

Media reporting and mental disorders from the perspective of recovery

Challenge Discrimination, Eliminate Stereotypes
Seminar on Media Reporting of Mental Health Issues
放下歧視 除去標籤「媒體報道與精神健康」研討會

Linda CW Lam
Department of Psychiatry
The Chinese University of Hong Kong



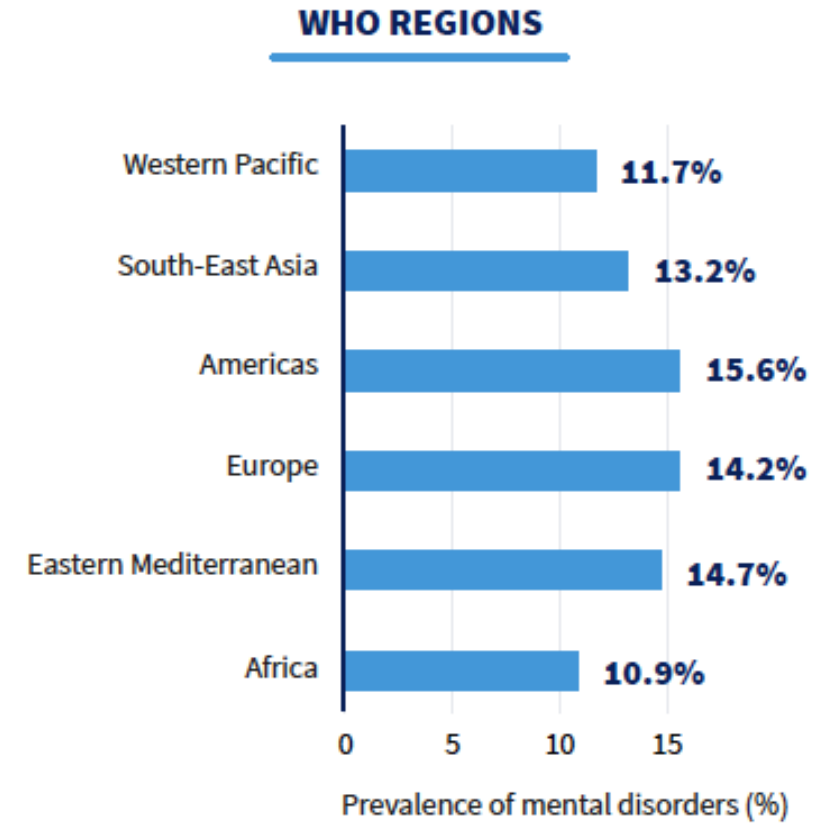
香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong



World Mental Health Report, WHO 2022

FIG. 3.3

Prevalence of mental disorders across WHO regions, 2019



Source: IHME, 2019 (112).

精神衛生狀況普遍存在, 治療不足, 和資源不足

FIG. 3.1

Mental health conditions are widespread, undertreated and under-resourced

WIDESPREAD



1 in 8

live with a mental health condition

UNDERTREATED



71%

people with psychosis do not receive mental health services

UNDER-RESOURCED



2%

of health budgets, on average, go to mental health

Source: IHME, 2019 (98); WHO, 2021 (5).



All over the world, people living with mental health conditions are the subject of deep-rooted stigma and discrimination.

FIG. 3.1

Mental health conditions are widespread, undertreated and under-resourced



在世界各地，患有精神健康問題的人受到根深蒂固的標籤和歧視的影響。

Source: IHME, 2019 (98); WHO, 2021 (5).





The *Lancet* Commission on ending stigma and discrimination in mental health

Graham Thornicroft, Charlene Sunkel*, Akmal Alikhon Aliev, Sue Baker, Elaine Brohan, Rabih el Chammay, Kelly Davies, Mekdes Demissie, Joshua Duncan, Wubalem Fekadu, Petra C Gronholm, Zoe Guerrero, Dristy Gurung, Kassahun Habtamu, Charlotte Hanlon, Eva Heim, Claire Henderson, Zeinab Hijazi, Claire Hoffman, Nadine Hosny, Fiona-Xiaofei Huang, Sarah Kline, Brandon A Kohrt, Heidi Lempp, Jie Li, Elisha London, Ning Ma, Winnie W S Mak, Akerke Makhmud, Pallab K Maulik, Maria Milenova, Guadalupe Morales Cano, Uta Ouali, Sarah Parry, Thara Rangaswamy, Nicolas Rüsçh, Taha Sabri, Norman Sartorius, Marianne Schulze, Heather Stuart, Tatiana Taylor Salisbury, Norha Vera San Juan, Nicole Votruba, Petr Winkler*

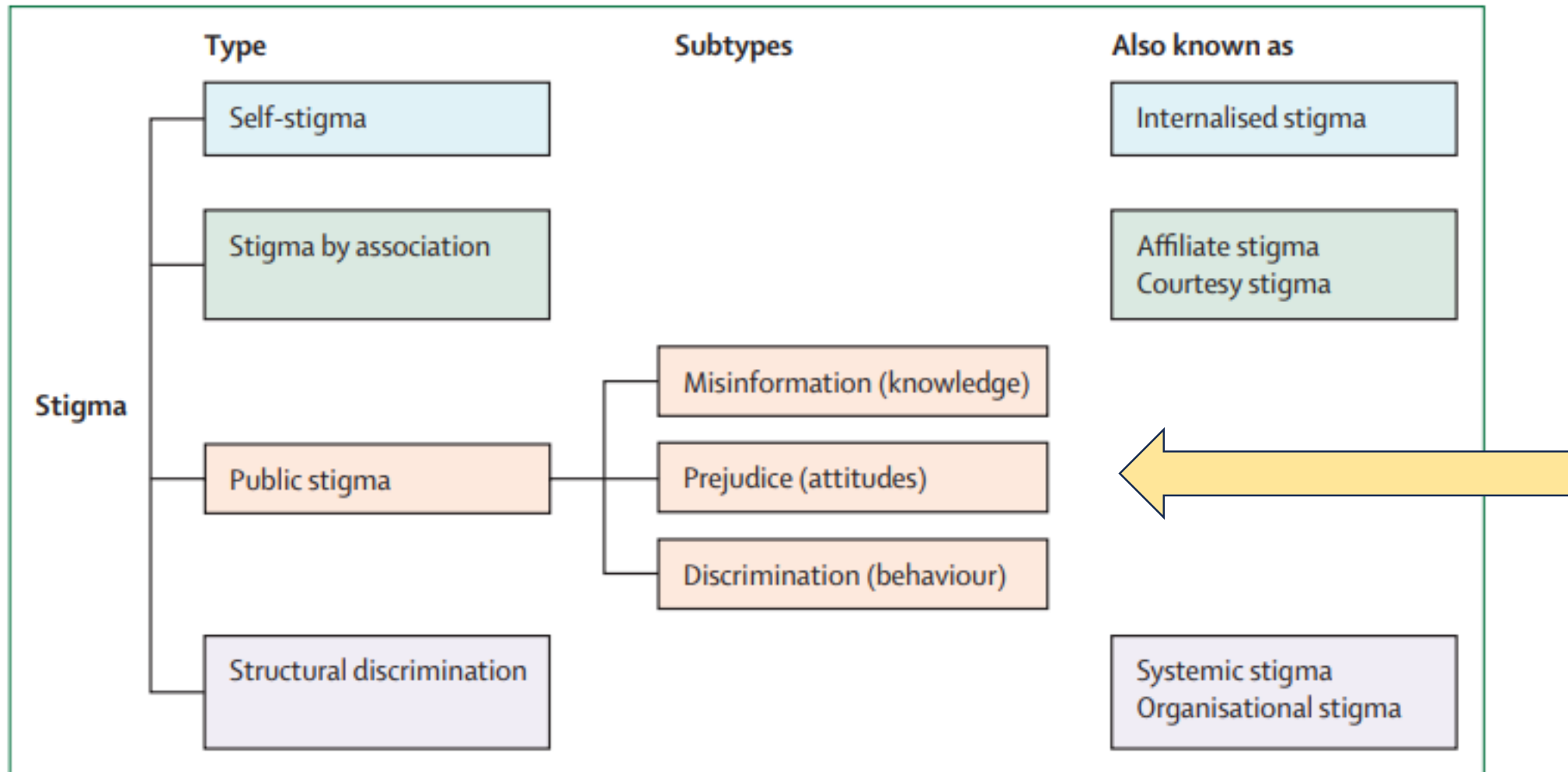


Figure 1: Types of stigma

Social contact is the most effective type of intervention to improve stigma-related knowledge and attitudes.

社交聯繫是減少與歧視相關的知識和態度的最有效方法





The INDIGO Network

An international collaboration of research experts committed to the promotion of mental health by reducing stigma & discrimination related to mental illness

The INDIGO Partnership Research Programme

Where will the Partnership take place?




For additional information on the INDIGO Partnership research programme please contact Dr Petra Gronholm petra.gronholm@kcl.ac.uk.

Knowledge, contact and stigma of mental illness: Comparing three stakeholder groups in Hong Kong

International Journal of
Social Psychiatry
2022, Vol. 68(2) 365–375
© The Author(s) 2021
Article reuse guidelines:
sagepub.com/journals-permissions
DOI: 10.1177/0020764021997479
journals.sagepub.com/home/isp



Mao-Sheng Ran^{1*} , Man-Man Peng^{1*}, Yuen Yum Yau^{1*},
Tian-Ming Zhang², Xu-Hong Li¹, Irene Yin Ling Wong³,
Siuman Ng¹, Graham Thornicroft⁴, Cecilia Lai-Wan Chan¹
and Lin Lu⁵

接觸的質量

正面與負面的接觸

- Family member (62), Mental Health Workers (141) and community residents (95)
- Knowledge and contact quality associated with stigma
- Negative versus Positive contacts
- Enhanced Contact Model

Media coverage of mental illness: a comparison of citizen journalism vs. professional journalism portrayals

Victoria Carmichael^a, Gavin Adamson^b, Kathleen C. Sitter^c and Rob Whitley^a

Videos by citizen journalists with severe mental illness versus professional journalists

- 公民記者的視頻顯示更多的正面形象和康復資訊
- 專業記者傾向於報導相對負面

Table 2. Inductive themes emerging from citizen journalism videos ($n= 26$).

Citizen journalism themes	Number of videos	Percent
Stigma, stereotypes and labels	16	61.5
Dimensions and facilitators of recovery	16	61.5
Social issues and inequalities	14	53.8
Living with a mental illness	14	53.8

Table 3. Themes emerging from traditional journalism videos ($n= 26$).

Traditional journalism themes	Number of videos	Percent
Issues and vulnerabilities	17	65.4
Awareness about mental illness	13	50.0
Crime, violence and death	13	50.0
Services, supports and treatment	11	42.3



The Lancet Commission on ending stigma and discrimination in mental health



Graham Thornicroft*, Charlene Sunkel*, Akmal Alikhon Aliev, Sue Baker, Elaine Brohan, Rabih el Chammay, Kelly Davies, Mekdes Demissie, Joshua Duncan, Wubalem Fekadu, Petra C Gronholm, Zoe Guerrero, Dristy Gurung, Kassahun Habtamu, Charlotte Hanlon, Eva Heim, Claire Henderson, Zeinab Hijazi, Claire Hoffman, Nadine Hosny, Fiona-Xiaofei Huang, Sarah Kline, Brandon A Kohrt, Heidi Lempp, Jie Li, Elisha London, Ning Ma, Winnie W S Mak, Akerke Makhmud, Pallab K Maulik, Maria Milenova, Guadalupe Morales Cano, Uta Ouali, Sarah Parry, Thara Rangaswamy, Nicolas Rüsçh, Taha Sabri, Norman Sartorius, Marianne Schulze, Heather Stuart, Tatiana Taylor Salisbury, Norha Vera San Juan, Nicole Votruba, Petr Winkler

“Social media have two sides, it can increase stigma and it can reduce stigma. Many people talk about serious things like they know everything that’s why it’s dangerous. But if we are smart, we can get more knowledge or use them as campaign to reduce stigma.”

Person in Indonesia

“By using discriminatory, insulting language, by using associations with violence, by using photos that insult persons with lived experience (for example “funny” TV shows where players are required to escape from a straight jacket). By using over-medicalised messages and wrong information in general. By silence. Because silence contributes to lack of knowledge.”

Person in Georgia

社交媒體有兩面性，我們希望它能適當地幫助公眾教育並減少歧視

Meta-analytic study of stigma and media

Potential of anonymous participation in online social media in mental health/ill health



The Lancet Commission on ending stigma and discrimination in mental health

Graham Thornicroft, Charlene Sunkel*, Akmal Alikhon Aliev, Sue Baker, Elaine Brohan, Rabih el Chammay, Kelly Davies, Mekdes Demissie, Joshua Duncan, Wubalem Fekadu, Petra C Gronholm, Zoe Guerrero, Dristy Gurung, Kassahun Habtamu, Charlotte Hanlon, Eva Heim, Claire Henderson, Zeinab Hijazi, Claire Hoffman, Nadine Hosny, Fiona-Xiaofei Huang, Sarah Kline, Brandon A Kohrt, Heidi Lempp, Jie Li, Elisha London, Ning Ma, Winnie W S Mak, Akerke Makhmud, Pallab K Maulik, Maria Milenova, Guadalupe Morales Cano, Uta Ouali, Sarah Parry, Thara Rangaswamy, Nicolas Rüsçh, Taha Sabri, Norman Sartorius, Marianne Schulze, Heather Stuart, Tatiana Taylor Salisbury, Norha Vera San Juan, Nicole Votruba, Petr Winkler*

Media

Goal: all media organisations should systematically remove stigmatising content from their products

A major media group should be identified to create an inventory of relevant media organisations and from 2023 should run annual online surveys to assess which have issued such policy statements and action plans, and should publicise their findings

By 2030, all national and international media organisations should have issued policy statements and action plans on how they promote mental health and contribute to the reduction of stigma and discrimination in mental health

[Ending Stigma and Discrimination in Mental Health \(thelancet.com\)](http://thelancet.com)

<https://www.youtube.com/watch?v=S8a4F7Vk0h4&t=12s>

**Make a Difference
by Anne Hoffman**

Sometimes when I'm on the bus
I tell people about my schizophrenia story
I don't hold back or make a fuss
Some listen while others leave in disgust
Every case is unique
Not everyone is violent or scary
It all comes down to belief
If people can understand and feel relief
The media portrays fear
They inform the public about the tragic side
As individuals we need to make it clear
Tell people our story, achievements
What they like to hear
Make a difference
It's up to you
It can't hurt
To give your point of view
Tell the truth, how it feels to you
Change people's image and point of view
Some people get up and walk away
There's always hope it will change one day