Addressing Diabetic Stigma

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# Abstract

A college student from Northern Marianas College shares her original research findings regarding the stigma that surrounds diabetes, and how that stigma, in turn, affects the maintenance of diabetes and the psychological well-being of the individual. Kaufer wanted to inform her readers of how stigma affects the diabetic community, focusing on how the stigma creates and leaves additional obstacles for diabetes, other than the initial disease. The effects of diabetic stigma are often not given enough care, recognition, and support. In order to identify and expand on the issue, Kaufer set out to gather data through academic literature sources, surveys and interviews in order to future support her claim. Based on literature resources that Kaufer found, results displayed a connection between diabetic stigma and psychological disorders, due to diabetes being highly stigmatized. Sources also focused on how stigma is developed through the thoughts and opinions of others, and how those perceptions negatively impact individuals with diabetes, affecting their self-perception and self-esteem. The study conducted is important because it exhibits the relevancy of not only diabetic stigma, but the effects brought on diabetics brought on by stigma, and how those effects are ultimately ignored and need to be addressed.

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# Addressing Diabetic Stigma

Diabetes is one of many stigmatized medical conditions today. As a result of that stigma, diabetics suffer psychological disorders, such as depression, anxiety, etc. which prevent diabetics from properly maintaining their disease, and in some cases are prevented from living their normal lives. According to Dr. Lindsay Della, a researcher, and health professor from the University of Louisville, Kentucky, diabetic stigma is an exceedingly prevalent issue which needs to be emphasized and addressed, due to the fact that diabetics do suffer from being stigmatized (2019). They are affected physically and psychologically, displaying a link between diabetes and depression through stigma, as well as self-perception and self-esteem issue (Jensen & Allen, 1994). The true effects that social stigma has on one’s diabetic health need to be addressed, as well as tactics which could contribute to the betterment of the stigma. As with several other diseases, social wellness is significant and crucial for the wellbeing of those affected by diabetes. Although stigma may seem somewhat unavoidable, steps can be taken to ensure that diabetics are not left feeling powerless, suppressed and shamed by the stigma that surrounds them.

Stigma has shown to develop through the thoughts and opinions of others, which in turn negatively impacts individuals with diabetes, by affecting their self-perception and self-esteem. Those diagnosed with diabetes, as well as other chronic diseases, are stigmatized and stereotyped in order to fit into society’s box of understanding. In an interview Kaufer had conducted with Dr. Lindsey Della, she commented that “although it is important for individuals to do their part, at the community level more must be done to recognize that individuals cannot do it alone”. Recognizing that the involvement of others is crucial in improving stigma. Additionally, she had also stated that one of the first steps to reduce diabetic stigma is to include more communication to communities of the environmental factors that contribute to diabetes (Kaufer, 2019a). The main contributor to diabetic stigma stems from the misunderstanding of the disease itself.

Depending on the type of diabetes, contributing factors to the disease can range from more controlled causes such as poor lifestyle choices to less controllable factors such as gender and genetics. In an article from The Lancet: Diabetes & Endocrinology journal, due to the fact that type 2 diabetes is regularly associated with obesity, diabetics regularly receive “stigma related to blame and negative stereotyping lifestyle-related diseases” (2018). In other words, the negative perceptions of diabetes usually are taken out of proportion and escalate into a whole stereotype. With diabetes linked to contributing factors of their disease such as obesity, hypertension, and poor lifestyle choices, it is not hard to imagine how diabetics end up in these stereotyped boxes. Often times factors that contribute to diabetes are misunderstood and although there are several factors that contribute to diabetes, only the negative factors that society deems “controllable” are brought to light. In an article from the Seizure journal, studies indicated that “the stigmatized person is considered as possessing a different characteristic from those who are accepted in society and is treated differently by the community, which may have misinterpretations and inaccurate beliefs about the stigmatized person” (Fernandes, et al., 2007). Although diabetes can be linked to obesity, lack of exercise and a poor diet, those who are diagnosed with the disease should not generalized and be socially punished and scrutinized for their personal ailment.

In addition to the misinterpretations of the disease leading to stigma, there are also instances where the stigma itself is neither understood or acknowledged. Several studies have been conducted where diabetics themselves, as well as medical professionals, have addressed the stigma experienced as a result of the disease, which included suffering additional various consequences. An article from the Social Science & Medicine: Medical Anthropology journal identifies that individuals with diabetes experience an effect in their physical abilities, social interaction, employment, and perceptions of self-care relating to the stigma they have experienced (Hopper, 1981). This contributes to the fact that stigma strongly contributes to how diabetics manage several areas of their life. In many cases, researchers have found that although diabetes may be relevant among several communities, diabetic stigma has not been recognized as an issue among those affect communities. According to an article from the Iranian Journal of Nursing and Midwifery Research, it was shown that although diabetes is ever prevalent in Iran, there is little to no knowledge regarding diabetic stigma among Iranians (Abdoli, et.al., 2013). In most diabetic communities, stigma is felt but not often addressed.

In hopes of gathering her own results, NMC student researcher, Celya Kaufer, made efforts to gather input other student researchers at the institution. Kaufer conducted a survey, in which a total of 22 respondents shared their experiences and understanding of diabetic stigma. Kaufer asked a variety of questions regarding the topic, with some questions asked being “Based on your experience, do you think that there is a stigma surrounding diabetes?” to which 77% of responders voted yes. Kaufer also asked respondents if they thought that the stigma that surrounds diabetics has a negative impact on them, to which 80% of respondents answered yes. Results from the survey also displayed that despite responders voting yes for both of the previous questions, the majority rated their understanding of diabetes a number of 50 and below, on a scale of 0-100 (Kaufer, 2019b). Additionally, Kaufer conducted an interview with previous Nursing Director of the Commonwealth Healthcare Corporation, and certified nurse practitioner, Leslie B. Camacho, regarding her experience with diabetic patients and diabetic stigma. Camacho shared that often times patients would express their emotional concerns with her regarding diabetes, stating they often feel “ashamed to bring up the fact that they are diabetic”. Camacho comments that these feelings patients express to her are often a result of living within a small, tightly networked island community where diabetes is thought of as a sign of self-neglection (Kaufer, 2019c).

Altogether, it was made evident to see how significant stigma is among diabetics and how that stigma affects diabetics: emotionally, mentally, socially and physically. In most instances, diabetic stigma is not acknowledged, but when acknowledge has not been provided any sort of aid or awareness. Diabetic stigma should be given just as much acknowledgment and recognition that diabetes is given, and should remain an important issue among diabetic communities. Future steps that can be taken to aid in the depreciation of diabetic stigma would be to provide proper education regarding diabetes, providing and initiating diabetic support groups, and correcting demeaning behavior regarding social interactions among diabetics and non-diabetics alike.

References

Abdoli, S., Abazari, P., & Mardanian, L. (2013). Exploring diabetes type 1-related stigma. *Iranian journal of nursing and midwifery research*, *18*(1), 65.

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Roeloffs, C., Sherbourne, C., Unützer, J., Fink, A., Tang, L., & Wells, K. B. (2003). Stigma and depression among primary care patients. *General hospital psychiatry*, *25*(5), 311-315.

The, L. D. E. (2018). Diabetes stigma and discrimination: finding the right words. *The Lancet. Diabetes & Endocrinology*, *6*(9), 673.

Note Taking Sheet: Reading # 1

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: Jessica L. Browne

2. Author’s Credentials: Ph.D. in Psychology, Senior Research Fellow at Deakin University, School of Psychology.

3. Publisher [or title of organization]: Diabetes Care, American Diabetes Association (ADA).

4. Heading of Section [title of reading]: Measuring the Stigma Surrounding Type 2 Diabetes: Development and Validation of the Type 2 Diabetes Stigma Assessment Scale (DSAS-2)
5. Year Written: 2016

6. Pages: 8 pages

7. Website URL: <http://care.diabetesjournals.org/content/39/12/2141.full-text.pdf>

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Patients living with type 2 Diabetes ultimately face self-esteem issues related to the stigma they’ve faced.  | “The item “I feel embarrassed in social situations because of my type 2 diabetes” double-loaded on the Treated Differently and Self-stigma factors.” | It comes from the concept of being treated differently by others and not keeping one’s focus on self-perception.  | My assignment focuses on the stigma caused by diabetes and the effects that it has on diabetes. This is relevant to my assignment because it displays how being treated differently (due to diabetic stigma) causes self-esteem issues in diabetics.  |
|  People diagnosed with type 2 diabetes struggle to manage their condition due to the negative attention that stigma invites.            |  “For the person with type 2 diabetes, managing the condition is a relentless activity. This not only places an emotional burden on the individual ([**1**](http://care.diabetesjournals.org/content/39/12/2141.full#ref-1)) but may also invite negative attention, comment, and judgment from others, suggesting a socioemotional burden. “ |  Individuals diagnosed with type 2 diabetes experience stigma related to their condition.  |  This helps to confirm that stigma among the diabetic community is prevalent, and that those diagnosed with type 2 diabetes experience stigma and struggled to manage their condition as a result of experiencing that stigma.  |

8. In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.
No, the authors of this article are experts in their fields and have all studied and researched links between diabetes and stigma, and other related psychological illnesses linked to chronic diseases.

9. Is the article timely or a bit outdated?

I would say that the article is timely because it was published 3 years ago (2016).

10. Was it published in a reputable source?

Yes, it was published by the American Diabetes Association which is a well respected and reputable source for my topic.

11. Other important information: n/a.

Note Taking Sheet: Reading #2

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: Carol Roeloffs
2. Author’s Credentials: Medical Doctor, College Professor under the Department of Psychiatry and Behavioral Sciences, Neuropsychiatric Institute at UCLA, California

3. Publisher [or title of organization]: General Hospital Psychiatry

4. Heading of Section [title of reading]: Stigma and depression among primary care patients
5. Year Written: 2003

6. Pages: 4 pages

7. Website URL: <https://www.sciencedirect.com/science/article/pii/S0163834303000665#!>

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Stigma and depression have been linked to patients with diabetes.  | “Stigma associated with depression was greater than for hypertension or diabetes but not HIV.” | Stigma was found to be related to age, gender, ethnicity, social support, and chronic medical conditions.  | My assignment focuses on how stigma is developed as a result of having diabetes, and that the stigma developed negatively affects the individual diagnosed with the disease. In this case, the negative effect caused by the stigma is depression and negative impacts in other aspects of one’s life: employment, friendships, etc. |
| The stigma that surrounds diabetes deserves to be acknowledged, studied and cared for.  | “The relationship between stigma and service use deserves further study in diverse settings and populations.” | Individuals reported that they were concerned with how stigma affects their social being/life.  | This is relevant to my assignment because I am trying to shed light that the stigma diabetics feel as a result of their disease does impact and affect them not only physically, but socially and mentally as well.  |

In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.
No, I do not believe so.

Is the article timely or a bit outdated?

This article is a bit outdated, being that it was published in 2003 (16 years ago), but I think that it is still useful to show how diabetic stigma was thought of and combated back then and whether the methods used are still relevant and if anything has changed within those 16 years.

Was it published in a reputable source?

Yes, it was published as part of a medical book on psychiatry and primary care, and as well as reviewed, published and edited by medical professionals.

Other important information: n/a

Note Taking Sheet: Reading # 3

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: Paula T. Fernandes, et al.

2. Author’s Credentials: Professor, Faculty of Medicine at UNICAMP Campinas, SP Brazil
3. Publisher [or title of organization]: Seizure, Elsevier Publication.
4. Heading of Section [title of reading]: Prejudice towards chronic diseases: Comparison among epilepsy, AIDS, and diabetes

5. Year Written: 2007

6. Pages: 3 (320-323)

7. Website URL: <https://www.sciencedirect.com/science/article/pii/S105913110700009X#!>

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Stigma is ultimately caused by what patients feel.  | “.. in this society at this moment, the degree of enacted and felt stigma is not different. The felt stigma is a result of patients’ feelings that come from their beliefs, the people's behaviors and the [shame](https://www.sciencedirect.com/topics/medicine-and-dentistry/shame) associated. “ | The enacted stigma refers to the discriminative situations against patients. | This is relevant to my assignment because I am trying to prove that diabetic stigma does exist and the way that it develops and affects those patients diagnosed with diabetes.  |
| Stigma can influence diabetics’ perception of themselves.           | “If people believe themselves to be different from other people because of their condition, then the stigma has been internalized.” | Once this takes place, inadequate behaviors and psycho-social difficulties such as [shame](https://www.sciencedirect.com/topics/psychology/shame), insecurity, and withdrawal start to show up. |  My assignment focuses on how stigma can affect the lives of those suffering from the misconceptions (stigma) of their disease, this is relevant in that it displays how stigma can impact one’s perception and self-esteem.  |

8. In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.
n/a.

9. Is the article timely or a bit outdated?

I would say it is somewhat outdated, being that it was published 12 years ago (2007). Nevertheless, the information gathered will be a great help towards my researching cause.

10. Was it published in a reputable source?

Yes, it was also acquired through Google Scholar.

11. Other important information: n/a.

Note Taking Sheet: Reading #4

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: Samereh Abdoli, et al.
2. Author’s Credentials:
3. Publisher [or title of organization]: Iranian Journal of Nursing and Midwifery Research
4. Heading of Section [title of reading]: Exploring diabetes type 1-related stigma
5. Year Written: 2013

6. Pages: 5 (65-70)

7. Website URL: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3748558/>

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Diabetics who are empowered rather than discouraged and shamed for their disease increased their self-esteem and confidence.  | Empowerment of people with diabetes means integrating diabetes with identity. | However, others’ stigmatization can influence it. | This is relevant to my assignment because it focuses on how empowered or one’s outlook on their disease can ultimately block out stigma.  |
| Diabetics are often stigmatized and shunned out of society.  | A person with type 1 diabetes was stigmatized as a miserable human (always sick and unable, death reminder, and intolerable burden), rejected marriage candidate (busy spouse, high-risk pregnant), and deprived of a normal life [prisoner of (to must), deprived of pleasure].  | Although, young adults with diabetes undergo all aspects of the social diabetes-related stigma; in their opinion, they were just deprived of a normal life. | This supports my assignment because it displays the stigma that surrounds diabetes. Those diagnosed with diabetes are often stigmatized to a point where they can’t live their life freely and normally without prefabricated judgment.  |

In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.
n/a

Is the article timely or a bit outdated?
I would say that the article is somewhat timely because it was published in 2013, which was less than 10 years ago. The information may have changed and developed within the last 6 years, but it is still relatively updated information.

Was it published in a reputable source? Yes, it was also acquired through Google Scholar.

Other important information: n/a

Note Taking Sheet: Reading #5

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: Nancy Liu, et al.
2. Author’s Credentials: Program director of the diaTribe Foundation, MD Candidate at Perelman School of Medicine at the University of Pennsylvania
3. Publisher [or title of organization]: American Diabetes Association
4. Heading of Section [title of reading]: Stigma in People With Type 1 or Type 2 Diabetes
5. Year Written: 2017
6. Pages: 27-34 (7 pages)
7. Website URL: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5241772/>

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Diabetics claim that diabetes comes with a stigma.  |  “using an online survey sent to 12,000 people with diabetes where a majority of respondents with type 1 (76%) or type 2 (52%) diabetes reported that diabetes comes with a stigma.” | “results suggest that a disturbingly high percentage of people with diabetes experience stigma, particularly those with type 1 or type 2 diabetes who are on intensive insulin therapy.”  | This is relevant to my assignment being that is was an actual study conducted on diabetics, and that they responded that stigma is prevalent among diabetics. This article also provides facts that those who are in most need of medical attention due to their diabetes, are most affected by diabetic stigma.  |
| Diabetic stigma is a topic that is not highly focused on, but has become relatively just as important as the disease itself.  | “Although extensive research has characterized the underlying physiology of diabetes (1–3), less work has addressed the disease’s psychosocial demands and their consequent effects on management and quality of life.” | “Health-related stigma is a psychological factor known to influence the lives of people with chronic medical conditions..” | This is relevant to my assignment due to the fact that diabetic stigma is becoming a very important and prevalent disease in most recent years. Not much time and thought have been put into considering the impact that stigma has on those living with the disease, although those being stigmatized has definitely been impacted.  |

In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.

Is the article timely or a bit outdated?
The article is timely, being that was written in 2017 (2 years ago).

Was it published in a reputable source? Yes, it was published by the American Diabetes Association.

Other important information: n/a

Note Taking Sheet: Reading #6

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: The Lancet Diabetes Endocrinology
2. Author’s Credentials: Diabetic Journal
3. Publisher [or title of organization]: The Lancet Diabetes Endocrinology
4. Heading of Section [title of reading]: Diabetes stigma and discrimination: finding the right words

5. Year Written: 2018

6. Pages: 673

7. Website URL: [https://www.thelancet.com/journals/landia/article/PIIS2213-8587(18)30235-3/fulltext](https://www.thelancet.com/journals/landia/article/PIIS2213-8587%2818%2930235-3/fulltext)

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Diabetic stigma is often times not identifiable at first, but then come more apparent as the effect of the stigma increases.  | “Active discrimination at work or in social life is the tip of the iceberg of the [stigma](https://link.springer.com/article/10.1007/s40271-012-0001-0) experienced by people with diabetes” | “the experience of those with diabetes suggests that stigma is widespread...Even though the fact that someone has diabetes might not be immediately apparent, physical and behavioral features can be conspicuous and result in social stigma.” | This is relevant to my assignment being that it displays how diabetic stigma is developed, and not noticed initially off the bat. Diabetic stigma can take place gradually, and the effects can worsen over time.  |
| Health professionals contribute to determining how stigma impact patients.  | “Health professionals have a crucial role, as the way in which doctors and other health workers communicate with and about patients can reinforce or minimize the stigma experienced by people with diabetes.” | “the increasing recognition of the importance of language used in interactions with and about people with diabetes is a welcome development.” | This is relevant to my assignment because it identifies the fact that health professionals play an essential role in helping determine how diabetic stigma affects the life of a patient, and how their use of language contributes to the stigma that their patients can be exposed to.  |

In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.
n/a

 Is the article timely or a bit outdated?

The article is one of most timely articles I have come across, being that is was published in 2018 (one year ago).

Was it published in a reputable source?
Yes, it is from a medical journal found through Google Scholar.

Other important information: n/a

Note Taking Sheet: Reading #7

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: Asuka Kato, et al.
2. Author’s Credentials: Medical Professional and Professor at the University of Tokyo, Japan
3. Publisher [or title of organization]: BMJ Open Diabetes Research and Care
4. Heading of Section [title of reading]: Association between self-stigma and self-care behaviors in patients with type 2 diabetes: a cross-sectional study
5. Year Written: 2016
6. Pages: n/a
7. Website URL: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4716123/>

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Diabetic patients struggle to keep up with the growing effects that stigma has on their self-perception.  | “Growing qualitative evidence reveals that many patients with chronic illnesses struggle to rebuild a positive self-image after diagnosis while attempting to find a balance between their current physical status and their ongoing social duties.” | “One-factor destabilizing patients’ identities is self-stigma, which seems to affect their behavioral goals through decreased self-efficacy.” | This is relevant to my assignment because it identifies that diabetic patients struggle to cope with the effects of their diabetes because of the stigma associated with it. It also identifies self-stigma and self-perception as a factor that contributes to patients developing a negative identity. |
| Self-stigma largely contributes to the restraints put on diabetics, but is ultimately developed through social diabetic stigma.  | “Self-stigma is a negative independent factor, separate from self-efficacy, affecting the self-care behaviors of patients with type 2 diabetes”  | “Self-stigma also has, at least, a similar impact on self-care behaviors to that of self-efficacy.”  | This is relevant to my assignment because it identifies that self-stigma  |

In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.
n/a

Is the article timely or a bit outdated?
The article is timely, being that is was published 3 years ago in 2016.

Was it published in a reputable source?
Yes, it was published by a Diabetes Research and Care journal.

Other important information: n/a

Note Taking Sheet: Reading #8

Name Celya Kaufer Course EN202 Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’s Name: Adriana Ventura, et al.
2. Author’s Credentials: Diabetes Australia newsreporter
3. Publisher [or title of organization]: Conquest Magazine, Health Publishing Australia
4. Heading of Section [title of reading]: The Diabetic Stigma
5. Year Written: 2014
6. Pages: n/a
7. Website URL: <https://www.diabetesaustralia.com.au/news/11869?type=articles>

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| Main Ideas/Points | Important Quotations | Supporting Details | Relevance to Your Assignment |
| Diabetics experience stigma relating to the management of their disease.  | “Diabetes-related stigma is a negative social judgement based on an aspect of diabetes or its management that may lead to perceived or experienced exclusion, rejection, blame, stereotyping and/or status loss.” | “Stigma is usually based on attitudes of fear and disgust and can be caused by the perception that others blame you for self-inflicting diabetes. It is a particularly worrying consequence of living with diabetes that needs to be acknowledged, understood and addressed.” | This is relevant to my assignment in that it proves diabetics experience stigma due to the misinterpretations of the management of their disease and by simply try to manage their disease. It also displays how this stigma is portrayed through exclusion, rejection, blame, stereotyping and status loss.  |
| Diabetic stigma is not acknowledged enough by society and health care professionals.  | “Many healthcare professionals and people from the general community do not believe that diabetes is a stigmatized condition” | “Diabetes-related stigma inevitably has negative psychological, behavioural and physical consequences for people with diabetes”  | This is relevant to my assignment because it brings the argument that diabetic stigma is not acknowledged by society and health care professionals. Part of my research is to prove the existent of diabetic stigma among diabetics in our society, so this is completely relevant. |

In this article, is it possible that any of the authors might have a bias about the subject matter? provide examples if needed.
n/a

Is the article timely or a bit outdated?
This article is fairly timely, being that it was released about 5 years ago in 2014.

Was it published in a reputable source?

Somewhat, it is from a magazine but that magazine is focused on producing content for the Australian Diabetic Community - similarly to AARP.

Other important information: n/a

Negative Diabetic Stigma

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Northern Marianas College
Dr. Kimberly Bunts-Anderson
EN202-0N01
Persuasive Essay - Research Proposal
26 April 2019

# Social Stigma on Diabetes

Imagine waking up to a needle being shoved into your skin, and insulin being injected into your body. Diabetes is one of, if not the most prevalent disease in the CNMI. A number of people suffer physically, mentally and emotionally from the effects of diabetes and as part of the diabetic experience, diabetics are often faced with having to combat social stigma. This stigma stems from miseducation, peer pressure, and the media’s negative portrayal of diabetes and leaves the victims feeling powerless, suppressed and shamed. The researcher, Celya Kaufer, plans to shed light on what contributes to the social stigma and provide ways to combat these contributors. She believes that what contributes to the stigma can be both prevented and mended, should people make it a priority. Not only would taking a stance against the negative social stigma to be beneficial for those who currently suffer from the disease but those who are indirectly affected. She stresses the importance of this issue because of the ever prevalent presence of diabetes in the CNMI, and that trying to eliminate the social stigma will aid in the prevention and maintenance of diabetes. Kaufer believes that although diabetes is a highly popular topic, it is important to share the effects that the disease has on one socially. The people of the CNMI deserve to know the true effects that social stigma has on one’s diabetic health and ways in which we all can contribute to the betterment of it. Being that the CNMI is a tight-knit, family-oriented community, social wellness is important and crucial for the wellbeing of those affected by diabetes.

Kaufer plans to break up her research into a series of primary and secondary questions, with her primary question being, “Does social stigma affect the lives of diabetics in the CNMI?”, followed by secondary questions, “How does the social stigma affect the lives of diabetics in the CNMI?”, “What contributes to the social stigma and how does it affect the lives of diabetics in the CNMI?”, and “What can currently be done to help stop the social stigma that surrounds diabetes?” The researcher plans to incorporate 2-4 academic sources, which include articles found on Google Scholar regarding the link between stigma and depression among those with chronic illnesses and social stigma among type 1 and type 2 diabetics. Along with academic sources, Kaufer also plans to incorporate 3-4 local testimonials from diabetics, nurses, and doctors on the island. Being that the researcher has a direct relationship with diabetes, she plans to interview family and friends who suffer from the disease, as well as health care professionals such as Rosa Tudela, a registered nurse, Leslie Camacho, a nurse practitioner and former CHCC Nursing Director, and Dr. Norma Ada, who primarily cares for veterans and diabetic patients. Kaufer also plans to conduct surveys among NMC students to gain a better understanding on what is often misinterpreted about diabetes by asking questions such as “Do you think that there is a social stigma that surrounds diabetics?”, “Do you think that diabetes suffer socially, as a result of this stigma?” and “What do you think can be done to help stop the social stigma that surrounds diabetes?” The researcher plans to gather as much research as possible so that she will be able to find research both academically and locally that support her stance.

As for Kaufer’s tentative writing schedule, she plans to set aside 2 hours every day with an exception to Monday, to write and another 2 hours to research about her topic. Kaufer plans to limit writing and researching time on Mondays to 1 hour each, due to her evening school schedule. She also works from 9:00 am - 5:00 pm daily, so setting aside time in the evening is what would work best and plans to fill in for lost time on the weekends when she is off of work. She also plans to set up additional time, in person if possible, to interview the diabetic patients and health care professionals to get more of an insight and understanding into the struggle linked to social stigma among diabetics. If time constraints limit the time the research is able to conduct in-person interviews, she will resort to conducting the interviews through email or through online video chat.

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| Tentative Writing Schedule |
| Sunday | Monday  | Tuesday | Wednesday | Thursday  | Friday  | Saturday  |
| 4:00 - 6:00 pm  | 7:00 - 9:00 pm | 6:00 - 8:00 pm | 6:00 - 8:00 pm | 6:00 - 8:00 pm  | 6:00 - 8:00 pm | 4:00 - 6:00 pm |

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| Tentative Research Schedule |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00 - 8:00 pm | 9:00 - 10:00 pm | 8:00 - 10:00 pm | 8:00 - 10:00 pm | 8:00 - 10:00 pm | 8:00 - 10:00 pm |  |

# Altogether, Kaufer believes that the social stigma that surrounds diabetes is just as prevalent as the disease. With that being said, it important to identify what contributes to the build-up of the social stigma and suggest what can be done to resolve the current issue and prevent it from evolving. Kaufer plans to conduct research on the issue, by setting aside 2 hours daily to search for scholarly articles and journals on Google Scholar, and by making time to interview local diabetics and health care professionals be it in person or online through emails and video chat. She plans to also set aside the same amount of time daily to gather and incorporate ideas into writing, by answering the primary and secondary questions through the research she gathers. The researcher is very confident that her topic will interest readers, as it is a different approach at a commonly talked about topic. Kaufer hopes to open up a new understanding of diabetes to the public, and believes that the audience will gain a new understanding of how social stigma affects diabetics.

Brainstorm and Outline for Essay 4

I. Introduction


II. Body

Based on the literature that I found, most focused on how diabetes is stigmatized and that as a result of that stigma, diabetics suffered psychological disorders, such as depression, anxiety, etc. and which also prevent diabetics from properly maintaining their disease. Majority of the literature focused on how stigma is developed through the thoughts and opinions of others, and how that tends to negatively impact patients and individuals with diabetes, by affecting their self-perception and self-esteem.

I plan to use the literature I found to support my project by emphasizing that diabetic stigma is very prevalent and that diabetics do suffer from being stigmatized. They are affected psychologically and physically, and in some cases are prevented from living their normal lives. I also plan to emphasize the negative impact that the stigma has on a diabetic psychologically, creating a link between diabetes and depression through stigma, as well as self-perception and self-esteem issues.

III. Conclusion

The literature gathered adds a new perspective to my project in which it identifies and emphasizes the negative effects that stigma has on diabetics. The literature narrows my topic more towards focusing on one of the primary problems involved with being stigmatized, being psychological issues/illness: primarily depression. I plan to use the literature to focus solely on the connection between diabetes, depression and being stigmatized by a chronic illness.

Reflection

My topic was about the stigma that surrounds diabetes, a topic that I feel strongly and passionate about. I think it was a good topic because it was relevant to the CNMI, in that the people of this community can connect and relate to in one way or another. I would work with my topic further because it has not been given the attention, recognition, and research that it deserves. I am happy with the topic I selected because through my research, I was somewhat able to spread awareness to this issue that is often avoided or just plain discarded. Being a diabetic myself, I know how it has personally felt to struggle with the stigma that surrounded diabetes, and through my research, such as the articles I found, I was happy to find that other people in my position feel the same way and that even medical professionals are able to recognize the impact that stigma has on diabetics. Through additional research, from example my survey, I had manly comments and replies that my topic opened others’ eyes to an issue that they never took the time to recognize. Being able to help and give my topic that recognition and care that it deserves, is more than rewarding to me and for that, I would not have chosen a different topic.

I think that I somewhat prefer the method that we were given, which was the several essays organized around our research project. I think that that way, all our work superseded one another which allowed us to keep our focus on one topic instead of having to each paper on a different topic. I found it to be a bit tedious, having to write similar papers over and over again, but I did find myself somewhat benefiting from them in that I was able to use and rephrase several pieces of information I’ve gathered and some statements that I had written instead of completely writing over. I think that it is most helpful to gather and review your literature sources throughout the course so that you start to understand what exactly it is you’re looking for and what you need to shape your final report together. I would say that for the most part, I am satisfied with the sources that I located, being that I did not expect to find many sources that would support my research topic. I successes that I had finding literature sources was that I actually found literature sources that focused on my research topic and even delve into more specific topics, which ultimately helped me narrow down my topic. Problems I had with finding literature sources was that the results of some conducted research regarding my topic either did not contain the information that I needed or weren’t worded in a way that was useful to me, and that most of the useful articles did not only focus solely on diabetes, but other popular chronic diseases as well. The types of sources that were most helpful to me and my project would be the literature sources which focused on stigma regarding diabetes and other chronic diseases, as well as sources that focused on the link between stigma and depression relating to diabetes. Other additional types of sources that were most helpful to me, was the feedback and responses that I had received from my surveys.

I would say that the most helpful sources were the voice notes in which our instructor broke down what was expected of us throughout the weeks and how we would go about doing it, most of the time the provided web documents would suffice, but I did appreciate being able to hear our assignments broken down for us. In learning about academic writing, I would say that the example materials proved to be the most helpful, in that I find it easier for me to learn about the required formatting and context by reading and following along examples. The sources that I found to be the least helpful would be the powerpoints, because I had a couple of problems in that I would follow the tips and formatting that the powerpoints gave, but when turning in the work I would get feedback about how those tips that I followed were not what was expected or requested, which I found confusing. Other sources that I would like to use would probably be some screen-video teaching, where the instructor would either create a video of herself teach through a recorded screen or actually record herself talking or demonstrating/explaining assignments.

I wouldn’t say that I am a complete master when it comes to APA formatting, but I would say that my skills dealing with APA have improved. I definitely think that I can use some of the essay skills I learned in this course to write other essays in the future, especially those essays where I learned to address and type out what I, as a researcher, planned to achieve through my research and essays. I think that I will definitely need to write several other research papers in future classes, being that I am a business major and will have to take up additional writing classes such as business writing, and will also utilize the writing skills I gained in this class throughout my future business career.

I think that I can use some of the skills learned in this course to find and locate information and literature sources as support because many of the skills I learned focused on being able to identify quality literature material from low-quality material. Some writing skills that I think are stronger are probably my rephrasing and in-text citation skills, I wouldn’t say that they were terribly poor from the start, but I have become a bit more comfortable and confident incorporating them into my writing. Additional writing skills that I wish to develop would be my quality of writing, as well as being more straightforward with my writing. I find that most times my writing tends to be a bit wordy and I think that over time I can learn to become a more blunt, yet insightful and clear writer. As for APA, I think that I learned a decent while in this class, but that I would need additional practice with it in order to become more confident and comfortable with using it, as well as examples in order to use it properly. I think that my writing skills will definitely skills that I will need and benefit from in the future, but in regards to APA, I’m not so sure it will be necessary.

If I was asked to do primary research in my major, I definitely think that I could do it. I learned several primary research skills, one of which is to read through and gather literary resources throughout the course of your research. I found this method to be both extremely useful, in it gives you time to gather quality resources that will benefit your research. In the future, I would like to learn an additional methodology that can possibly help speed up my writing process, as well as improve my quality of writing and incorporating research and sources into my writing.

I think that my biggest strengths in regards to the project were utilizing the time and materials that I was given, however, I would also say that my weakness was finding ways to incorporate the materials I was given and arranging a timely schedule for me to work on my assignments. As for academic writing, I would say that I have somewhat improved, not drastically, but any improvement is a great improvement. I think that I have become more confident in myself as a writer and I understand that I can achieve my full potential when I truly put my effort and time into it. As for my research outcomes, I think that I would have liked more time to work with the weekly workload, as I often found myself focusing on one work item and trying to brush my way through the rest. Ultimately, I think that time played a huge roll in a lot of my research and if I had as much time as I had wanted, both given from the course and myself, I would’ve had better outcomes. Nonetheless, I believe I did my best with what I was given and was able to portray my research rather well.