



## Introduction

- Research question:** What Is the effect of discrimination and chronic strain on the social and psychological well-being as well as the collective self-esteem of the LGBTQ+ community?
- Hypothesis:** LGBTQ+ adults that have encountered social stressors such as discrimination and chronic strain will be at higher risk of struggling with their social and psychological wellbeing and their collective self-esteem.
- Significance of study:** LGBTQ+ folks are 2x more likely to be diagnosed with a mental disorder, encounter depression and anxiety, abuse of substances, and 4x more likely to attempt suicide (Mental Health America, n.d.). The risk of mental health is a result of factors including discrimination, societal stigma, and a lack of human rights that have existed for decades (American Psychiatric Association, 2017).



## Literature Review

- Sexual minority folks are more vulnerable to stressors due to **discrimination**. Examples include hate crimes and events promoting heteronormativity (Bostwick et al., 2014).
- Hostile environments (i.e. work, school) are common and neglect LGBTQ+ folks which increase **psychological distress** (Holman et al., 2019; Woodford et al., 2014)
- Inequalities** in inadequate housing, marital status, health care, employment increase **chronic strain** in LGBTQ+ adults (Zanetos & Skipper, 2020; Bostwick et al., 2014)
- Stressors affect the **collective self-esteem** of folks by making them uncomfortable in public spaces impacting their individual self-esteem (Meyer et al., 2018)

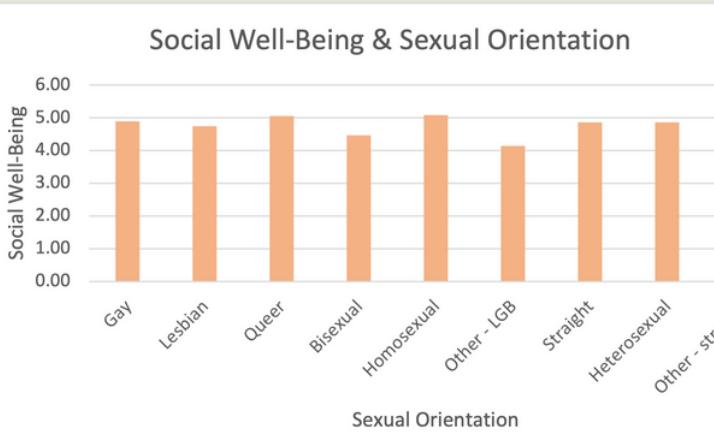


Figure 1: Social Well-Being & Sexual Orientation

Figure 2: Collective Self-Esteem & Sexual Orientation

Variable	M	SD
Queer		
Lesbian	5.25	.81
Gay	5.19	.93
Bisexual	4.91	.82*
Homosexual	5.17	.63
Other- LGB	5.01	.70
Straight	5.33	.80
Heterosexual	5.29	.87

Note: \* $p < .05$

## Methods

### Research Design

- Project STRIDE: a longitudinal study in New York City that explored social stressors based on prejudice, coping, and social support and evaluated stress and mental health issues of diverse and minority populations
- Current study was a secondary analysis of Project STRIDE. This study was cross-sectional.

### Sample

- Original Study:** Process of 2 interviews. Interviewed 524 eligible participants for a 3-hour interview the 1st time. Interviewed 371 participants for 1.9 hours interview the 2nd time.
  - The population was selected based on minority including gender, sexual orientation, and race/ethnicity.
- Current study:** Only utilizes the sample from the first interview ( $n=524$  participants) while focusing solely on LGBTQ+ adults as the population

### Data Collection

- To gather respondents: a venue-based strategy was used where a screening form was given
- Eligible participants were contacted and would complete 2 interviews and an extensive questionnaire

### Measures

- Interview questionnaire was used to examine social stressors and mental health of participants.
- To measure social stressors, respondents answered 28 items about chronic strain, 8 items of discrimination, and 6 items on stigma.
- To examine the impact made on mental health, the depressive symptoms in the original study were measured using the Center for Epidemiological Studies depression scale (CES-D) which was a measure of 20 items, 18 items for psychological well-being, 15 items of social well-being, and 10 items of self-esteem.

## Results

### Social Well Being & Sexual Orientation (Figure 1)

- A one-way ANOVA was used comparing the mean social well-being scores of participants from several sexual orientation groups. A significant difference was found. Bonferroni's post hoc test was used. Results revealed one significant difference: the study participants who self-reported as Gay had higher levels of social well-being ( $m = 4.89$ ,  $sd = .86$ ) than participants who self-reported as Bisexual ( $m = 4.46$ ,  $sd = .77$ ).

### Collective Self-Esteem & Sexual Orientation (Figure 2)

- A one-way ANOVA was used comparing the mean collective self-esteem scores of participants from several sexual orientation groups. A significant difference was found. Bonferroni's post hoc test was used. Results revealed one significant difference: the study participants who self-reported as Queer had higher levels of collective self-esteem ( $m = 5.69$ ,  $sd = .94$ ) than participants who identified as Bisexual ( $m = 4.91$ ,  $sd = .82$ ).

## Discussion

### Summary of Findings:

- Results indicate that LGBTQ+ individuals experience discrimination and chronic strain as a result of marginalization, and hostile environments, increasing psychological and social distress and decreasing their self-esteem.
- Results indicate that individuals who self-identified as Bisexual had the largest mental health Impact

### Study Limitations:

- Only interview 1 was utilized limiting long term results
- Responses self-reported, accuracy is not confirmed
- Survey response limits options (I.e. gender only gives 2 options: female or male)

### Research and Practice Implications:

- Future researchers need to focus on folks that identify as Bisexual
- Policymakers need to advocate for equality for the LGBTQ+ community and discuss how to break heteronormativity
- Advocacy for early intervention and treatment and increase in mental health services targeting the LGBTQ+ population