The current study is a secondary analysis of the data from Project STRIDE: Stress, Identity, Mental Health, New York City, 2004-2005. Project STRIDE was a longitudinal study, baseline measures and follow-up measures were collected over a period of a year; beginning in February of 2004 and ending in January of 2005. In contrast, the research study presented here used the second wave of data collected by Project STRIDE in 2005.

Sample and Sampling Method

- The participant recruitment of Project STRIDE was guided through the paradigm of ethnographic immersion into communities of interests.
- The Project STRIDE final sample was selected by using a representative case quota and where asked to complete an in-person interview at two different time points. The current study consisted of participants that identified as lesbian, gay, or bisexual.

The results of the study found that sexual identity of individuals does not significantly affect subjective psychological wellbeing. The results found that ethnic-racial identity affects some domains of subjective wellbeing such as self-acceptance, purpose in life, and personal growth. Important future research directions include an intersectional approach in studies to understand how LGBTQ+ person’s lived experiences influence subjective wellbeing.

Research Design and Data Collection

- The current study is a secondary analysis of the data from Project STRIDE: Stress, Identity, Mental Health, New York City, 2004-2005.
- Project STRIDE was a longitudinal study, baseline measures and follow-up measures were collected over a period of a year; beginning in February of 2004 and ending in January of 2005.

In contrast, the research study presented here used the second wave of data collected by Project STRIDE in 2005.

Sample and Sampling Method

- The participant recruitment of Project STRIDE was guided through the paradigm of ethnographic immersion into communities of interests.
- The Project STRIDE final sample was selected by using a representative case quota and where asked to complete an in-person interview at two different time points. The current study consisted of participants that identified as lesbian, gay, or bisexual.

The results of the study found that sexual identity of individuals does not significantly affect subjective psychological wellbeing. The results found that ethnic-racial identity affects some domains of subjective wellbeing such as self-acceptance, purpose in life, and personal growth. Important future research directions include an intersectional approach in studies to understand how LGBTQ+ person’s lived experiences influence subjective wellbeing.

The current study found that LGB White participants were more likely to report having positive relationships with others (M = 5.38, SD = 1.34) than ethnic-racial minority LGB participants (M = 5.04, SD = 1.34).

- The current study found that LGB White participants were more likely to report having positive relationships with others (M = 5.38, SD = 1.34).
- That suggests that LGB White individuals have an increased ability to form positive relationships with other members of the community. This could derive from their lower rates of prejudiced acts that promotes their ability to navigate daily activities.

- The study found that White LGBTQ+ persons (Mean Rank = 217.19) had higher rates of identifying their purpose in life than their ethnic-racial minority LGB counterparts (Mean Rank = 188.94; λ(15.050) = p = .020).

- This could potentially be explained by the difference in cultural norms of ethnic-racial LGB persons and White LGBTQ+ persons.

Implication for Research and Practice

Future research should recognize that within a minority group, there are varying levels of privilege that affect quality of life.

- That is, a sexual minority positions does not erase the privileges associated with other identities such as ethnic-racial identity, socioeconomic status, generational wealth, among others.

- Likewise, intersections of multiple minority identities can compound the overall distress that minority individuals experience.

- Ultimately, it is imperative that mental health professionals recognize that each LGBTQ+ person is unique and respect that client’s life, (6) + disagree somewhat, (7) + strongly disagree.

- Higher scores on this measure were associated with a higher psychological wellbeing.

- The results of the t-test yielded a significant difference between the two groups (t(194) = 2.478, p = .014). The mean positive relations with others of ethnic-racial minority participants (M = 5.04, SD = 1.34) was significantly different from the mean positive relations with others of white participants (M = 5.38, SD = 1.25).

Mann-Whitney U-Test

- A Mann Whitney U test was conducted on five of the subscales to examine the relationship between ethnic-racial identity and psychological wellbeing. There was no significant difference found between groups in the five subscales, as summarized by Table 4.

- Additional Mann-Whitney U-Tests that were conducted on five of the subscales to examine the relationship between ethnic-racial identity and psychological wellbeing.

- Three of the subscales suggest that there is a significant difference between the way that ethnic-racial minority LGB individuals and white LGB individuals experience self-acceptance, purpose in life, and personal growth.

- Summarized in Table 5.

**Key Findings**

- The results of this study is consistent with previous findings that LB women do not statistically differ in their levels of psychological wellbeing, in comparison to GB men.

- The current study found that LGB White participants were more likely to report having positive relationships with others (M = 5.38, SD = 1.34).

- That suggests that LGB White individuals have an increased ability to form positive relationships with other members of the community. This could derive from their lower rates of prejudiced acts that promotes their ability to navigate daily activities.

- The study found that White LGBTQ+ persons (Mean Rank = 217.19) had higher rates of identifying their purpose in life than their ethnic-racial minority LGB counterparts (Mean Rank = 188.94; λ(15.050) = p = .020).

- This could potentially be explained by the difference in cultural norms of ethnic-racial LGB persons and White LGBTQ+ persons.

**Strengths and Limitations**

- Across the research on the LGBTQ+ population, existing literature has predominantly conceptualized psychological wellbeing as dependent on mental illness morbidity, with less attention on aspects of subjective wellbeing.

- Therefore, the holistic lens of this study serves as one of its greatest strengths because it does not perpetuate the notion that every LGBTQ+ person will live with a chronic mental illness.

**Limitations**

- Not inclusive of the whole LGBTQ+ population since the sample is only cis gender people.

- Lack of LGBTQ+ individuals of differing ethnic-racial minorities. That is, the study had no Asian or Indigenous participants. The study sample also did not differentiate between ethnic groups existing within labels such as Latino or Black.

**References**
