

Abstract for poster at ALBATROS / WADD Joint Congress 2021

Title: Self-stigma in alcohol dependence: guilt and shame's implication? A preliminary study in French population.

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Self-stigma, defined as internalizing prejudice and stereotypes is well documented among people suffering from mental illness, including studies focused on addiction. Progressive model of self-stigma state that people, including alcohol users, internalized stigma related to their condition through four successive steps: awareness, agree, application and consequences. Next to that, reflexive emotions such as guilt and shame impact respectively alcohol users. Even if any consensus appears, it seems that shame improves alcohol consumption whereas guilt acts as a protective factor. While a lot of studies occur during the last decades about self-stigma, to our knowledge, few have investigated emotions' implications in self-stigma process. Moreover, no study has been conducted in France.

Within a broader mixed research, this quantitative study aims to explore the relations between self-stigma process, guilt, and shame in alcohol dependence. Study protocol was approved by the ethical research committee at the Université de Paris. Participants were recruited between October 2020 and July 2021 in addiction care centers near Paris, France, to date 42 participants have been included in this study. Participants responded through seven pre-existing self-report scale investigated alcohol dependence, drugs dependence, depression and anxiety symptoms, perceived stigma, self-stigma, perception of drinking (with guilt and shame subscale), and self-esteem. Through multiple regression and mediation analyses, the implication of guilt and shame in the process of self-stigma for alcohol dependent person will be lit up. Results will be presented and discussed at the congress. Stigmatization is a worldwide phenomenon, and it is essential to further understand how self-stigma occurs, which stigmas are internalized by French alcohol users and which emotions are involved in this process. This knowledge can lead to a better comprehension, improve prevention and the care of self-stigma of alcohol dependent users.

No conflicts of interests.