



Background Information

- Self-stigma is defined as the individual's endorsement of their own stereotype, prejudice, discrimination 1
• Researchers found that stigma is a primary barrier for college students seeking psychological help 2
• Many campuses have benefitted from different types of programs to enhance campus culture and attitudes toward seeking help for a psychological issue
• Prior literature suggests that education and awareness of resources have an impact on stigma reduction 3, but the two variables have not been tested directly
• We hypothesize students who are aware of campus resources will reveal less self-stigma toward seeking psychological help

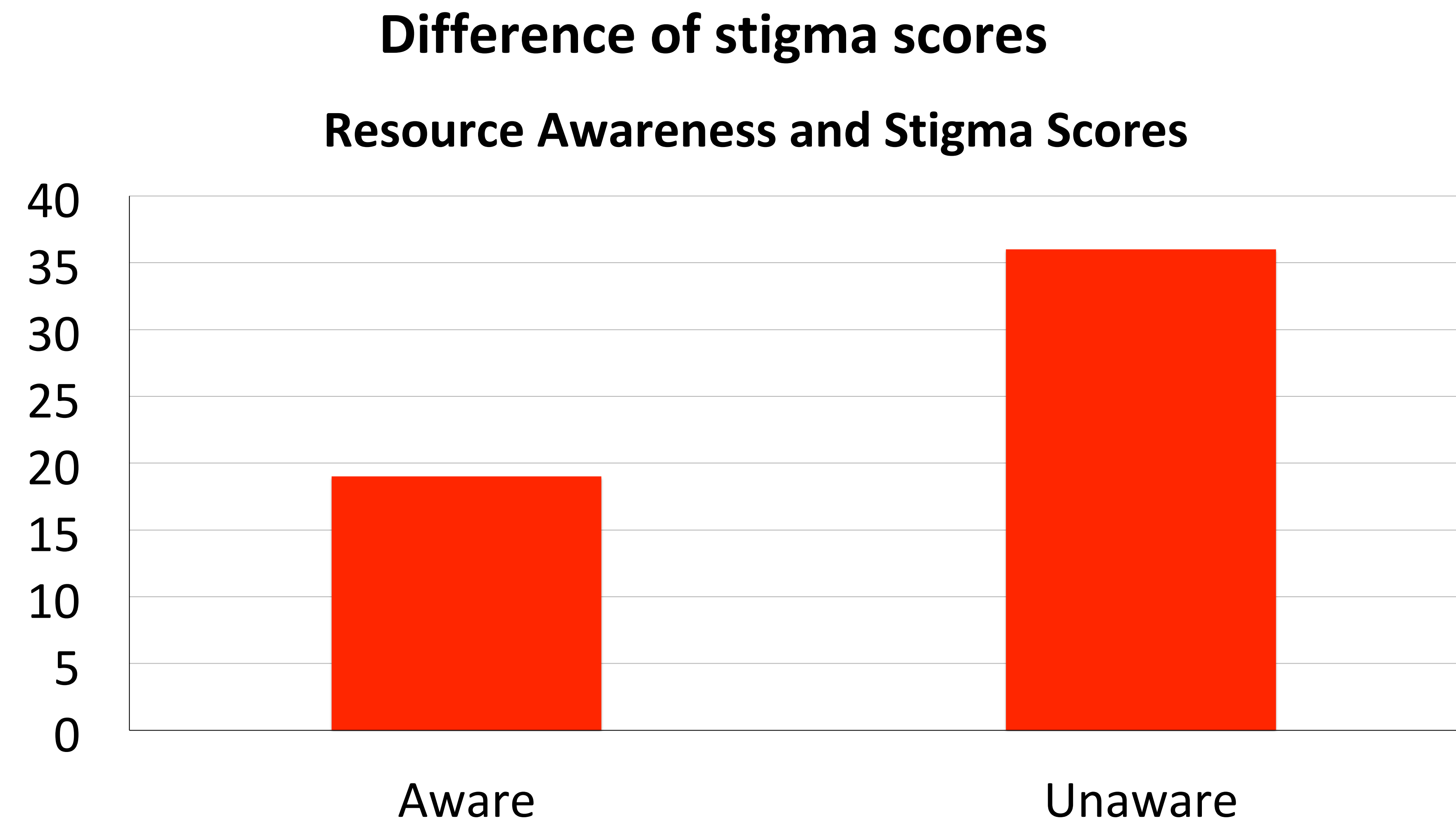
Methods

55 undergraduates (38 female, 17 male) completed an online survey for course credit or extra credit.

Measures:

- o Self-Stigma of Seeking Help scale 4 (SSOSH): 10 item questionnaire on self stigma against seeking mental health help
o Awareness of campus mental health resources: Participants were asked, "Can you name a mental health resource for students on campus?"

Participant Analysis and Results



- An independent t-test indicated there was a significant difference in stigma scores for participants who are aware of resources (M = 19.05, SD = 6.12) compared to participants who are not aware of resources (M = 24.10, SD = 6.74), t(54) = 2.74, p < .005.

Female participants were more aware of campus resources

Table with 3 columns: Resource Awareness, Male, Female. Rows: Aware of resources, Unaware of resources.

- A Chi-Square analysis indicated a difference in response rate, such that females endorsed awareness of campus resources significantly more than males, chi-squared = 8.94, p = .003.

Discussion

- In our sample of 55 participants, only 19 participants could identify a resource for mental health help seeking on our college campus
• Between our two groups of participants who are aware of campus resources and who are not aware of campus resources, we found statistically significant results in stigma scores to support our hypothesis
• Prior research in higher education institutions have found that males are typically less socially engaged than females in college 5, which would support our finding that males knew significantly less about campus mental health resources
• Future directions is to understand if there is a mediating variable for students who are aware of campus resources that impact their report of stigma

References:

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