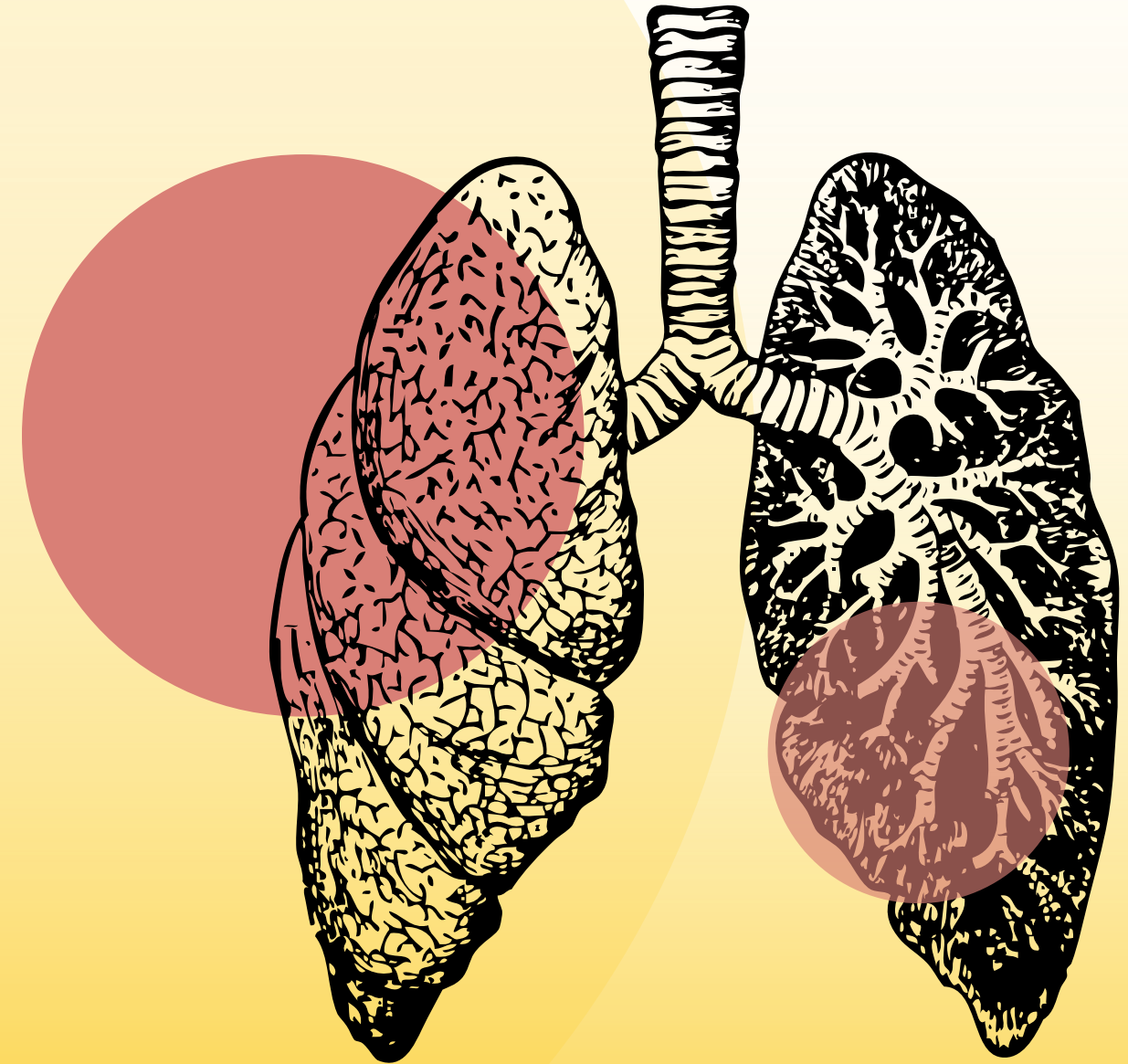


Action Against Stigma

† आरस  
TAS

An initiative by TAI

# DE-STIGMATIZING TUBERCULOSIS



# TUBERCULOSIS AND STIGMA



Stigma among TB patients has been experienced in all countries

A report indicates that over 50% of TB patients face stigma after diagnosis

Studies show that 42% to 82% of tuberculosis patients face stigma.

Stigma is one of the biggest obstacles to tuberculosis prevention and control today

# WHAT IS STIGMA?



- As per WHO, stigma is a mark of shame, humiliation, or disapproval.
- It causes someone to be rejected, subjected to discrimination, and barred from engaging in many societal activities.



Fear of losing one's work, relationships, or house or school due to tuberculosis makes people less likely to get tested and treated, which exacerbates an already challenging prognosis

# THE CONCEPT OF STIGMA

## Definition

The negative perception/discrimination faced by individuals due to specific characteristics or condition

## Causes of stigma

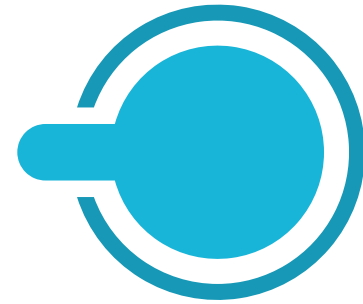
Fear, ignorance, prejudice, inherited myths, self-doubts, family resistance to treatment

## Consequences of stigma

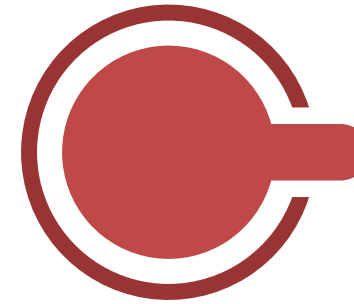
Social barriers, isolation, social discrimination, loss of livelihoods, informal healthcare, community transmission

# TYPES OF MYTHS

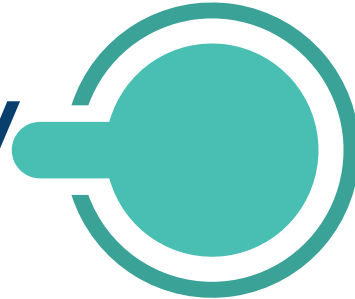
Curse



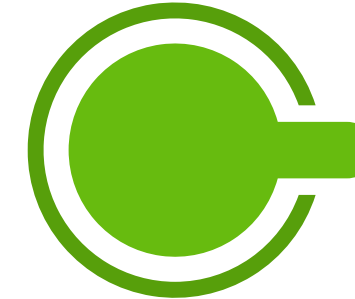
Disease of developing countries



Hereditary



One can get TB only once



Incurable

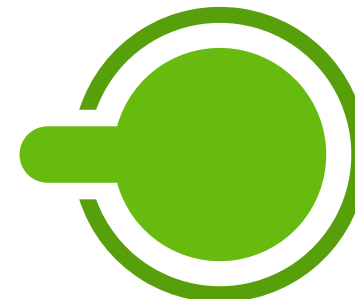


## TB MYTHS

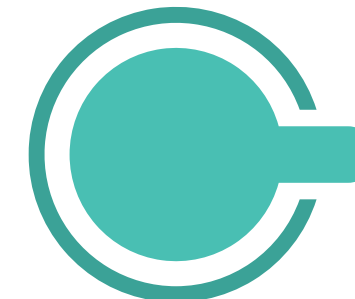
Infection always leads to disease



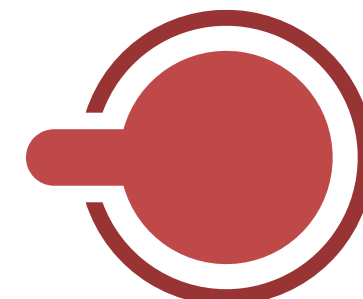
Disease only of lungs



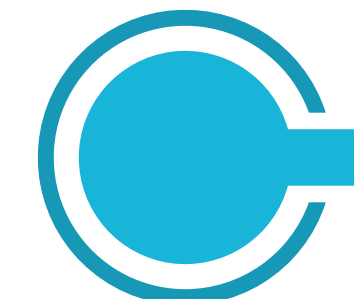
All patients are infectious



Spread by kissing or sexual intercourse



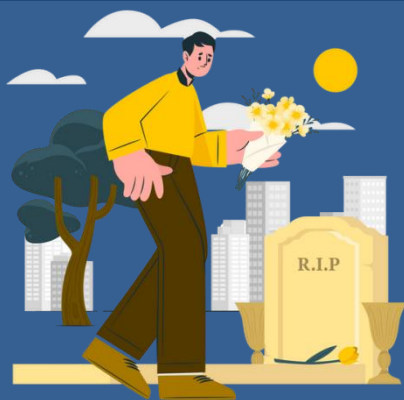
Spread by mosquitoes, sharing food or utensils



# EFFECTS OF STIGMA



Stigma leads to marginalization, social isolation and discrimination and suicides



Fear of TB stigma can lead families to hide the cause of death, even when such info is useful for other family members



Can lead infected individuals to hide their TB status from their families



# IMPACT OF TB STIGMA



## Personal level

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- Isolation from family and community
- Mental health issues- depression, anxiety and suicide

## Health level

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- Delay in diagnosis and treatment
- Mental health challenges
- Barrier to access health care

## Social level

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- Increased spread of TB due to untreated cases.
- Hindered public health services

# ROLE OF HEALTH WORKERS IN DE-STIGMATIZING

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**Confidentiality:** protect patient identities to avoid social backlash

**TB education/support programs,** aimed at health-care providers, individuals with TB, and at-risk community members, may reduce TB stigma.







# ROLE OF COUNSELLING



- A study found that TB-positive patients receiving counseling to boost self-efficacy experienced a 13% reduction in treatment defaulting compared to those who did not.
- The intervention was particularly effective for women, especially housewives, showing a 25% reduction in treatment defaulting.



# TB STIGMA ASSESSMENT TOOLS

The TB Stigma Assessment Tool helps countries identify when, where, and why stigma occurs, as well as its impact.

The tool helps the National TB program develop targeted actions to tackle stigma by assessing how TB stigma hinders access to services.



**IDENTIFY THE IMPACT**

**NATIONAL TB PROGRAMME**



# TAI-NDTB STIGMA SELF-ASSESSMENT SCALE FOR TB

**TB Association of India along with NDTB Centre has developed an India Specific TB Stigma Screening Tool.**



## TAI-NDTBC STIGMA SELF-ASSESSMENT SCALE FOR TB

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Mobile: \_\_\_\_\_ Address (& landmark): \_\_\_\_\_

Diagnosis: \_\_\_\_\_ TB NO: \_\_\_\_\_ Nikshay No.: \_\_\_\_\_ Date: \_\_\_\_\_

Family per Capita Income: \_\_\_\_\_ Education Level: \_\_\_\_\_ Marital status: \_\_\_\_\_ Occupation: \_\_\_\_\_

Family Size: \_\_\_\_\_ Accommodation Type: \_\_\_\_\_

S. No.	Questions to Screen for Stigma	Yes	No
1.	Do you know TB is curable with medicines ?		
2.	Do you know how TB Spreads ?		
3.	Did TB cause fear about death / expense ?		
4.	Are you Scared to Lose Job & Social Respect		
5.	Do you want to isolate yourself from family ? While eating meals / sleeping / Day time		
6.	Did you feel discriminated by HCW at the place of diagnosis / treatment ?		
7.	Have you told anyone about your disease ?		

If the answer to any question from Q3 to Q7 is YES; Then Stigma to TB is likely.

Then find out the "Stigma Score" with help of Scoring from zero to two.



## TAI-NDTBC UNIVERSAL STIGMA SCALE FOR TB

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Mobile: \_\_\_\_\_ Address: (& Landmark): \_\_\_\_\_  
 Diagnostic: \_\_\_\_\_ TBND: \_\_\_\_\_ Nikahy No.: \_\_\_\_\_ Date: \_\_\_\_\_  
 Family per Capita Income: \_\_\_\_\_ Education Level: \_\_\_\_\_ Marital status: \_\_\_\_\_ Occupation: \_\_\_\_\_  
 Family Size: \_\_\_\_\_ Accommodation Type: \_\_\_\_\_

# TAI-NDTB UNIVERSAL STIGMA SCALE FOR TB

**TB Association of India along with  
 NDTB Centre has developed an  
 India Specific TB Stigma Screening  
 Tool.**

**SCORE**

S. No.	Questions to Screen for Stigma	2	1	0
1.	Do you know TB is curable with medicines ?	Yes	Maybe	No
2.	Do you know how TB Spreads ?	Hereditary	Not sure	Yes Droplet
3.	Did TB cause fear about death / expense ?	Yes Fearful	Less fear	No fear
4.	Are you Scared to Lose Job & Social Respect	Yes Very scared	Less scared	No
5.	Do you want to isolate yourself from family ? While eating meals / sleeping / Day time	Yes All the time	During Night	No
6.	Did you feel discriminated by HCW at the place of diagnosis / treatment ?	Always	Sometimes	Never
7.	Have you told anyone about your disease ?	Nobody	Only family	Everyone

Score >8 (High Risk of Stigma); Score of 4-8 points (Moderate risk of Stigma); Score < 4 (Low Risk of Stigma)




# INTERVENTIONS TO REDUCE STIGMA


- WHO initiatives: “End TB Strategy” focusing on stigma reduction
- Local Success: Community driven TB awareness programs reducing stigma in rural areas

World Health Organization  
REGIONAL OFFICE FOR South-East Asia



## WE MUST STAND AGAINST TB STIGMA AND DISCRIMINATION

Stigma compromises quality care for patients.

 Learn the facts about TB

 Don't believe myths which can stigmatize and discriminate

**END TB STIGMA**

Yes!  We can #EndTB! 



# WHY COLLECTIVE EFFORTS?



**Early diagnosis**



**Reduced stigma**



**Accurate treatment**



**Declined transmission**



**Prevention of TB**



**Access to health care**



**Improved public health**





# COME TOGETHER AS

**Community**

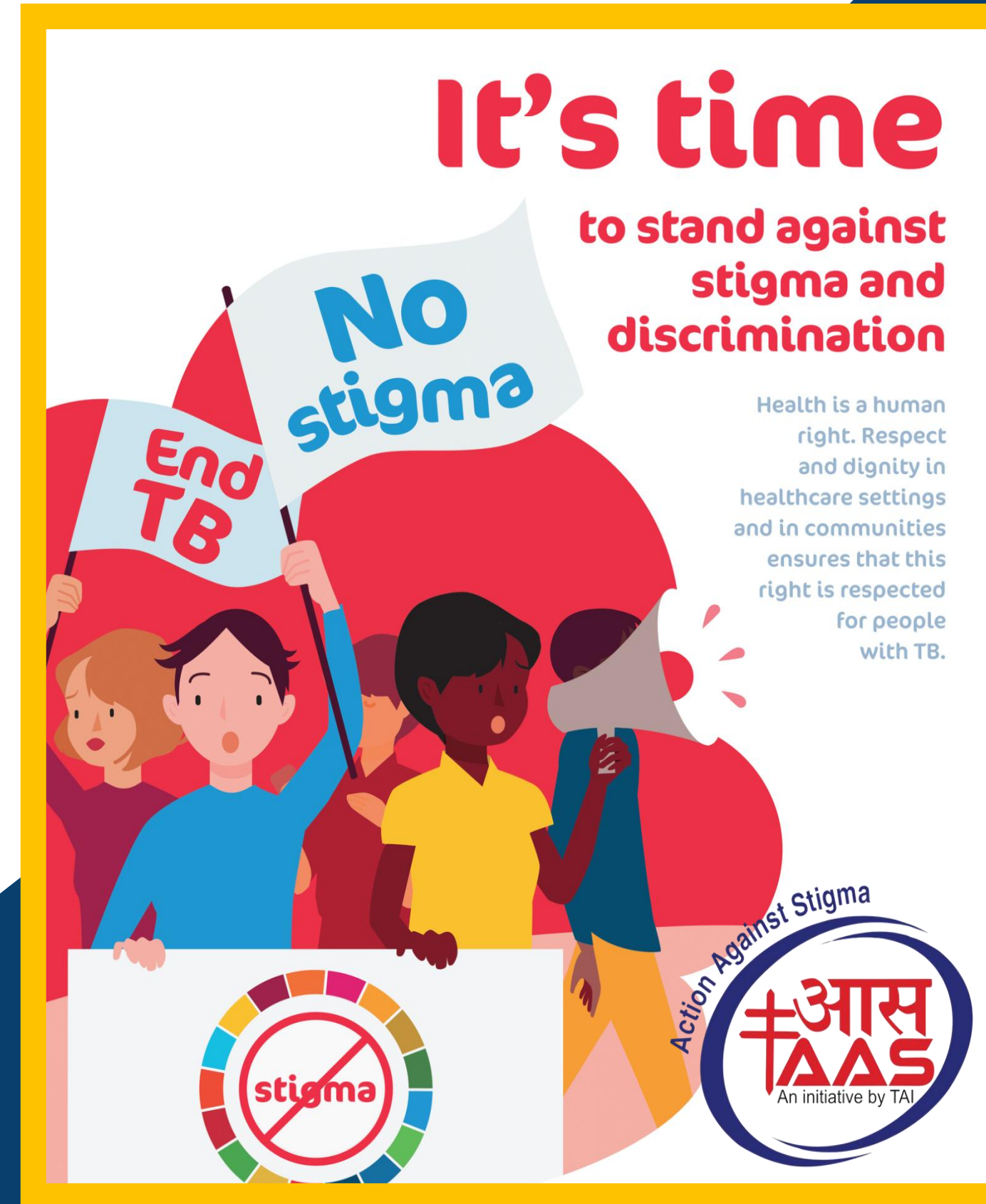
**Health Institutions and  
bodies**

**Academic Institutions**

**NGOs/ Voluntary organization**

**IMA**

**Corporates/ CSR**



# STRATEGIES TO REDUCE STIGMA



Promotes early diagnosis and treatment



Improves patients' well-being



Encourages community support



Reduces discrimination



Increases public awareness



Enhances public health efforts



empowers affected individuals



# HERE'S HOW YOU CAN DO IT

Community based program

Media and Communication efforts

Adding course in educational curriculum

Policy and advocacy

Creating support systems



# THANK YOU

