

Relationship of Self-Esteem And Body Esteem With Social Anxiety Among Psychiatric Patients

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Abstract

Objective: The study was designed to demonstrate the relationship of self-esteem and body-esteem with social anxiety among psychiatric patients and to explore the split up of participants as per gender.

Study Design: Cross Sectional Study. **Duration and the Place of the study:** The study was conducted from July, 2010 to Jan, 2011 in Outdoor of psychiatry department DHQ hospital Faisalabad.

Patients and Methods: This comparative study was carried out as per inclusion and exclusion criteria. Mild to moderate patients of psychiatric disorders (anxiety disorders, mood disorders, somatoform disorders and drug dependence) were included in the study and patients who had severe psychotic features and psychotic illness such as schizophrenia were excluded from study. A sample of 201 patients of psychiatric disorders was collected which comprised of 90 males and 111 females through purposive convenient sampling technique. The test booklet comprised of three instruments including, The Liebowitz Social Anxiety Scale, Rosenberg Self-Esteem Scale, The Body Esteem Scale, informed consent form and demographic variables form. To diagnose the patients with psychiatric disorders, the diagnostic criteria of DSM IV^{TR} were employed. **Results:** Results showed that there is negative relationship between social anxiety and self-esteem among psychiatric patients. Correlation is significant at the $P < 0.01$ level. Self-Esteem and

body-esteem have positive relationship among male psychiatric patients $P < 0.01$. Self-Esteem and body-esteem also have positive relationship among female psychiatric patients $P < 0.01$. Result showed that there was insignificant correlation between social anxiety and body-esteem among male psychiatric patients $P = ns$. Social anxiety and body-esteem have significant relationship among female psychiatric patients $P < 0.01$. Female psychiatric patients have high level of social anxiety $M = 76.89$, $SD = 15.65$, than male psychiatric patients $M = 68.39$, $SD = 19.65$, where $t = -3.417$, $df = 199$, $P = 0.0005$. There is non significant difference on self esteem scale between female psychiatric patients $M = 9.57$, $SD = 2.65$ and male psychiatric patients $M = 9.27$, $SD = 2.49$, where $(t = .822$, $df = 199$, $P = 0.206$. **Conclusion:** Female psychiatric patients have high level of social anxiety as compared to male psychiatric patients. Self-esteem and body esteem have positive relationship among male psychiatric patients as well as female psychiatric patients There is no significant difference on self esteem scale between female psychiatric patients and male psychiatric patients. In clinical practice it is suggested that clinicians should take into account co morbidity of social anxiety, self esteem and body esteem in psychiatric patients when planning treatment approaches. **Key Words:** Social anxiety, Self-esteem, Body-esteem, Psychiatric patients.

INTRODUCTION

There is a high degree of co-morbidity with psychiatric disorders. Social phobia has often been associated with low self-esteem and clinical depression. Social phobia is a strong, persisting fear of situations in which embarrassment can occur¹. While trying to reduce their anxiety and alleviate depression, people with social phobia may use alcohol or other drugs, which can

lead them to substance abuse. It is estimated that one-fifth of patients with social anxiety disorder also suffer from alcohol dependence. The most common complementary psychiatric condition is unipolar depression. Besides depression, the most common disorders diagnosed in patients with social phobia are panic disorder (33 %) generalized anxiety disorder

(19%), post-traumatic stress disorder (36%) substance abuse disorder (18%), and attempted suicide (23%). Avoidant personality disorder is also highly correlated with social phobia, because of its close relationship and overlapping symptoms with other illnesses, treating social phobics may help understand underlying connection in other psychiatric disorders². Various studies have reported a lifetime prevalence ranging from 3 to 13 percent for social phobia. The 6 month prevalence is about 2 to 3 per 100 persons¹. There is research indicating that social anxiety disorder is often correlated with bipolar disorder³. Self-esteem is the degree to which one values one-self; it refers to the full dimensions and degree of self-esteem (high or low)⁴. Self evaluation is crucial to mental and social well being; it influences aspirations, personal goals and interaction with others. Evidence is presented illustrating that self esteem can lead to better health and social behavior, and that poor self esteem is associated with a broad range of mental disorders and social problems, both internalizing problems like depression, suicidal tendencies, eating disorders and anxiety and externalizing problems like violence and substance abuse⁵. Body image refers to one's feelings, perceptions, and attitudes towards one's physical self, appearance, overall wholeness, functionality and ability to relate to others. Body image is also defined as part of an individual's self worth. Body image is most simply defined as the mental image that one has formed concerning how one sees one's physical self⁶. It has been reported that body image effects self perception and negative thinking among person with social phobia and distorted self image plays an important role in fostering social phobia⁷. Sertoz, Doganavsargil and Hayriye identified body image and self esteem in somatizing patients. They identified that somatizing patients who were dissatisfied with their bodily functions and appearance had lower levels of self esteem and high co morbidity of depression⁸. Salsali and Silverstone indicated that the self-esteem of adult psychiatric patients are affected by a number of demographic and psychosocial factors including age, sex, educational status, income, employment status, and enduring psychosocial stressors, they did work on "The Relationship between Self-Esteem and Demographic Factors and Psychosocial Stressors in Psychiatric Patients". No relationship was detected between acute stressors and self-esteem of psychiatric patients, although severe

enduring stressors were associated with lower self-esteem in psychiatric patients⁹.

METHOD

This comparative study was carried out as per inclusion and exclusion criteria. Mild to moderate patients of psychiatric disorders (anxiety disorders, mood disorders, somatoform disorders and drug dependence) were included in the study and patients who had severe psychotic features and psychotic illness such as schizophrenia excluded from study. A sample of 201 patients with psychiatric disorders in which 90 males and 111 females were drawn from District Headquarter Hospital, Faisalabad. The test booklet comprised of three instruments including, The Liebowitz Social Anxiety Scale¹⁰, Rosenberg Self-Esteem Scale¹¹, The Body Esteem Scale¹² informed consent form and demographic variables form. These are clinically administered instruments used to measure anxiety, self-esteem and body esteem. The Liebowitz Social Anxiety Scale (LSAS) is a questionnaire by psychologist and researcher, Michael Liebowitz, whose objective is to assess the range of social interaction and performance situations which patients with social anxiety disorder may fear. It is commonly used to study outcomes in clinical trials. The scale features 24 items, 13 relating to performance anxiety and 11 concerning social situations¹⁰. The Rosenberg self-esteem scale (RSES), developed by Dr. Morris Rosenberg. It is a self-esteem measure widely used in social-science research.

It is a ten-item Likert-type scale with items answered on a four-point scale, from strongly agree to strongly disagree. Five of the scale items have positively worded statements and five have negatively worded ones. The scale measures state self-esteem by asking the respondents to reflect on their current feelings. The Rosenberg self-esteem scale is considered a reliable and valid quantitative tool for self-esteem assessment¹¹. The body esteem scale was developed by Franzoi & Shields in 1984. It is a 35 item Likert-type scale with items answered on a five point scale, from strong negative feelings to strong positive feelings. This scale indicated that three factors emerged for males and females. These factors are (1) Physical Attractiveness (PA) for males or Sexual Attractiveness (SA) for females, (2) Upper Body Strength (UBS) for males or Weight Concern (WC) for females and (3) Physical Condition (PC) for both males and females¹² To

diagnose the patients with psychiatric disorders, the diagnostic criteria of DSM IV^{TR} were employed while demographic variables were recorded on a demographic sheet. When all the data had been collected, raw results were tabulated along with demographic information obtained from the participants. SPSS version 10 was used to analyse the raw data.

RESULTS

Results indicate that there is highly negative relationship between social anxiety and self-esteem among psychiatric patients. Correlation is significant at the $P < 0.01$ level see table 1. Self-Esteem and body-esteem have positive relationship among male psychiatric patients $P < 0.01$, see table 2. Self-Esteem and body-esteem have positive relationship among female psychiatric patients $P < 0.01$, see table 3. Results do not show that there is significant correlation between social anxiety and body-esteem among male psychiatric patients $P = ns$, see table 4. Social anxiety and body-esteem have significant relationship among female psychiatric patients $P < 0.01$, see table 5. Female psychiatric patients have high social anxiety $M = 76.89$, $SD = 15.65$, than male psychiatric patients $M = 68.39$, $SD = 19.65$, where $t = -3.417$, $df = 199$, $P = 0.0005$, see table 6). There is no significant difference on self esteem scale between female psychiatric patients $M = 9.57$, $SD = 2.65$ and male psychiatric patients $M = 9.27$, $SD = 2.49$, where $t = -.822$, $df = 199$, $P = 0.206$, see table 7.

Table-1
Correlation coefficient of social anxiety scale and self-esteem scale among psychiatric patients

	Social anxiety	Self esteem
Social anxiety	1	-.228**
Self esteem	-.228**	1

** $P < 0.01$

Table-2
Correlation Coefficient of Self-esteem scale and Body-esteem scale Among Male Psychiatric Patients

	Self esteem	Body esteem
Self esteem	1	.257**
Body esteem	.257**	1

** $P < 0.01$

Table -3
Correlation Coefficient of Self-esteem scale and Body-esteem scale Among Female Psychiatric Patients

	Self esteem	Body esteem
Self esteem	1	.474**
Body esteem	.474**	1

** $P < 0.01$

Table-4
Correlation Coefficient of Social Anxiety scale and Body-esteem scale Among Male Psychiatric Patients

	Self esteem	Body esteem
Social anxiety	1	-.066
Body esteem	-.066	1

$P = ns$

Table-5
Correlation Coefficient of Social Anxiety scale and Body-esteem scale Among Female Psychiatric Patients

	Social anxiety	Body esteem
Social anxiety	1	-.259**
Body esteem	-.259**	1

** $P < 0.01$

Table-6
Mean, Standard deviation and t-values of score on social anxiety among female psychiatric patients and male psychiatric patients (N=201)

	Gender	N	M	SD	t	df	p
Social anxiety	Male	90	68.39	19.65	-3.417	199	0.0005***
	Female	111	76.89	15.65			

*** $P < 0.01$

Table-7
Mean, Standard deviation and t-values of score on self esteem among female psychiatric patients and male psychiatric patients (N=201)

	Gender	N	M	SD	t	df	p
Self esteem	Male	90	9.27	2.49	-.822	199	0.206
	Female	111	9.57	2.65			

$P = ns$

Figure-1
Correlation Coefficient of Social Anxiety scale and Self-esteem scale Among Psychiatric Patients

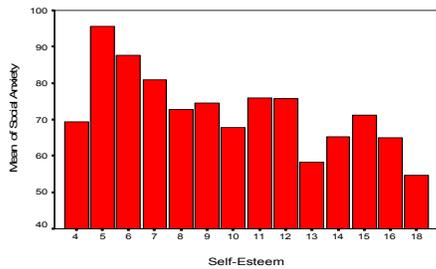


Figure-2
Correlation Coefficient of Self-esteem scale and Body-esteem scale Among Male Psychiatric Patients

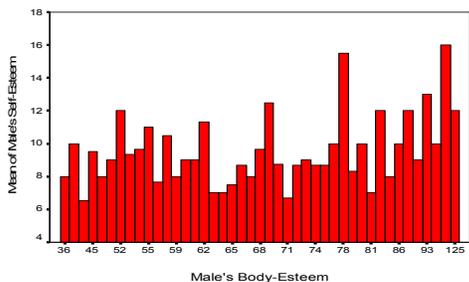


Figure-3
Correlation Coefficient of Self-esteem scale and Body-Esteem scale Among Female Psychiatric Patients

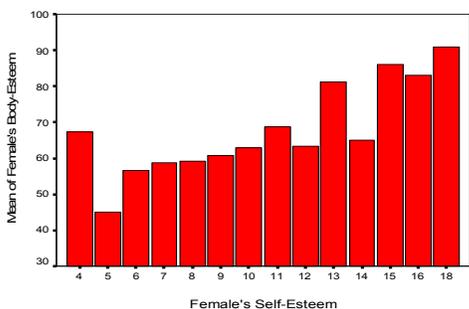


Figure-4
Correlation Coefficient of Social Anxiety scale and Body Esteem scale Among Male Psychiatric Patients

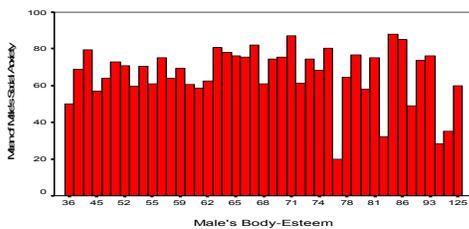


Figure-5
Correlation Coefficient of Social Anxiety scale and Body-esteem scale Among Female Psychiatric Patients

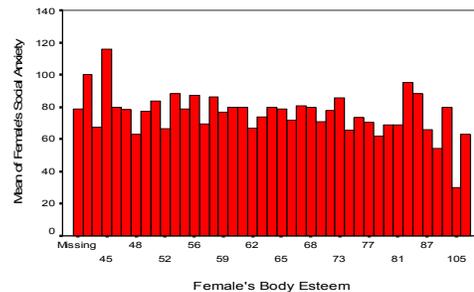


Figure-6
Mean, Standard Deviation and t-values of Score on Social Anxiety scale Among Female Psychiatric Patients and Male Psychiatric Patients (N=201)

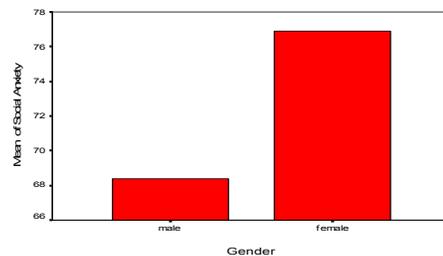
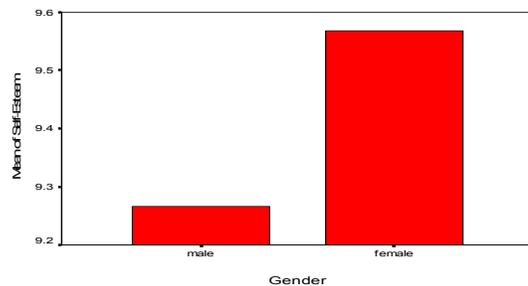


Figure-7
Mean, Standard deviation and t-values of score on self esteem scale among female psychiatric patients and male psychiatric patients (N=201)



DISCUSSION

This research was conducted to investigate the relationship of self-esteem and body esteem with social anxiety among psychiatric patients. Overall results of the study indicated that social anxiety is high and self-esteem and body esteem is low among psychiatric patients. In study, the researchers identified self esteem in a broad spectrum approach for mental health promotion. Evidence is presented illustrating that self esteem can lead to better health and social behavior, and that poor self esteem is associated with a broad range of mental disorders and social problems,

both internalizing problems like depression, suicidal tendencies, eating disorders and anxiety and externalizing problems like violence and substance abuse⁵. Findings regarding social anxiety and self-esteem suggested that social anxiety and self-esteem have negative relationship among psychiatric patients are significant. Rosenberg reported that people with low self-esteem face problems in social relationship; they perceive more threat and display greater sensitivity to criticisms, and they behave in a reward seeking manner¹¹. The results of present study suggest that self-esteem and body-esteem have positive relationship among male psychiatric patients. Gila and Castro stated in a study that eating disorder adolescent patients have lower social self esteem and body self esteem than adolescents from the general population¹³. The results of this study also suggest that self-esteem and body-esteem have positive relationship among female psychiatric patients. In epidemiological studies, females are affected more often than males, but in clinical sample reverse, it is often true, the reasons for these varying observations are unknown¹. Another finding suggests that social anxiety and body esteem have significant relationship among female psychiatric patients. Izgic, Dogan and Kugu (2004) studied the prevalence of social phobia and its relation to self-esteem and body esteem among university students. They found that the body image score for those with social phobia was lower than those without social phobia and the group with low body image score showed increased prevalence of social phobia¹⁴. They also identified that persons with social phobia have lower self-esteem and more distorted body image than those without social phobia. Another finding of the current study suggests that female psychiatric patients have high level of social anxiety as compared to male psychiatric patients. Epidemiological studies have mutually signaled that social anxiety is observed more frequently among female subjects than among male subjects¹⁴. Grilo, Wilfley and Brownell (2002) studied teasing, body image, and self esteem in a clinical sample of obese women. They suggested that being teased about weight/size while growing up may represent a risk factor for the development of negative body image¹⁵. The findings support the hypothesis that social anxiety and body esteem have no significant relationship among male psychiatric patients. There may be several reasons for non significant relationship of social anxiety and lower body esteem among male

psychiatric patients, as males may have more exposure to meet people in society for different purposes. They may have to interact with others for job purpose, to support their family so they may not have more concern about their body and appearance. This factor may eliminate their level of social anxiety. Another finding in the study does not support the hypothesis that female psychiatric patients have low level of self-esteem as compared to male psychiatric patients. Males may have more exposure to meet people in society for financial empowerment, when they suffer from different psychiatric illnesses, they may consider themselves worthless from others and financially less supportive for their families, develop inferiority complex that may lead to low self-esteem among male psychiatric patients as compared to female psychiatric patients.

CONCLUSION

The present study explored that when social anxiety is high, self-esteem and body-esteem is low among psychiatric patients. Female psychiatric patients have high level of social anxiety as compared to male psychiatric patients. In clinical practice, it is suggested that clinicians should take into account co morbidity social anxiety, self-esteem and body image in psychiatric patients when planning treatment approaches. Further studies are suggested to examine the comparison among different psychiatric disorders and demographic variables.

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