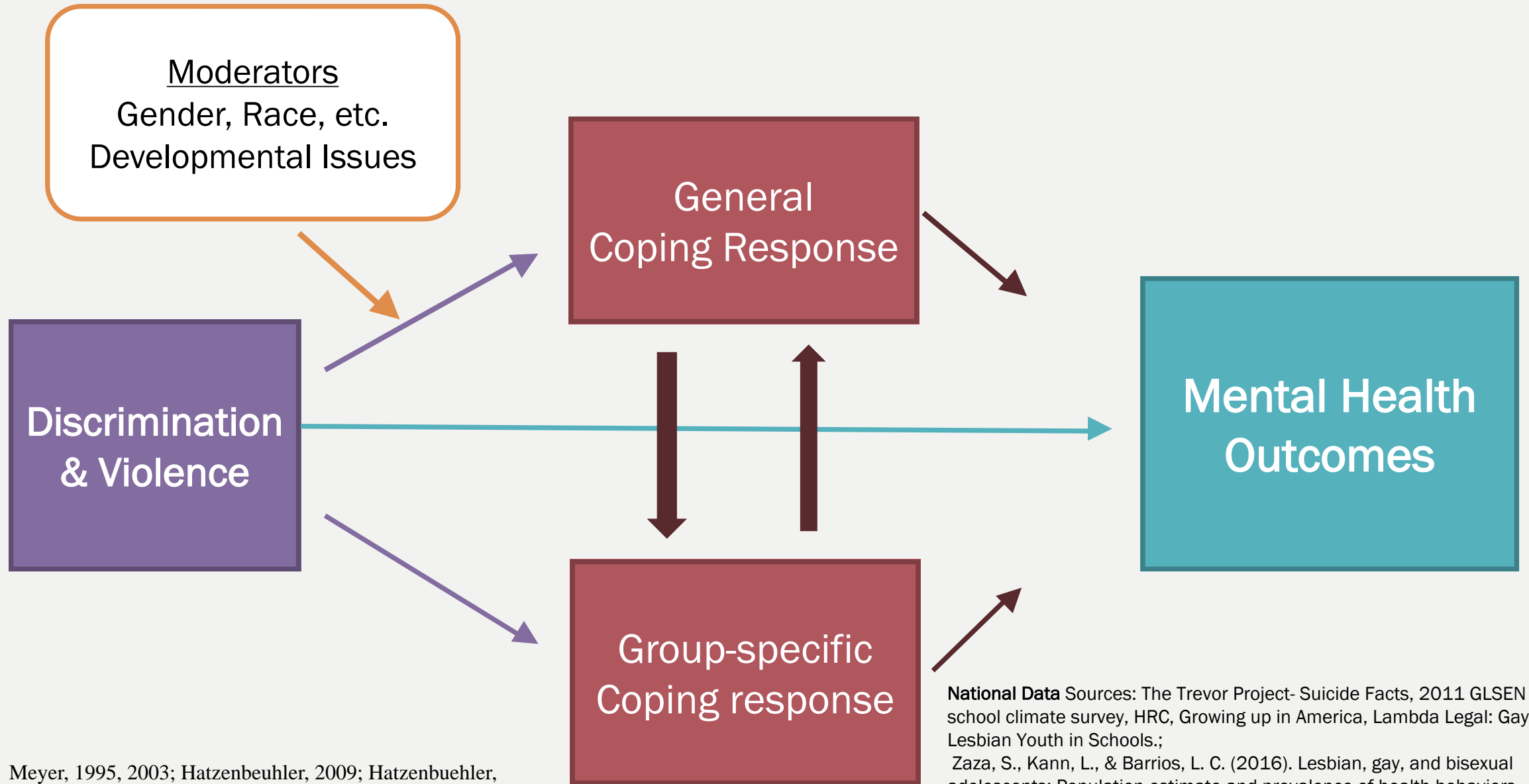




# How minority stress “gets under the skin”



Meyer, 1995, 2003; Hatzenbeuhler, 2009; Hatzenbuehler, McLaughlin & Nolen-Haoeksema, 2008

**National Data Sources:** The Trevor Project- Suicide Facts, 2011 GLSEN school climate survey, HRC, Growing up in America, Lambda Legal: Gay and Lesbian Youth in Schools.; Zaza, S., Kann, L., & Barrios, L. C. (2016). Lesbian, gay, and bisexual adolescents: Population estimate and prevalence of health behaviors. *JAMA* doi:10.1001/jama.2016.1168.;

# How minority stress “gets under the skin”

Moderators  
Gender, Race, etc.  
Developmental Issues

9 in 10 LGBT kids say they hear negative things about being LGBT.

General  
Coping Response

Group-specific  
Coping response

LGB youth are 4x more likely, and questioning youth are 3x more likely to attempt suicide as their straight peers.

Nearly ½ of transgender youth have seriously thought about taking their lives, and ¼ report having made a serious attempt.

National Data Sources: The Trevor Project- Suicide Facts, 2011 GLSEN school climate survey, HRC, Growing up in America, Lambda Legal: Gay and Lesbian Youth in Schools.; Zaza, S., Kann, L., & Barrios, L. C. (2016). Lesbian, gay, and bisexual adolescents: Population estimate and prevalence of health behaviors. *JAMA* doi:10.1001/jama.2016.1168.;

Meyer, 1995, 2003; Hatzenbeuhler, 2009; Hatzenbuehler, McLaughlin & Nolen-Haeksema, 2008

# STIGMA as a fundamental cause of Health Disparities

Label & Stereotype

Us vs Them

Status Loss

Discrimination





# Present Study

## 2015 Dane County Youth Assessment



RQs:

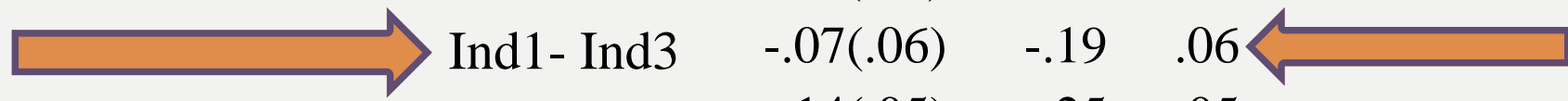
1. Is Self-Compassion Protective?
2. Are there adversity thresholds?
3. Does multiple marginalization change the patterns?

- $n = 1821$  Student
- 30% SoC
- 51% Female
- 18.1% Free lunch
- 22% Sexual or Gender Minority (SGMi)
  - 39% SGMi Students of Color

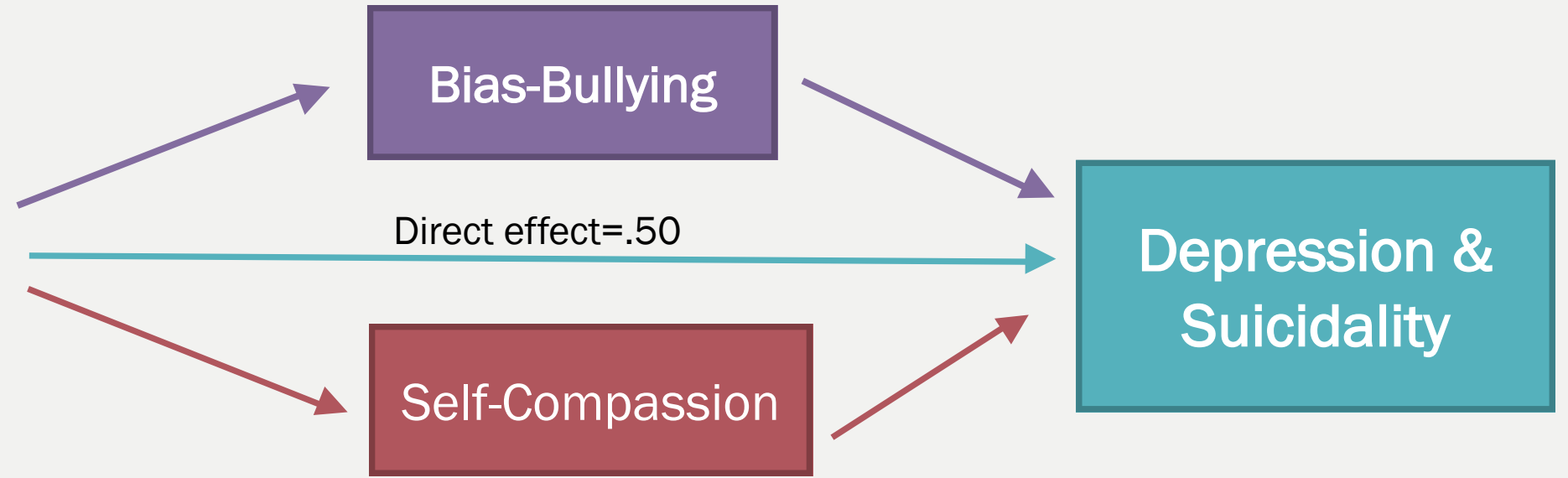
- Non-heterosexual identity
- Non-heterosexual sexual behavior
- Gender nonconforming self-presentation
- Transgender identity

Indirect Paths	Effect(SE)	BC	CI
(1) SGM <sub>y</sub> → BB → MHS	.11(.04)	.06	.20
(2) SGM <sub>y</sub> → BB → SC → MHS	.04(.01)	.02	.07
(3) SGM <sub>y</sub> → SC → MHS	.18(.05)	.09	.29

Pairwise Comparisons	Effect(SE)	BC	CI
Ind1- Ind2	.07(.03)	.02	.15
Ind1- Ind3	-.07(.06)	-.19	.06
Ind2- Ind3	-.14(.05)	-.25	-.05



SGMy Status



**SC = Bias-Bullying → Dep. & Suic.**

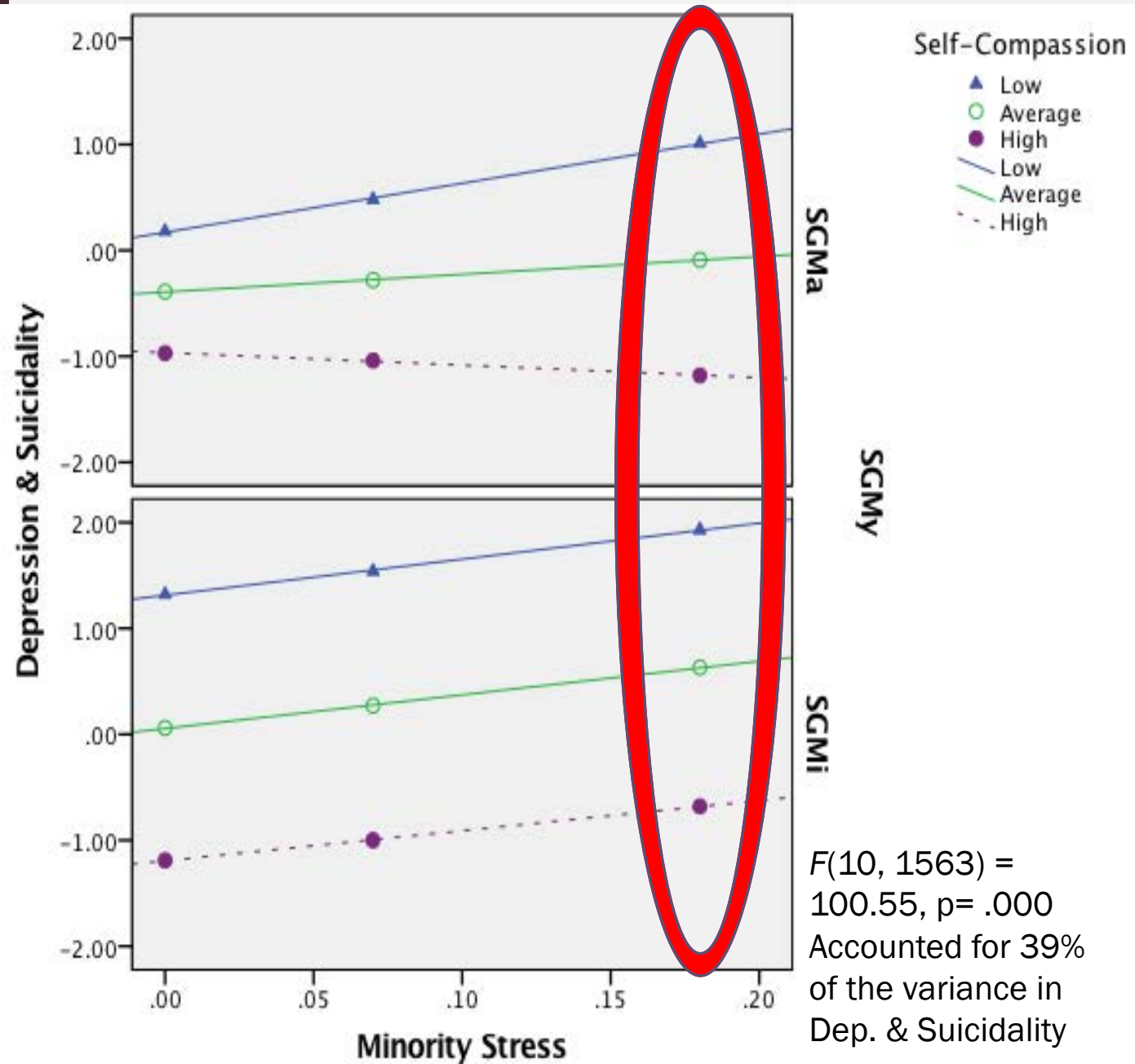
\*\*Controlling for general victimization, ACE Score, Age & Sex

Low SC= Risk factor

Ave->High SC= Protective

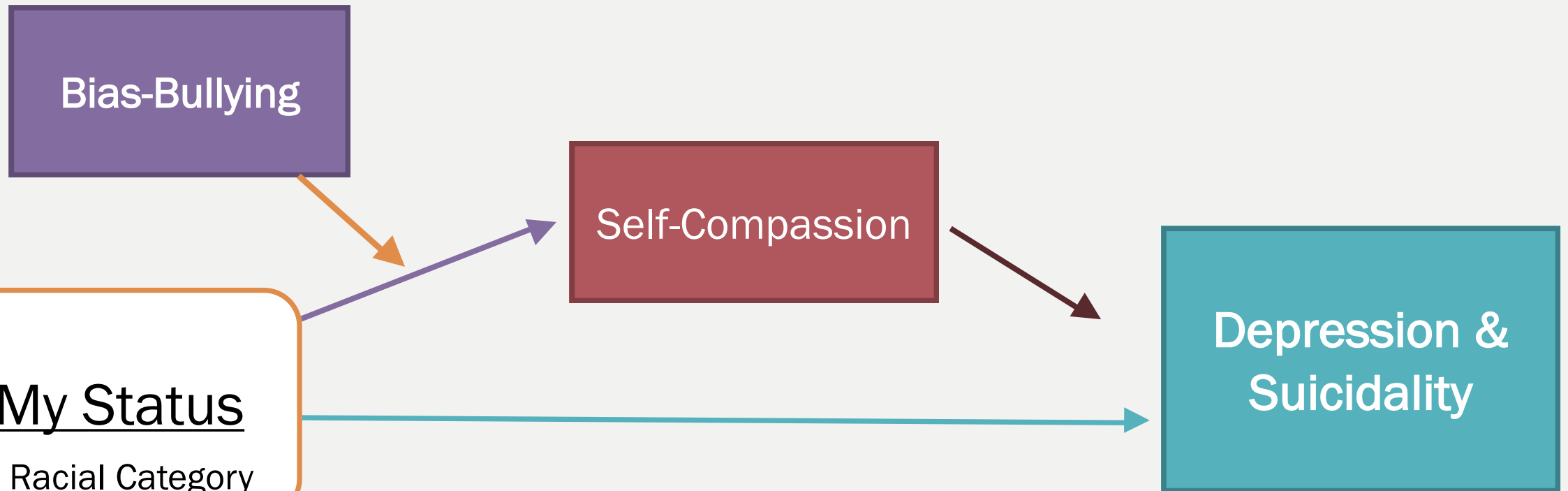
At average SC, BB impacts SGMi students more

SGMy→ Depression	Effect	SE	t	LLCI	ULCI
SCS=2.33 BB=.00	1.13	.20	5.67***	.74	1.53
SCS=2.33 BB=.07	1.06	.17	6.39***	.73	1.38
SCS=2.33 BB=.18	.93	.16	5.61***	.60	1.25
SCS=3.07 BB=.00	.45	.15	3.06***	.16	.74
SCS=3.07 BB=.07	.55	.13	4.31***	.30	.80
SCS=3.07 BB=.18	.71	.17	4.28***	.39	1.04
SCS=3.80 BB=.00	-.23	.23	-1.00	-.67	.22
SCS=3.80 BB=.07	.04	.20	.19	-.35	.43
SCS=3.80 BB=.18	.50	.27	1.84	-.03	1.03



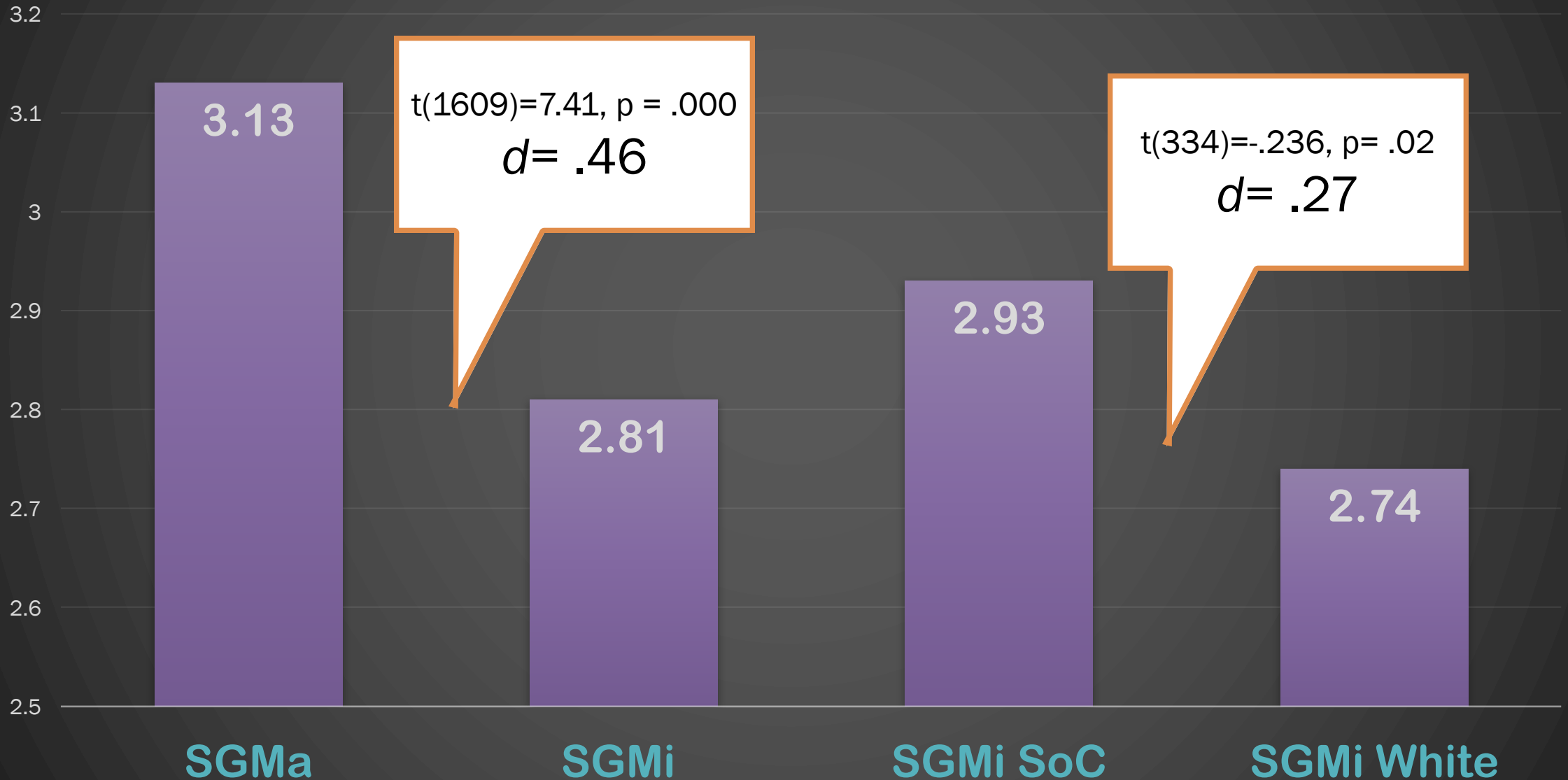


# Does Multiple Marginalization Matter?

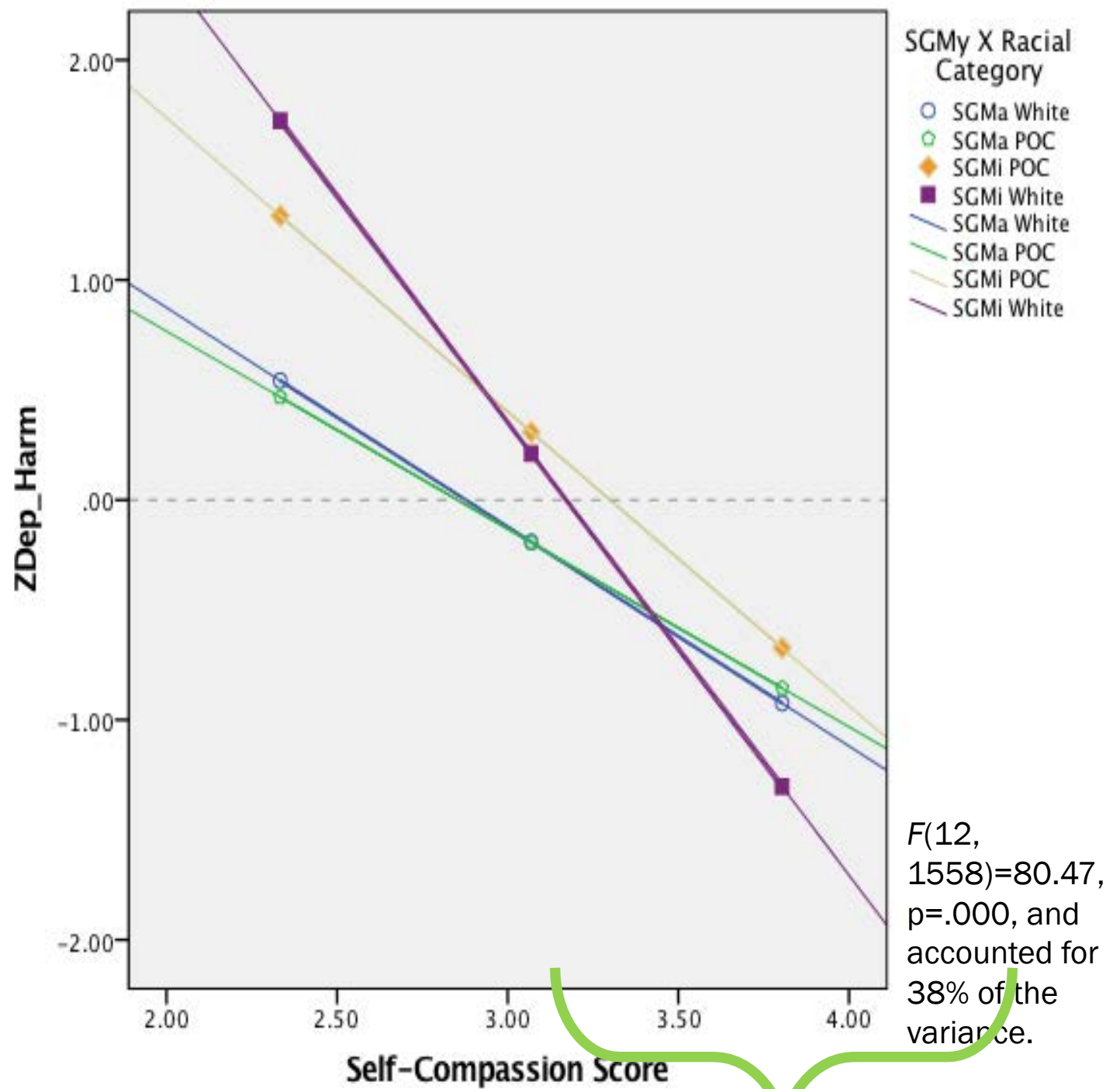


\*\*Controlling for general victimization, ACE Score & Sex

# Differences in Self-Compassion



White SGMi  
are most  
impacted by  
SC levels

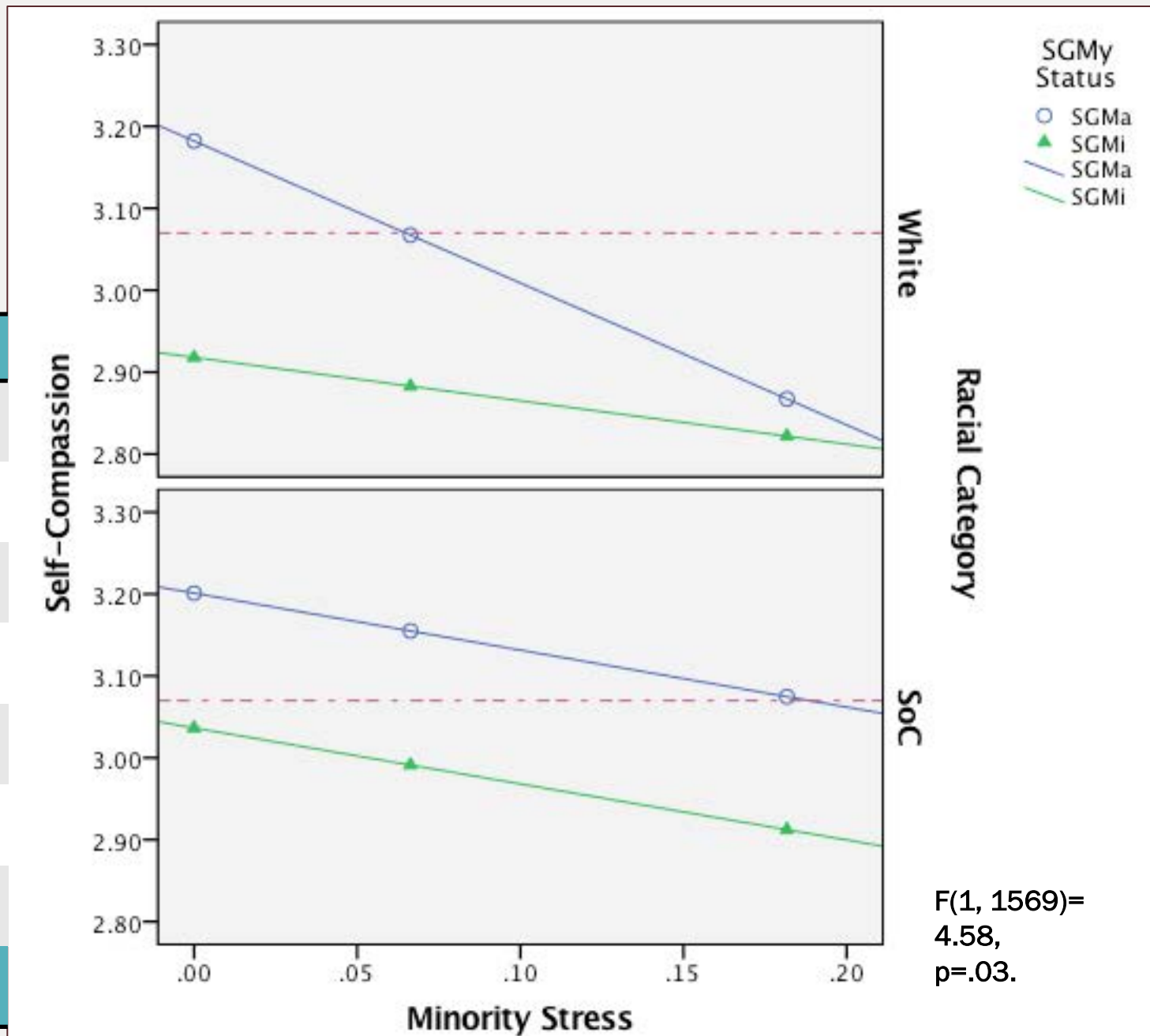


# Under the same levels of stress, Students of Color are more resilient

## SGMy → Self-Compassion

Race	BB	Effect	se	t	p	LLCI	ULCI
-.50	.00	-.32	.07	-4.89	.000	-.45	-.19
-.50	.07	-.23	.06	-4.17	.000	-.34	-.12
-.50	.18	-.07	.07	-1.05	.296	-.20	.06
.50	.00	-.19	.09	-2.14	.033	-.35	-.02
.50	.07	-.18	.07	-2.46	.014	-.33	-.04
.50	.18	-.18	.08	-2.10	.036	-.34	-.01

Note. Race is coded as follows: White= -.5, SoC= .5,.






# FUTURE RESEARCH DIRECTIONS



- Replicate using full SCS to investigate Common Humanity hypothesis among racially diverse sample
- Pilot self-compassion intervention with a focus on managing stigma in light of systems of oppression with SGMi youth Used mixed method analysis for face validity
- Test RCT intervention offering Self-compassion enhanced, SEL intervention vs active control of solely SEL intervention with data on trauma and clinical rates of depression & suicidality

# INSTITUTIONAL CHANGES SAVE LIVES

Teen suicides attempts drop by 14%  
between 1995-2015 among LGBT kids in  
states where same-sex marriage was made  
legal



Raifman, J., Moscoe, E., Austin, S. B., & McConnell, M. (2017). Difference-in-differences analysis of the association between state same-sex marriage policies and adolescent suicide attempts. *JAMA Pediatrics*



# Thank you for your time!

- Deep bow of gratitude for my dissertation committee and to the School of Human Ecology for nurturing my growth as a scholar
- Thank you leadership of the Center for Child and Family Well-being for inviting me today!



BE  
KIND  
TO  
YOURSELF

PROJECT MOMMYHOOD