Description of Self-stigma

|  |  |
| --- | --- |
| Function | Promoting mental wellbeing, quality of life, perception |
| Relevance | Self-esteem, self-worth, self-help  |
| Target | Youth  |
| Respondent | Youth |
| Feature | 7 items in 5-point rating scale |
| Reliability | .715 |
| References | Ngai, S. S. Y., Cheung, C. K., Ng, Y. H., Tang, H. Y., Ngai, H. L., & Wong, K. H. C. (2020). Development and validation of the chronic illness self-management (CISM) scale: Data from a young patient sample in Hong Kong. Children and Youth Services Review, 114, 105077.Corrigan, P. W., Rafacz, J., & Rüsch, N. (2011). Examining a progressive model of self-stigma and its impact on people with serious mental illness. Psychiatry research, 189(3), 339-343. |

Scoring of Self-stigma

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Response | Never or rarely | Seldom | Average | Quite often | Very often |
| Score for Items 1 – 7 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Great concern for promotion |
| 30-70 | Some concern for promotion |
| 0-30 | Appreciation |

(Note: Higher scores show greater levels of self-stigma)