

1. ABOUT THE DATASET

Title: Data supporting 'Stigma predicts mental health secrecy, (non)/disclosure, and loneliness in young people with major depressive disorder (MDD) symptoms: results of a multi-wave analysis'

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Description: Mental health stigma has lasting negative effects on young people with major depressive disorder (MDD). Prior research suggests that younger people are typically more prone to experiencing stigma. Past research has largely focused on adults and older people with mental health problems, and the impact of stigma on young people with MDD is less well understood. Furthermore, the impact of stigma and/or depression on young people and their secrecy, disclosure, and loneliness is unclear. This paucity of knowledge may undermine efforts to build informed interventions to help young people with depression reconnect and reduce loneliness and social isolation.

The aim of this research was to examine two alternative explanations for predicting social outcomes in young people with depression: namely, we explored whether it is depression symptoms directly or the stigma surrounding it that drives secrecy, non-disclosure, and loneliness observed in this population. This knowledge can be used to improve efforts to build informed interventions to help young people with depression reconnect and reduce loneliness and isolation.

This study provides new evidence of how stigma is an important driving factor, rather than depression, for multiple mental health outcomes in young people. Interventions, such as treatment programs and public awareness campaigns via the UK NHS or government public health bodies, are recommended to directly reduce stigma.

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Related publication:

- Title: Stigma predicts mental health secrecy, (non)/disclosure, and loneliness in young people with major depressive disorder (MDD) symptoms: results of a multi-wave analysis
- Corresponding author: Katie Prizeman
- Co-authors: Ciara McCabe and Netta Weinstein
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2. TERMS OF USE

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PROJECT AND FUNDING INFORMATION

Title: Mixed methods approach exploring the effect of mental health stigma on self-disclosure, loneliness, and social isolation in young people with depressive symptoms

Dates: March 2023 - April 2023.

NW time on the project was funded by the European Research Council (ERC SOAR-851890). This project received no other funding.

This dataset was not created in the course of a funded project.

4. CONTENTS

File listing:

1. Multi-Wave_Data_File_Prizeman_2023

Includes 1 excel file made up of 3 excel sheets:

- Sheet 1 titled: Study 1a (N=275) Time 1 (T1). Includes information about 275 participants socio-demographic characteristic information [i.e., participant number, age, country, education level, gender, and ethnicity,], and participates raw questionnaire data including the following scales: MFQ, UCLA, ISMI-9*, 5-item Link's Secrecy Scale, and COMIS (BBO and RSI).
- Sheet 2 titled: Study 1b (N=172) Time 1 (T1). Includes 172 matched ID participants numbers (matched to Study 1a and Study 1b T2), socio-demographic characteristic information [i.e., matched ID participant number, age, country, education level, gender, and ethnicity,], and participates raw questionnaire data including the following scales: MFQ, UCLA, ISMI-9*, 5-item Link's Secrecy Scale, and COMIS (BBO and RSI) at Study 1b baseline.
- Sheet 3 titled: Study 1b (N=172) Time 2 (T2). Includes 172 matched ID participants numbers (matched to Study 1a and Study 1b T1), and participates raw questionnaire data including the following scales: MFQ, UCLA, ISMI-9*, 5-item Link's Secrecy Scale, and COMIS (BBO and RSI) at Study 1b 1 month follow-up.

5. METHODS

----- Methods

Study design and data collection. The present study involved a quantitative two-part study (i.e., Study 1a and Study 1b).

N = 275 young people aged 17–25 years who reported a range of depression scores [Mood and Feelings Questionnaire (MFQ)] (Costello & Angold, 1988) were surveyed on the Internalized Stigma of Mental Illness Inventory (ISMI-9*) to assess stigma (Boyd et al., 2014), the Coming Out with Mental Illness Scale (COMIS) to assess both reasons for disclosing [i.e., disclosure/benefits of being out of the closet (BBO)] and concealing a mental illness [i.e., non-disclosure/reasons for staying in the closet (RSI)] (Corrigan et al., 2010), the 5-Item Link's Secrecy Scale to assess secrecy (Link et al., 1991), and the UCLA Loneliness Scale (UCLA) to assess loneliness (Link et al., 1991; Russell et al., 1978) (Study 1a). N = 172 participants completed the same measures again 1 month later (Study 1b). Correlation and multiple regression analyses [i.e., to test the relationship between stigma (predictor), MDD (predictor), secrecy (outcome), reasons for disclosing (outcome), and loneliness (outcome)] were used to analyze the data.

Participants and recruitment. Participants were recruited from the community through emails and in person and included N = 275 young people aged N = 275 young people aged 17–25 (M = 20.5, SD = 2.2) who reported a range of depression scores [Mood and Feelings Questionnaire (MFQ)] (Study 1a). N = 172 participants completed the same measures again 1 month later (Study 1b).

All participant recruitment will strictly follow the standards of voluntary and informed consent and data protection. The only consistent inclusion criterion across the research is that participants be 16 years of age or older, and have depression symptoms [Mood and Feelings Questionnaire (MFQ)].

References

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