 24% of fathers and 24% of relatives. The respondents considered medical intervention to be the most important but also advocated supportive interventions such as family support and
counseling. One of the factors that impacted negatively on follow-up of patients was found to be the financial problem.

- **Venkatashiva Reddy B., Arti Gupta, Ayushlohiya, Pradipkharya, 2013, had studied the Mental Health Issues and Challenges in India, Centre for Community Medicine, All India Institute of Medical Sciences, New Delhi, India.** The finding of the study reveals that the burden of mental and behavioral disorders in India ranged from 9.5 to 102 per 1000 population. The study showed that the prevalence of mental disorders were high in elderly, females, disaster survivors, industrial workers, children, adolescent and those having chronic medical conditions. Finally the study suggested that there is need to have better living conditions, political commitment, primary health care and women empowerment.

- **Das Shyamanta, Phookan Hemendra Ram, 2013, had studied the Knowledge, Attitude, Perception and Beliefs (K.A.B.P), of patients’ relatives towards mental illness, Association with Clinical and socio-demographic characteristics, Medical College Hospital, Assam, India.** The finding of the study reveals that KABP of relatives was independent of diagnoses of and relation with patients as well as their demographic details viz. age, sex, religion, marital status, type of family and occupation. The study reveals a negative relation toward level of education and restrictiveness, as well as knowledge about socio-economic status and treatment and outcome.

- **Graham C.L. Davey, 2013 had studied the Mental Health & Stigma, Britain.** The findings of the study reveals that in the society there are still such attitudes that view symptoms of psychopathology as uncomfortable and threatening, which frequently foster stigma and discrimination towards people suffering from mental health problems. Stigma bosoms both discriminating behavior and prejudiced attitudes toward individuals having mental health problems. The result in society includes poor
subjective quality of life, exclusion, poor social support, and low self-esteem. Stigma also has a detrimental effect on the quality of daily living, treatment outcomes, which hinder efficient and effective recovery from the mental health problems. In particular, self-stigma is correlated with poorer employment success and increased social isolation.

- Poreddi Vijayalakshmi, Ramachandra, Nagarajaiah, Konduru Reddemma, Bada Math Suresh, National Institute of Mental Health and Neuro Sciences, Deemed University, Bangaluru, Karnataka, India, Dysphrenia. 2013, had studied the Attitude and Response of a Rural Population Regarding Person with Mental Illness. The finding of the study reveals that negative attitudes toward person suffering from mental illness are widespread and may impair their social reintegration within the community. The study suggested that there is an urgent need to develop strategies to enlighten the public regarding nature of mental illness to foster acceptance of people having mental illness by the rural community. In addition, the study summarizes that large-scale community studies have been lacking in India and such national survey are of obvious importance for any policy aimed at promoting better knowledge and tolerance of mental illness by the public.

- Kumar Dilip, Kumar Pradeep, Singh Amool Ranjan, Bhandari Samrat Singh, Dysphrenia. 2012, had studied the knowledge and Attitude Toward Mental Illness of the Key Informants and General Population: A Comparative Study. The outcome of the study suggested that there was a significant difference between the attitude of key informant of the patients and general population. The main area of difference was in the knowledge and orientation about nature, cause, after effect of the community mental health ideology. The key informants of the patients were found to be more aware about the nature of illness in comparison to controls. The same can be explained on the basis of fact that the general population has a vague idea about the clinical picture of mental illness. But the key informant who saw the process of development of mental illness could see the clinical picture in more personal way.
Majority of the key informants reported that they could easily distinguish the person suffering with or without mental illness. Higher number of key informant in this category reflects or can easily be explained on the basis that the institute is a tertiary care center for psychiatric patients. The institute caters patients from different parts of the state including neighboring state. More than 99% of the total cases are brought when the patients are highly excited, unusually disturbed, manifesting major behavioral problem including lack of personal hygiene and communication. Hence the perceptions of such guardians are by the fact that they can easily recognize a person with mental illness who actually does not include the patients with mild psychological disturbances.

Regarding the cause of mental illness significant difference was found between both the groups. The controls were slightly more aware about the cause of mental illness. The probable reason about such kind of awareness might be associated with the fact of suburban residence, reading newspapers which publish topics on mental health problem. The key informants were little more aware on the cause of mental illness to be unsatisfactory marital life and family conflict, the probable reason may be that they are familiar to the family of a person with mental illness and seen the development of it. In the study it was also been argued that counseling regarding psychosocial aspect of mental illness has affected the guardians or key informants in the area of “after effect”.

In the area of community mental health ideology it was said that the necessity of delivery of health services at their door steps has been understood by the general public gradually. In the study the subjects of both the groups also expressed the need of such services for providing community mental health care. Still marginally higher number of subjects belonging to key informant group highlighted the better understanding of such community based needs. The study concluded that this might be due to various socio-vocational rehabilitation programs which are being undertaken especially for the patients who did were unemployed prior to the admission in the institution. The findings of the study stated that no significant difference had been found regarding social stigma associated with mental illness and treatment of a person suffering from mental illness.
Pakhale Sandeep, 2012, had studied the Knowledge and Attitude Concerning Mental Illness in Adults. The study had been carried out regarding mental illness among the rural and urban population. Among the rural participants 78% were having poor knowledge and 86% having negative attitudes toward mental illness. Among the participants from the urban 82% were having good knowledge and 94% were with positive attitude toward mental illness. The study concludes that the knowledge and attitude toward mental illness a significant difference between the rural and urban groups has been found, where urban participants showed more knowledge and having positive attitude regarding mental illness.

Deribew Amare, 2012, had studied the Knowledge, Attitude and Practice of Nursing Staff toward Mental Health Problems. The results of the study showed that 89% of the respondents were having knowledge about mental health problems, out of which 79% and 23% got the information from schools and health professionals respectively. The study concluded that better knowledge is often reported to result in improved attitude toward people with mental illness and that a belief that mental illnesses are treatable can encourage early intervention seeking and promote better outcomes.

Magaru Maluo, Division of Public Health & Clinical Sciences, School of Medicine and Health Sciences, University Of Papua New Guinea, Papua New Guinea; 2012 had studied the Knowledge, Attitudes and Practices of Caregivers of Patients with Schizophrenia in Port Moresby. The study has been conducted using a semi-structured questionnaire for obtaining the required data from the consented caregivers accompanying the person suffering from schizophrenia who attending the consultation clinic at Port Moresby General Hospital (PMGH). Focus Group Discussion was also done with the caregivers of the patients admitted in the Psychiatric ward. Total sample of the study was 79. Consents were obtained from 40 caregivers, which gave a response rate of 50.6%. The result showed that 75% of the respondents have no prior knowledge
about schizophrenia, but they became aware from experience with their patients. The fathers (35%) and mothers (22.5%) were the major caregivers for the patients. Majority of the caregivers indicated that the health workers did not provide adequate information about schizophrenia. The two major causes found in the study which was indicated by the caregivers were Marijuana (47.5%) and psychosocial problems (45%). Medical intervention were considered to be the most important by the caregivers, but they had also advocated supportive interventions such as family support and church activities. Most of the caregivers accepted their patients as a part of their family and a considered as their responsibility to care for them, and preferably to administer intervention at home; the exceptions were being severely aggressive episodes. One of the major factors that impacted on the follow-up of the patients was financial problem. The study recommended that increased access to services and health education need to be enhance further for the rehabilitation of the people suffering from schizophrenia in Port Moresby, PNG.

- **Kobau Rosemarie, Davis Robin K., 2012, had studied the Attitude toward Mental Illness.** The finding of the study reveals that across states survey, most of the adults agreed that treatment can help the people suffering from mental illness to lead a normal life, whereas fewer respondents agreed that peoples are caring and sympathetic to the person suffering from mental illness. In the analysis of the results no regional differences were identified, states differed in overall level of agreement with both statements after controlling for individual level differences. In general, smaller percentages of people in the survey agreed that people are generally caring and sympathetic to people with mental illness that that treatment is effective.

- **Kumar Dilip, Kumar Pradeep, Singh Amool Ranjan, Bhandari Samrat Singh, 2011, had studied the Knowledge and Attitudes toward Mental Illness of Key Informants and General Population.** The findings of the study reveals that there is a growing awareness about mental illness even in general population and the people were being more receptive of the person with mental illness. The result showed that there was no significant difference in the area of treatment and stigma.
Aromaa Esa, Helsinki, Finland, 2011, had studied the Attitudes Toward People with Mental Disorders in General Population in Finland. The result of the study reveals that majority of the respondents believed that people with depression are not responsible for their illness; a majority still believed that they were responsible for their recovery. A lot of negative characteristics were linked with the people suffering from mental disorders and negative consequences were linked with the disclosure of the disorders. Women were less likely to hold negative stereotypes toward people with depression as were those with a higher education and people Swedish as their mother language. A stronger sense of mastery and higher perceived social support predicted more positive attitudes. There is a relation on more favorable attitude toward people with depression between a person’s own depressive symptoms and knowing a person having mental health problems. The factors which significantly predicted a stronger desire for social distance included higher age, the female gender, having Swedish as ones native language, lower sense of mastery, milder depression, less familiarity with people having mental health problems and most strongly negative stereotypical beliefs held. In the study the people suffering from depression showed more social tolerance toward people with mental illness, they also showed more positive views about antidepressants. More pessimistic attitude about the usefulness of care and the prognosis for the mental health problems on the whole were shown by the person with depression, but they were also afraid of becoming stigmatized in the health care system and agreed with a stereotype that said depression can be seen as a stigmatizing and shameful disease. Among those with depression, users of mental health services carried less desire for social distance to people having mental health problems as compared to the non-users and had more positive views about the effects of antidepressants. In the study it was found that more severe depression predicted more active use of services. Among those having depression, users of mental health services, as compared to non-users, were more pessimistic about recovery. It has been concluded that the personal agreement with seeing depression as a stigmatizing disease was associated with use of mental health services and personal agreement with the stereotype that people with
mental health problems are unpredictable was linked to less use of mental health services.

- Ndetai D.M., Khasakhala L.I., Mutiso V., Mbwayo A.W., 2010, had studied the Knowledge, Attitude and Practice (KAP) of Mental Illness Among Staff in General Medical Facility in Kenya: Practice and Policy Implications. The results of the study reveals that in the total of 684 general hospital staff nurses (47.8%); doctors (18.1%); registered clinical officers (5.1%); students (9.5%) and support staff (19.5%) were recruited. About three quarters were under 40 years of age; most thought mental illness could be managed in general hospital facilities; the older the doctor were (age 40 years and above) the more they were aware of and positive toward mental illness. Most of the workers did not suspect any psychiatric symptoms among the patients they treated resulting in low referral rates for psychiatric services. The study concluded that there are gaps in knowledge on mental illness which could be constructively filled with Continued Medical Education.

- Perlick Deborah A., Miklowitz David J., Link Bruice G., Stuening Elmer, Richard Kaczynski, Gonzalez Jodi, Manning Lauren N., Wolf Nancy and Robert A., Rosenheck, 2007, had studied the Perceived Stigma and Depression Among Caregivers of Patients with Bipolar Disorder. The findings of the study reveals that greater perceptions of stigma toward caregivers were associated with significantly higher levels of depressive symptoms suggests that in addition to posing a barrier to the recovery of people with mental illness, stigma erodes the morale of the family members who care for them. The results showed that social support and avoidance coping together largely explained the association between stigma and depression offers a plausible explanation for the depressive symptoms commonly reported by up to 40% of caregivers of people suffering from mental illness, caregivers may retreat from social support and adopt avoidance coping in order to fend off anticipated rejection or embarrassment. Because social support is a well-established buffer against recurrence of depression, withdrawal from potential supporters as an adaption to stigmatization
might engender feelings of hopelessness, it is also possible that caregiver depression in bipolar disorder is at least in part due to genetic transmission of the illness. The study concluded that the potential for recurrence of depressive symptoms among the family members of the patients suffering from bipolar disorder in relation to the stresses of mental illness stigma underscores the seriousness of this social problem and the need for investigations of the effective interventions to enhance caregiver coping.

- **Naeem Farooq, Muhammad Ayub, Zahid Javed, Muhammad Irfan, Fayyaz Haral, Kingdon David, 2006,** had studied the *Stigma and Psychiatric Illness: A survey of Attitude of Medical Students and Doctors in Lahore, Pakistan.* It was revealed from the findings of the study that over 50% of the respondents held negative attitudes toward people suffering from schizophrenia, depression, drug and alcohol disorders. Also most of the respondents had favorable views of the treatability and recovery of mental disorders. The study concluded that the views of the medical students and the doctors in Lahore, Pakistan are broadly similar to the opinions expressed by the medical students and doctors in United Kingdom.

- **Zahid Javed, Naeem Farooq, Kingdon David, Muhammad Irfan, Izhar Nasir, Muhammad Ayub, 2006,** had studied the *Attitude of the University Students and Teachers Toward Mentally Ill, in Lahore, Pakistan.* From the result of the study it was concluded that majority of the respondents held negative attitude toward people suffering from schizophrenia, depression and drug and alcohol abuse disorders.

- **Hugo C.J., Boshoff D.E., Truat A., Zungu Dirwayi N., Stein D.J., Social Psychiatric Epidemiology, 2003,** had studied the *Community Attitudes Toward Belief and Knowledge of Mental Illness in South Africa.* The findings of the study unveil that the major findings were that the cases were most often conceptualized as stress-related or due to a lack of willpower rather than as a medical disorders. Treatment advocated was more often to talk over the problem than to seek professional medical help. In the study it was indicated by the respondents that psychotherapy was the preferred
treatment option, particularly in vignettes where symptoms presentations was subtle, and in cases of substance abuse. The study concluded that the stigma and misinformation regarding mental illness exist, influencing preferred intervention modality and help-seeking behavior. The study suggested that more work need to be done to educate the public about the psychobiological underpinnings of psychiatric disorders and about the value of effective interventions. A better understanding of these disorders amongst the public would presumably lessen stigmatization and encourage the use of currently available and effective interventions.

- Alexender1 Laurel A. & Link Bruce G., 2003, had studied the Impact Of Contact on Stigmatizing Attitudes Toward People with Mental Illness. The findings of the study unveil that as the total contact increased the perceived dangerousness and desired social distance from the vignette character decreased, as did the perceived dangerousness of people with mental illnesses in general. However, the contact types did not consistently predict the vignette stigma measures. This study provides strong evidence for the importance of different contact types in reducing stigmatizing attitudes and the potential usefulness of incorporating contact into any stigma reduction intervention.

- Jorm A.F., 2000, had studied the Mental Health Literacy: Public Knowledge and Beliefs About Mental Disorders. The result of the study reveals that many members of the public cannot recognize specific disorders or different types of psychological distress. They differ from mental health professionals in their beliefs about the causes of mental disorders and the most effective treatments. Attitudes which hinder recognition and appropriate help seeking are common. The study concluded that much of the mental health information most readily available to the public is misleading. The study stated that there is some evidence that mental health literacy can be improved.
Ganesh K, 2009, had studied the Knowledge and Attitude of Mental illness among General Public of Southern India. 100 participants were selected conveniently in the study, of which majority of the respondents were females and most of them were aged above 30 years. Mean knowledge score of the subject was 5.60 ± 1.22. the result of the study in item wise awareness regarding mental illness were common mental disorders (60%), causes (35%), signs and symptoms (60%), treatment (42%) and prognosis (30%), and most of them had negative attitude towards mental illness. High knowledge score has been associated with male and aged between 18-30 years. The study had concluded that the knowledge of mental illness among the general public was quite poor and suggested the need for strong emphasis on public education to increase mental health literacy among general public to increase awareness and positive attitude of people toward mental illness.

Cinnirella Marco and Loewenthal Kate Miriam, 1999, had studied the Religious and Ethenic Group Influences on Beliefs about Mental Illness: A qualitative interview study, 2008. The study was done by qualitative thematic analysis of open-ended interview responses revealed that the degree to which religious coping strategies were perceived to be effective in the face of depressive and schizophrenic symptoms, varied across the groups, with prayer being perceived as particularly effective among Afro-Caribbean Christian and Pakistani Muslim groups. Across all non-white groups, and also for Jewish group, there was fear of being misunderstood by out group health professionals, and among Afro-Caribbean Christian and Pakistani Muslim participants, evidence of a community stigma associated with mental illness, leading to a preference for private coping strategies. The results of the study lends further support to recent calls for ethnic-specific mental health service provision and highlight the utility of qualitative methodology for exploring the link between religion and lay beliefs about mental illness.