Effect of Self- Stigma of the Persons with Mental Disorders on Self-Esteem

- Moderating Effect of Legitimacy of Discrimination and Group Identification

Mykyung Seo, Ph.D and Minhwa Lee, Ph.D.
Gyeongsang National University, Jinju, Republic of Korea

Purpose

Individuals with mental disorders who experience self-stigma suffer from hopelessness, depression, diminished self-esteem and self-efficacy, and lowered treatment adherence. However in situational model(Corrigan and Watson, 2002), self-reaction to stigma of persons with mental disorder vary depending on the cognitive components. This study aims to analyze the moderating effects of perceived legitimacy of the discrimination, group identification between self-stigma and self-esteem based on the situational model.

Methods

■ **Participants** : The participants of this study are 188 adults with mental disorder who were involved in community based mental health services(M age=43.1, SD=10.9; male, 56.9%, female, 43.1%, schizophrenia, 83.0%, mood disorder, 16.5%, others, 0.5%).

■ Measures

Internalized Stigma of Mental Illness(ISMI) by Ritsher et al(2003)
Perceived legitimacy of discrimination by Schmader et al(2001)
Group Identification Scale by Brown et al(1986)
Self-Esteem Scale by Rosenberg(1979)

Results

■ moderating effect of perceived legitimacy

Self stigma and perceived legitimacy of the persons with mental disorder have negative effect on their self-esteem($\beta = -.250, -.123$). And compared to a higher level, a lower level of perceived legitimacy was lower the negative effect of self-stigma on self-esteem($\beta = -.107$). (table 1)

■ moderating effect of group identification

Group identification has meaningful influence on self- esteem($\beta = .253$). And compared to a lower level, a higher level of group identification was lower the negative effects of self-stigma on self-esteem.(table 2)

References

Brown, R., Condor, S., Mathews, A., Wade, G., and Williams, J. 1986. "Explaining intergroup differentiation in an industrial organization." *Journal of Occupational Psychology*, 59(4) : 273-286.

Corrigan, P.W. and Watson, J.C. 2002, "The paradox of self-stigma and mental illness" *Clinical Psychology : Science and Practice*, 9(1) : 35-53.

Ritsher, J.B., Otilingam, P.G., and Grahales, M. 2003. "Psychometric properties of a new measure : Internalized stigma of mental illness" *Psychiatry Research*, 121(1) : 31-49.

Schmader, T., Major, B., Eccleston, C.P., and McCoy, S.K. 2001. "Devaluing domains in response to threatening intergroup comparisons: Perceived legitimacy and the status value asymmetry". *Journal of Personality and Social Psychology*, 80(5) : 782-796.

Table 1. moderating effect of perceived legitimacy between self-stigma and self-esteem							
Moderating effect of perceived legitimacy		Self-esteem					
		Model 1			Model 2		
		B	β	t	B	β	t
control Variables	gender	.026	.018	.353	.026	.018	.348
	age	.011	.172	3.26**	.011	.173	3.31**
	symptom	.043	.049	.661	.030	.034	.459
	insight	.332	.329	6.14***	.350	.347	6.45***
self-stigma(a)		-.471	-.520	-6.77***	-.449	-.496	-6.46***
legitimacy(b)		-.096	-.123	-2.19*	-.105	-.135	-2.41*
a*b					-.091	-.107	-2.09*
F(R ²)		35.837(.543)***			31.924(.554)***		

Table 2. moderating effect of group identification between self-stigma and self-esteem							
Moderating effect of group identification		Self-esteem					
		Model 1			Model 2		
		B	β	t	B	β	t
control variables	gender	.019	.013	.261	.036	.025	.517
	age	.010	.148	2.90**	.009	.131	2.65**
	symptom	.025	.028	.389	-.003	-.003	-.050
	insight	.238	.236	4.09***	.264	.261	4.70***
self-stigma(a)		-.480	-.531	-7.47***	-.470	-.519	-7.60***
identification(b)		.215	.219	3.92***	.249	.253	4.66***
a*b					.221	.199	4.05***
F(R ²)		39.569(.567)***			39.137(.603)***		

Conclusion

In this study, we showed cognitive components(perceived legitimacy and group identification) of people with mental disorders would be a factor buffering the negative effects of self-stigma on their self-esteem. Therefore, for overcoming negative results of self-stigma, it is necessary to develop cognitive-behavioral intervention in community-based service centers.