

INTRODUCTION

- Self-stigma (the internalization of stigmatizing views of a mental illness) has a negative impact on college students by reducing their likelihood of using mental health services (Evans-Lacko, Stolzenburg, Gronholm, Ribeiro, York, and Schomerus, 2018).
- Research suggests most individuals resort to using the Internet before seeking a professional mental health service (Giles & Newbold, 2011) which could result in consumers believing incorrect information and certain stigma about a mental illnesses.
- Determining the pattern of help-seeking behavior in college students with mental health problems is vital to providing them with the best mental health care
- Evans-Lacko et al. (2018) found that mental health service use was associated with greater self-knowledge beyond their mental illness symptoms

HYPOTHESES

- **H1:** We expect to find a negative correlation between the internalization of stigma, both societal and self, and seeking mental health services.
- **H2:** We hypothesize that there will be a larger amount of college students who self-identify with a mental illness compared to students with a professional diagnosis.
- **H3:** We hypothesize that college students who have a professional diagnosis will seek mental health services more often than those who self-identify with a mental illness.

PARTICIPANTS

Participants

- **One hundred nine total subjects**
 - Mean age: 20.38 (*SD* = 2.66)

MEASURES

- **The Stigma Scale:** Measured discrimination, disclosure, and positive aspects about the participants' interactions with mental illness (King et al., 2007).
- **The Psychiatric Self-Labeling Questionnaire:** Evaluated how the participants' view their own mental illness, as organic or situational (Kravetz et al., 2000).
- **The Positive Beliefs about Mental Illness Scale:** Measured how positively or negatively participants feel about their mental illness (Forgeard et al., 2016).
- **The Internalized Stigma Mental Illness Scale:** Evaluated to what extent participants internalize the stigma of their mental illness (Hammer & Toland, 2017).
- **The Mental Help Seeking Attitudes Scale:** Evaluated how participants view seeking mental health services, whether it be unfavorable, neutral, or favorable (Hammer et al., 2018).

RESULTS

- No significant between groups differences were found.
- Both the Stigma Scale Positive Aspects subscale and The Psychiatric Self-Labeling Questionnaire Organic subscale produced marginal findings near the .05 level
- Among all the reported mental illness diagnoses, depression with anxiety, anxiety, and none specified were the most reported
 - Depression with Anxiety (34.9%)
 - Anxiety (25.7%)
 - None specified (13.8%)

RESULTS

Figure 1
Means and Standard Deviations on the Dependent Measures for Full Sample

Scale	Subscale	Min/Max	<i>M</i>	<i>SD</i>
Stigma Scale (Scale from 0 – 4)	Positive Aspects	1.40 / 3.80	2.83	0.48
	Discrimination	0.31 / 3.92	2.47	0.75
	Disclosure	0.60 / 3.60	1.95	0.75
Psychiatric Self-Labeling Questionnaire (Scale from 1 – 5)	Organic	1.77 / 5.00	2.91	0.43
	Situational	1.33 / 5.00	2.63	0.53
Positive Beliefs about Mental Illness (Scale from 1 – 4)		1.00 / 4.00	2.47	0.73
Internalized Stigma of Mental Illness Inventory (Scale from 1 – 4)		1.00 / 3.00	2.24	0.41
Mental Help Seeking Attitudes Scale (Scale from 1 – 7)		1.00 / 5.44	3.96	0.59

Figure 2
Means and Standard Deviations on the Dependent Measures for the Independent Variable Groups

Scale	Group	<i>n</i>	<i>M</i>	<i>SD</i>
Stigma Scale Positive Aspects	Both Self and Professional	25	2.8800	.43205
	Professional Only	57	2.8912	.47820
	Self Only	23	2.6435	.50075
Stigma Scale Discrimination	Both Self and Professional	24	2.3397	.90362
	Professional Only	56	2.4808	.71460
	Self Only	23	2.5987	.65228
Stigma Scale Disclosure	Both Self and Professional	25	2.0160	.67926
	Professional Only	56	1.9714	.77453
	Self Only	23	1.8217	.76095
Psychiatric Self Labeling Questionnaire Organic	Both Self and Professional	26	3.0325	.54270
	Professional Only	56	2.9176	.34708
	Self Only	22	2.7378	.44958
Psychiatric Self Labeling Questionnaire Situational	Both Self and Professional	25	2.7444	.72026
	Professional Only	55	2.6232	.42157
	Self Only	20	2.5083	.52805
Positive Beliefs Mental Illness	Both Self and Professional	25	2.5200	.76121
	Professional Only	57	2.4795	.74407
	Self Only	23	2.3696	.67599
The Internalized Stigma of Mental Illness	Both Self and Professional	26	2.2564	.48050
	Professional Only	57	2.2671	.39500
	Self Only	23	2.1691	.38617
Mental Help Seeking Attitudes	Both Self and Professional	26	3.9103	.75164
	Professional Only	55	3.9434	.52937
	Self Only	23	4.0676	.50889

CONCLUSIONS

- People who self-diagnosed tended to be slightly less likely to view their mental illness positively than people with professional diagnoses.
- People who self-diagnosed were slightly less likely to see genetics or other biological variables as the cause of their mental illness.
- Students attitudes toward seeking mental health care need to be improved. Professional diagnoses of mental illnesses may become less prevalent and self-diagnoses more prevalent in populations of college students in the future.