

Mediated Role of Self-stigma Linking Inattention/Impulsivity Symptoms and Quality of Life in Individuals with Schizophrenia



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INTRODUCTION

- Inattention/impulsivity and self-stigma are associated with poorer quality of life (QoL) in schizophrenia.
- Longitudinal associations among these variables remain underexplored.
- This study examined whether self-stigma mediates the association between inattention/impulsivity symptoms and QoL using a longitudinal design.

METHODS

❖ Participants & Procedure

- A longitudinal study enrolled 241 Taiwanese adults (aged ≥20 years) with schizophrenia.
- Individuals with moderate-to-severe substance use disorder or a history of head injury were excluded.
- Assessments were conducted at baseline and across three follow-up time points (March 2023–August 2025).

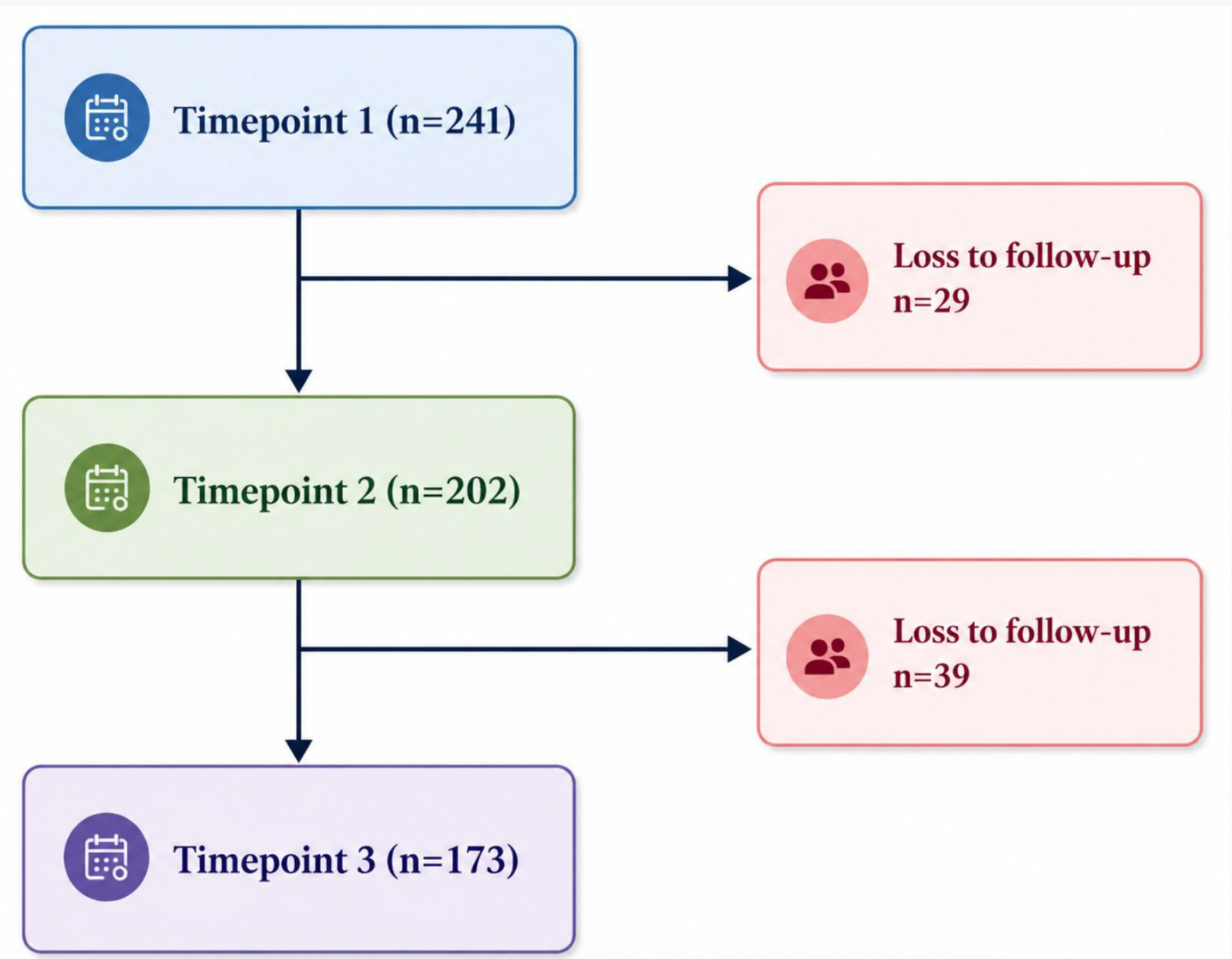


Figure 1. Participant flow across three time points

❖ Measures

- Demographic characteristics: age, sex, education level, marital status, and age at schizophrenia onset as covariates.
- Inattention/impulsivity: Swanson, Nolan, and Pelham-IV MTA
- Self-stigma: Self-Stigma Scale-Short
- QoL: World Health Organization Quality of Life Questionnaire-Brief Version

❖ Statistical Analysis:

- Structural equation modeling (SEM) were performed using lavaan in R.
- Bootstrap resampling (5,000 iterations) estimated 95% confidence intervals (CIs).

RESULTS

1. Correlation Analysis

Table 1. Correlations among self-stigma, inattention and impulsivity symptoms, and quality of life (n = 241)

Variable	1	2	3	4	5	6	7	8
1 IMP/ATT_T1	—							
2 Aff_T2	0.21**	—						
3 Beh_T2	0.17*	0.83***	—					
4 Cog_T2	0.16*	0.81***	0.72***	—				
5 Phy_T3	-0.16*	-0.44***	-0.46***	-0.42***	—			
6 Psy_T3	-0.17*	-0.45***	-0.48***	-0.48***	0.75***	—		
7 Soc_T3	-0.05	-0.41***	-0.41***	-0.40***	0.69***	0.66***	—	
8 Env_T3	-0.16*	-0.40***	-0.35***	-0.37***	0.75***	0.77***	0.74***	—

Note. IMP/ATT = Inattention and impulsivity; Aff = affection; Beh = Behavior; Cog = Cognition; Phy = Physical QoL; Psy = Psychological QoL; Soc = Social QoL; Env = Environmental QoL; T1 = Timepoint 1; T2 = Timepoint 2; T3 = Timepoint 3.

* p < 0.05, ** p < 0.01, *** p < 0.001

2. Direct and Indirect Effects

Table 2. Direct and indirect effects in relationships among inattention and impulsivity symptoms, self-stigma, and quality of life (n = 241)

Path	B	SE	Lower	Upper	β	z	p
Direct Effect							
IMP/ATT_T1 → SS_T2	0.01	0.00	0.01	0.02	0.13	2.39	0.017
SS_T1 → SS_T2	0.55	0.07	0.41	0.69	0.51	7.70	< 0.001
SS_T2 → QoL_T3	-0.93	0.15	-1.23	-0.63	-0.31	-6.05	< 0.001
QoL_T1 → QoL_T3	0.48	0.07	0.34	0.62	0.47	6.84	< 0.001
IMP/ATT_T1 → QoL_T3	-0.03	0.01	-0.06	-0.01	-0.13	-3.05	0.002
Indirect Effect							
IMP/ATT_T1 → SS_T2 → QoL_T3	-0.01	0.00	-0.02	-0.01	-0.04	-2.28	0.023
SS_T1 → SS_T2 → QoL_T3	-0.51	0.11	-0.73	-0.29	-0.16	-4.55	< 0.001

Note. B = Beta estimate; SE = Standard error; β = Standardized beta estimate;

CI = Confidence interval; IMP/ATT = Inattention and impulsivity; SS = Self-stigma; QoL = Quality of life;

T1 = Timepoint 1; T2 = Timepoint 2; T3 = Timepoint 3.

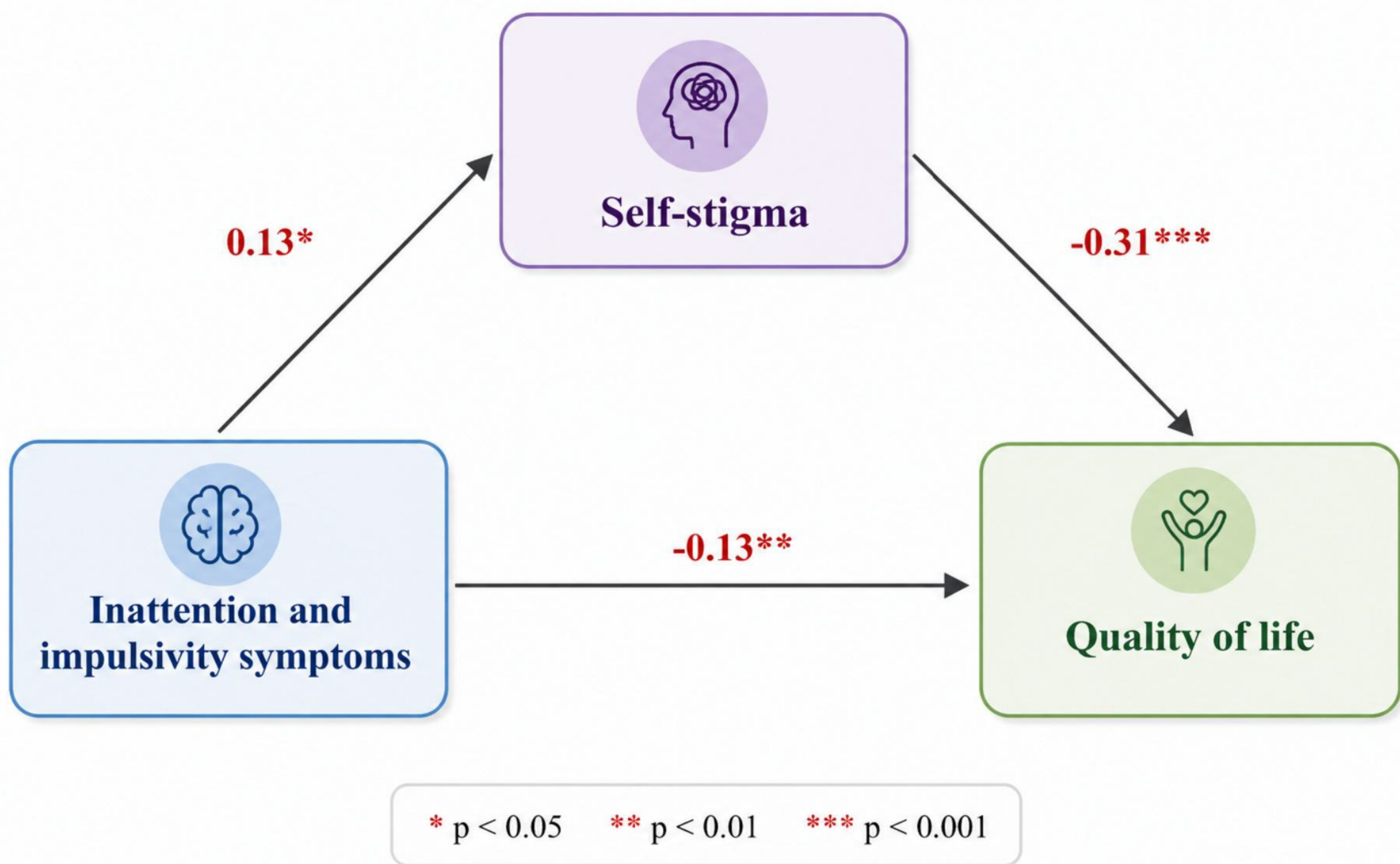


Figure 2. The mediating role of self-stigma in relationships between inattention and impulsivity symptoms, and quality of life

DISCUSSION

- Self-stigma was negatively correlated with physical, psychological, social, and environmental QoL.
- Inattention and impulsivity symptoms may impair QoL through poorer coping, reduced resilience, and difficulties in daily functioning.
- Difficulties maintaining routines and physical activity may contribute to poorer physical health outcomes.
- Inattention and impulsivity symptoms may exacerbate self-stigma and reduce QoL in schizophrenia.

CONCLUSION

- Self-stigma and inattention/impulsivity symptoms were associated with poorer QoL among individuals with schizophrenia.
- Early identification and targeted interventions may improve QoL outcomes.

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