

Abstract (in English):

This review paper focuses on the destigmatization of mental disorders through mental health interventions and prevention programs. Stigmatization of mental illness permeates Czech society and prevents the creation of a tolerant environment for the mentally ill and those around them. The aim of this study was to identify and evaluate the effectiveness of various interventions and prevention programs used in the Czech Republic to combat the stigmatization of mental disorders and thus answer the question What is the effectiveness of interventions in the field of destigmatization of mental disorders towards the identified target groups. At the same time, the aim of the thesis is to formulate recommendations for the subsequent development of destigmatization programs. For this purpose, a systematic analysis of publications in the field of mental health was conducted. The research, studies and reports used in the thesis deal with the effectiveness of these programs. Documents were searched through the online tool Google Scholar and then through the online databases Scopus, PubMed and JSTOR. The search was conducted in both Czech and English and was limited to the last 15 years. Primarily Czech studies were used, as well as foreign studies from Europe, USA, UK and Australia. Studies from Asia were not included due to possible socio-cultural differences and studies related to the stigma of specific mental disorders such as schizophrenia. The thesis does not focus on specific diagnoses but on the broader, general theme of destigmatisation of mental disorders. It has been found that stigmatizing attitudes and social distance are indeed reduced in people undergoing destigmatization programs. A key factor influencing the effectiveness of the programmes is contact with a person who has had their own experience of mental illness. The paper also makes recommendations for the future direction of research on destigmatization programs and ways to effectively promote destigmatization.