Self-stigma, defined as internalizing prejudice and stereotypes is well documented among people suffering from mental illness, including studies focused on addiction (i.e.)

Progressive model focused on cognitive self-stigma stating that people, including alcohol users, internalized stigma related to their condition through four successive steps: awareness, agree, application and consequences (Carrigan et al., 2011; Schomerus et al., 2011).

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 (Tangney & Dearing, 2002). Furthermore, the emotional implication in the dynamic model of self-stigma is few studying.

AIMS: Studying et validating progressive self-stigma model in alcohol users
Investigate guilt and shame impact in self-stigma process for alcohol users

METHODS

**N=114** alcohol-consumer recruited in two addiction’s Hospital services near Paris

- Must follow eligibility criteria
- Must have read and sign consent formula
- Due to sanitary situation all parenthesis were in bedroom of addiction’s hospital service, participant could answer question on tablet or paper support
- Experimentator was always present to help in case of need

Project was validated by ethical committee of research of University of Paris (N° IRB : 00012020-37)

RESULTS

Table 1. Results of Hierarchical Regression on Self-stigma subscales

<table>
<thead>
<tr>
<th>Predictor</th>
<th>SSAD aware</th>
<th>SSAD agree</th>
<th>SSAD apply</th>
<th>SSAD harm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score</td>
<td>b&lt;0.10</td>
<td>t&lt;2.60</td>
<td>t&lt;2.60</td>
<td>t&lt;2.60</td>
</tr>
<tr>
<td>Consum.</td>
<td>b&lt;0.10</td>
<td>t&lt;2.60</td>
<td>t&lt;2.60</td>
<td>t&lt;2.60</td>
</tr>
<tr>
<td>t&lt;0.05</td>
<td>t&lt;2.60</td>
<td>t&lt;2.60</td>
<td>t&lt;2.60</td>
<td>t&lt;2.60</td>
</tr>
<tr>
<td>r&lt;0.10</td>
<td>r&lt;0.10</td>
<td>r&lt;0.10</td>
<td>r&lt;0.10</td>
<td>r&lt;0.10</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Repeated ANOVA measure, correlation analysis and hierarchical regression’s results tend to validate progressive model of self-stigma in studying sample because results are congruent with other studies (Schomerus et al., 2011; Melchior et al., 2019).

Shame seems to involve in internalization of stigma, since the beginning of the process whereas guilt did not at any time, which goes along with results showing no link between guilt and alcohol addiction (Roddge & Clarke, 2018)

Due to temporality and progressive aspects of this model, longitudinal design seems more appropriate

Results must be taking into limits, measures shows several inconsistency: AUDIT scale may not be adapt for people with a proven addiction and guilt subscale shows low alpha when internal consistency was measured.