Efficacy of mhGAP-IG Intervention Guide in Reducing Stigma and Discrimination Among University Students of Swat (KPK)

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Date:**July 26, 2023**

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Dedicated to

My PAPA

To my unwavering guide, my father, whose steadfast support has been the cornerstone of my journey

Thank you

My MAMA

To my beloved mother, whose boundless love has illuminated every step of my path

MY BROTHER AND SISTERS

To my younger brother and sisters, whose laughter and warmth make every moment brighter, and whose unwavering bond fills my heart with endless joy

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Murtaza khan

Abstract

The purpose of this study is to assess how the efficacy of mhGAP-IG intervention reduce discrimination and stigma among college students in universities of Malakand and Swat. A sample of (N= 100) participants having age of 18-24(M=22.92, SD=1.52) was selected through purposive sampling. The sample was allocated to experimental and control group randomly by using single blind procedure. The Internalized Stigma of Mental Illness Inventory was used to asses stigma and Mental Health Knowledge Schedule to asses knowledge about mental health and Discrimination and Stigma Scale to asses discrimination was administered at pre, post and follow-up levels. The Depression module of the mhGAP-IG intervention was used to reduce stigma and discrimination among sample. The descriptive statistic such as frequencies and standard deviation was computed for demographic variables. The One Way between- groups Multivariate Analysis of variance (MANOVA) was conducted to assess the main effect and interaction effect between and within groups. The results indicates that there was a significant difference between the experimental and control groups on the dependent variables, mental health knowledge, internalized stigma and discrimination. The results were discussed in the liht of literature and theoretical background.

Keywords: mhGAP-IG, Stigma, Discrimination, Swat (KPK)

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