

EASE-ing Self Stigma

Developed by:

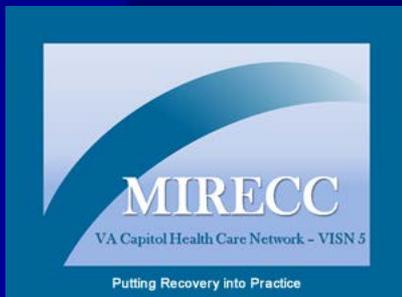
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Goals

- Build on your current understanding of public and internalized stigma and their effects.
- Learn 4 principles that can “EASE” the effects of self-stigma for Veterans you work with.
- Become familiar with several ways each principle can be put into practice.

Public Stigma =

- Negative stereotypes and biases that others believe about people with mental illness
- And the discrimination and disrespect this leads them to direct towards people they know or think have a mental illness

**So stereotypes are
unfair,
incorrect
overgeneralizations**

**But people with
mental illness are
exposed
to them frequently**

As if they are true

**What effects does
this have?**

Experiences:

rejection or distancing
discrimination

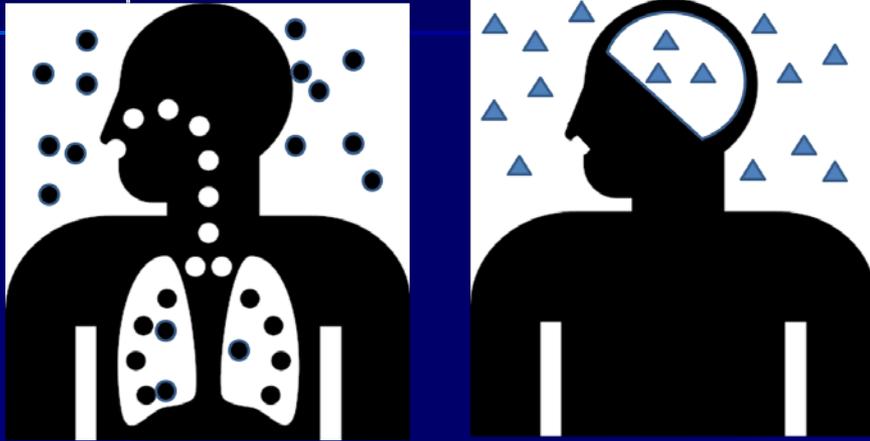
Emotions:

sad, angry, frustrated,
dejected, demoralization

Behaviors:

isolate or withdraw, rebel,
give up goals

Internalized Stigma =



When a person comes to believe that negative stereotypes about people with mental health problems are true of him or herself.

One type of psychological harm caused by experiencing stigma from others.



Impacts of Self-Stigma

- Associated with more severe symptoms (Ersoy, 2007, Lysaker et al., 2007)
- Lower self-esteem, self-efficacy, and self-agency (Ritsher & Phelan, 2004, Lysaker et al., 2008)
- Greater social avoidance, avoidant coping and fewer social contacts (Yanos et al., 2008)
- Less recovery oriented attitudes (self-direction, empowerment, hope, etc.) more demoralization (Ritsher et al., 2003)

We can "EASE" Self-Stigma :

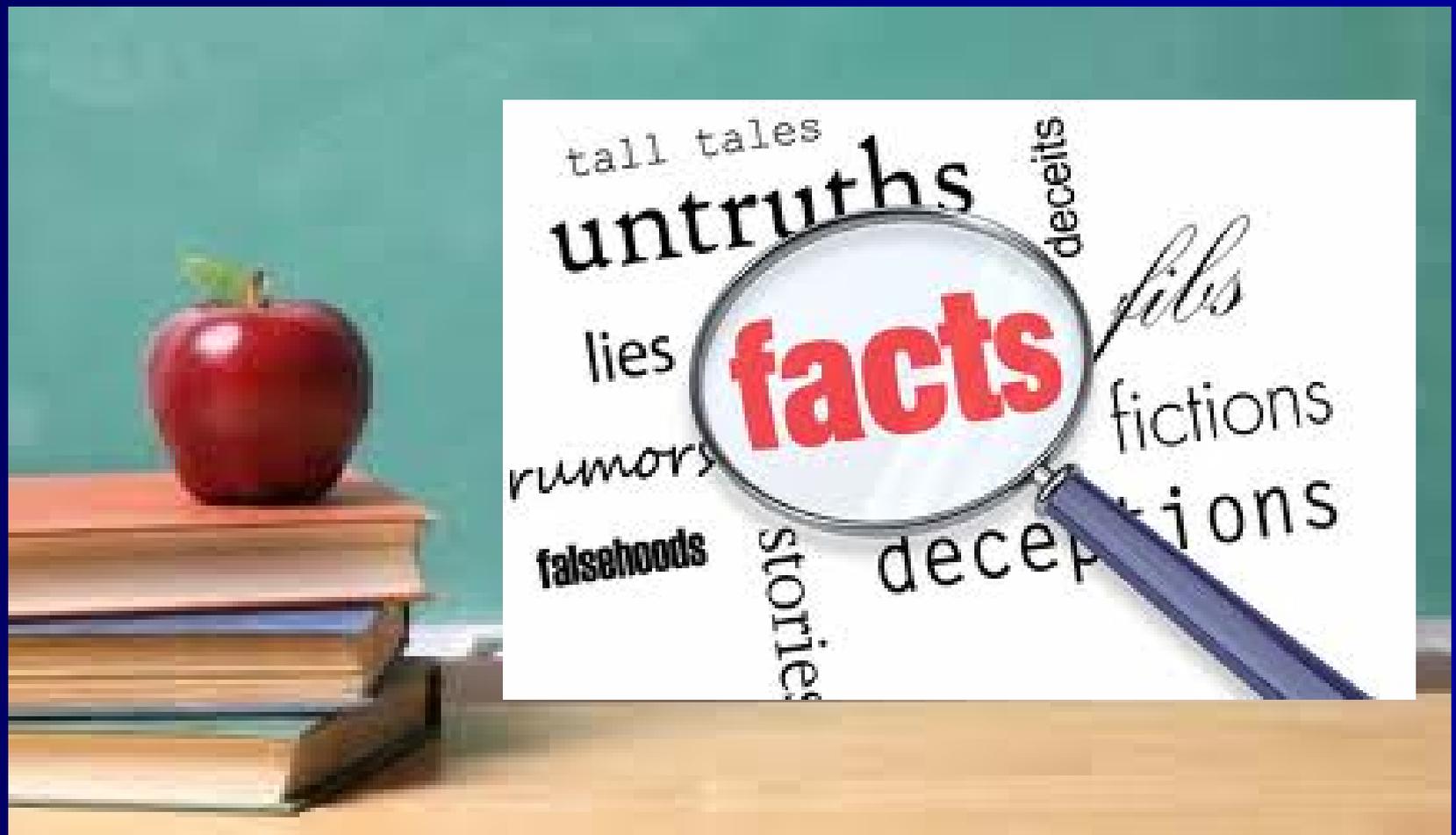
Education

Awareness

Shift perspective

Empower

Education



Awareness



ISMI¹ Subscales

Alienation

- "I am embarrassed or ashamed that I have a mental illness."

Stereotype Endorsement

- "Mentally ill people tend to be violent."

Perceived Discrimination

- "People discriminate against me because I have a mental illness."

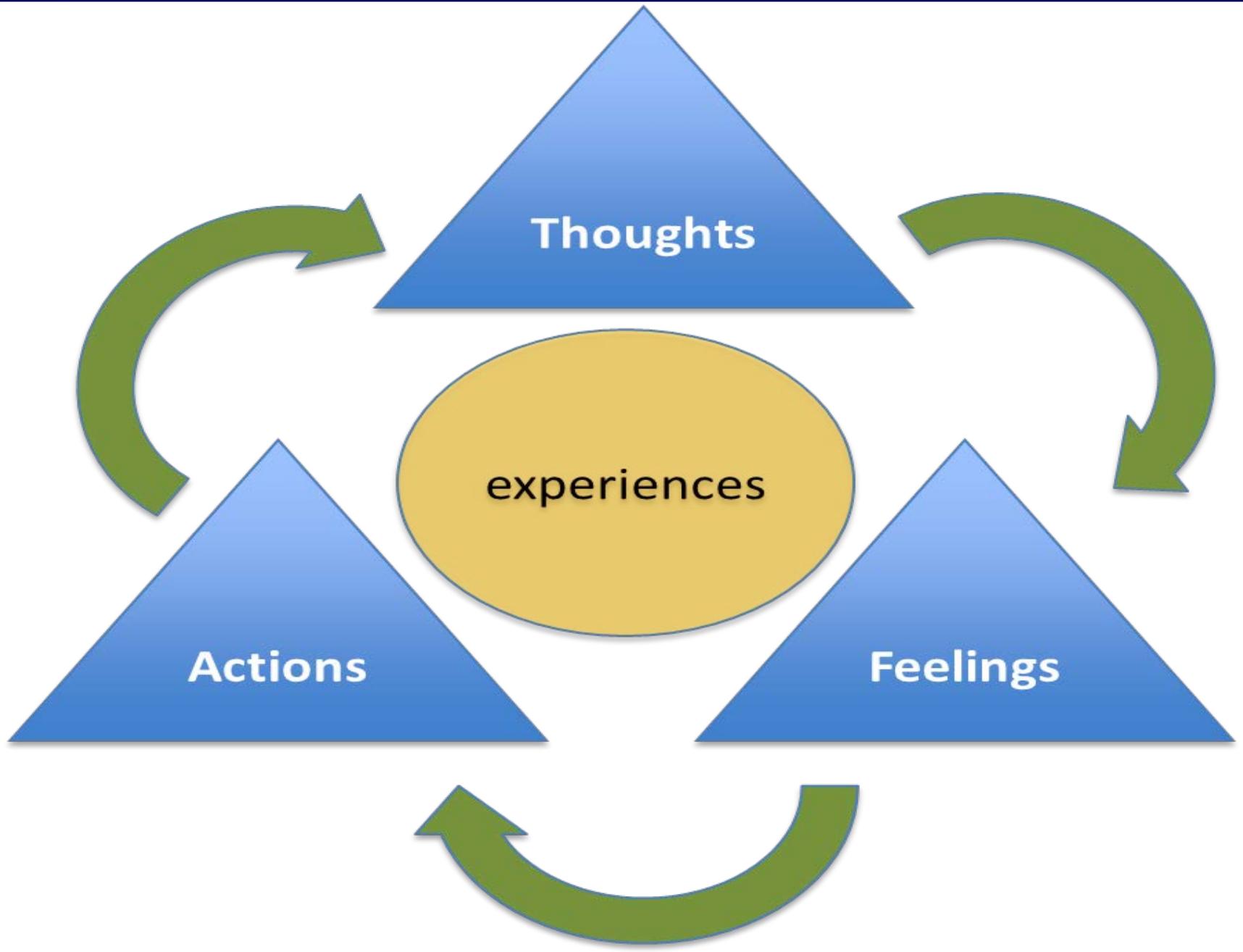
Social Withdrawal

- "I avoid getting close to people who don't have a mental illness to avoid rejection."

Stigma Resistance

- "Living with mental illness has made me a tough survivor."

¹ Ritsher et al. (2003)



Shifting Perspective

Event	Feeling	Catch it	Check it	Change it	New feeling
On my way to therapy	I feel shame. What is the thought that leads to this feeling?	All I am is a mental patient.	This thought makes me feel bad and is not true. Its not a useful thought	I am more than my diagnosis. Therapy helps me reach my goals	Hopeful

Empowerment



Facets of Myself

What are some positive personal qualities that you like most about yourself?

What are some things you are proud of yourself for?

What are some things you enjoy doing? now or as a child, alone or with others

What are some values you try to live by?

What are some additional positive ways you could finish these sentences:

I am

I am

I am

Additional Questions?

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Awareness

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Empower

