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THE TWO FACES OF THE BLADE: STIGMATIZATION AND INTERNALIZED STIGMATIZATION

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Stigmatization is a serious problem that felt by 54.6% of bipolar patients. The most dramatic deterministic about attitudes of bipolar patients towards their illness is decreased self esteem that occur result of illness. Stigma and internalized stigma experiences of a patient with bipolar disorder will be transferred in this case report.

Case: 31 years old, married, female patient. She is having bipolar disorder treatment for three years. About her diseases she said that "it is the worst illness among all of the illness, because mind is the organizer of the human body, if you lose your mind you can not move your hand or arm". About public stigma she told that "people afraid because of harming by us, when they see us on street they enter their home, they don't give permission to touch their child and run away from us. My brother's wife saying me afraid from me and don't want to be alone with me." Also patient said that "I'm not having a talk with my neighbour because I feel they won't take seriously me. I stayed in hospital for 28 days because illness after discharged I didn't tell anyone about staying in psychiatry clinic. In the past I did everything but now I'm doing nothing. I feel all of the weight of the world on me. I feel myself weak both as physical and mental"

Conclusion: Stigmatized people believe that others will devalue and reject the people with mental illness and experiencing negative outcomes such as demoralization, decreased self esteem, impaired social adaptation, unemployment, decreased psychiatric treatment adherence.