

## P-1141 - EXTERNAL SHAME AND PSYCHOSIS

M.Gouva<sup>1</sup>, M.Tsirozi<sup>2</sup>, M.Samakouri<sup>2</sup>, S.Mantzoukas<sup>1</sup>, A.Paschou<sup>1</sup>, T.Paralikas<sup>3</sup>, E.Kotrsotsiou<sup>3</sup>

<sup>1</sup>School of Health, Higher Technological Educational Institution of Epirus, T.E.I., Ioánnina, <sup>2</sup>

Department of Psychiatry, University Hospital of Alexandroupolis, <sup>3</sup>Department of Psychiatry,

Medical School, Democritus University of Thrace, Alexandrouópolis, <sup>4</sup>Department of Nursing, Higher Technological Educational Institution of Larisa, Larisa, Greece

**Introduction:** Psychosis often leads to stigmatization and reduction of social power and prestige of the individual, hence leading further to social rejection and shame.

**Objective:** The current study assessed the role of external shame on psychiatric patients.

**Aim:** The present study aimed at evaluating external shame in psychiatric patients who were cared by the Department of Psychiatry at the University Hospital of Alexandroupolis, Greece.

**Method:** 45 patients suffering from schizophrenia participated to the present study (18 men and 27 women with mean age of 44.09 SD=11.55, ranged 19-75). The measures used were: a) the Other As Shamer scale (OAS) b) a questionnaire concerning socio-demographic information,

**Results:** The average of the external shame (OAS total) was  $11.11 \pm 5.22$ , without any statistical significant difference among gender in their comparison with the t-Test ( $p = .864$ ). This is much lower than the average normal external shame of the Greek population ( $17.74 \pm 9.02$ ). The analysis of variance between age groups showed that age, place of residence and educational level did not affect the external shame in psychotic patients. The marital status demonstrated a significant effect on external shame of psychotic patients where the application of the Bonferroni criterion was found that a) married participants demonstrated statistical significant difference from widowed ( $p = .030$ ) and b) differed significantly from divorced widows ( $p = .011$ ). Indeed, the widowed psychiatric patients exhibited greater levels of external shame.

**Conclusion:** Low levels of external shame may reflect difficulties in interpersonal relationships. Our findings illuminate the external shame in psychiatric patients.