Inequality, shame and inferiority
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Well-being and long-term illness in relation to feeling shamed

What kind of stressful tasks raise stress hormones most?

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.
Life expectancy and GDP per person

The image shows a scatter plot correlating life expectancy at birth (years) with GDP per capita (PPP $2005). The countries are marked with their names, and the data points are color-coded to indicate specific countries. The x-axis represents GDP per capita, while the y-axis represents life expectancy at birth. The plot illustrates a general trend where higher GDP per capita is associated with higher life expectancy.
Life expectancy in rich countries is no longer related to National Income per head.
Life expectancy is strongly related to income **within** rich countries

Life expectancy (years)

Local Neighbourhoods (in England & Wales)

Wilkinson & Pickett, The Spirit Level
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
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.

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

Wilkinson & Pickett, The Spirit Level
Bigger income gaps lead to major deteriorations in:-

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

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

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