

Meta-synthesis of studies on self-stigma in chronic disease

Kawoun Seo, Yoonhee Lee, Bohyun Kim, Youngshin Song

CHUNGNAM NATIONAL UNIVERSITY COLLEGE OF NURSING

PURPOSE

- Kato et al. stated that self-stigma is to the biased attitude in which individuals develop negative attitudes toward themselves because of their various conditions. This condition can be referred to as internalized stigma.
- Contrast with social-stigma, self-stigma may particularly affect to individual belief and behaviors toward disease self-management in patients with chronic disease.
- The literatures have reported that the self-stigma under chronic diseases conditions would be associated with a poor attitude toward self-care behaviors, and its results may negatively impacts on their health outcome such as quality of life.
- Recently, the importance of self-stigma was emphasized in mental health and AID study, and comprehensive review study was also published in prior.

PURPOSE

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- However, self-stigma in patients with chronic disease such as diabetes has not yet been investigated.
 - Thus, the purpose of this study was to comprehensively review the concept of self-stigma in patients with chronic disease, and to synthesize the attributes of self-stigma using published literatures.
 - Based on the findings from this meta-synthesis, the concept of self-stigma in chronic disease conditions can be distinguished from mental health, and classified the attributes of self-stigma for patients with chronic disease.
 - Ultimately, the instrument for measuring the self-stigma under chronic disease condition can be developed in future study.
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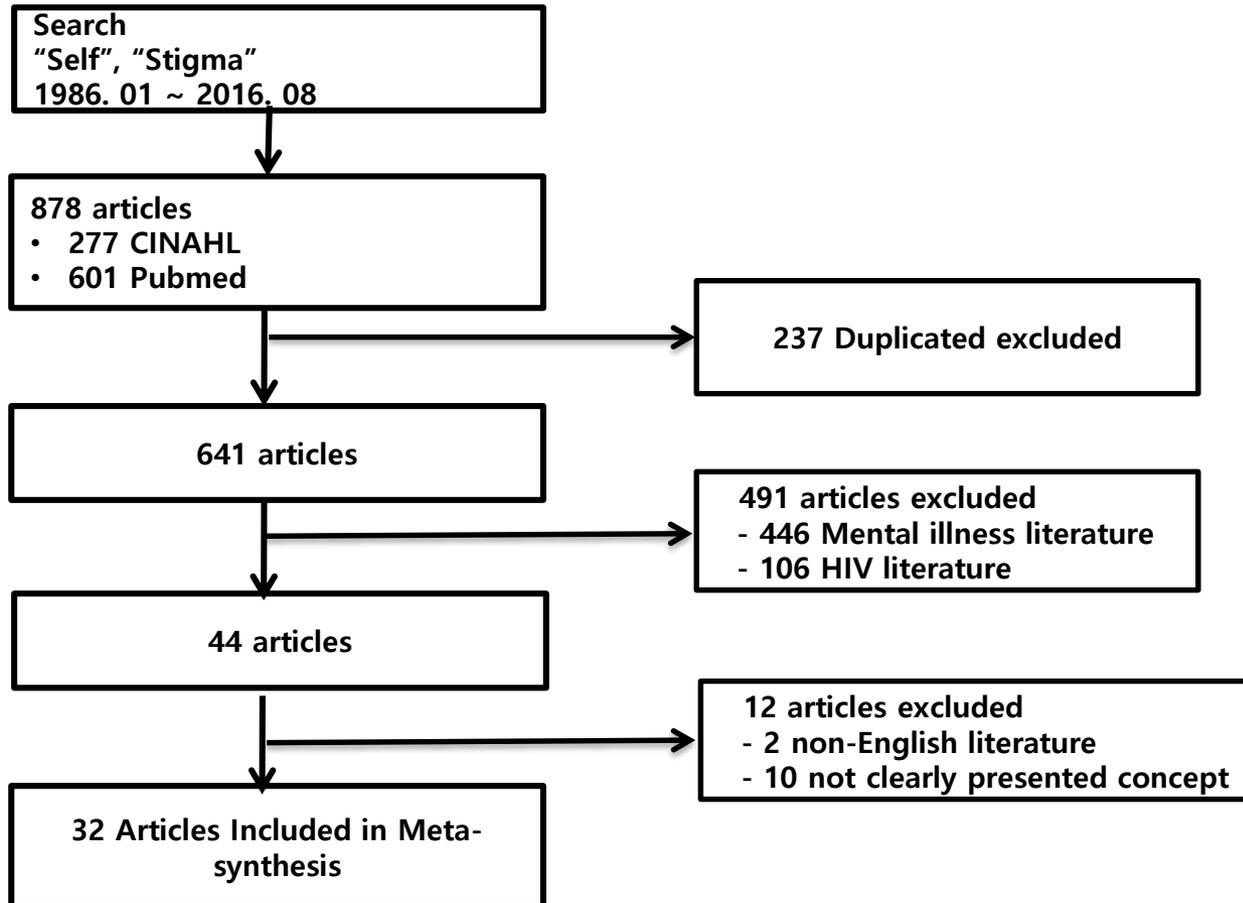
METHODS

- Database : Pubmed, CINAHL
 - Search terms : 'self' or 'internalized' and 'stigma'
 - Inclusion criteria
 - a) English literatures
 - b) human study
 - c) original studies using qualitative/quantitative methods
 - d) sample with chronic diseases condition
 - Exclusion criteria
 - a) mental health problem
 - b) HIV/AIDS
 - c) non-chronic condition such as smoking
 - d) concept was not clearly presented
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METHODS

- Two researchers were searched and coded using coding scheme independently
 - If there was found the discrepancies between reviewers, principal investigator was resolved.
 - Coding scheme consist of study characteristics (sample size, clinical condition of participants, study design etc.) and the definition or attributes of self-stigma.
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RESULTS



RESULTS

- The final 32 studies included
 - 12,831 samples with chronic diseases such as diabetes mellitus, hepatitis C, liver cirrhosis, stutter, epilepsy, leprosy, TB, ESRD, neuromuscular disease, lung cancer, and overweight/obesity.
 - 27 studies were quantitative research, and 6 studies were qualitative research
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RESULTS

Domains	Literature review		
	Attributes	Indicators	Consequence
Affective factors	Negative feeling	Dislike	
		Regret for past	
		Embarrassment to symptoms	
		Fear of disclosure; fear of being treated difficultly	
		Shame	
Cognitive factors	Low self-esteem	Diminished self- worth; self devaluation	Self-care reduction
	Self-blame	Guilt; negative self-statement; self-punishment	
	Weakness feeling	Unhealthy feeling; threatening situation	
	Meaninglessness	Uncertainly about the future; Low expectations of the future	Low treatment adherence
	Discrimination awareness	Stereotype awareness; perceived inadequacy	
Disease burden	Burden of economy; burden of disease management		
Behavioral factors	Social withdrawal	Social avoidance; difficult social relationship	
	Concealing the disease	Avoiding disclosure; fear of enacted stigma	

Conclusion

The finding showed that the attributes of self-stigma stigma in patients with chronic disease were different from mental health and other conditions. The attributes of self-stigma from this meta-synthesis were divided into two folds such as interpersonal focused self-stigma and self-blamed focused self-stigma. However, those attributes were affected by patients' situations. Based on this meta-synthesis, self-stigma in patients with chronic disease can be understood and classified, but little information was remained on how to measure the self-stigma. Therefore, it should be needed to investigate the systematic review again for self-stigma measurement tool in further study

Learning objectives

- The learner will be able to explain the definition of self-stigma in chronic disease. Self-stigma in chronic disease is negative thought or feelings about themselves because of their own psychological status
 - The learner will be able to classify the attributes of self-stigma in chronic disease. The attributes of the self-stigma in chronic disease could be divided into two categories. One was interpersonal focused self-stigma and the other was self-blamed focused self-stigma.
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