

Abstract

In the present study, the first goal was to pinpoint the crucial aspect of social support which was most relevant to mental health status. Therefore, psychological closeness, as defined by the degree of intimacy felt by the mental health consumers and one's affiliates, and psychological distance, as defined by the difference between the two views of psychological closeness, would be the focus in this study. Their relation with self stigma and perceived stigma were investigated as well. Results did indicate that both psychological closeness as felt by the mental health consumers and their affiliates showed significant positive correlation with overall mental health status. However, no significant correlation between psychological distance and mental health was found. Besides, there were significant negative correlation between psychological closeness felt by the mental health consumer and self stigma and between psychological closeness felt by affiliates and perceived stigma. These findings shed light on the most effective method for rehabilitation which was communication since it could enhance psychological closeness and reduce stigma at the same time. Moreover, further analysis also indicated that perception of affiliates by the mental health consumer played a more important role on one's mental health than self perception.