Associations between pride, shame and self-rated health in adolescence
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Conclusions:
• Experiencing shame and pride is significantly associated with SRH among adolescent boys and girls.
• The pride-shame model showed associations with SRH; lower pride and higher shame were associated to lower SRH and higher pride and lower shame were associated to high SRH.
• Experiencing pride seems to serve as a protective mechanism in SRH in adolescents exposed to shame and this knowledge could be useful in the adolescent health promotion.

Introduction:
Pride and shame are important emotions influencing identity development and well-being in adolescence and self-rated health (SRH) is a strong predictor for future health (Hart & Matsuba 2007; Scheff 2014; Breidablik 2008). The combined association of pride, shame and SRH is not well examined. Thus, this cross-sectional study aimed to investigate the associations between pride, shame and SRH in adolescence.

Methods:
• The study sample: 705 adolescents in Sweden aged 17-18 years (318 boys and 387 girls)
• Questionnaire: self-rated health, shame and pride, as well as other health related questions.
• An index of pride and shame was created and tested in a pride-shame-model. Logistic regression analyses (univariable - multivariable) were used to investigate associations between pride, shame and SRH, adjusting for potential confounders.

Results:
• Pride and shame separately were significantly associated with SRH among both boys and girls (p< 0.01).
• The pride-shame model showed that the odds of having lower SRH were highest among boys with lower pride-higher shame (OR 5.90, CI 95% 2.64.-13.18) and among girls with lower pride-higher shame (OR 4.35, CI 95% 2.12-8.91).
• In a multivariable logistic regression analysis of the pride-shame model, the odds of having lower SRH remained significantly associated among boys and girls with lower pride-higher shame after controlling for country of birth, parental educational level, mood in family, having enough friends, school experience and being active in spare time associations/clubs.

References

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