

Macro-micro contexts in social psychiatry

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Introduction

Our social environment can have important consequences for the development of emotional processes, mental health problems and / or well-being among individuals and communities. Recent research suggests that stigma and discrimination has been increasing, as measured by social distance of the general public. The context of public stigma in relation to people with mental health problems could have significant consequences in terms of exclusion and thus, impact the health and well-being of people with mental illness.

Aims and Objectives

To describe new research in the field of social psychiatry which investigates the impact of the macro-social context on individuals, especially in terms of stigma and social exclusion.

Results

This session will present recent research which looks at aggregate population data including structural policies or legislation in addition to public attitudes or beliefs and how this relates to individual outcomes of mental health and well-being including self-stigma, unemployment and suicide.

Conclusions

Initial research highlights the importance of macro-micro contexts for the social exclusion of people with mental health problems. Further research is needed to further delineate the mechanism of how individual internalize their social environment and how we might better intervene at the population level to improve the mental health and well-being of communities.