

MEDIATING AND MODERATING FACTORS INFLUENCING THE RELATIONSHIP BETWEEN PUBLIC STIGMA AND SELF-ESTEEM: A SYSTEMATIC REVIEW

Lauren Armstrong^a, Claire Henderson^a, and Katharine A. Rimes^a

^aInstitute of Psychiatry, Psychology and Neuroscience, King's College
London, De Crespigny Park, London, United Kingdom, SE5 8AF



OVERVIEW OF PRESENTATION

- Background/literature
- Rationale/aims for current study
- Methods
- Results
- Discussion

PREVALENCE OF STIGMA

- Stigma = **STEREOTYPING PREJUDICE** and **DISCRIMINATION**
- The prevalence of stigma is *high* for many groups:
- **87%** women report inappropriate sexual advances (Fischer & Bolton Holtz, 2010)
- **88%** of people in the UK with a mental health problem experience discrimination related to this (Farrelly et al., 2014)
- Ethnicity-related maltreatment found to be **weekly** occurrence (Brondolo et al., 2009)

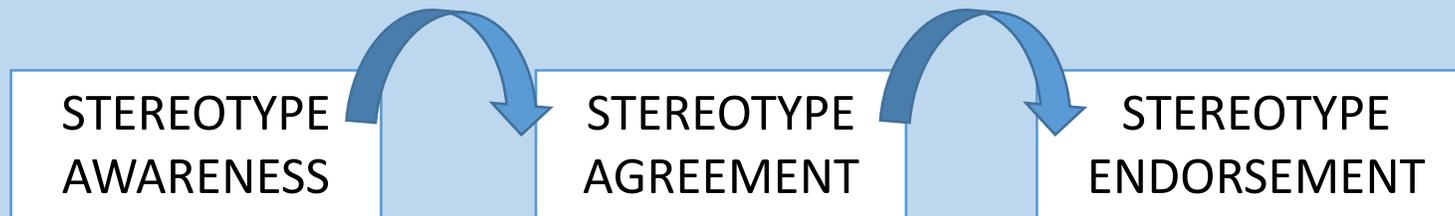
STIGMA AND SELF-ESTEEM

- Among many negative outcomes, stigma has the potential to harm self-esteem
- Low self-esteem is itself associated with a range of negative outcomes and is therefore an important target for investigation:
- It's a risk factor for mental health problems (Cervera et al., 2013; Haynos et al., 2016; Krabbendam et al., 2012).
- As well as poorer physical health, criminal convictions and lowered SES (Trzeniewski et al., 2006).
- Associated with poorer social networks (Marshall et al., 2014)

WHY IS STIGMA HARMFUL FOR SELF-ESTEEM? DIFFERENT THEORIES...

- 1) Stigma is internalised

e.g. Corrigan et al.'s (2006; 2011) progressive model of **self-stigma**:



- 2) Stigma is seen as a *harmful stressor*. When one believes they don't have the ability or resources to cope, self-esteem decrement can occur (Miller & Kaiser, 2001)

HOWEVER!

- **NOT** everyone who experiences stigma will suffer reduced levels of self-esteem...
- Twenge & Crocker (2002) meta-analysis:
 - Black individuals had higher self-esteem than White individuals
 - Ethnic minority males had lower self-esteem than ethnic minority females
- So... 'self-stigma' doesn't happen to everyone & not everyone finds it stressful (or does but is able to cope)
- This suggests that individual variations exist that make some people more **vulnerable** and some people more **resistant**.

THE CURRENT STUDY- AIMS & RATIONALE

- Based on the literature just covered we decided to undertake a **systematic review** to uncover the factors that confer both risk and resilience in regards to stigma-related self-esteem
- Focus on **all** stigmatised populations not just people with mental health difficulties
- Understanding which processes are associated with both self-esteem maintenance and impact in the face of stigma is an important research target

RESEARCH QUESTION

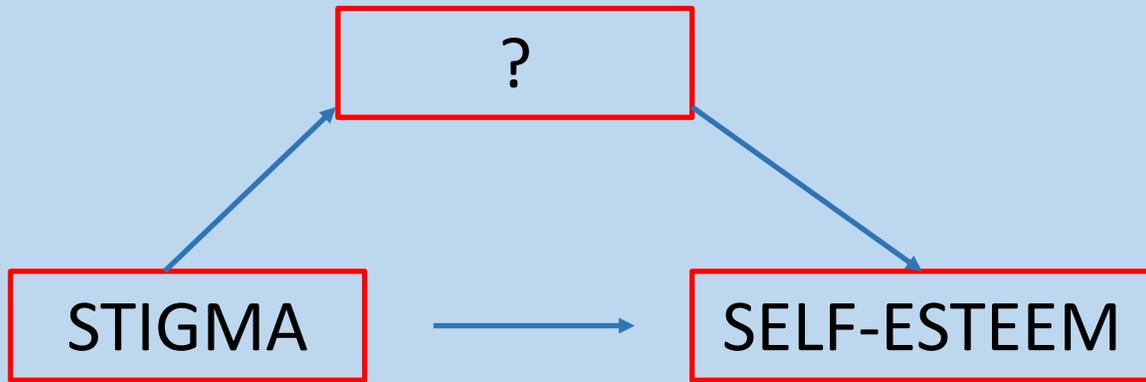
- Which psycho/social/behavioural factors **mediate** or **moderate** the relationship between stigma and self-esteem?

MEDIATOR

- Accounts for a relationship between two variables
- *How* or *why* effects occur
- **Explains** relationship

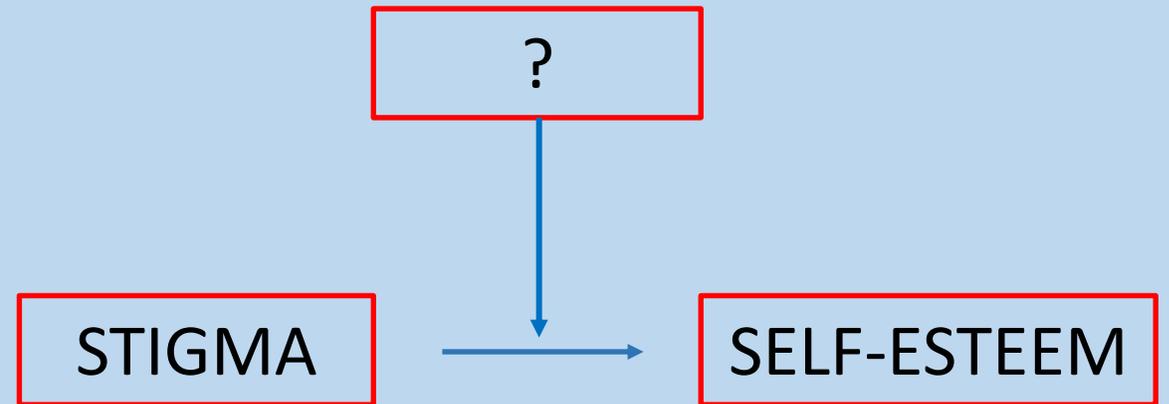
MODERATOR

- Affects the strength of a relationship
- *When* an effect will occur
- **Influences** relationship



MEDIATION

MODERATION



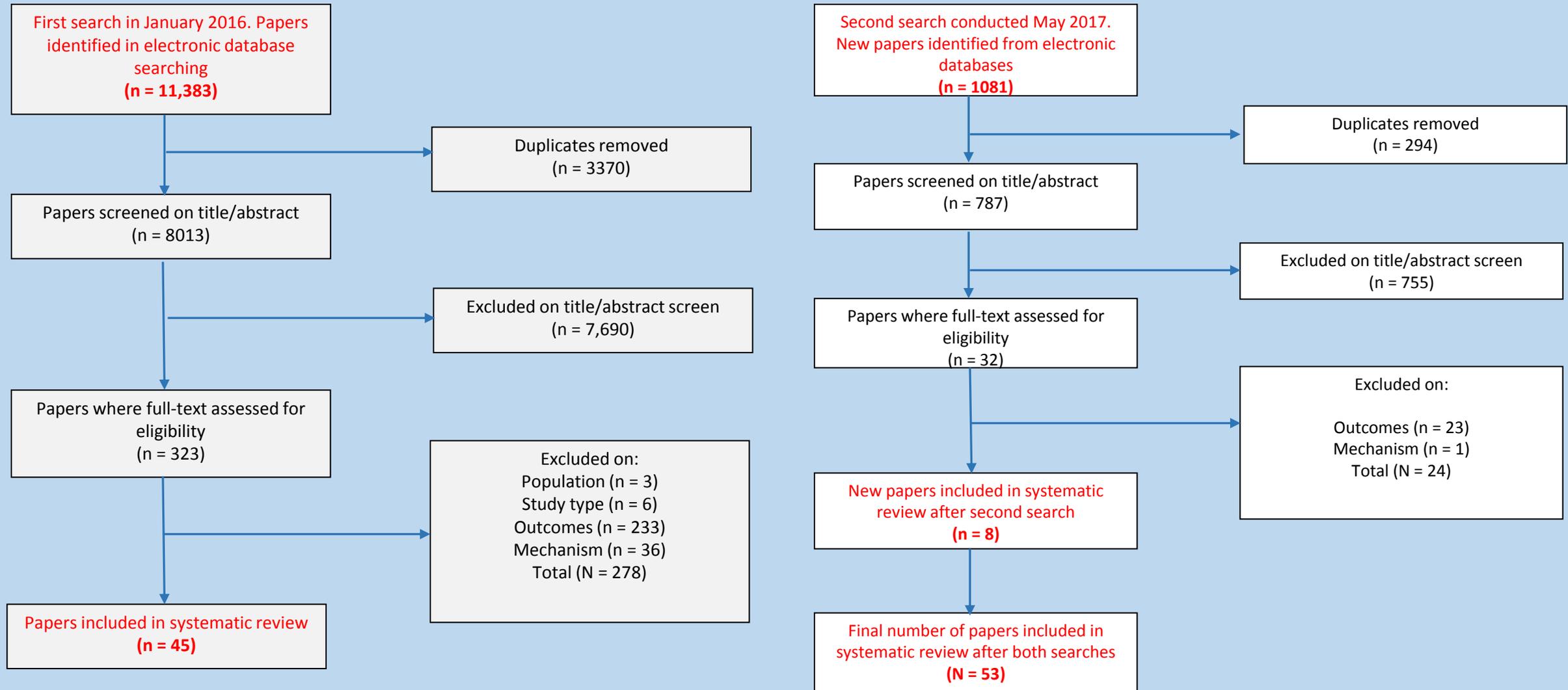
INCLUSION CRITERIA FOR STUDIES

- Adult participants
- Primary quantitative data
- English language
- Independent variable of **PUBLIC** stigma
- Dependent variable of self-esteem
- Investigated a mediator or moderator of this relationship

LITERATURE SEARCH

1. Conducted in January 2016
2. Searched 5 electronic databases with terms related to stigma and self-esteem
3. LA screened all search results based on title and abstract and then by full-text
4. 10% of full texts check by second researcher for reliability
5. Reference lists of included papers also searched
6. Repeated search in May 2017

PRISMA DIAGRAMS



DATA SYNTHESIS

- Data summarised using a narrative synthesis rather than a meta-analysis

RESULTS

- **53** papers describing **59** studies were included
- A range of stigmatised characteristics were investigated including race/ethnicity, mental illness, gender, weight, minority sexual orientation & physical health conditions

MECHANISMS IDENTIFIED

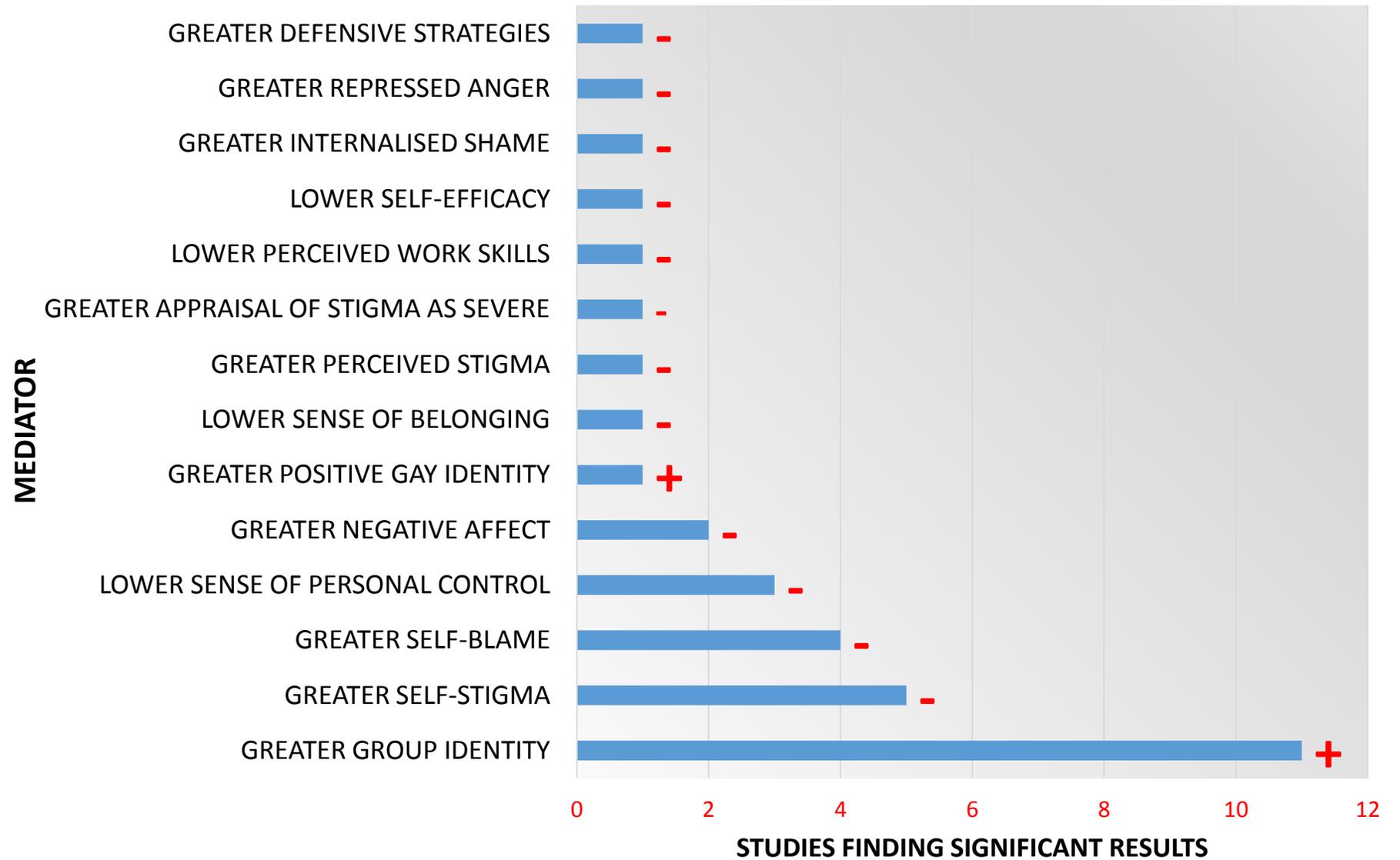
- **57** factors identified overall
- **30** mediators
- **35** moderators
- Some investigated as both (n = 8)

SIGNIFICANT MEDIATORS

KEY

+ = significant positive impact on self-esteem

- = significant negative impact on self-esteem



SERIAL MEDIATION PATHS

Spencer-Rodgers & Collins (2006)

1

DISCRIMINATION



GROUP IDENTIFICATION



GROUP ATTACHMENT



PRIVATE REGARD

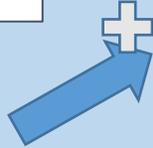


SELF-ESTEEM

Elliot & Doane (2015)

2

PERCEIVED STIGMA



GROUP ATTACHMENT



SOCIAL SUPPORT

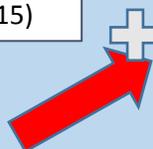


SELF-ESTEEM

Horch & Hodgkins (2015)

3

PERCEIVED STIGMA



STEREOTYPE AGREEMENT



SELF-CONCURRENCE



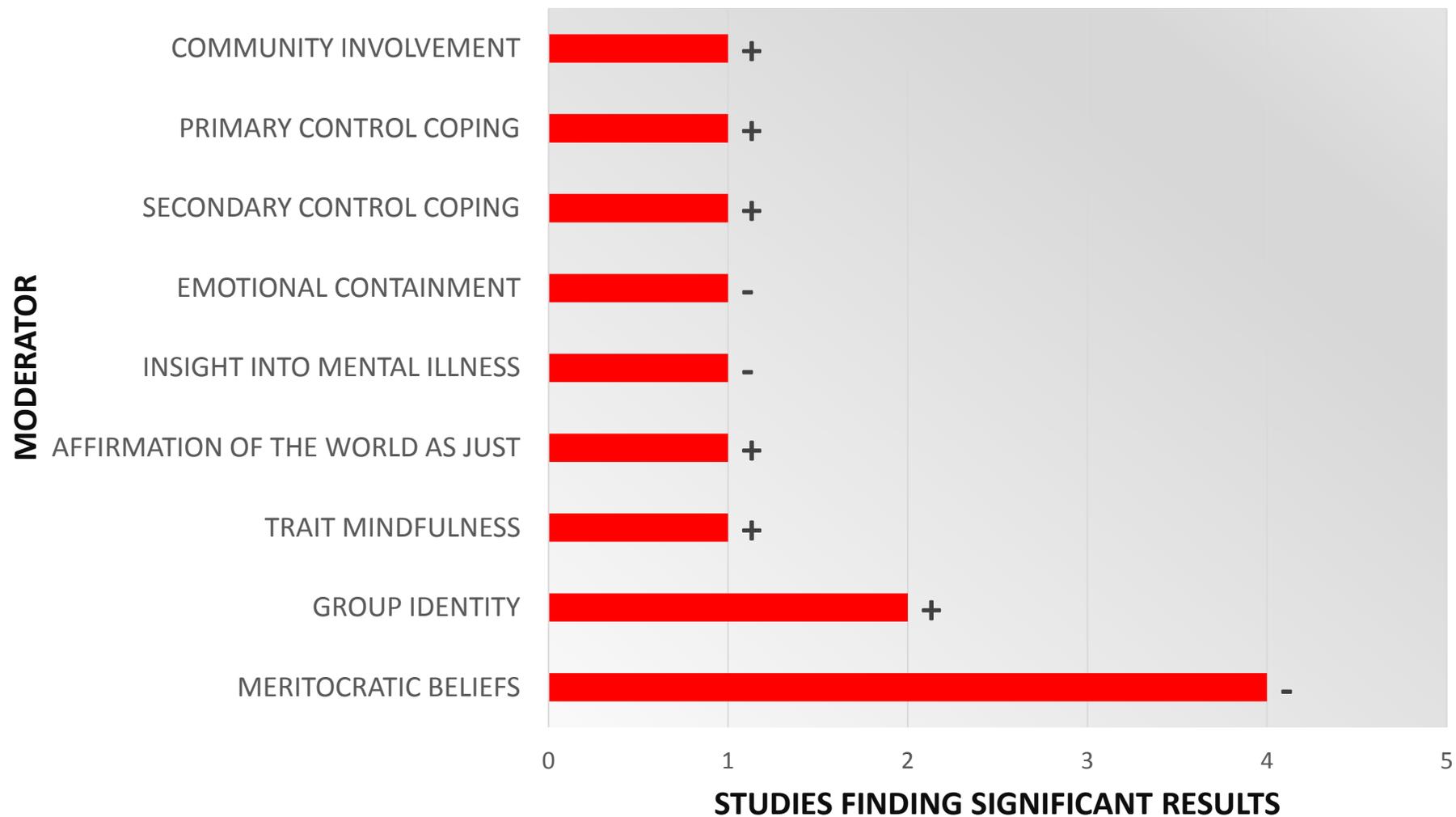
SELF-ESTEEM

SIGNIFICANT MODERATORS: HIGH VERSUS LOW LEVELS

KEY

+ = buffered
impact of
stigma on self-
esteem

- = exacerbated
impact of
stigma on self-
esteem



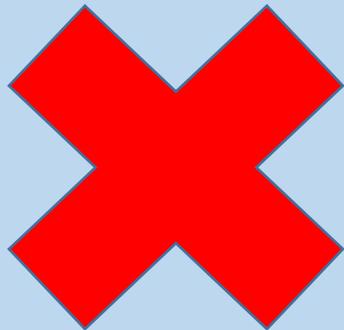
DISCUSSION

- Why is **group identification** so helpful? A 'resource' for coping, or a gateway to 'resources' such as social support? Stops the process of self-stigma? (Watson et al., 2007)
- Evidence for Corrigan & Watson's model of self-stigma; suggests it is a progressive phenomenon as hypothesised
- Other important processes highlighted:

Some people may be blaming themselves rather than the perpetrator

Discrimination events may result in a perceived loss of control/ability

DISCUSSION



- Helpful strategies appear to be more active (doing something about the situation, community activism)
- Unhelpful strategies appear to be more defensive in nature (holding back feelings, withdrawing, secrecy)

LIMITATIONS

- Cross-sectional designs (n = 47)
- Selection bias (n = 35)
- Confounders not controlled for (n = 30)
- Reflected in the fact that when rating studies for methodological quality, the majority were found to be **weak** (n =45) or **moderate** (n=14); none **strong** (EPHPP; Thomas et al., 2007)

CONCLUSION/IMPLICATIONS

- This study identifies various factors that may mediate or moderate the relationship between stigma and self-esteem
- Helps us understand why some people are able to maintain their self-esteem in the face of stigma whereas others are more severely affected
- Offers insight into processes that operate in many marginalized groups
- Offers potential targets for individual-level stigma interventions, of which there are few:

Externalizing blame

Mindfulness

Worldview & expectations

Thank you

QUESTIONS?



REFERENCES

- Brondolo, E., Beatty, D. L., Cubbin, C., Pencille, M., Saegert, S., Wellington, R., . . . Schwartz, J. (2009). Sociodemographic Variations in Self-Reported Racism in a Community Sample of Blacks and Latino (a) s. *Journal of Applied Social Psychology, 39*(2), 407-429.
- Cervera, S., Lahortiga, F., Martinez-Gonzalez, M. A., Gual, P., de Irala-Estevéz, J., & Alonso, Y. (2003). Neuroticism and low self-esteem as risk factors for incident eating disorders in a prospective cohort study. *International Journal of Eating Disorders, 33*(3), 271-280. doi:10.1002/eat.10147
- Corrigan, P. W., Watson, A. C., & Barr, L. (2006). The self–stigma of mental illness: Implications for self–esteem and self–efficacy. *Journal of social and clinical psychology, 25*(8), 875-884.
- Corrigan, P. W., Rafacz, J., & Rüsçh, N. (2011). Examining a progressive model of self-stigma and its impact on people with serious mental illness. *Psychiatry research, 189*(3), 339-343.
- Corrigan, P. W., & Watson, A. C. (2002b). Understanding the impact of stigma on people with mental illness. *World psychiatry, 1*(1), 16-20.
- Farrelly, S., Clement, S., Gabbidon, J., Jeffery, D., Dockery, L., Lassman, F., . . . Howard, L. M. (2014). Anticipated and experienced discrimination amongst people with schizophrenia, bipolar disorder and major depressive disorder: a cross sectional study. *BMC psychiatry, 14*(1), 157.
- Fischer, A. R., & Bolton Holz, K. (2010). Testing a model of women's personal sense of justice, control, well-being, and distress in the context of sexist discrimination. *Psychology of Women Quarterly, 34*(3), 297-310.
- Haynos, A. F., Watts, A. W., Loth, K. A., Pearson, C. M., & Neumark-Stzainer, D. (2016). Factors predicting an escalation of restrictive eating during adolescence. *Journal of Adolescent Health, 59*(4), 391-396.
- Krabbendam, L., Janssen, I., Bak, M., Bijl, R. V., de Graaf, R., & van Os, J. (2002). Neuroticism and low self-esteem as risk factors for psychosis. *Social psychiatry and psychiatric epidemiology, 37*(1), 1-6.
- Marshall, S. L., Parker, P. D., Ciarrochi, J., & Heaven, P. C. (2014). Is self-esteem a cause or consequence of social support? A 4-year longitudinal study. *Child Development, 85*(3), 1275-1291.
- Miller, C. T., & Kaiser, C. R. (2001). A theoretical perspective on coping with stigma. *Journal of Social Issues, 57*(1), 73-92.
- Lazarus, R. S., & Folkman, S. (1984). Coping and adaptation. *The handbook of behavioral medicine, 282-325*.
- Thomas, B., Ciliska, D., Dobbins, M., & Micucci, S. (2004). A process for systematically reviewing the literature: providing the research evidence for public health nursing interventions. *Worldviews on Evidence-Based Nursing, 1*(3), 176-184.
- Trzesniewski, K. H., Donnellan, M. B., Moffitt, T. E., Robins, R. W., Poulton, R., & Caspi, A. (2006). Low self-esteem during adolescence predicts poor health, criminal behavior, and limited economic prospects during adulthood. *Developmental psychology, 42*(2), 381.
- Twenge, J. M., & Crocker, J. (2002). Race and self-esteem: meta-analyses comparing whites, blacks, Hispanics, Asians, and American Indians and comment on Gray-Little and Hafdahl (2000).
- Watson, A. C., Corrigan, P., Larson, J. E., & Sells, M. (2007). Self-stigma in people with mental illness. *Schizophrenia bulletin, 33*(6), 1312-1318.