

# INCLUIR – ART AS A WEAPON IN PSYCHIATRY

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**Background and aims:** Individuals with mental illness (MI) are often confronted with stigma and prejudgement and subject to social exclusion.

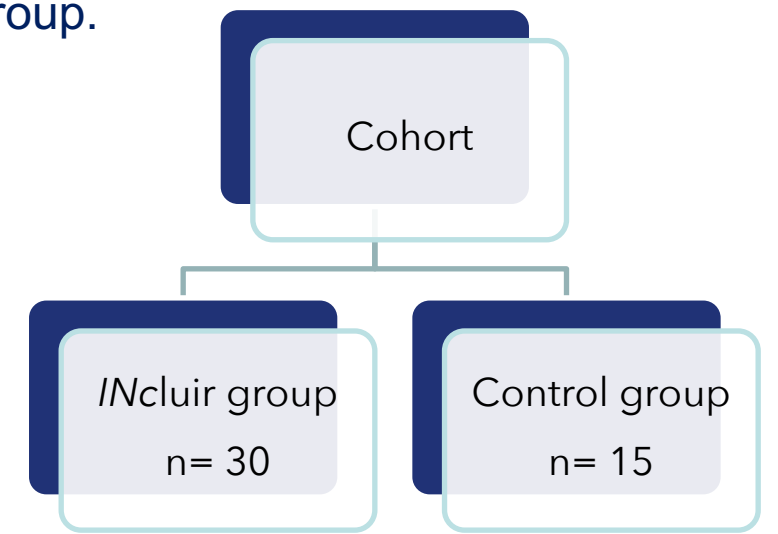
Self-esteem is an important mediating factor in MI, influencing both development and maintenance of the psychopathological state.

It is recognised that arts participation by people with MI can offer a range of therapeutic benefits and facilitate the process of recovery through community inclusion and stigma reduction.

The "INcluir" project is based on the creation of artistic workshops for people with severe MI and is promoted by the Department of Psychiatry and Mental Health of the District Hospital of Santarém.

**Objectives:** Assess the impact of the project INcluir on stigma and self-esteem perceived by individuals with MI.

**Materials and methods:** Application of the Rosenberg self-esteem scale (RSSS) and the AQ-9 stigma rating scale proposed by Corrigan in subjects prior to their integration into the art workshops and after their terminus and into a control group.



## Results

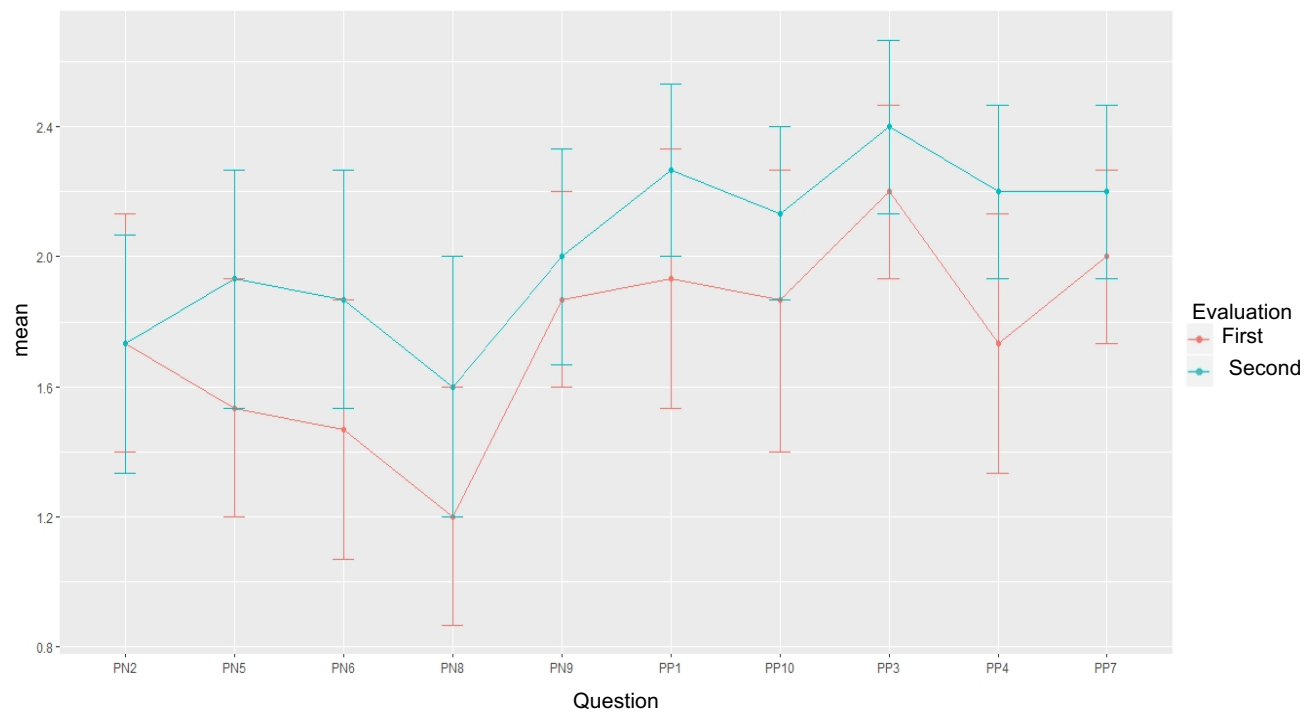


Chart 1- RSSS INcluir group

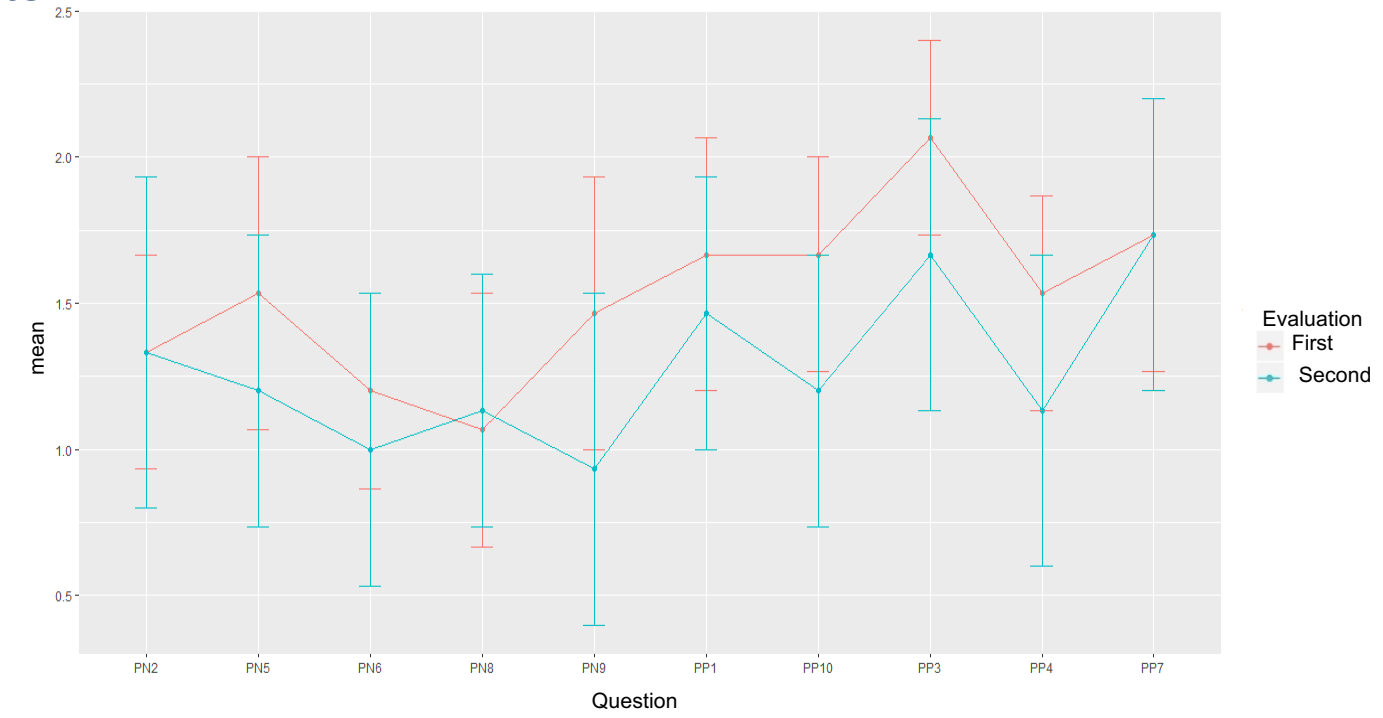


Chart 2- RSSS Control group

		1 <sup>a</sup> evaluation	2 <sup>a</sup> evaluation	With statistical significance
Help	assistance to people with mental illness; willingness to support those with mental illness	0,65	0,64	No
Coercion	mandatory participation in treatment or in medication management for people with mental illness	0,59	0,52	YES
Pity	sympathy towards the person with mental illness because they are overcome by it	0,49	0,39	YES
Segregation	the need to send people with mental illness away to institutions in isolation from the community	0,44	0,29	YES
Fear	fright towards the person with mental illness because they are dangerous	0,42	0,24	YES
Dangerousness	the perception that individuals with mental illness are not safe and pose a threat to themselves or others	0,33	0,18	YES
Avoidance	the need to send people with mental illness away to institutions in isolation from the community	0,18	0,12	YES
Anger	irritation with the person with mental illness because they are to blame for it	0,15	0,08	YES
Blame	mental illness is controllable by the person and they are responsible for it and the related symptoms	0,06	0,03	YES

Table 1- AQ-9 stigma rating scale INcluir group

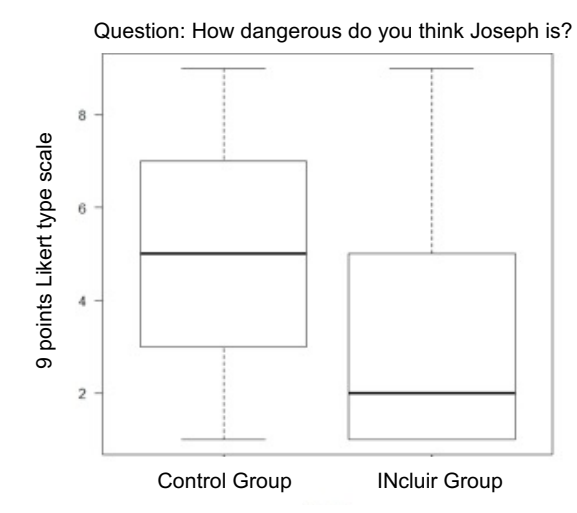


Chart 3 – Mental illness stigma - Likert type scale

There was a 23% improvement in the RSSS after attending workshops. Compared to the control group, the results of the group that attended the workshops showed a difference of improvement of 48% according to the RSSS.

There were statistically significant improvements in 8 of the 9 domains evaluated with regard to stigma in MI in the group that attended the workshops.

The group that attended the workshops obtained a 66% improvement in the evaluation of the MI stigma.

## Conclusions

Participation in art projects allows individuals with MI to be seen beyond their diagnosis, contributing positively to the reduction of stigma and to their increased self-esteem.