

Inequality, shame and inferiority

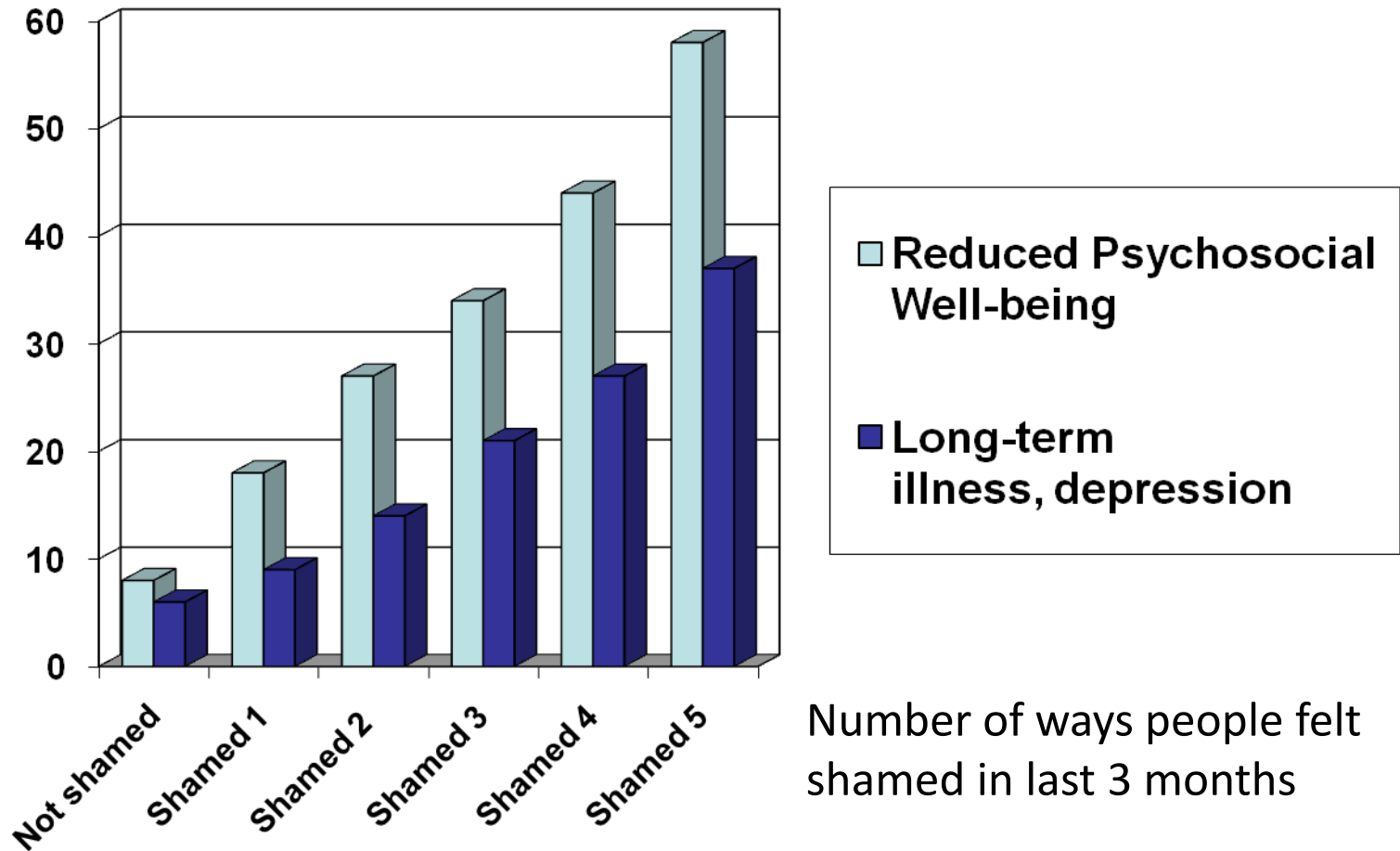
Richard Wilkinson

Emeritus Professor of Social Epidemiology
University of Nottingham Medical School



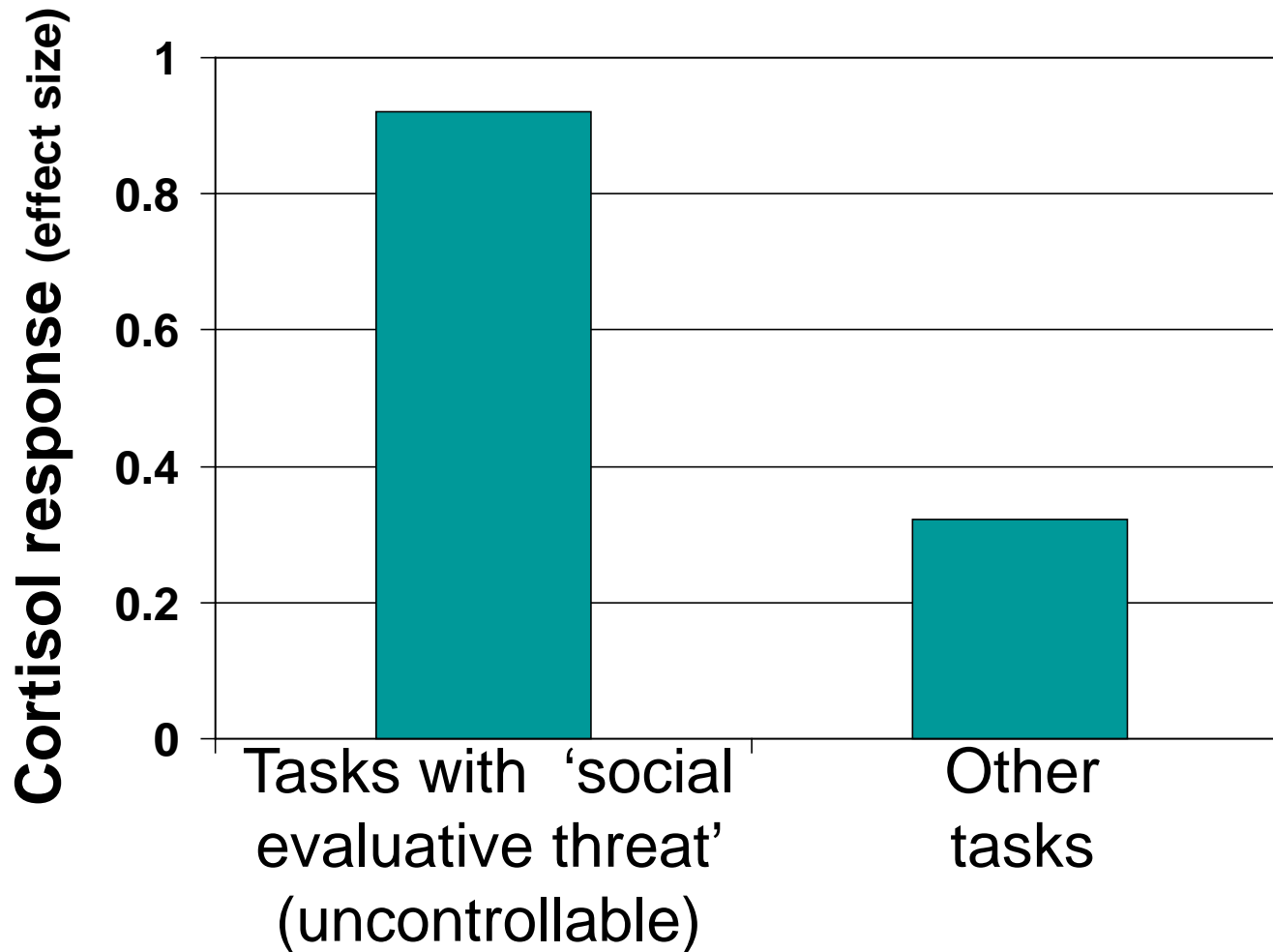
Photo by kind permission of Matt Stuart

Well-being and long-term illness in relation to feeling shamed



Data from Swedish *Liv & Halsa* survey 2004. Starrin B, Wettergren A. Shame and humiliation in narrative social life. (forthcoming).

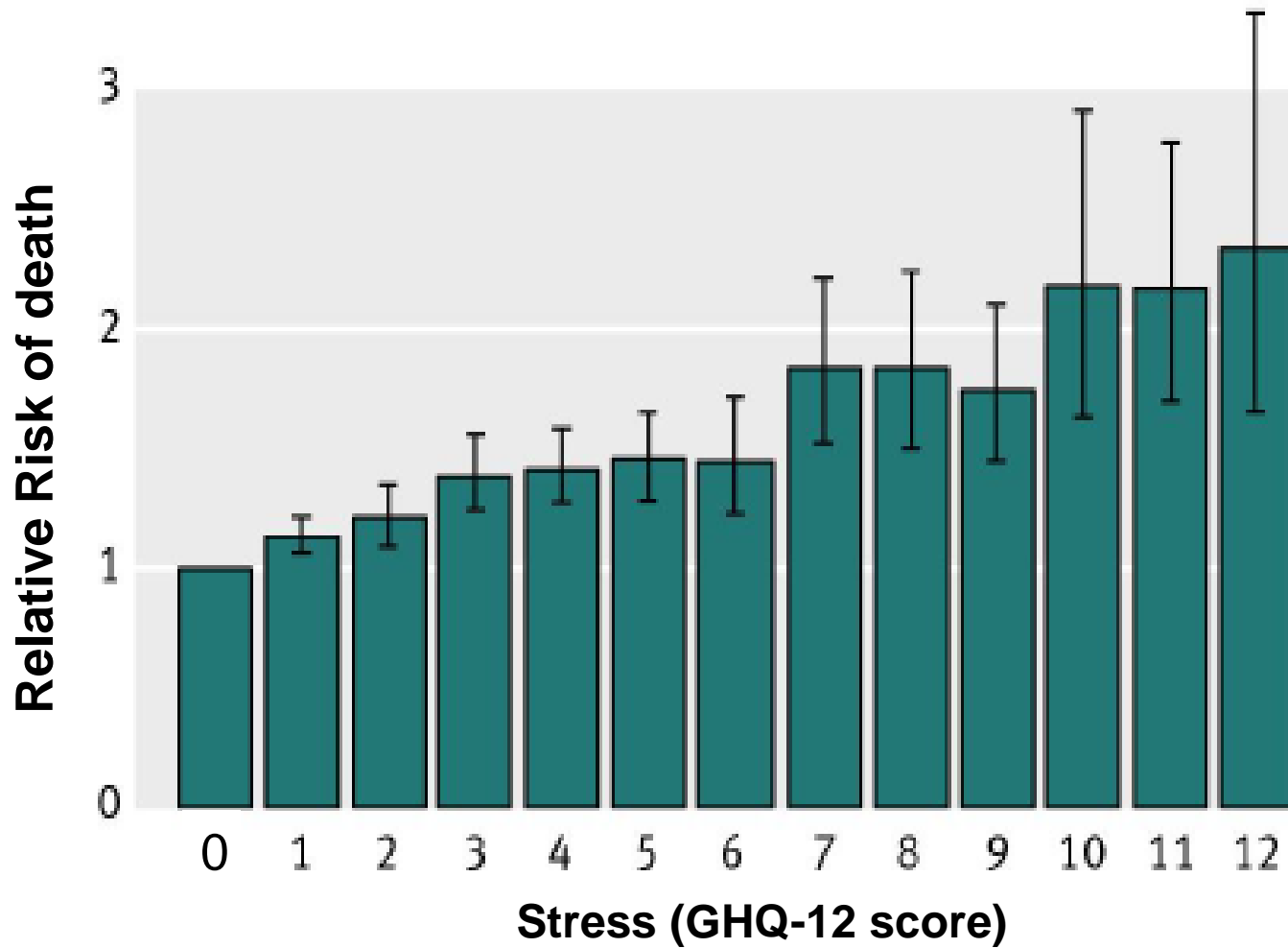
What kind of stressful tasks raise stress hormones most?



Dickerson SS, Kemeny ME. Acute stressors and cortisol responses. *Psychological Bulletin* 2004; 130(3): 355-91.

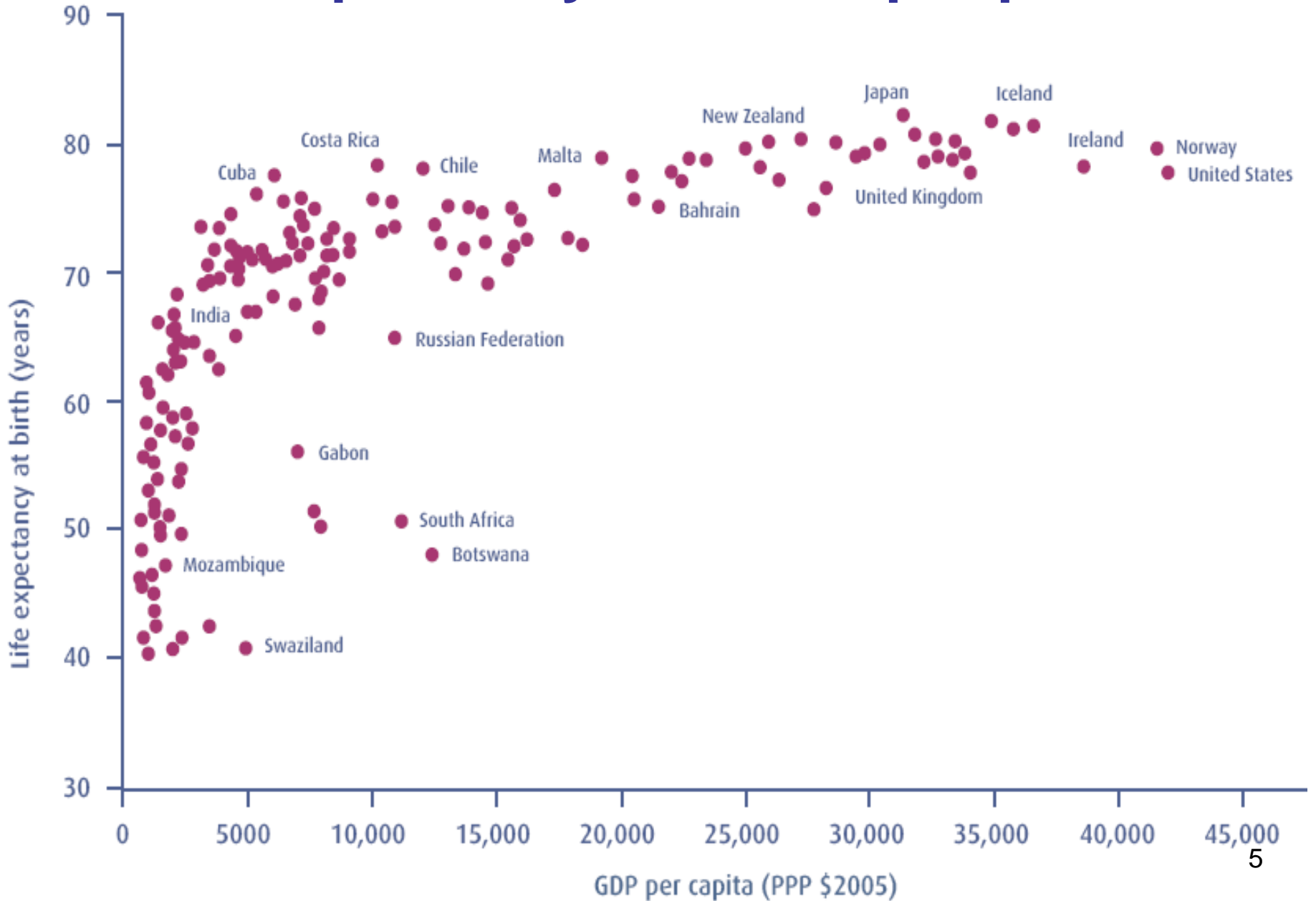
Even low levels of stress increase death rates

Health Survey for England 1994-2004. n=68,222; deaths = 8365

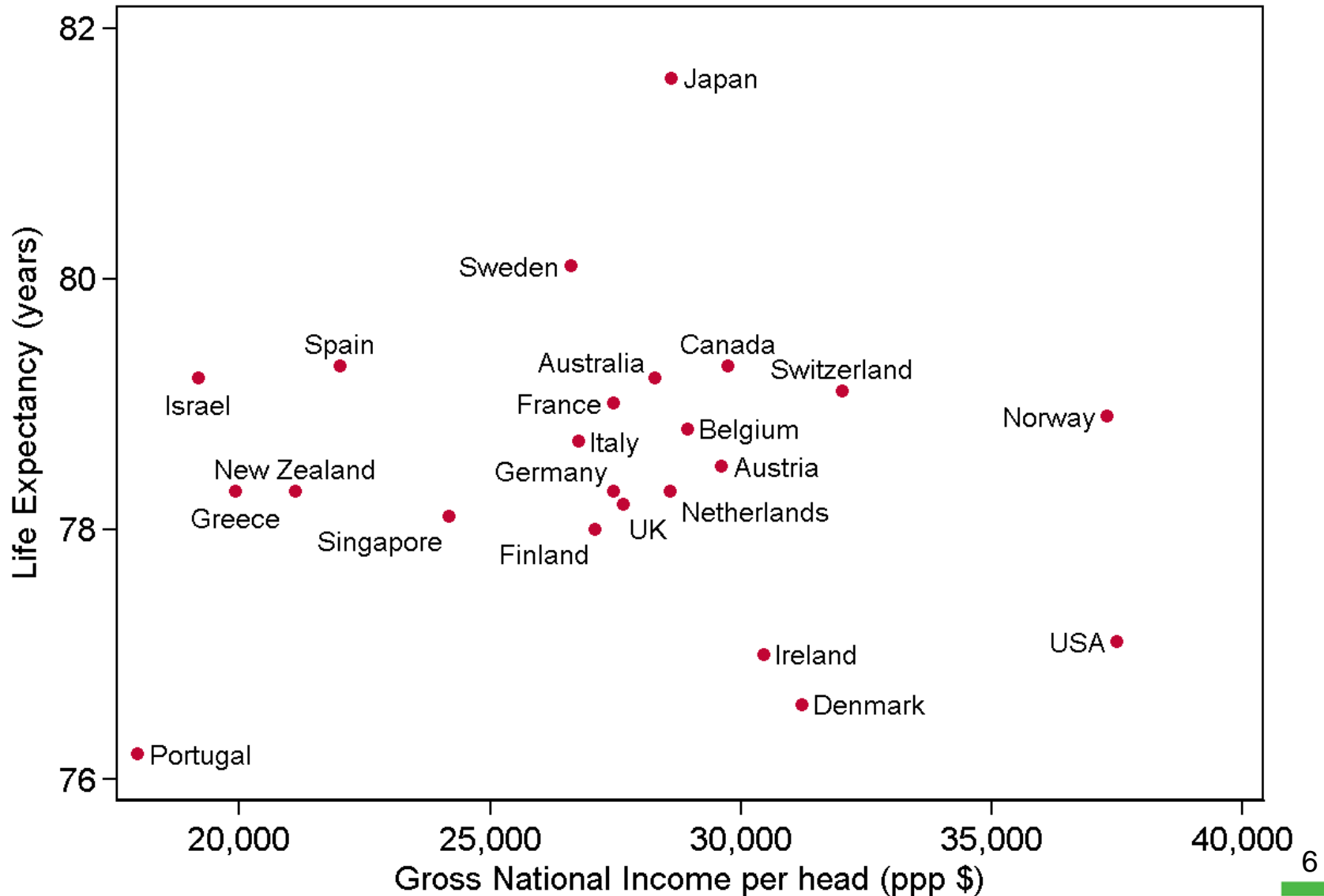


Russ TC, Stamatakis E, Hamer M, Starr JM, Kivimäki M, Batty GD.
Distress and mortality. *BMJ* 2012;345:e4933.

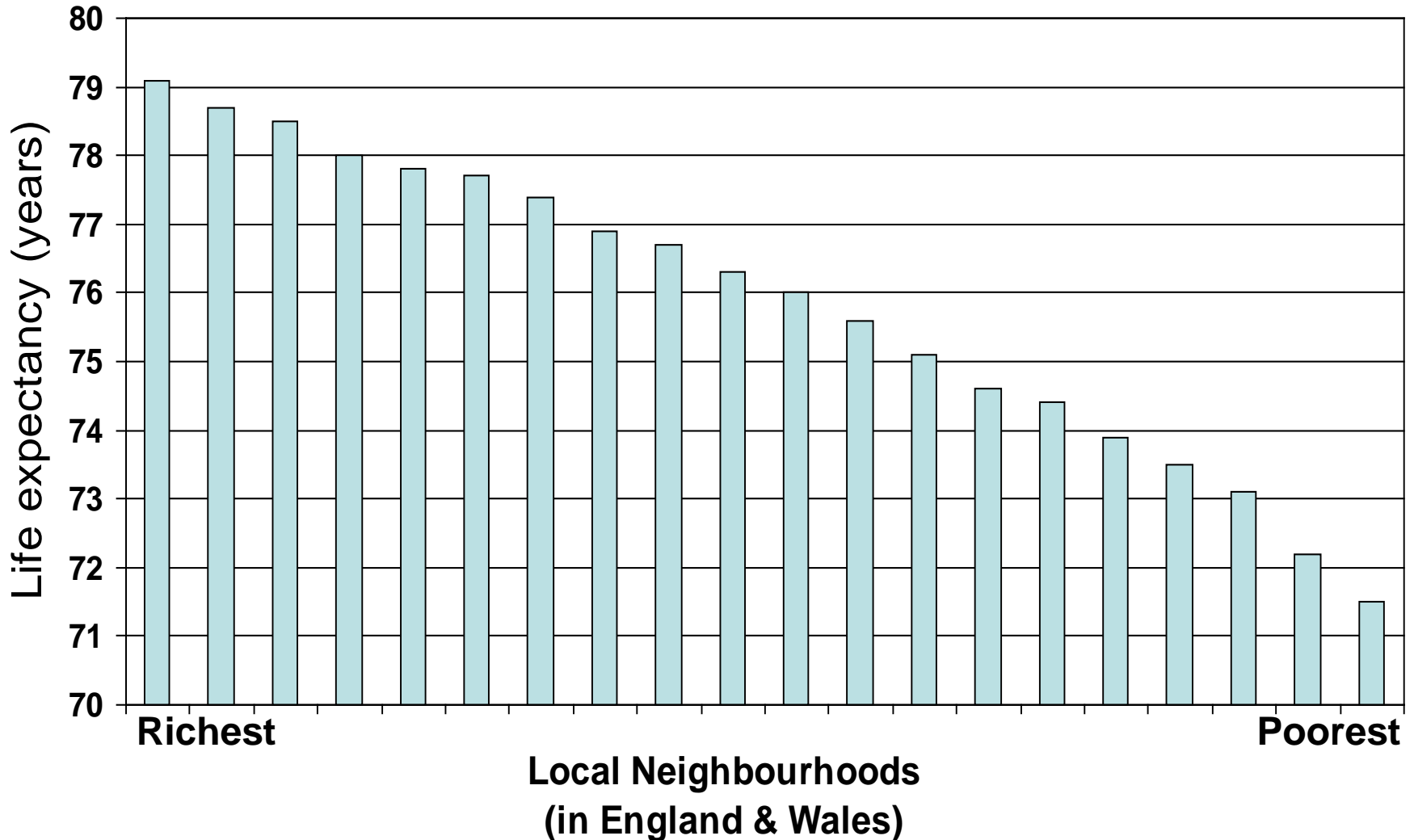
Life expectancy and GDP per person



Life expectancy in rich countries is no longer related to National Income per head



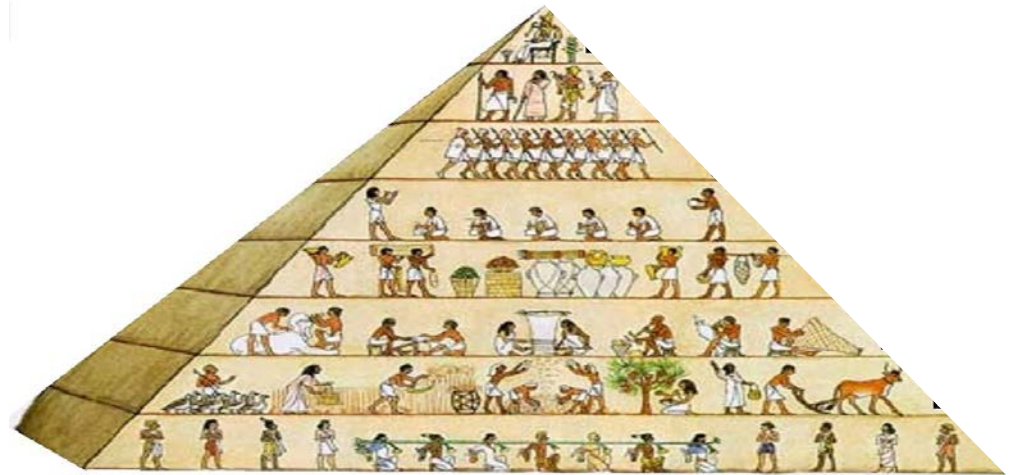
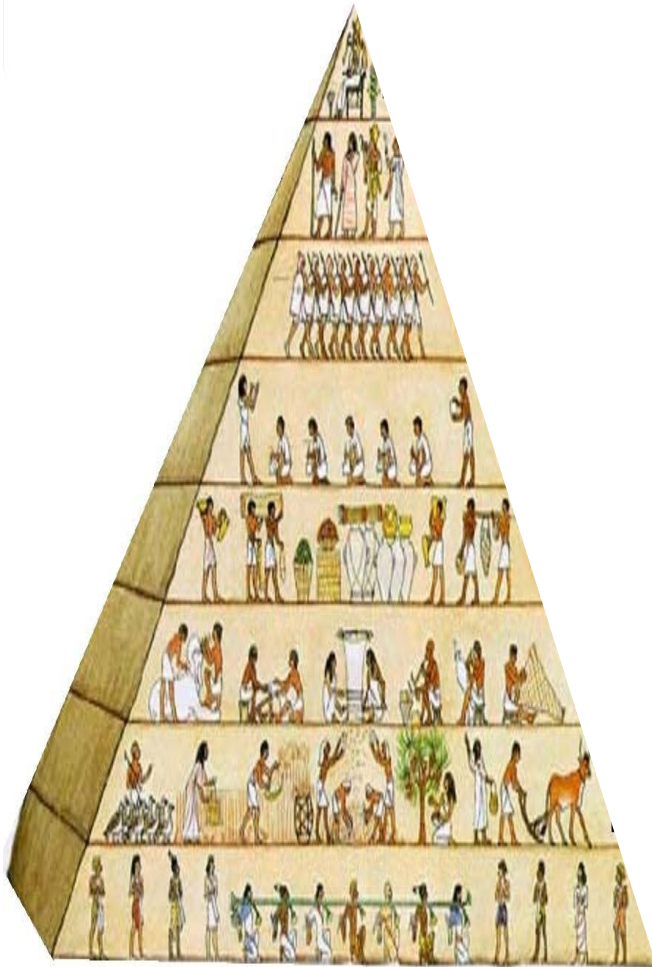
Life expectancy is strongly related to income within rich countries



Income differences increase social class differentiation

Bigger income differences:-

- **Class becomes more important**
- **The social pyramid is higher and more hierarchical**
- **The quality of social relations deteriorates**



DECEMBER 9, 1985

\$1.95

TIME

SPY SPY SPY EVERYWHERE
The U.S. Roundup
Accelerates



Children Having Children

Teen Pregnancy In America



SHATTERED LIVES



Portraits
From
America's
Drug War

by Mikki Norris
Chris Conrad &
Virginia Resner

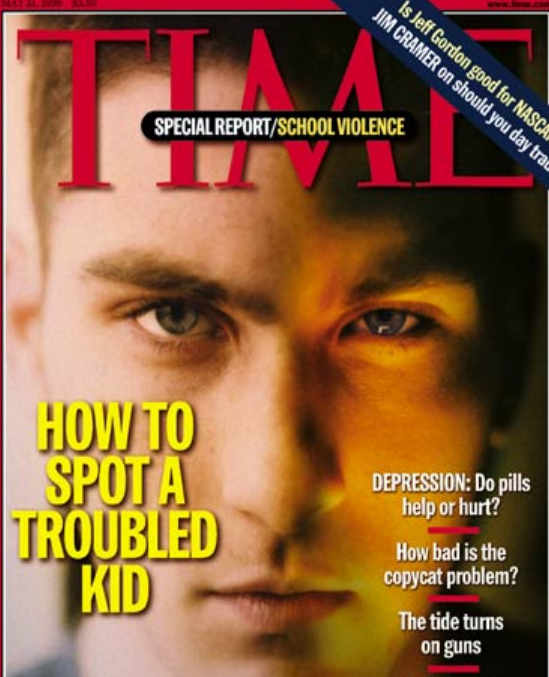
MAY 21, 1999 \$3.00

TIME

SPECIAL REPORT/SCHOOL VIOLENCE

Is Jeff Gordon good for NASCAR?
JIM CRAMER on should you day trade

HOW TO SPOT A TROUBLED KID



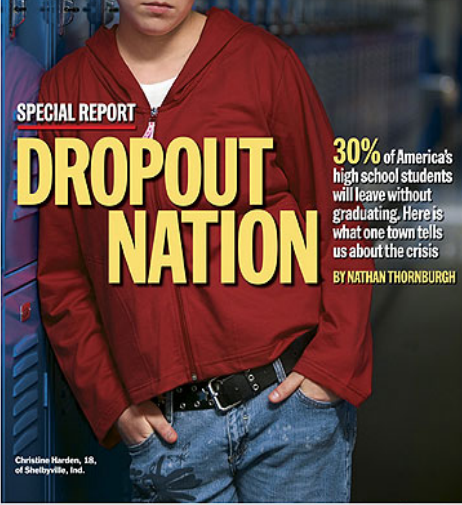
- DEPRESSION: Do pills help or hurt?
- How bad is the copycat problem?
- The tide turns on guns

APRIL 17, 2006

JOE KLEIN: HOW CONSULTANTS RUINED POLITICS

TIME

FLIGHT 93:
THE MOVIE
EXCLUSIVE FIRST LOOK



SPECIAL REPORT

DROPOUT NATION

30% of America's
high school students
will leave without
graduating. Here's
what one town tells
us about the crisis

BY NATHAN THORNBURGH

Christine Harden, 18,
of Shelbyville, Ind.



The Dominance Behavioural System

Research on the *Dominance Behavioural System*, (using self-reports, observational, experimental and biological methods), shows that:-

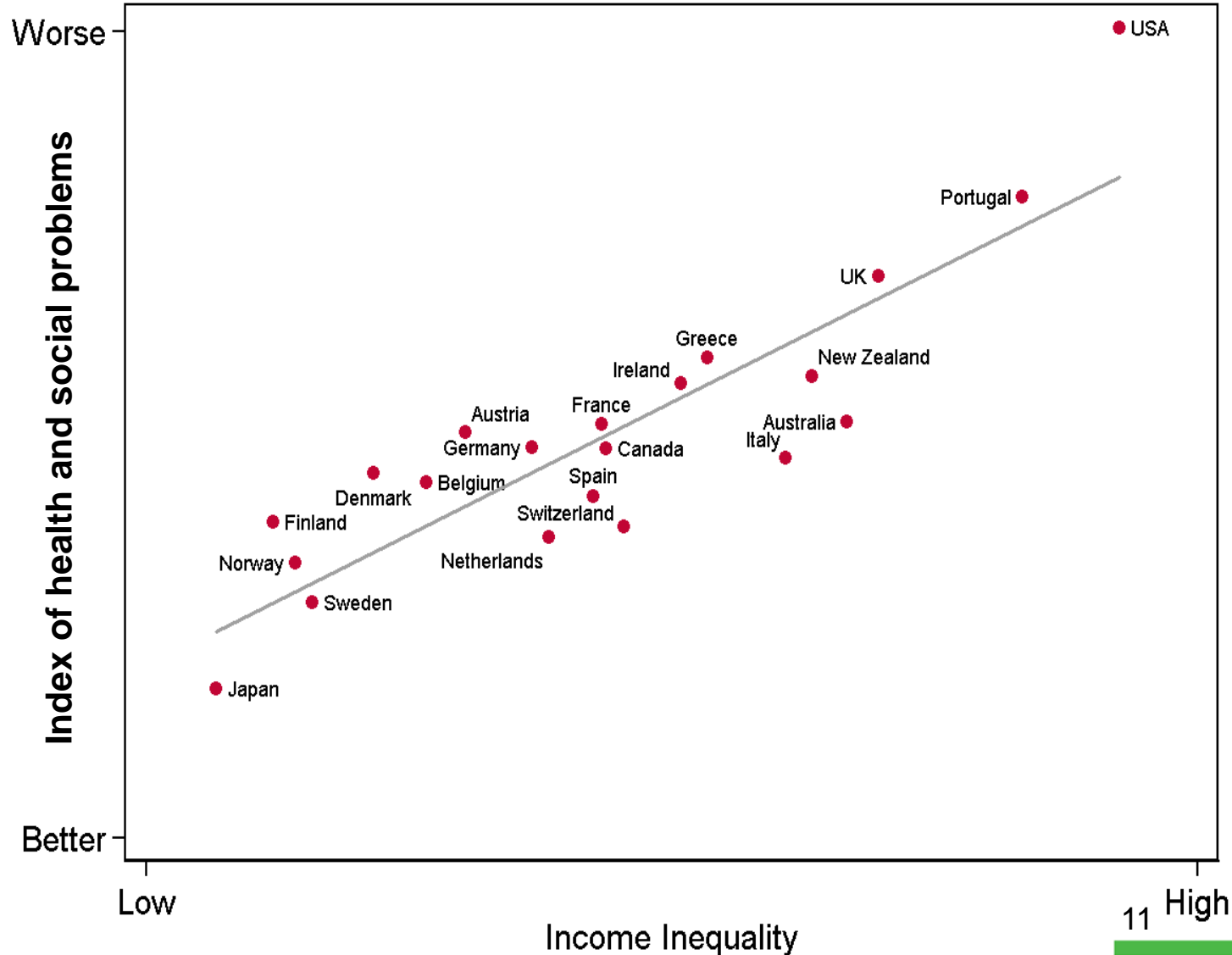
- Externalizing disorders, mania proneness, and narcissistic traits are related to heightened dominance motivation and behaviour.
- Mania and narcissistic traits are also related to inflated self-perceptions of power.
- Anxiety and depression are related to subordination, submissiveness and the desire to avoid subordination.

Johnson SL, Leedom LJ, Muhtadie L. The Dominance Behavioral System and Psychopathology. *Psychological Bulletin*, 2012; 138(4): 692-743.

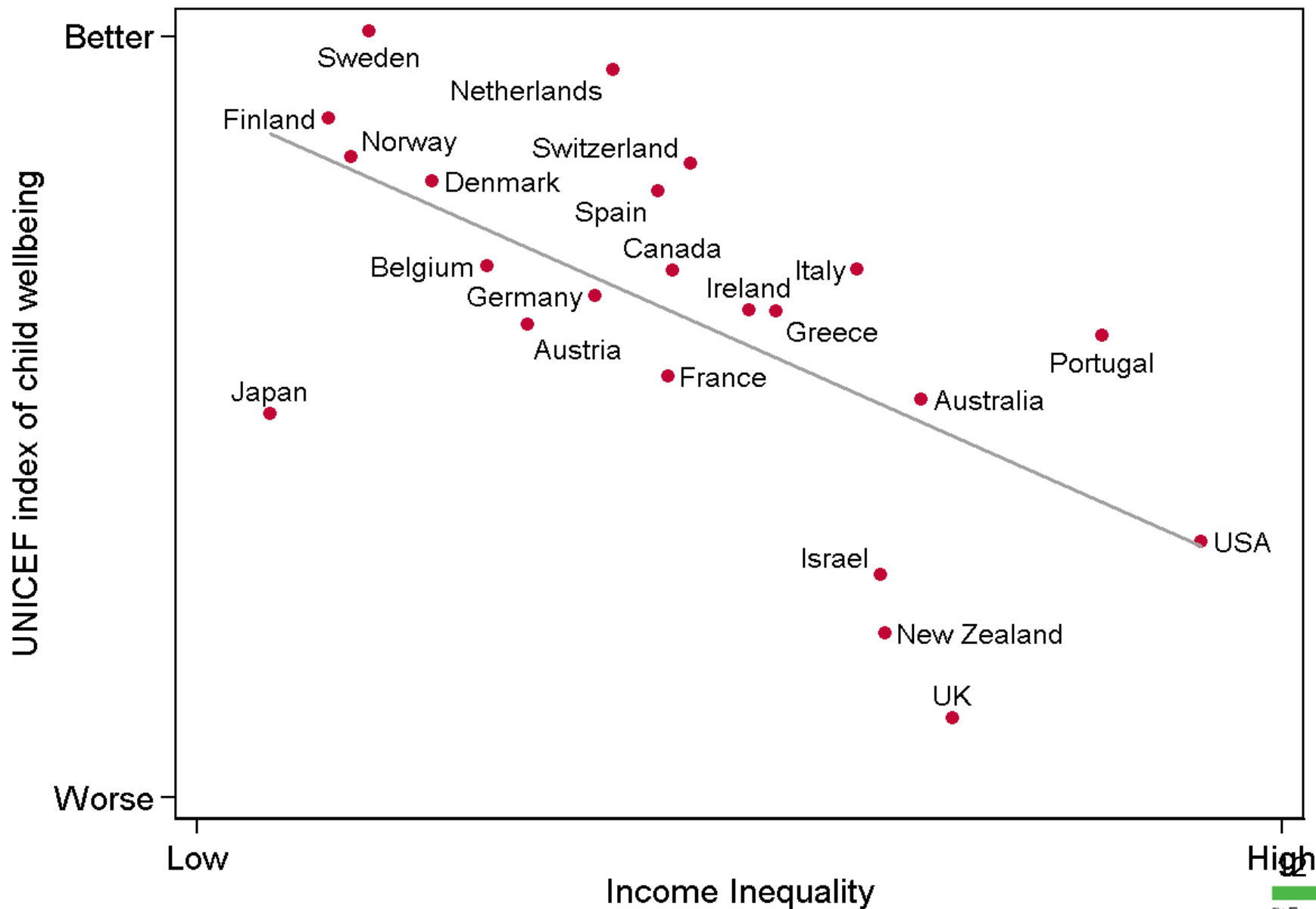
Health and social problems are worse in more unequal countries

Index of:

- Life expectancy
- Math & Literacy
- Infant mortality
- Homicides
- Imprisonment
- Teenage births
- Trust
- Obesity
- Mental illness – incl. drug & alcohol addiction
- Social mobility



Child well-being is better in more equal countries



Bigger income gaps lead to major deteriorations in:-

Social Relations

- Child conflict
- Homicide
- Imprisonment
- Social cohesion
- Trust

Health

- Drug abuse
- Infant mortality
- Life expectancy
- Mental illness
- Obesity

Human Capital

- Child wellbeing
- High school dropouts
- Math & literacy scores
- Social mobility
- Teenage births