Self Esteem and Depressive Mood of Individuals with Mood Disorders : A Correlational Study

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The purpose of this research was to investigate the relationship between self esteem and depressive mood of psychiatric patients with mood disorders. It was hypothesized that there would be negative relationship between self esteem and depressive mood in psychiatric patients with mood disorders. To test the hypothesis the correlational study design was adopted. Through purposive convenient sampling $N=100$ individuals diagnosed with major depression, bipolar I disorder most recent episode hypo manic, bipolar I disorder most recent episode manic, and dysthymic disorder based on the criteria of ICD-10 were approached from OPD of a psychiatric hospital of Karachi, Pakistan. Their mean age was 31.37. After the consent of the hospital administration as well as of the patients, their personal information data sheet was filled with the help of their case files and then they were requested to complete Rosenberg Self Esteem Scale and Goldberg Depression Scale. Through SPSS Pearson Product Moment Correlation was applied. It denotes that there is a significant negative correlation between self esteem and depressive mood of psychiatric patients. Hence, it is concluded that when self esteem of individuals with mood disorder is low, then their depressive mood is high; and when their self esteem is high, then their depressive mood is low. This study has positive implications as it would be beneficial for psychiatrists, clinical psychologists and other field practitioners of clinical group in understanding more easily and handling patients with above mentioned diagnosis.

Keywords: Self esteem, depressive mood, individuals with mood disorders

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Self-esteem is usually considered as an overall sense of worth about self. Individual's perception about the self can be positive or negative and that can be understandable through person's long term functioning. If it is more stable, it can be taken as a personal characteristic which is not easily changeable and can be seen in those with normal or particular orientation and evaluation of self worth or value toward self. In depressive state they usually have a negative self evaluation. As soon as the patient's depression is over, his/her self image also improves. It gives an indication that self image may vary from time to time; however, there are differences in views. Self-esteem is only one component high self esteem can handle painful experience with less stress. However, people with low self esteem can easily come under emotional pressure and have depressive mood. They become sad under tension-producing situation, and it is quite difficult for them to handle major responsibilities and to manage stresses of life. Patients with psychiatric disorders can have high or low self esteem depending on their diagnosis. They may have of the self-concept, which Rosenberg defines as, the totality of the individual's thoughts and feelings with reference to himself as an object (The Morris Rosenberg Foundation, n.d.). Some view low and high self esteem as personality characteristics of a person that basically remain constant during life time (McCarthy, Tarrier, & Gregg, 2002), whereas variation in self esteem is also noted (Sherrington, Hawton, Fagg, Andrew, & Smith, 2001). It is documented that inconsistency in self-esteem can be found more in those who are not well psychologically stable and have severe mood reactions (Church, 1987). Self esteem also plays important role in the development of depression (Broadhead, Blazer, George, & Tse, 1990) and it seems to be low in those who are depressed and are involved in suicidal act.

Further findings (Brown, Andrews, Harris, Adler, & Bridge,1986) determined relationship between depression disorder and low self esteem. In few other studies inverse relationship between depression and self esteem was also established (Shahar & Davidson, 2003; Yousafzai, & Siddiqui, 2007; Manna, Falgares, Ingoglia, Como & De Santis, 2016).

Apart from self esteem various environmental as well as personal factors can also play a contributing role in depression; however our focus of attention here would be on the objective of this study. In Pakistan we find scarcity of literature focusing on self esteem and depressive mood of psychiatric patients with mood disorder. Focal point of various studies are on normal adult participants of different age group or psychiatric patients in general. Hence, there is a need to conduct research on individuals with mood disorders where diagnostic categories are major depression, bipolar I disorder most recent episode hypo manic, bipolar I disorder most recent episode manic, and dysthymic disorder, visiting OPD (s) of psychiatric unit. It would be interesting to know the relationship of two variables in individuals with mood disorders diagnosed on the criteria of ICD-10. Hence, the purpose of this research is to investigate the relationship between self esteem and depressive mood of patients with mood disorders.

Research Hypothesis

In the light of the abovementioned literature it is being hypothesized that there would be a negative correlation of self esteem and depressive mood of individuals with mood disorders.

Method

Research Design

The current research has used quantitative correlational survey research design in which two measuring tools were used to collect the data.

Participants

In this research $N=100$ individuals with diagnosed mood disorders, including $n=84$ males and $n=16$ females were approached from OPD of a psychiatric hospital of Karachi, Pakistan through convenient sampling technique for data

collection. Their mean age was *M*=31.37 years (*SD*=10.00). Their minimum education level was grade 12. They belonged to both nuclear (27%) and joint (73%) family system. Their marital status was married (49%), unmarried (45%) and widowed/divorced (6%) patients. Their diagnostic categories according to World Health Organization (WHO, 2010) 10th revision of the International Classification of Diseases (ICD-10) coding system for Major Depression, Dysthymic Disorder, Bipolar I Disorder most recent episode Hypo manic, and Bipolar I Disorder most recent episode Manic were used; total of 69%, 10%, 08% and 13% participated in the study respectively.

Measures

Following measures were used in the current study to collect the data:

Personal Information Data Sheet. Self-developed semi-structured Interview form was used that focused on gathering patient's personal information such as gender, age, family structure, marital status, psycho diagnostic classification etc. It was filled by researcher after going through patients' case files.

Rosenberg Self Esteem Scale (RSES). This scale was developed by Rosenberg (1965a), and it is the most common self report research measure of self esteem. It comprised of ten items which measure the level of global self esteem based on 4 point rating scales from 1-4, where Strongly Agree=4 till Strongly Disagree=1. Items 2, 5, 6, 8, 9 are reversed scored, where Strongly Agree=1 till Strongly Disagree=4. Total of ten items is self esteem score. High score indicate high self esteem and low score specify low self esteem. This scale is highly reliable and considered as valid measure to assess global self esteem of people of different age group starting from adolescent, and it is one of the most widely used scales by psychologists and sociologists in their social science researches. About its psychometric., its range of Internal consistency is 0.77 to 0.88, whereas its test-retest reliability is from 0.82 to 0.85, while 0.55 is its Criterion validity (Rosenberg,1965b).

Goldberg Depression Inventory (GDI). This inventory was developed by Ivan Goldberg (1993) for assessment of depressive mood. It gathered information about how a person felt and behaved in the past week. It has 18 items that are rated on a 6 point rating scale where, not at all =0 till very much=5. Total score indicates depression score of past last week. Its minimum score range is 0-9= Depression unlikely and maximum score is 54 + = Severe depression. Aminpoor, Afshinfar, Mostafaei, and Ostovar (2012) administered Goldberg's depression scale on West Azerbaijan 427 residents. Its reliability through Cronbach's Alpha was 0.90,0.86, and 0.81 for high school , higher education and others respectively.

Procedure

Data collection was done from a psychiatric hospital of Karachi. First of all they were approached for consent of data collection. They were provided with details about the purpose of the study and scales to be used. After getting consent from hospital the patients were approached individually. Introduction to participant was given and informed consent was taken. Brief description about the nature of the study was provided to them and they were assured that their results would remain confidential and collective results only would be utilized for research purpose. A proper schedule was prepared for the administration of scales with approval of each participant. Their personal information data sheet was filled with the help of their case files and after development of rapport remaining information was gathered from the patients. Then they were requested to complete the above mentioned scales. Then data was analysed through SPSS.

Results

Descriptive Statistics of four groups of patients on Self-esteem and Depressive Mood is mentioned in Table 1. To check whether the hypothesis is proved or not Pearson Product- Moment Correlation was applied through SPSS which determined the strength of relationship of self esteem with depressive mood.

Table 1

Descriptive Statistics of four groups of patients on Self- esteem and Depressive Mood (N=100)

	Conditions	N	M	SD
Self Esteem	Major depression	69	12.19	2.71
	Bipolar I disorder most recent episode Manic	13	16.08	1.65
	Bipolar I disorder most recent episode Hypo Manic	08	12.13	2.58
	Dysthymic disorder	10	13.90	1.65
Depressive Mood	Major depression	69	56.14	21.30
	Bipolar I disorder most recent episode Manic	13	44.00	28.75
	Bipolar I disorder most recent episode Hypo Manic	08	57.50	26.97
	Dysthymic disorder	10	64.50	20.41

Table 1 shows 69 % patients were classified as Major depression, 13% as Bipolar I disorder most recent episode Manic, 08 % as Bipolar I disorder most recent episode Hypo Manic and 10 % as Dysthymic disorder. Their Mean and SD on Self- esteem and Depressive Mood is also mentioned.

Table 2

Correlations of Self-esteem and Depressive Mood of Individuals with Mood Disorders

	Depression
Self-esteem	-.37**

**P<0.01

Table 1 clearly indicates significant negative correlation of self-esteem with depressive mood of psychiatric patients with mood disorders (r= -.379, p<.01).

Discussion

It is clear from the results that when self-esteem of psychiatric patients with mood disorders is low, then their depressive mood is high; and when self esteem is high, then their

depressive mood is low. Hence our hypothesis that there would be a negative correlation of self esteem and depressive mood scores of psychiatric patients with mood disorders was proved. Related findings were mentioned in various other studies as pointed out earlier (Broadhead, Blazer, George, & Tse, 1990; Brown, Andrews, Harris, Adler, & Bridge, 1986; Yousafzai, & Siddiqui, 2007).

Alike results were revealed in the work of Taylor and Del (1992). Hayward, Wong, Bright, and Lam (2002), who conducted a study on self-esteem of patients with manic depression. They suggested a relationship between mood and self-esteem.

The reason for negative relation of self esteem and depressive mood of patients may be attributed to negative thinking pattern of many patients, as it is believed that depress person has negative view about the self, the world and the future (Beck,1967).

Furthermore, lowered self-esteem is known to be present in a number of psychiatric patients mainly in depression (Ryan, Puig-Antich, & Ambrosini, 1987). Similar findings were also noted that low self esteem is more prevalent in psychiatric disorders such as major depression (Silverstone & Salsali, 2003; Orth & Robins 2013; Sowislo & Orth, 2013).

Moreover, the current findings can also be attributed to indegenious cultural context, where acceptance of any psychological disorders is very low. Individuals who seek help from professionals feel bad about themselves and tend to evaluate themselves negatively because of social stigmatization.

Hence, it can be concluded from the above mentioned findings that there is an inverse relationship between self esteem and depressive mood of psychiatric patients with mood disorders which shows that when self esteem of individuals with mood disorder is low then their depressive mood is high; and when their self esteem is high then their depressive mood is low. It can be deduced from the findings that self-esteem plays a vital role in the

depressive mood of the individuals and an elevation in the self-esteem can decrease the intensity of the mood disorder.

Implications of the Findings

This research has positive implications as it highlights the relationship of variables studied of psychiatric patients with mood disorders only and not taking psychiatric patients in general. It will help mental health professionals to better understand the dynamics of relationship of these variables studied with reference to mood disorders. Hence they can with great ease make treatment goals accordingly.

Limitations of the Study

The data was collected only from psychiatric patients with mood disorders. It would have been more fruitful if relationship of self esteem and depressive mood have been determined through taking patients of variety of diagnostic categories based on ICD-10.

Further collected data was from only one psychiatric hospital. It would have been more appropriate if data would have been collected from maximum number of mental health units available in Karachi, Pakistan.

Recommendations

It is recommended that future researcher may replicate the study by not limiting diagnostic categories of one particular hospital but take patients of variety of diagnostic categories of both the gender equal in number. This would help to determine gender based relationship between two variables also.

Use of control group who have never been diagnosed as psychiatric patient would help to further increase understanding about dynamics of relationship between self esteem and depressive mood of psychiatric and non psychiatric patients.

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