



List of Resources on Self-Stigma

Produced by Beyond Stigma

The resources on this list have been produced by Beyond Stigma and carefully curated for readers to find the information they need when planning to do work on Self-stigma.

For further information please visit our website: www.beyondstigma.org. Alternatively, you can get in contact with info@beyondstigma.org

Informative Videos on Self-Stigma

- ❖ What is Self-Stigma?: Watch this video to learn the basics, what self-stigma is and what it can look like.
 - Watch the video here: <https://www.youtube.com/watch?v=qc8MmXPQgr4>

- ❖ Stigma in the Education Setting

Our partners, the Zimbabwe-based organization Zvandiri, developed this video to share at the 2022 UNAIDS' PCB meeting. The video shares information on stigma in the education setting.

 - Watch the video here: <https://www.youtube.com/watch?v=Sal473aJI88>

- ❖ The Wakakosha Song

This inspirational song was created by young people affected by HIV living in Zimbabwe and taking part in the Wakakosha ('I am worth it') programme. During a creative songwriting series of workshops they went through the experience of telling their story, dive deep into what dealing with HIV-related self-stigma meant to them, and used these feelings to compile the Wakakosha song.

 - Listen to the song here: <https://www.youtube.com/watch?v=j1Mx9pn8rkU>

- ❖ We are the Change Zimbabwe

This short video describes the 'We Are The Change programme', a programme focused on supporting people living with HIV to deal with self-stigma. It presents the methodology, the results and shares the experience of participants taking part in the programme.

 - Watch the video here: https://www.youtube.com/watch?v=7UHUCta_MIo

❖ Self-stigma programme in action: Wakakosha 2021

A compilation of graphics capturing the 12-week online course that was completed in 2021 as part of the Wakakosha programme.

➤ Watch here: <https://www.youtube.com/watch?v=JWSdioLWBjw>

❖ Embrace yourself - A video series on Thoughts, Self-Stigma, Self-Worth and Self-Love.

These series of videos were made to support communities of sex workers, people living with HIV, people who use drugs, transgender people, men who have sex with men and others who are marginalized in society - in Vietnam and worldwide. It is for all people who believe their thoughts.... It is our intention that it can reach many people.

➤ Watch the series here:

https://www.youtube.com/watch?v=AVNIgrrL2el&embeds_euri=https%3A%2F%2Fwww.beyondstigma.org%2F&embeds_origin=https%3A%2F%2Fwww.beyondstigma.org&source_ve_path=MjM4NTE&feature=emb_title

❖ Beyond Stigma #GoodEnough Webinar Series

Two webinars held in 2022 shed light on the impact of self-stigma and the importance of addressing it in efforts to reduce stigma related to mental health and HIV/AIDS in adolescents and young adults worldwide.

➤ Watch Webinar 1: How HIV-related self-stigma impacts adolescent girls and boys and young adults living with HIV: paper launch and learnings from the Zimbabwe-based Wakakosha programme. Link: https://www.youtube.com/watch?v=_T4cKXLrrGA

➤ Watch Webinar 2: Highlight the importance of addressing self-stigma in every effort made to reduce mental health-related stigma around the world as part of World Mental Health Awareness Month. Link here: https://www.youtube.com/watch?v=_T4cKXLrrGA

Peer review publications on Self-Stigma: what we know

❖ *'Exploring the beliefs, experiences and impacts of HIV-related self-stigma amongst adolescents and young adults living with HIV in Harare, Zimbabwe: A qualitative study'*. 2022. Rich, et al.

➤ Full text here: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0268498>

❖ *'We are the change' - An innovative community-based response to address self-stigma: A pilot study focusing on people living with HIV in Zimbabwe*. 2019. Ferris France, et al.

➤ Full text here: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0210152>

- ❖ 'Exploring beliefs and experiences underlying self-stigma among sex workers in Hanoi, Vietnam'. 2018. Huber, et al.
 - Full text here: <https://www.tandfonline.com/doi/abs/10.1080/13691058.2019.1566572>
- ❖ 'Defining the research agenda to measure and reduce tuberculosis stigmas'. 2017. K Macintyre, et al.
 - Full text here: <https://pubmed.ncbi.nlm.nih.gov/29025490/>
- ❖ 'An unspoken world of unspoken things': A study identifying and exploring core beliefs underlying self-stigma among people living with HIV and AIDS in Ireland'. 2015. Ferris France, et al.
 - Full text here: https://www.academia.edu/20213863/An_unspoken_world_of_unspoken_things_A_study_identifying_and_exploring_core_beliefs_underlying_self_stigma_among_people_living_with_HIV_and_AIDS_in_Ireland
- ❖ Framework for Qualitative Analysis of interview data. 2015. Ferris France, et al.
 - Framework here: [herehttps://www.beyondstigma.org/_files/ugd/529944_e8d20b9d53d24e0a94c9e12ddcba685a.pdf](https://www.beyondstigma.org/_files/ugd/529944_e8d20b9d53d24e0a94c9e12ddcba685a.pdf)

Testimonials

- ❖ '[Dear Me' Podcast Series](#) - Letters for and by young people living with HIV. These podcast series contain a total of 21 episodes. Each one of the episodes highlights stories of young people affected by HIV in Zimbabwe sharing their experiences through Letters and Poems in our new Podcast series "Dear Me". These are written following their participation in a course on self-stigma and shame called 'Wakakosha' developed and implemented by Beyond Stigma and Zvandiri.
 - Listen to the 21 episodes here: <https://www.youtube.com/playlist?list=PLOLPYeyr8DOEZInt3cNuj4Sek6d8Bh19M>
- ❖ [Poetry Collection](#) - 'There is a treasure in me'. Written during the Wakakosha ('You're Worth It') course delivered by Beyond Stigma and Zvandiri in Harare, Zimbabwe last year, the poems serve as testaments to the resilience and optimism of the young people who wrote them
 - Read the poetry collection here: https://www.beyondstigma.org/_files/ugd/529944_e47419a1da3e4be08cfd05d39521beeb.pdf

Reports and Articles

❖ From the Inside Out: Dealing with TB-related self-stigma and shame.

“From the Inside Out ” is a training toolkit designed to help people identify, understand, and address self-stigma and anticipated stigma. It specifically provides a framework and tools to reduce self-stigma in people with tuberculosis (TB). It is intended for use by NGOs, National TB Programmes and TB Support Groups.

➤ Read the full report here:

https://www.beyondstigma.org/_files/ugd/529944_37d637e8f3634a3aaa00cfef4bedeoda.pdf

❖ COVID-19: Spread solidarity and love, not stigma and fear. New Guide.

Developed by Beyond Stigma, this resource highlights stigma and self-stigma related to COVID-19 and provides tools to make sure that we do not stigmatize ourselves and others.

➤ Find the full report here:

https://www.beyondstigma.org/_files/ugd/529944_bb223250d6444c3d958fd5cf8fe6718a.pdf

❖ TB Stigma Measurement Guidance.

TB Stigma Measurement Guidance document developed by KNCV Tuberculosis Foundation is a USAID-funded, KNCV-led Challenge TB project. This is a user-friendly manual that will assist those wishing to understand TB stigma, develop, and measure their own TB stigma reduction interventions.

➤ Find the full report here:

https://www.beyondstigma.org/_files/ugd/529944_e60f642c450948efa1d4d83cd12bd3c4.pdf

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