# DETERMINATION OF HEALTH PROFESSIONALS' MENTAL HEALTH LITERACY LEVELS AND STIGMATIZING ATTITUDES TOWARDS MENTAL DISORDERS

Ceren DEĞERLİ
0009-0003-4664-4936
BURSA ULUDAG UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCEINCES
NURSING DEPARTMENT
MSc PROGRAM

**GRADUATION DATE: 27.06.2025**

## SUPERVISOR

Doç. Dr. Gülseren ÇITAK TUNÇ
0000-0003-1329-1719
BURSA ULUDAG UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
NURSING DEPARTMENT
BURSA – TÜRKİYE

## THESIS ABSTRACT

The research was conducted cross-sectionally to determine the mental health literacy levels of health professionals and their stigma attitudes towards mental illnesses and to examine the relationship between them. As a result of the research, the Mental Health Literacy Scale scores of health professionals were 12.78±3.03; the factors affecting the mental health literacy rate were determined as age, occupation, unit studied, income status, working time. It was determined that the Stigma Scale for Mental Illness for Health Professionals for Health Professionals was 56.95±6.01 and was affected by the variable of taking part in the care of mental illness. It was concluded that as the level of mental health literacy increases, the attitudes of health professionals to stigmatize both themselves and others decrease.

## APPLICATION AREAS OF THE THESIS RESULTS

It can be used to develop education and in-service training programs and to improve the quality of care provided by health professionals to individuals with mental illness.

## ACADEMIC ACTIVITIES

Çıtak Tunç, G., Değerli, C., & Ünal Hatunoğlu, Ö. (2025). *Nurses' knowledge about child sexual abuse and their views on prevention education* [Oral presentation]. *International Gevher Nesibe Health Sciences Conference-XIV*, Ankara, Türkiye. https://www.gevhernesibe.org/

## KEY WORDS

- ✓ Health professionals
- ✓ Mental health
- ✓ Mental disorders
- ✓ Mental health literacy
- ✓ Stigma

## CONTACT

E-MAIL:
degerliceren8@gmail.com

## THESIS SUPERVISOR

TELEPHONE:
+90 224 294 24 71

E-MAIL:
gctunc@uludag.edu.tr