Self-stigma occurs when an individual internalizes and accepts the stereotypes and negative views of mental illness endorsed by the public. Using data from community participants \((n = 394)\) preselected for externalizing and mental health concerns, externalizing negatively predicted treatment-seeking behaviors. This relation was mediated by self-stigma, particularly at the later stages (e.g., application and harm to self). Exploratory moderated mediation analyses found that the negative relationship between self-stigma and treatment-seeking behaviors was stronger for low-income individuals. This study informs how targeting self-stigma could assist individuals with high externalizing proneness in seeking much-needed mental health care.

Event Information
6/26/2026
3:00 P.M.
Zoom

Committee Members
Dr. Laura Drislane
Dr. Tiffany Russell
Dr. Marcus Boccaccini