

**Reducing stigma towards mental disorder in social education students through case studies and problem-based learning (pp. 465-481)**

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Mental disorders are one of the most stigmatized conditions in our society, which is a barrier to recovery for these individuals. However, stigmatizing attitudes can change, and education and personal experience with people who have a mental disorder can reduce stigmatizing attitudes. The present study assessed 111 social education students' stigma toward people with mental disorders and knowledge about mental disorders before and after an educational intervention involving active case studies and problem-based learning methodologies. Self-reports were used to measure attitudes toward mental disorder and knowledge about mental health. Negative attitudes towards mental disorders were reduced and knowledge increased after the intervention ( $p < .05$ ). These results demonstrate the effectiveness of this type of active educational interventions in reducing stigma towards people with mental disorders. However, it is important to continue conducting studies of this type to increase the scientific evidence.