

Stigma, Culture, and Recovery: Correlational and Interventional Studies for Mental Health in Taiwan

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ABSTRACT

Background. Mental health has become a central issue in global public health. Although Taiwan has gradually institutionalized its mental health system through legal frameworks and resource allocation, individuals with mental illness continue to face substantial social stigma and discrimination, which may negatively affect their willingness to seek care and their recovery process.

Objectives. This study aimed to provide a narrative review of recent research on mental illness stigma in Taiwan, with the goal of summarizing stigma-related influencing factors and identifying research trends in destigmatization strategies.

Methods. A literature review was conducted using PubMed, Embase, and the Airiti Library to identify academic publications from 2000 to 2025. Snowball sampling and artificial intelligence-assisted searching were also employed. A total of 12 core studies, including 6 English-language articles and 6 Chinese-language articles, were ultimately included in the analysis.

Results. The findings suggest that stigma toward mental illness in Taiwan demonstrates disorder-specific characteristics, with schizophrenia associated with significantly greater fear and social distance than depression. Perceived stigma was significantly negatively correlated with recovery indicators, community living skills, and quality of life among patients. Research trends further indicate that rational emotive behavior therapy (REBT) and horticultural activities may be effective in the short term in reducing self-stigma and improving self-esteem.

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Conclusion. Stigma remains a major barrier to recovery for people with mental illness in Taiwan. Future destigmatization strategies should incorporate culturally relevant features of Chinese society, such as the concept of face and family orientation, while also integrating long-term, cross-sector policy support to promote sustained social participation among affected individuals.

(J Ment Health Community Psychiatry 2026;2(1):15-32)

Key words: Mental Health, Stigmatization, Anti-stigmatization, Self-stigma, Taiwan

污名、文化與復元： 台灣精神健康之相關與介入

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摘 要

背景：精神健康已成為全球公共衛生核心議題，台灣在法制與資源佈建上雖已逐步制度化，但精神疾病患者仍面臨嚴重的社會污名與歧視，影響其求醫意願與復元歷程。**目的：**本研究旨在透過敘述性回顧，整理台灣關於精神疾病污名化的研究近況，歸納污名的相關影響因子以及去污名化方式的研究趨勢。**方法：**採文獻回顧法，檢索PubMed、Embase及華藝線上圖書館中2000至2025年之學術論文，並輔以滾雪球法與人工智慧搜尋，最終納入12篇核心文獻(6篇英文、6篇中文)進行分析。**結果：**研究發現台灣社會對精神疾病的污名具有疾病特異性，對思覺失調症的恐懼與社會距離顯著高於憂鬱症。污名感受與患者的復元指標、社區生活技能及生活品質呈顯著負相關。研究趨勢顯示，理情行為治療(Rational Emotive Behavior Therapy, REBT)、園藝活動能短期有效降低自我污名並提升自尊。**結論：**污名是限制台灣精神疾病患者復元的主要障礙。未來的去污名化策略應融入華人文化特性如面子文化、家庭導向，並結合長期、跨部門的政策支持，方能促進患者的長期社會參與。
(精神健康與社區精神醫學期刊 2026;2(1):15-32)

關鍵詞：精神健康、污名化、去污名化、自我污名、台灣

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接受日期：2026年5月7日

編碼：JMhCP-2026R-002