

Caroline F. Z. Stuhlmann, MSc^{1,2}, Juliane Traxler, MSc¹, Valentina Paucke, BSc¹, & Rachel Sommer, PhD, MPH¹

Identifying Predictors and Correlates of Skin Disease Self-Stigma for Online RCT Intervention: A systematic review

CVderm
German Center for Health Services Research
in Dermatology

BACKGROUND

- People with chronic skin disease experience **self-stigma** or a negative view about their appearance
- Little is known about factors contributing to self-stigma, and fewer interventions have been implemented to help individuals deal with negative feelings about their own skin disease

AIMS

1. To summarize current literature for predictors, correlates, and underlying mechanisms of self-stigma among adult populations with chronic skin disease
2. Overarching goal: identify targets for RCT intervention

METHODS

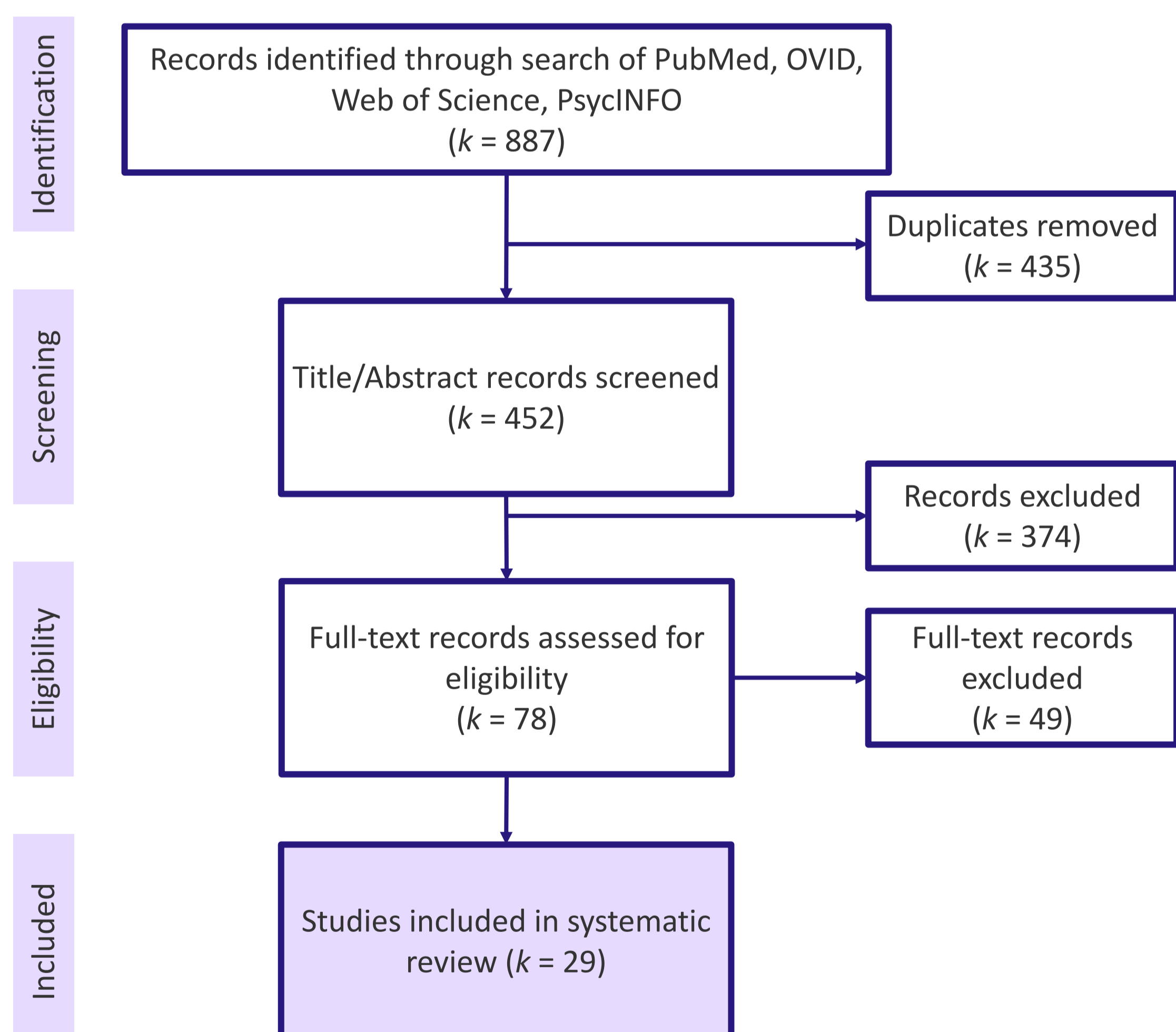
Search Strategy

- Pre-registered PROSPERO: CRD42021286638
- Searched PubMed, OVID, Web of Science, and PsycINFO (through EBSCO)
- Written in German or English, no date limiters
- Final database search completed in February 2022

Selection Criteria & Screening

- Inclusion criteria:
 - Include a sample of adults with a diagnosis of dermatitis, psoriasis, vitiligo, alopecia areata, or hidradenitis suppurativa
 - Empirical data that was published in a peer-reviewed journal
 - Include relevance to self-stigma (synonyms: body image, self-esteem)
 - Include psychosocial predictors or correlates of self-stigma
- Excluded systematic reviews/meta-analyses and qualitative studies
- Two independent reviewers screened articles for eligibility and extracted data with discrepancies resolved by an additional reviewer

PRISMA Flow Chart



Data Extraction & Analysis

- Two independent reviewers extracted associations between self-stigma and psychosocial variables
- Study quality and risk of bias was assessed with the Johanna Briggs Institute (JBI) Checklist for Analytical Cross-Sectional Studies
- Articles were synthesized narratively

RESULTS

Study Characteristics

- Commonly Used Measures for Self-Stigma
 - Body Image Scale (Hopwood et al., 2001)
 - Feelings of Stigmatization Questionnaire (Ginsburg & Link, 1989)
 - Internalized Stigma Scale (adapted from the Internalized Stigma of Mental Illness Scale; Ritscher et al., 2003)
 - No scales addressed solely self-stigma

Table 1. Characteristics of Included Studies (k = 29)

Study Design	k	Valid %	Language	k	Valid %
Cross-sectional	28	96.6	English	28	96.6
Longitudinal	1	3.4	German	1	3.4

Region of Study	k	Valid %	Skin Diseases ^a	k
Europe	23	79.3	Psoriasis	17
Middle East	2	6.9	Vitiligo	6
Asia	2	6.9	Alopecia Areata	3
Africa	1	3.4	Dermatitis	3
North America	1	3.4	Hidradenitis Suppurativa	3

Sample Sizes	M=	SD=	range =
	152	266	35 - 1,485

^aSamples could include multiple skin diseases

Factors Associated with Self-Stigma

- Sociodemographic variables and clinical factors were evenly split between studies that found significant v. non-significant associations

Table 2. Number of Studies with Significant Psychosocial Predictors and Correlates of Self-Stigma by Effect Size^b


	Large Predictor	Medium Predictor	Small Predictor	High Correlation	Moderate Correlation	Low Correlation
Potential Targets for Intervention						
Social Stigma	2	0	0	2	0	0
Coping Strategies	0	1	0	1	2	0
Social Support	0	1	0	1	0	0
Not Suitable as Intervention Targets						
Attachment Style	1	1	0	0	0	0
Quality of Life	1	0	0	7	9	5
Psychological Distress	1	1	0	7	5	8

^bEffect size categories as follows, Predictors: $f^2 = 0.02$ indicates a small effect; $f^2 = 0.15$ indicates a medium effect; $f^2 = 0.35$ indicates a large effect; Correlations: $r = 0.10$ indicates a small effect; $r = 0.30$ indicates a medium effect; $r = 0.50$ indicates a large effect (Cohen, 1988)

DISCUSSION

- Synthesis of literature provides directive targets for the DEVISE intervention
- Other areas that warrant improvement include measurement of self-stigma

Social stigma, coping strategies, and social support were most studied as predictors or correlates of self-stigma among people with skin disease and may be important targets for intervention.



¹University Medical Center Hamburg-Eppendorf, Institute for Health Services Research in Dermatology and Nursing (IVDP), Hamburg, Germany, ²The Graduate Center & Hunter College, City University of New York, NY, USA

Funding: Bundesministerium für Bildung und Forschung (BMBF; Funding Number: 01GY2105)

Contact: Caroline F. Z. Stuhlmann, MSc; c.stuhlmann@uke.de
ORCID: 0000-0001-5291-5550

