

## **Abstract**

Although some research has tried to apply the Self-Regulation Model (SRM) to people with mental disorders, modifications to the SRM are needed. Special attention was given to understand how illness representations are related to self-stigma to influence the health outcomes. The current study investigated the illness representations of people with drug dependence, proposed a two-level processing of the cognitive and emotional illness representations, and examined how self-stigma mediates the relationship between illness representations and mental health among people with drug dependence. A hundred and ninety-nine clients from the Society of Rehabilitation and Crime Prevention, Hong Kong, were recruited. Results of structural equation modeling showed that the proposed model yielded a satisfactory fit,  $\chi^2(82) = 151.74, p = .00, CFI = .93, TLI = .91, RMSEA = .07$ . Among the five cognitive illness representations, the incomprehensibility, control and negative consequences dimensions were associated with the emotional illness representations. The mediation effect of self-stigma was also supported. The model highlighted the importance to consider the associations of illness representations and self-stigma when applying the SRM to people with mental disorders. Theoretical and practical implications of the sequential-processing of the cognitive and emotional illness representations and the mediation effect of self-stigma were discussed.

*Keywords:* Illness Representations, Self-Stigma, Self-Regulation Model, Drug

Dependence