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## Mental Health Literacy in family caregivers: A comparative analysis

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### Highlights:

- Mental health literacy in caregivers was compared at two-time points 1991 and 2016 to study changes in attitudes, if any
- Significant positive trend was seen on comparison with previous study
- Folk therapy relating to attitude to treatment of mental illness and Rejection of mentally ill relating to tendency of excluding mentally ill from mainstream functioning shows significant positive difference
- However, area of abnormal behaviour relating to beliefs about after-effects of mental illness shows worsening of negative attitudes
- Hopelessness and hypo-functioning, relating to beliefs about after effects of mental illness show no significant difference

### ABSTRACT

The present study was undertaken to examine the current level of mental health literacy in family caregivers and to compare the changes over a 23-year period between 1993 to 2016.

The current sample consisted of 60 family caregivers of patients with major mental illness from the in-patient and out-patient departments of NIMHANS assessed on the Orientation towards

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