

Patient and health care professional perspectives on stigma in integrated behavioral health: barriers and recommendations.

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<https://psnet.ahrq.gov/issue/patient-and-health-care-professional-perspectives-stigma-integrated-behavioral-health>

[Stigma](#) can prevent patients from seeking [necessary](#) mental health care. In this study, researchers conducted qualitative interviews with patients and health care providers to assess mental health stigma and barriers to use of integrated behavioral health (IBH) in primary care settings. Participants identified the importance of normalizing discussions about mental health care and patient-centered communication.