



National Institute
on Drug Abuse

Perceived Stigma and its Role in Substance Use Disorder and Mental Health Outcomes

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Introduction

- Perceived stigma is the fear of being discriminated against due to societal beliefs
- Is associated with negative mental health outcomes and hinders treatment access

Study Aims

- Determine effect primary substance and treatment type have on stigma
- Better understand relationship between stigma and mental health outcomes

Methods

Data

- N = 7,933 Substance Use Disorder (SUD) patients
- Primary outcome: Perceived Stigma of Substance Abuse Scale (PSSAS)
- Mental health outcomes
- SUD Outcomes
- Primary Substance
- Treatment Type
- Discharge Status

Methods

- Calculate mean PSSAS for each primary substance, treatment type, and discharge status
- Perform T-test for each of the above and PSSAS
- Correlate PSSAS with mental health outcomes

Results

Figure 1: Perceived Stigma Affected by
Primary Substance and Treatment

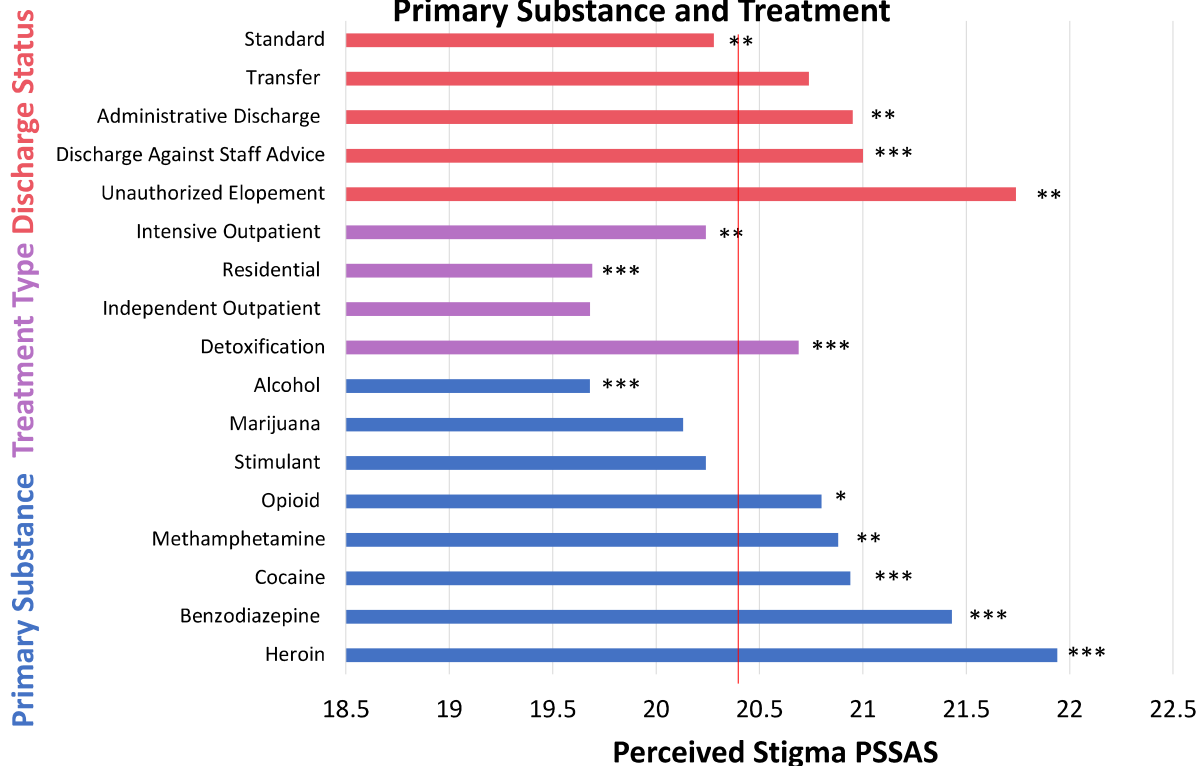


Table 1: Pearson Correlations: Mental Health and SUD
Outcomes Related to Stigma

	Anxiety	Depression	Quality of Life	Stress	"Commitment to Sobriety"	Craving
PSSAS	.192 ***	.255***	-.251***	.241***	-.076***	.204***

Conclusions

- Investigated factors work in tandem with stigma to affect individuals with substance use disorders
- Preestablished relationship between stigma and mental health upheld

Implications

- Reducing stigma toward substance users can improve mental health outcomes in SUD patients
- Stigma differences related to primary substance could be related to legal status and social desirability
- Residential or intensive outpatient treatment with standard discharge might be more successful at reducing stigma

Future steps

- Examine cultural norms and/or location as potential factors

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