Self-stigma in Psychiatric Patients –standardization of the ISMI Scale

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Manypsychiatric patients stigmatize themselves because of their mental disorder. Itis necessary to focus on both research and therapeutic options to alleviate theirburden resulting from self-stigma. The goal of this paper was to evaluate theCzech translation of the ISMI scale (the Internalized Stigma of Mental Illnessscale). The scale measures the level of self-stigma in psychiatric patients andconsists of 29 items divided in 5 subscales – Alienation, Stereotypeendorsement, Perceived discrimination, Social Withdrawal, and StigmaResistance. The research sample included 369 psychiatric patients. Theiraverage age was 41,5 $\pm$ 13,3 years, and the majority were women (N = 210;56,6 %). The most common diagnoses were neurotic disorders (46,1 %), followedby mood disorders (18,4 %), substance use disorders (13,3 %), psychoses (10,8%), personality disorders (9,5 %), and organic disorders (1,6 %). Reliabilitywas assessed by Cronbach alpha (α = 0,91), split-half (Spearman-BrownCoefficient = 0,93), and test-retest with the second measurement 3 weeks afterthe first one (N = 17; r = 0,90, p < 0,05). We also performed exploratory factor analysisand the evaluation of validity based on correlations with two scales presentingphenomena connected to the concept of self-stigma (Beck Depression Scale-II andClinical Global Impression). Lastly, we created norms based on T-scores andstens for the overall scale and its subscales. The results showed that theCzech version of the ISMI scale has satisfactory psychometric properties.