

28<sup>th</sup> Euro Congress on

# Psychiatrists and Psychologists

July 05-06, 2018 | Vienna, Austria

## Level of schizophrenia and bipolar literacy in psychiatry outpatients and caregivers

Abdul Rasyid Bin Sulaiman, Nurul Hudha Jamal Mohamed and Sam Jeng Mun  
International Medical University, Malaysia

**Introduction:** Mental illnesses have been gaining more importance at present around the world. However, research on mental health literacy in Malaysia is still lacking. The present evidences within this region showed that literacy level about schizophrenia and bipolar disorder is still very low among general population.

**Objectives:** This study aimed at assessing schizophrenia and bipolar disorder literacy levels among psychiatry patients and caregivers as well as the differences present between these two populations.

**Methods:** A psychiatry outpatient clinic in a government hospital was chosen due to the presence of all ethnic majorities in its surrounding population. Sociodemographic data was obtained followed by assessment of literacy using a Schizophrenia Case Vignette, bipolar disorder case vignette and Mental Health Knowledge Schedule (MAKS).

**Results:** 102 participants were recruited in this study. Univariate analysis showed that 70.4% of patients and 62.5% of caregivers were unable to identify schizophrenia correctly. However, univariate analysis of schizophrenia subscale of MAKS showed that 77.8% of patients and 79.2% of participants agreed that schizophrenia is a type of mental illness. Assessment of bipolar disorder showed that 72.2% of patients and 75% of caregivers identified the disorder wrongly. However, univariate analysis of bipolar disorder subscale of MAKS showed that 74.1% of patients and 83.3% of caregivers agreed that it is a type of mental illness.

**Conclusion:** It is clear that schizophrenia and bipolar literacy among the participants in this study was low. Although they were able to recognize schizophrenia and bipolar disorder as a mental illness, majority of them did not have any understanding about the symptom complex of each disorder. The general population in this country needs more exposure in relation to these mental illnesses to ensure they have better knowledge about the seriousness of the disorders as well as having some idea on how to get treatment for it.

abdul\_rasyid@imu.edu.my