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Perceived stigma affecting psychological well-being and self-esteem among patients receiving treatment of substance abuse

Sarah Mahmood and Sbahat Liaquat
Bahauddin Zakariya University, Pakistan

The research was conducted in order to investigate the effects of perceived stigma on self-esteem and psychological well-being among patients receiving treatment of substance abuse (n=192) and lung cancer (n=192). Sample of 384 adults was collected through purposive sampling strategy from various hospitals of Multan city (Nai Zindage, Khurshid Rafeeq and Nishtar hospital). Perceived Discrimination-Devaluation Scale (Urdu version) was used to measure the level of perceived stigma in patients of lung cancer and substance abuse. Index of Self-Esteem (Urdu Version) was applied to evaluate the level of self-esteem. Further, Psychological Well-being Scale (Urdu version) was administered to analyze the level of psychological well-being. Statistical analysis was conducted through SPSS by using Pearson correlation coefficient and independent sample t-test. The results revealed that perceived stigma is negatively correlated with self-esteem ($r=0.542$, $p=0.000$) and psychological well-being ($r=0.524$, $p=0.000$). Moreover, the findings revealed that patients of substance abuse perceived higher degree of stigma as compared to patients having treatment of lung cancer ($t=3.867$, $p=0.004$). Patients having treatment of substance abuse had more affected self-esteem ($t=-7.226$, $p=0.000$) and psychological well-being ($t=-7.123$, $p=0.000$) as compared to patients of lung cancer.

Biography

Sarah Mahmood is an experienced Lecturer with a demonstrated history of working in the research industry. She is a strong education professional with a Master of Philosophy (MPhil) focused in Clinical Psychology from Bahauddin Zakariya University, Pakistan.

saramahmood@bzu.edu.pk
saramahmoodch@gmail.com

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