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THE IMPACT OF SELF-STIGMA OF SEEKING HELP AND PERCEIVED SOCIAL SUPPORT ON BURNOUT AMONG CLINICAL PSYCHOLOGISTS

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ABSTRACT

This study aimed to evaluate the impact of self-stigma of seeking help and perceived social support on burnout among clinical psychologists in India. Indian clinical psychologists who were currently practicing were asked to participate in this study through purposive sampling. The study included 111 professionals (80.2% female; mean age=31) from all over the country. They filled socio-demographic detail sheet and then completed self-reported measures like Self-Stigma of Seeking Help Scale (Vogel, Wade & Haake, 2006); Social Support Scale (Caplan, Cobb, French, Van Harrison & Pinneau, 1980); and Job Burnout Questionnaire (Surana and Singh, 2009). The main findings from the results indicated a significant negative correlation between self-stigma of seeking help and perceived social support; a significant positive relationship between self-stigma of seeking help and burnout; and a significant negative correlation between perceived social support and burnout. Further, regression analysis was carried out to establish the impact of self-stigma of seeking help and perceived social support on burnout independently. Self-stigma of seeking help was found to have a positive impact whereas perceived social support had a negative impact on burnout among clinical psychologists. The results from this study can be used for development of training modules which incorporates battling burnout in work places by focusing on stigma and social support.

Keywords: burnout, clinical psychologist, stigma, social support, mental health, India.

