

# I Hate Myself - How self-esteem provides a lens into the conscious experience

Aksel Bjørø Pedersen, Bernhard Edvardsen and Salvatore Messina

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**Abstract:** What is the psychological construct self-esteem, and why is self-esteem important? We will look at how self-esteem shapes not just our thoughts and feelings, but also our behaviors. Drawing on perspectives from psychology and philosophy, we will discuss how self-esteem—our perceived personal worth—provides a lens into the conscious experience.

See also: <https://doi.org/10.1177/108705472412372>

Article

## Self-Esteem in Adults With ADHD Using the Rosenberg Self-Esteem Scale: A Systematic Review

Aksel Bjørø Pedersen<sup>1\*</sup>, Bernhard Vestby Edvardsen<sup>1\*</sup>,  
Salvatore Matias Messina<sup>1</sup>, Maria Rudjord Volden<sup>1</sup>,  
Lisa L. Weyandt<sup>2</sup>, and Astri J. Lundervold<sup>1</sup>

### Abstract

**Objective:** To summarize and analyze recent articles investigating self-esteem in adults with ADHD, focusing on the impact of demographic and clinical characteristics, and methodological issues. **Method:** Following PRISMA guidelines, a systematic search for literature published between 2010 and 2022 was conducted in the Web of Science, Ovid, Pubmed, and EBSCO databases. **Results:** Eleven studies met inclusion criteria. Five of the six studies including healthy controls reported lower self-esteem in participants with ADHD. ADHD symptoms correlated negatively with self-esteem. Gender differences were not observed. Self-esteem mediated several outcomes associated with ADHD. There was a lack of studies that examined potential mechanisms behind the reduced self-esteem, and studies controlling for confounding variables. **Conclusion:** A robust association between ADHD and low self-esteem in adults emerged, but the lack of control of confounding variables is critical to consider when interpreting the findings. Longitudinal studies addressing the limitations of the current studies are needed. (*J. of Att. Dis.* 2024; 28(7) 1124-1138)

### Keywords

systematic review, self-esteem, Rosenberg self-esteem scale, ADHD, adults

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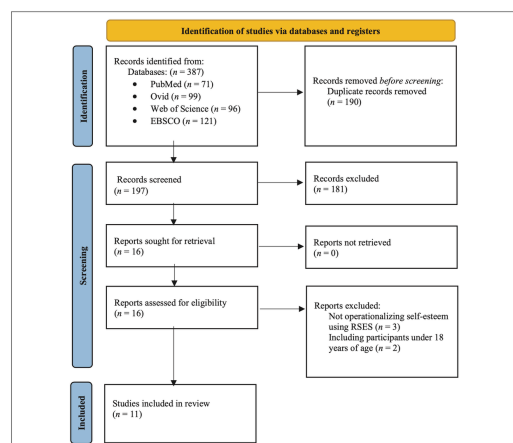


Figure 1. PRISMA 2020 flow diagram (Page et al., 2021).