

## Stigma Training Video #3: WHERE DOES STIGMA COME FROM?

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### SIX CONTRIBUTING FACTORS

A variety of factors contribute to stigma. Each of these factors can be understood on a continuum of low to high stigma. Each of these factors lies on this gradient or continuum.

LOW STIGMA

HIGH STIGMA




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#### CONCEALABILITY <sup>1 2</sup>

Is the condition easily concealed, or on display to others?

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#### COURSE <sup>1 2</sup>

Is the condition recoverable, or not? How will it impact the person over time?

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#### DISRUPTIVENESS <sup>1 2</sup>

Does the condition negatively impact a person's life and relationships?

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#### AESTHETIC QUALITIES <sup>1 2</sup>

What are the aesthetic or physical attributes caused by the condition?

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#### ORIGIN <sup>1 3</sup>

How did the condition originate, and was anyone responsible?

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#### PERIL <sup>1 3</sup>

What kind of danger is posed by the condition? How serious is it?

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### REFLECTION QUESTIONS

- What caught your attention in this section?
- How do these contributing factors relate to your own experiences (individual, workplace, family, neighborhood, etc.) with stigma?

<sup>1</sup> Jones, E. E., Farina, A., Hastorf, A. H., Marcus, H., Miller, D. T., & Scott, R. A. (1984). *Social stigma: The psychology of marked relationships*. New York, NY: Freeman

<sup>2</sup> Hing, N., Russell, A. M. T., & Gainsbury, S. M. (2016). Unpacking the public stigma of problem gambling: The process of stigma creation and predictors of social distancing. *Journal of Behavioral Addictions*, 5(3), 448–456. <https://doi.org/10.1556/2006.5.2016.057>

<sup>3</sup> Hing, N., Holdsworth, L., Tiyce, M., & Breen, H. (2014). Stigma and problem gambling: current knowledge and future research directions. *International Gambling Studies*, 14(1), 64-81. <https://doi.org/10.1080/14459795.2013.841722>