Stigma & Health Disparities

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June 1, 2020
Acknowledgments and Conflicts

No conflicts of interest to disclose.

2016-2020
Novel Stigma/Structural Interventions for Increasing HIV/STI Testing from BMSM
(R01MH109409; PI Eaton)

2017-2021
Understanding and Addressing Disclosure to Members of Social Networks among People Recovering from Substance Use Disorders
(K01DA042881; PI Earnshaw)

2017-2021
The Role of Resilience in Addressing Racial Disparities in Adverse HIV-Related Outcomes
(R01MH112386; PIs Howe + Keita)

2018-2021
IMPART: A Provider-Assisted HIV Partner Notification & Testing Intervention for Prisoners in Indonesia
(R34MH115779; PI Culbert)
Presentations Aims

- **Stigma Overview**
  - Stigma Definition + Key Concepts
  - Conceptual Framework

- **Research Findings**
  - Opioid Use Disorders
  - Pain

- **Addressing Stigma: Intervention Toolkit**
  - Tools
  - Implementation
Stigma Defined

• **Social** devaluation and discrediting associated with a mark or characteristic\(^1\)

\(^1\)Goffman (1963), \(^2\)Link & Phelan (2001), \(^3\)Hatzenbuehler, Link, & Phelan (2013),
Stigma Defined

Physical Illnesses
- Chronic Pain
- HIV
- COVID-19

Mental Illnesses
- Schizophrenia
- Bipolar Disorder
- Depression

Social Norm Violations
- Opioid Use Disorder
- LGBTQ
- Sex Work

Socio-Demographic Characteristics
- Race / Ethnic Background
- Gender
- Socio-economic Status
Stigma Defined

• **Social** devaluation and discrediting associated with a mark or characteristic\(^1\)
• Stigma results from a **social** process\(^1,2\)
• Co-occurrence of labeling, stereotyping, separation, status loss + discrimination within a context wherein power is exercised
  – Marks constructed as indicators of tarnished character
  – Used to justify discrimination toward and power loss of people with mark
• “Stigma is a **fundamental cause** of population health inequalities”\(^3\)

\(^1\)Goffman (1963), \(^2\)Link & Phelan (2001), \(^3\)Hatzenbuehler, Link, & Phelan (2013),
Past: Siloed Approaches

- Opioid Use Disorders
- Pain
- HIV
- Obesity
- Mental Illness

Birbeck, Bond, Earnshaw, & El-Nasoor (2019)
Future: Cross-Cutting Approaches

- Theory
  - Opioid Use Dis.
  - Pain
  - HIV
  - Obesity
  - Mental Illness
Cross-Cutting Conceptual Framework

Social Process
- Stigma

Stigma Manifestations
- Structural Perceivers
- Individual Targets

Mediating Mechanisms
- Access to Resources
- Health Behaviors
- Stress

Health Outcomes
- Mental Health
- Physical Health

## Stigma Manifestations

<table>
<thead>
<tr>
<th>Structural</th>
<th>Individual Perceiver</th>
<th>Individual Target</th>
</tr>
</thead>
</table>
| • Societal Conditions  
• Cultural Norms  
• National, Institutional, Organizational Policies | • Prejudice  
• Stereotypes  
• Discrimination | • Internalized Stigma  
• Enacted/Experienced Stigma  
• Anticipated Stigma |
Cross-Cutting Conceptual Framework

CHAUDOIR, ANDER, EARNSHAW (2013); HATZENBUEHLER, LINK, & PHELAN (2013); STANGL, EARNSHAW, LOGIE, VAN BRAKEL, SIMBAYI, BARRE, & DOVIDIO (2019)
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## Research Findings: Opioid Use Disorders

| Structural | • Increased risk of incarceration  
|           | • Limited access to evidence-based TX |
| Individual Perceivers | • Worse healthcare provision, job turnover  
|           | • Employment, housing, rejection |
| Individual Targets | • Delayed treatment access + dropout  
|           | • Greater SU symptoms |

Corrigan et al. (2017); Tsai et al (2019)
### Research Findings: Pain

<table>
<thead>
<tr>
<th>Structural</th>
<th>Individual Perceivers</th>
<th>Individual Targets</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Inadequate availability of TX options</td>
<td>• Discount pain reports, doubt credibility</td>
<td>• Question credibility of own experiences</td>
</tr>
<tr>
<td>• Insufficient coverage in med curricula</td>
<td>• Dislike, low sympathy</td>
<td>• Worse re-habilitation outcomes</td>
</tr>
</tbody>
</table>

De Rudder & Craig (2016); Newton et al. (2013)
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- Implementation
Stigma Intervention Toolkit

<table>
<thead>
<tr>
<th>Structures</th>
<th>Legal + Policy Changes</th>
<th>Communicating Diversity Values</th>
<th>Behavioral Design</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceivers</td>
<td>Intergroup Contact</td>
<td>Education</td>
<td>Cognitive Dissonance</td>
</tr>
<tr>
<td>Targets</td>
<td>Counseling</td>
<td>Adaptive Coping</td>
<td>Expressive Writing</td>
</tr>
</tbody>
</table>

Chaudoir et al. (2017); Cook et al. (2014); Livingston et al. (2013); Rao et al. (2019); Stangl et al (2013)
Stigma Intervention Toolkit

Multilevel

Intersectional

Longitudinal
Thank you!

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