SELF-STIGMA IN ALCOHOL DEPENDENCE: GUILT AND SHAME'S IMPLICATION? A PRELIMINARY STUDY IN FRENCH POPULATION

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BACKGROUND

✓ 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** (Corrigan 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 implication in self stigma process for alcohol users**

METHODS

Measures

AUDIT= Alcohol Use Disorders Identification Test (Saunders et al., 1993) α=.80
DAST-10= Drug Abuse Screening Test (Villalobos-Gallegos et al., 2015) α=.87
PODS= Perceptions of Drinking Scale (Treeby et al., 2020) α=.75 & α=.67
SSAD= Self-Stigma in Alcohol Dependence Scale (Schomerus et al., 2011 α = .93, .94,.89, .91.
EES= Echelle d'estime de soi (Vallieres & Vallerand, 1990) α=.78
HADS= Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983) α=.70 & α=.73
SS= Stigma Scale (Morandi et al., 2013) α=.73

Traduction & retro traduction by bilinguists and test of clairty on n=27 patients

Procedure

N=**114** alcohol-consumer recruted in two addiction's Hospital services near Paris

- Must follow elibility criterias
- Must have read and sign consent formula
- Du to sanitary situation all passation 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
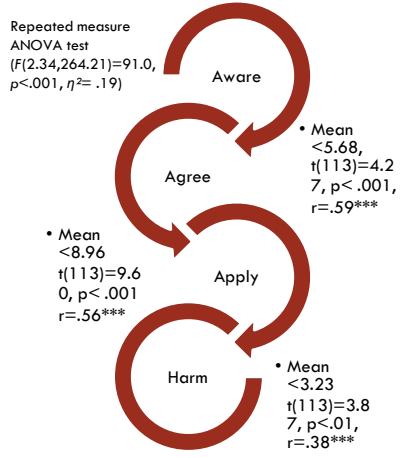- Project was validated by ethical comittee of research of University de Paris (N° IRB : 00012020-37)

RESULTS

Sample socio-demographic caractéristics	
Gender ratio	68% mens
Mean age	44.6 (11.1)
Clinical variables	
Years of addiction	13.1(12.3)
Alcohol use disorders	28.7(6.16)
Drug abuse	2.40(2.01)
Shame	17.7(3.69)
Guilt	18.6(3.22)
Stigma scale	18.4(5.45)
Aware	49.4(15.6)
Agree	43.7(15.4)
Apply	34.8(12.9)
Harm	31.5(13.7)
Anxiety	8.76(3.12)
Depression	9.57(3.99)
Self-esteem	24.8(4.41)
	Mean (S.D)

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

Step	Predictors	SSAD aware b	t	p	Overall model test	SSAD agree b	t	p	Overall model test	SSAD apply b	t	p	Overall model test	SSAD harm b	t	p	Overall model test
1	AUDIT score	-0.09	-0.9	0.36	F(2,97)=1.65, p=0.20 R²=0.03	0.27	2.70	0.008	F(2,97)=3.68, p=0.03* R²=0.07	0.05	0.58	0.56	F(2,97)=0.12, p=.088 R² = 0.002	0.23	2.60	0.01*	F(2,97)=0.88, p=0.41, R²=0.01
	Consuming last	0.18	1.7	0.08		0.08	0.80	0.42		0.03	0.32	0.75		-0.10	-1.26	0.21	
2	PODS-Guilt	0.11	1.16	0.25	F(5,94)=3.85, p=0.003** R²=0.17	0.14	1.62	0.12	F(5,94)=9.58, p<.001*** R²=0.33	0.13	1.44	0.15	F(5,94)=8,97, p<.001*** R²=0.32	0.09	1.10	0.27	F(5,94)=12.87, p<.001*** R²=0.41
	PODS-Shame	0.23	2.25	0.02*		0.44	4.81	<.001***		0.36	3.83	<.001***		0.47	5.32	<.001***	
	Stigma-scale	0.20	2.06	0.04*		0.06	0.71	0.48		0.25	2.74	0.007**		0.27	3.16	0.002*	
3	HADS-Anxiety	0.03	0.35	0.72	F(8,91)=2.35, p=0.02* R²=0.17	0.13	1.13	0.26	F(8,91)=6.18, p<.001*** R²=0.35	0.12	1.32	0.19	F(8,91)=6.04, p<.001*** R²=0.35	0.14	1.60	0.11	F(8,91)=8.45, p<.001*** R²=0.43
	HADS-Depression	0.002	0.01	0.98		-0.03	-0.37	0.71		0.05	0.56	0.58		-0.05	-0.51	0.61	

b = Standardized estimate reported. p<.05*, p<.01**, p<.001***

Repeated measure ANOVA test (F(2.34,264.21)=91.0, p<.001, η²= .19)

Aware → Agree: Mean <5.68, t(113)=4.27, p< .001, r=.59***
Agree → Apply: Mean <8.96 t(113)=9.60, p< .001 r=.56***
Apply → Harm: Mean <3.23 t(113)=3.87, p<.01, r=.38***

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 be 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 (Dodge & 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 inconsistence** : AUDIT scale may not be adapt for people with a proven addiction and guilt subscale shows low alpha when internal consistency was measured.

Bibliography