



Shame, Guilt and Substance Use Coping: The Mediating Role of Self-Compassion

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Introduction

- Shame-proneness may prove relatively *resistant to intervention*
- More *modifiable variables* may mediate b/w shame and drinking problems
 - People may *drink to cope* with negative emotions, a form of experiential avoidance often linked to drinking-related problems³
 - *Self-compassion* may help prevent people from coping poorly w/ shame⁴

Shame-Proneness	Guilt-Proneness
<ul style="list-style-type: none"> • Feel bad about <i>yourself</i>¹ • Often related to more drinking & more drinking-related problems² 	<ul style="list-style-type: none"> • Feel bad about your <i>behaviour</i>¹ • Often related to less drinking and fewer drinking-related problems²

Research Questions:

1. Is shame-, but not guilt-proneness, linked to drinking motives and ensuing alcohol-related problems?⁵
2. Does self-compassion mediate the relationship between shame-proneness and drinking-related problems?
3. Do drinking to cope motives mediate between shame-proneness & drinking-related problems?

Methods

144 p's (M_{age} = 33.3, SD_{age} = 11.1, F = 96) completed self-report measures

Dependent Measures	Example Items
Shame- and Guilt-Proneness (TOSCA)	E.g. "You broke a vase at work."
Drinking Motivations (MDMQ-R)	<ol style="list-style-type: none"> 1. "Because it's fun" 2. "To forget my worries" 3. "To numb my pain"
Self-Compassion (SCS-SF)	"I try to be understanding and patient towards aspects of my personality I don't like"
Drinking-Related Problems (SIP-2R)	<ol style="list-style-type: none"> 1. "Physical health harmed" 2. "Felt unhappy" 3. "Did impulsive things" 4. "Hurt family or friendships" 5. "Had money problems."
Negative Mood (PANAS) (Assessed immediately after people discuss negative alcohol experiences)	E.g. upset, embarrassed, guilty, humiliated

Results

Research Question 1:

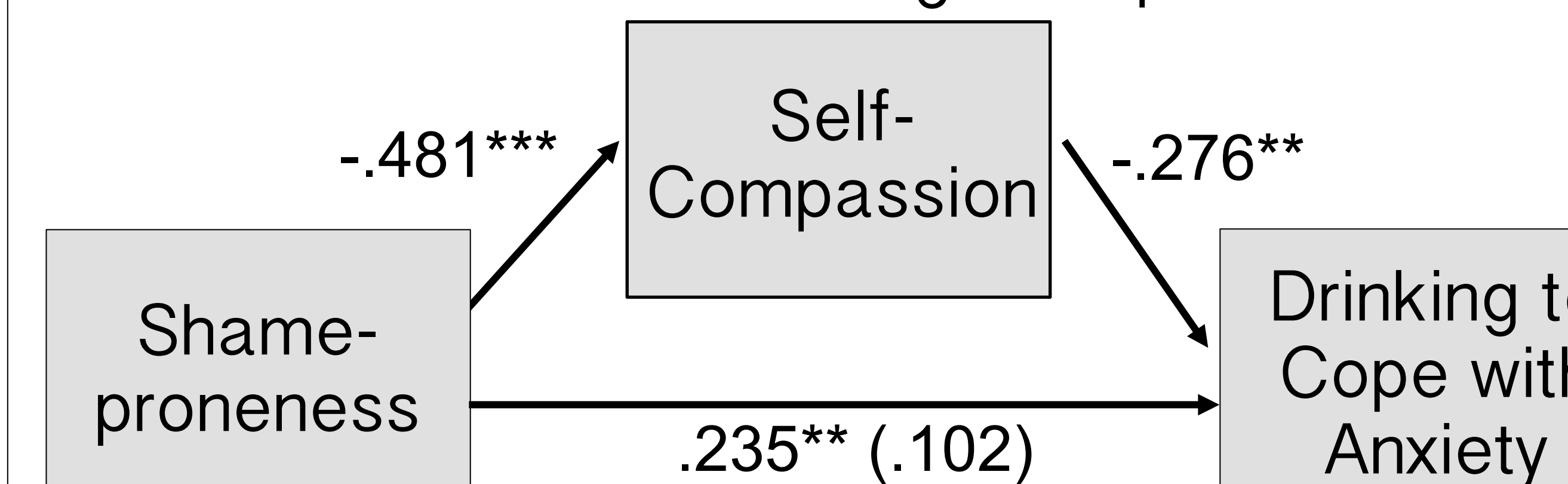
- Shame-, but not guilt-proneness, is associated with the motivation to drink to cope with anxiety

Measure	Part Correlations	
	Guilt	Shame
Drinking for Anxiety	-.031	.246**
Drinking for Depression	-.007	.116
Drinking to Enhance	-.006	-.023

Note: *** $p < .001$, ** $p < .01$, * $p < .05$

Research Question 2:

- Self-compassion fully mediates the relationship between shame & drinking to cope with anxiety



Note: Sobel's test revealed a significance level of $p < .01$

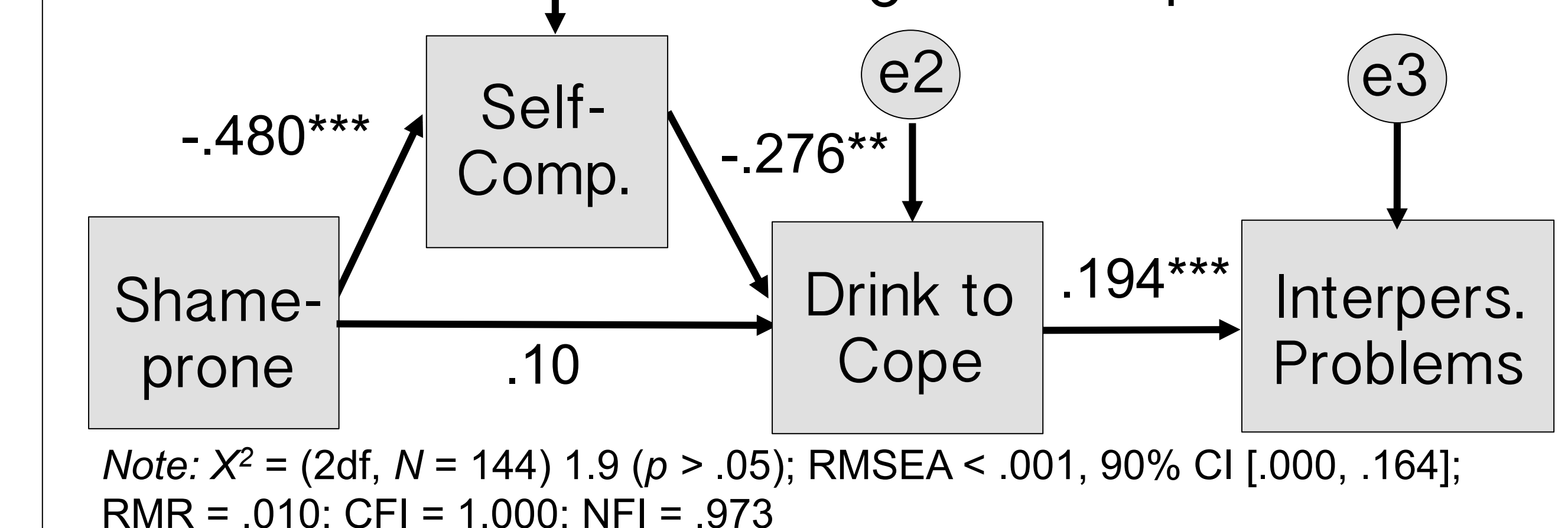
Results (Continued)

Research Question 3:

- Drinking to cope with anxiety is related to a variety of drinking-related problems

Measure	Bivariate Correlations				
	Physi-cal	Intra-pers.	Impulse Control	Inter-pers.	Social
Drinking to Cope	.258**	.247**	.276**	.280**	.197*

- SEM indicated that drinking to cope w/ anxiety, in turn, led to interpersonal drinking-related problems



Note: $\chi^2 = (2df, N = 144) 1.9 (p > .05)$; RMSEA $< .001$, 90% CI [.000, .164]; RMR = .010; CFI = 1.000; NFI = .973

Conclusion & Questions

1. Shame- and guilt-proneness have different effects on drinking-related problems
 2. Self-compassion and the motive to drink to cope with anxiety may be modifiable mediators
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- ? Why is shame-proneness linked to drinking to cope with anxiety, specifically?
 - ? What are the temporal relationships amongst measures?
 - ? Do causal relationships exist amongst measures?

References and Acknowledgments

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¹ Tangney, J. P., & Fischer, K. W. (Eds.). (1995). *Self-conscious emotions: The psychology of...* New York, NY: Guilford Press.

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³ Carpenter, K. M., & Hasin, D. S. (1999). Drinking to cope with negative affect and DSM-IV alcohol use disorders... *JSA*, 60(5), 694-704.

⁴ Johnson, E. A., & O'Brien, K. A. (2013). Self-compassion soothes the savage ego-threat system... *JSCP*, 32(9), 939-963.

⁵ Treeby, M., & Bruno, R. (2012). Shame and guilt-proneness: Divergent implications for problematic alcohol use... *PID*, 53(5), 613-617.