Reducing the Stigma of Mental Illness Among Medical Students

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Abstract

Introduction


Over the last several years, medical education programs at osteopathic medical schools have recognized the need to train students regarding the management of mental illness by incorporating curricula that address the emotional health of patients and the mental health and well-being of medical students. In 2009, the American Osteopathic Association approved Resolution 205 which states in part, “It is imperative to address the mental health needs of medical students in an active and meaningful way to eliminate the stigma associated with mental health issues.”


As a result, we developed this study to examine if incorporating a mental health program into our medical school curriculum would reduce the stigma of mental illness and improve perceptions of mental illness in our student population.

Key words: Mental illness, burnout, student well-being, stigma, student-run symposium

Discussion

Incorporating an emotional health program into medical student’s training may increase understanding and acceptance of disorder may have mental illness and reduce stigma associated with mental illness.

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