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The Extent of Mental Health Professional Nurses Stigma on People with Mental Health Problems in Saudi Arabia

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The primary purpose of this Saudi-based study is to identify the stigma surrounding mental health problems, as well as to identify the existing and latent views of mental health Nurse's holding a professional stigma towards people living with mental health problems in Riyadh, Saudi Arabia. A methodological strategy was devised, via the use of a mixed-method approach. In Quantitative (50 participants), two tools were used to assess stigma; the Emotional Reaction Scale, and the Attitude Scale. In qualitative (5 participants), a focus group discussion was the method of data collection. The reliability of the two scales for quantitative evaluated by measuring internal consistency using SPSS. In Qualitative 2, Nvivo, was used for an analysis of the data. The findings confirm that many mental health nurses hold a professional stigma against those with mental health problems of varying degrees. Quantitative findings indicate factors that lead to nursing professional stigma, wherein 'exclusion', 'rejection and caution' and 'risk and fear' lead to high levels of stigma against people with mental health problems. Qualitative findings, fit into three main themes influence the issue of professional stigma in mental health services: 'experiences;'causes'; and 'impact of stigma on mental health services'. The findings of the present study pointto the significant convergent between emotional reactions with negative attitudes exhibited regarding people with mental health problems. It is necessary to focus on reducing professional stigma against people with mental health problems. This can be accomplished through appropriate practices, training, education, and research, as well as awareness through the media in S.A.

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