

Stress, Identity, and Health in Diverse NYC LGB Communities

Ilan H. Meyer, Ph.D.

Columbia University

Minority Stress (LGB populations)

Definition

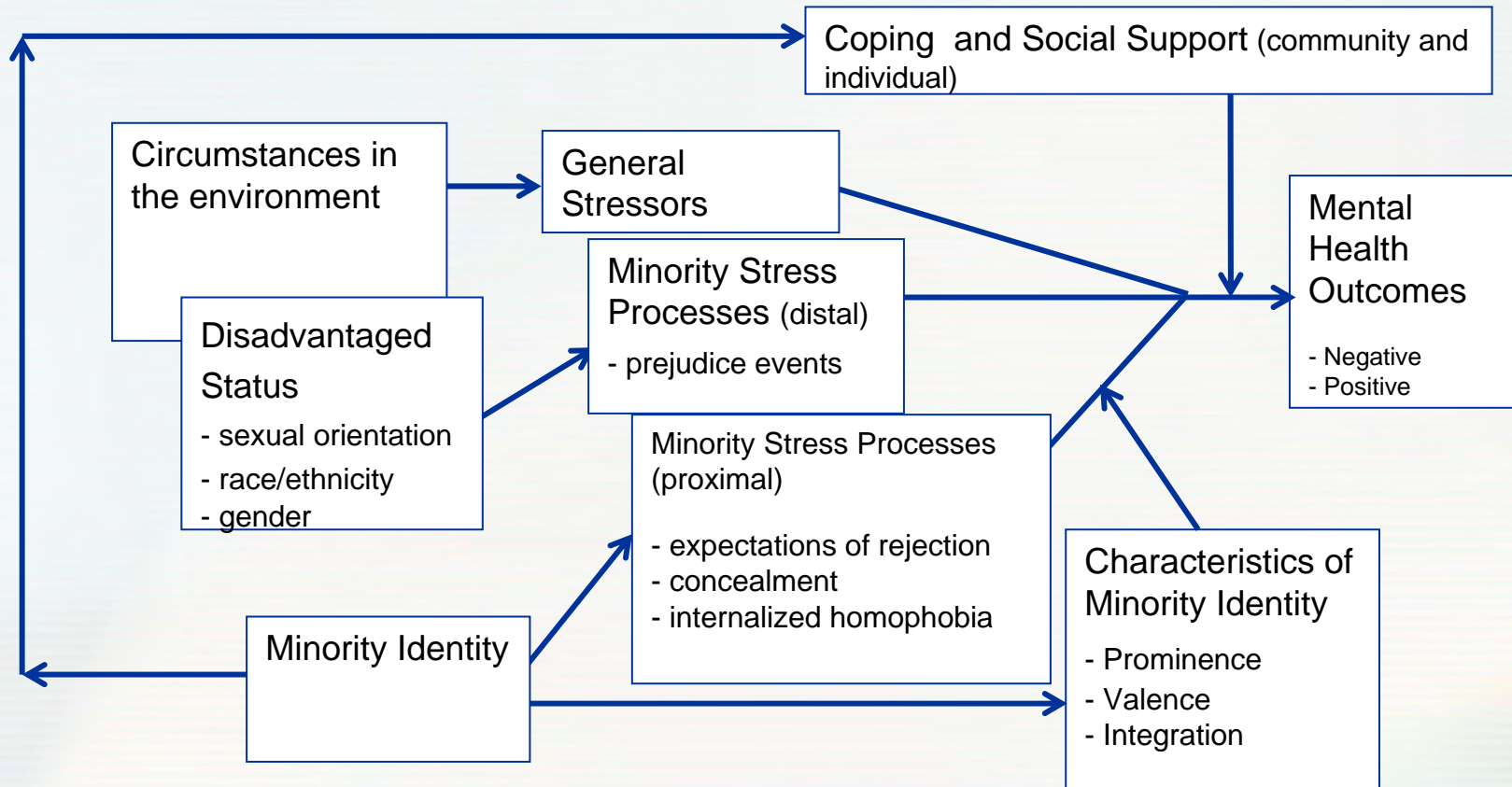
Sexual prejudice directed toward sexual minorities is stressful and may lead to adverse mental health outcomes.

Minority Stress

Underlying Assumptions

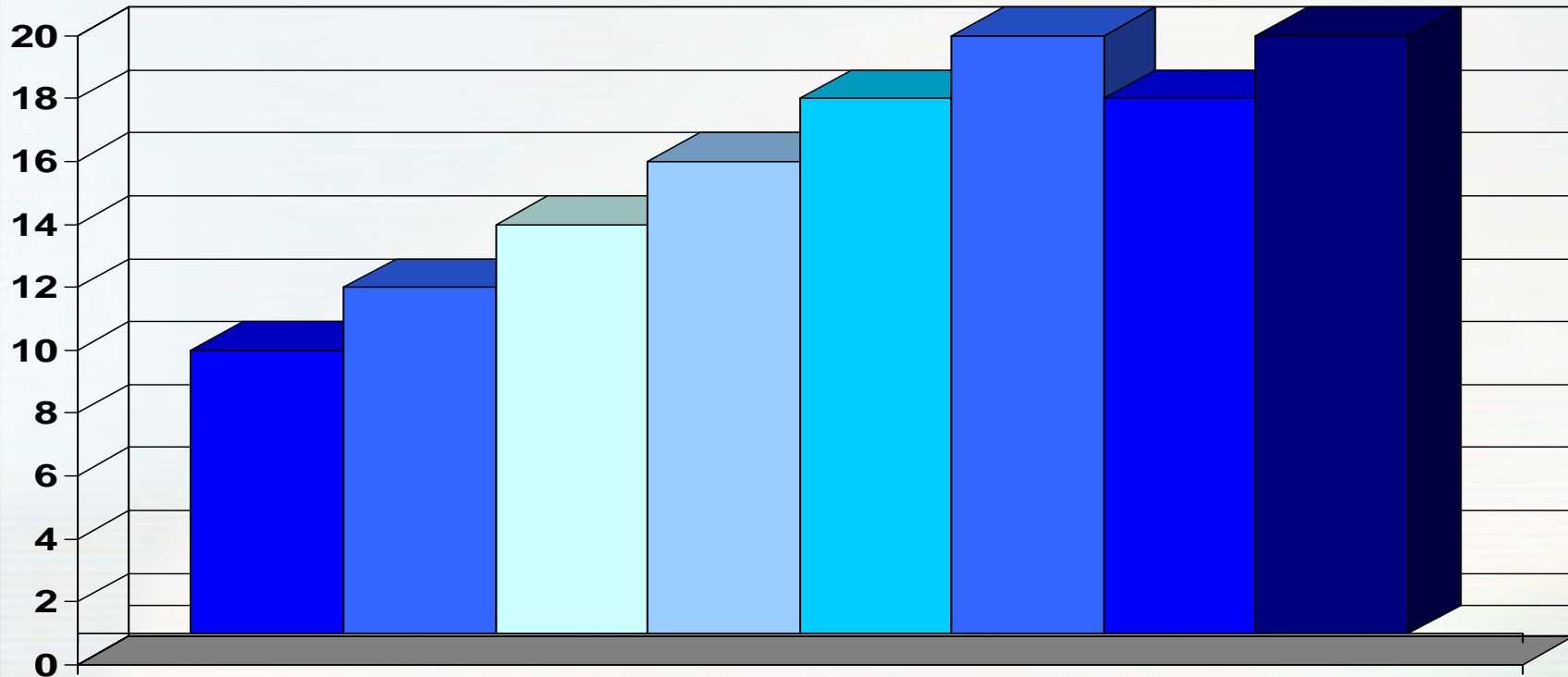
- a) Socially based – stems from social structures beyond the individual's control
- b) Chronic – constantly present in social and cultural structures
- c) Unique – additive to general stressors

Minority Stress Processes in LGB Populations



Minority stress model (Meyer, 2003)

Stride Test of Added-stress Hypotheses



■ Straight men ■ Straight women □ white men □ white women
■ black men ■ black women ■ latino men ■ latina women



"I don't want to be defined by who I am."



Ilan H. Meyer, Ph.D.
Bruce P. Dohrenwend, Ph.D.
Sharon Schwartz, Ph.D
Joyce Hunter DSW
Robert M. Kertzner, MD
Michael Gara, Ph.D
Suzanne C. Ouellette, Ph.D.
Rebecca M. Young, Ph.D.
Michael Stirratt, Ph.D.

NIMH Grant R01 MH66058

Jessica Dietrich, MPH
David Frost, MPhil
Rafael Narvaez, PhD
Yulya Nakleushev, MSW
Jason Tomasian, BA
Gabriel Galindo, MPH
Natasha Davis, MSW, MPH
Allegra Gordon, MPH
Niki P. Palmetto, MPH
Staci Kman, MPH
Jessica Auerbach, BA
Todd Sekuler, MPH

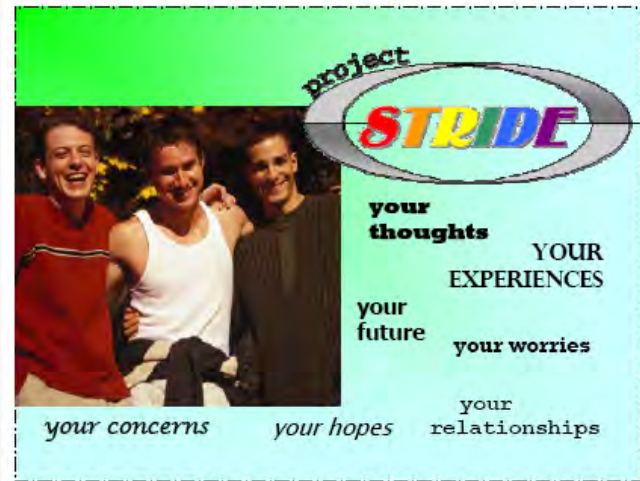


And special thanks to ...

- > Ana Oliveira, Robert Bank, GMHC
- > Naa Oyo Kwate
- > Blake Turner
- > Stephanie Hatch
- > Matthew Tye

Recruitment Strategy

- >Active face-to-face recruitment
- >25 trained outreach workers
- >274 venues in 32 different New York City zip codes
- >Participants were screened on site



we want to hear about you

* Your input will help in understanding problems that face our lesbian, gay and bisexual community

* Participants (ages 18-59) will be compensated \$60 per interview

* You will be interviewed at a time and location convenient for you

212/342.1282

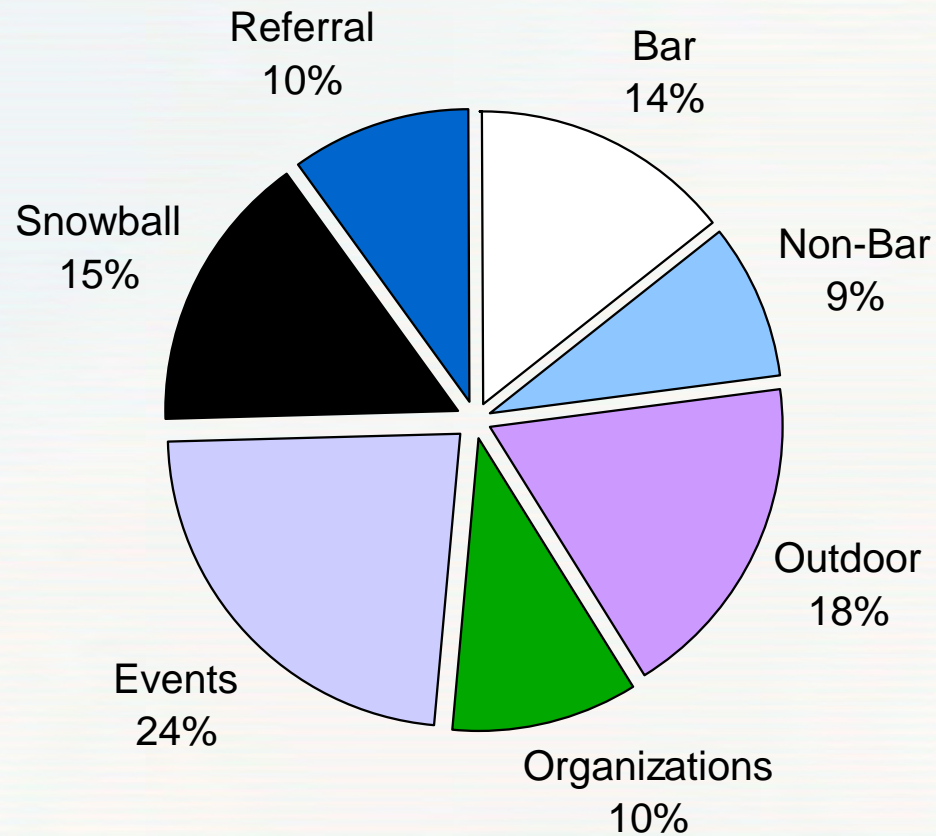
call or email today for more info and to see if you qualify

Stride@columbia.edu

Columbia University
MAILMAN SCHOOL
OF PUBLIC HEALTH

This image shows a full recruitment flyer for Project STRIDE. At the top, it says 'we want to hear about you' in a stylized font. To the right is a small photograph of three young women. Below this, there are two bullet points: '* Your input will help in understanding problems that face our lesbian, gay and bisexual community' and '* Participants (ages 18-59) will be compensated \$60 per interview'. To the right of the second bullet point is another bullet point: '* You will be interviewed at a time and location convenient for you'. Below these points is the phone number '212/342.1282' in large, bold, pink letters. Underneath the phone number is the text 'call or email today for more info and to see if you qualify'. At the bottom left is a small photograph of two young people. To the right of this photo is the email address 'Stride@columbia.edu'. At the bottom right is the Columbia University Mailman School of Public Health logo and name.

Sampling Venue Sources



N = 524

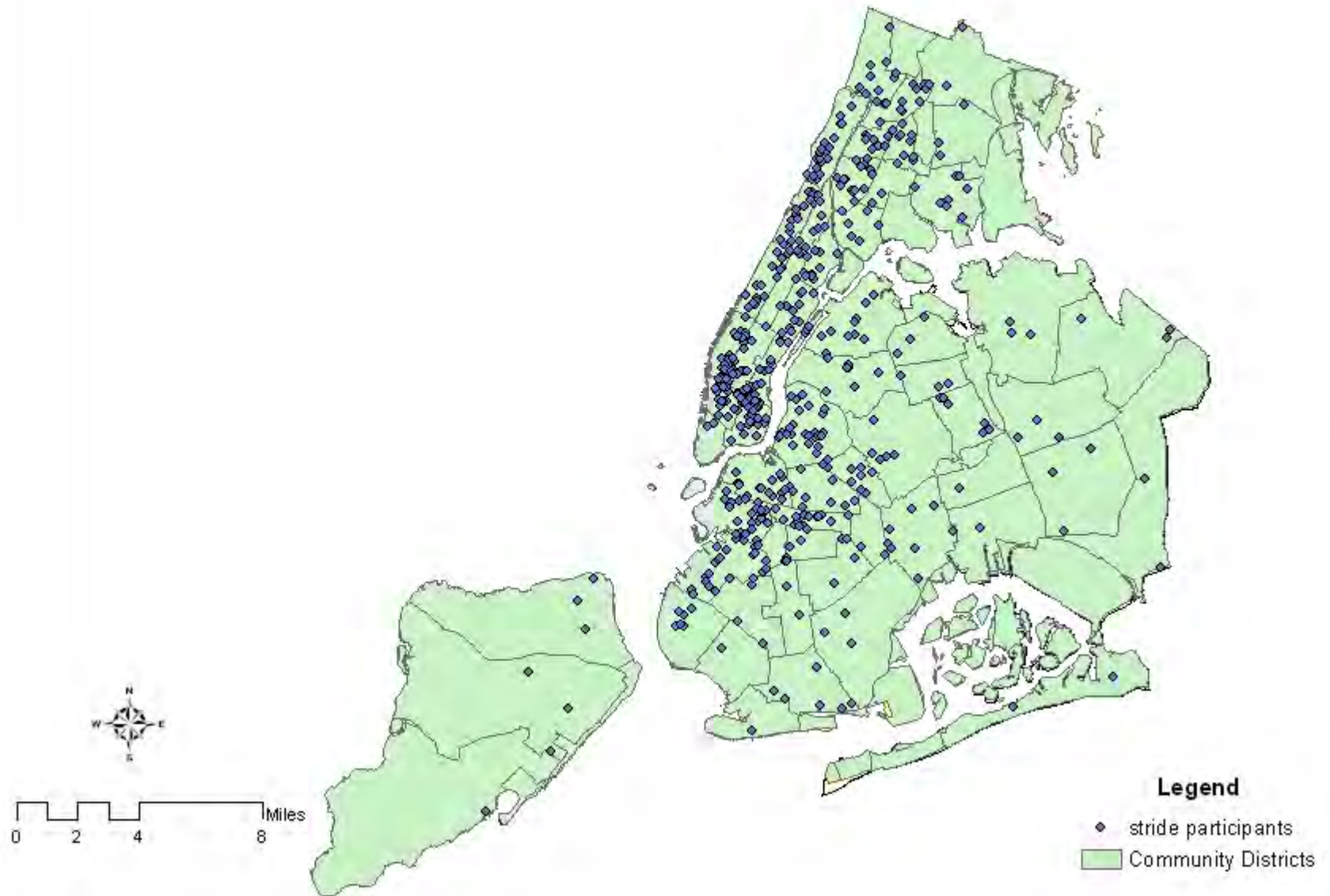
Response rate 0.60, Cooperation rate = 0.79



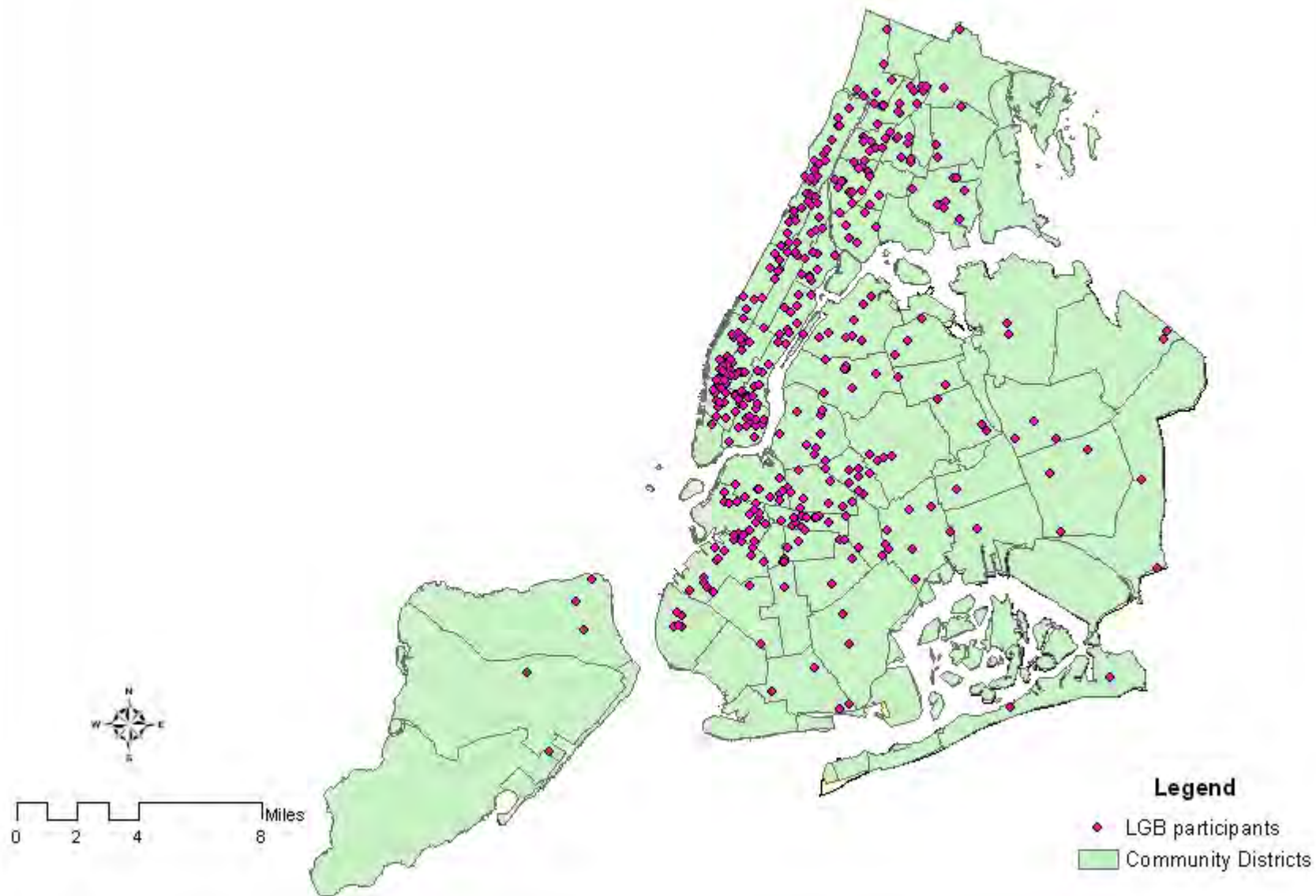
Eligibility Criteria

- > Male or Female (same since birth)
- > LGB or straight
- > White, Black, or Latino
- > Between the ages of 18 and 59
- > Resided in New York City for 2 years or more
- > Speak conversational English

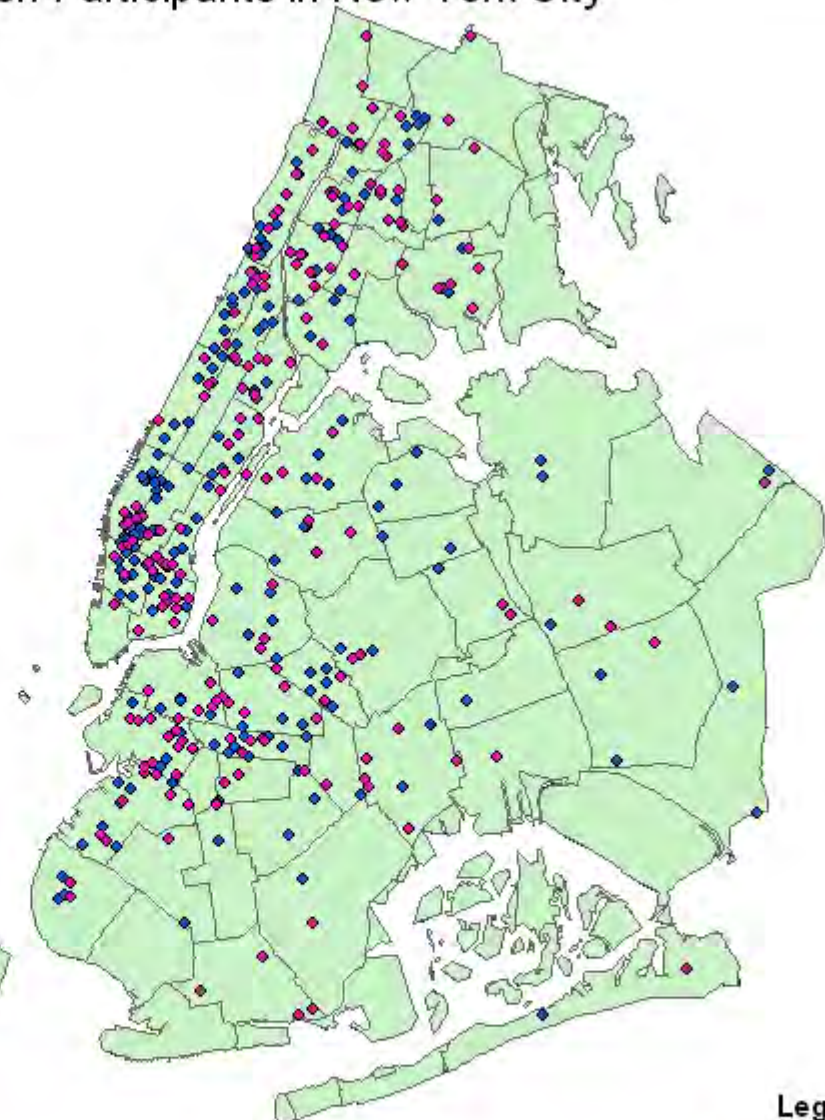
All Stride Participants in New York City



LGB Stride Participants in New York City

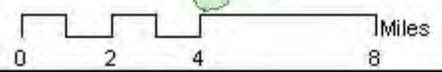


LGB Men & Women Participants in New York City

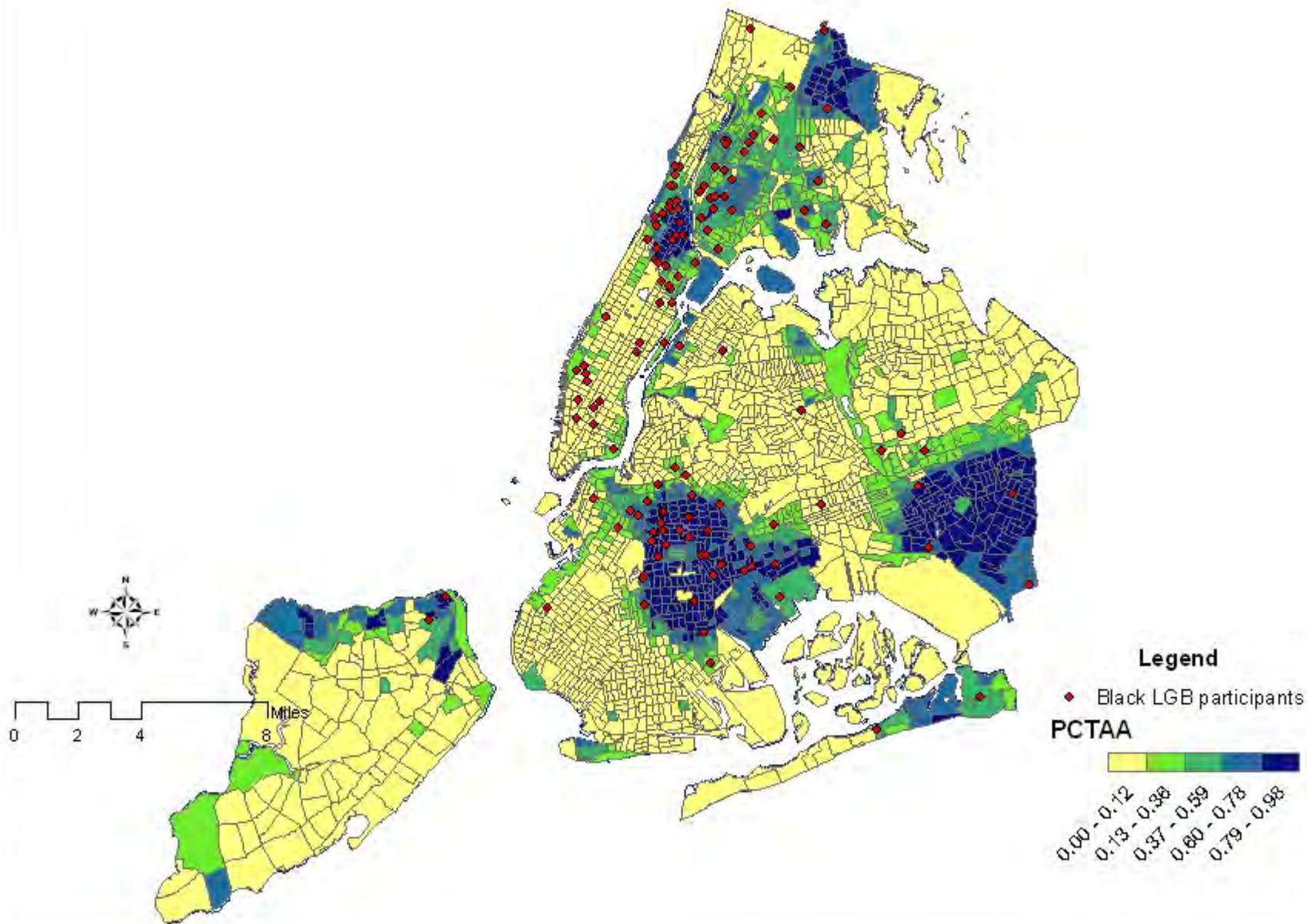


Legend

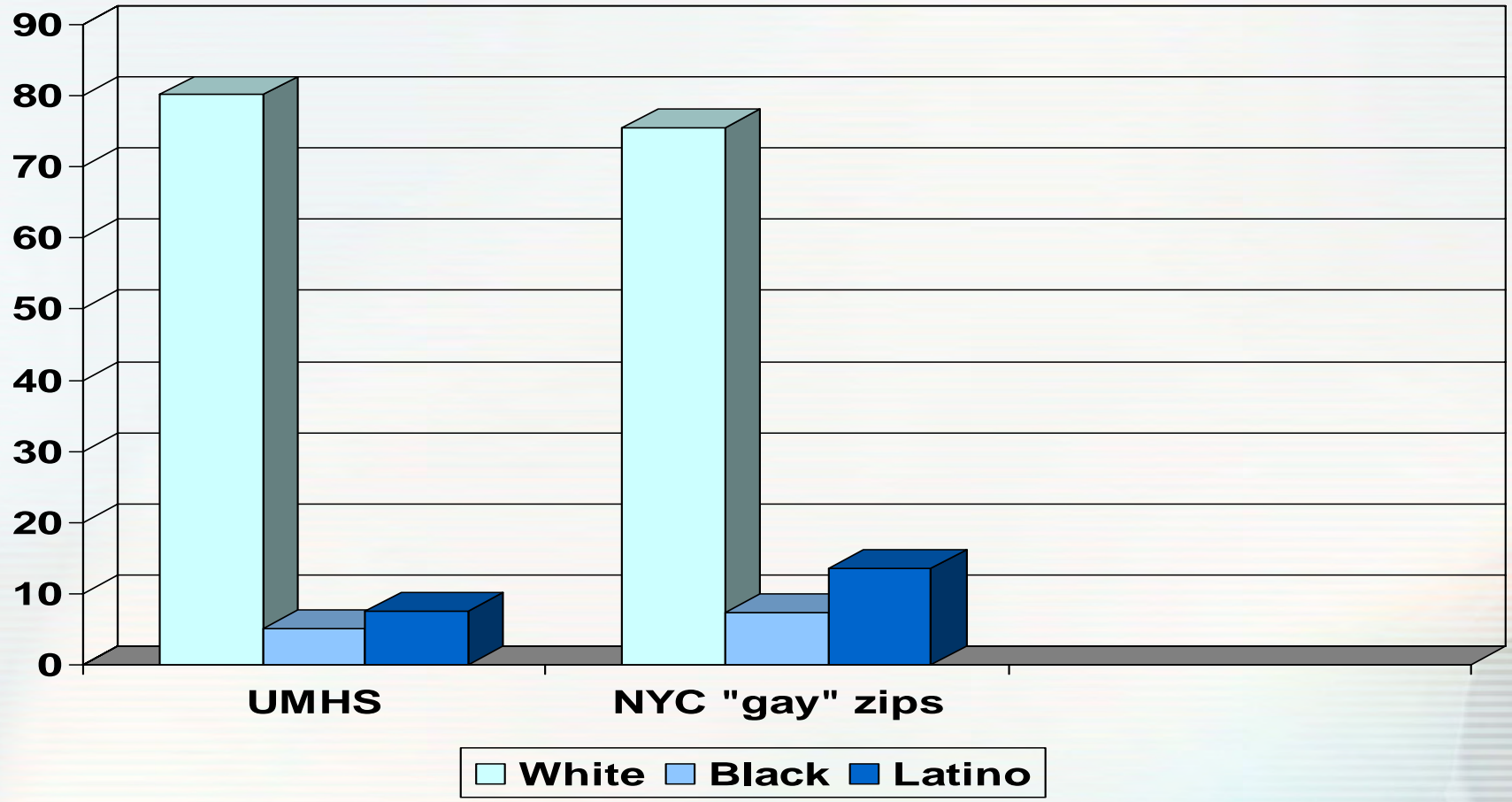
- ◆ LGB women
- ◆ LGB men
- Community Districts



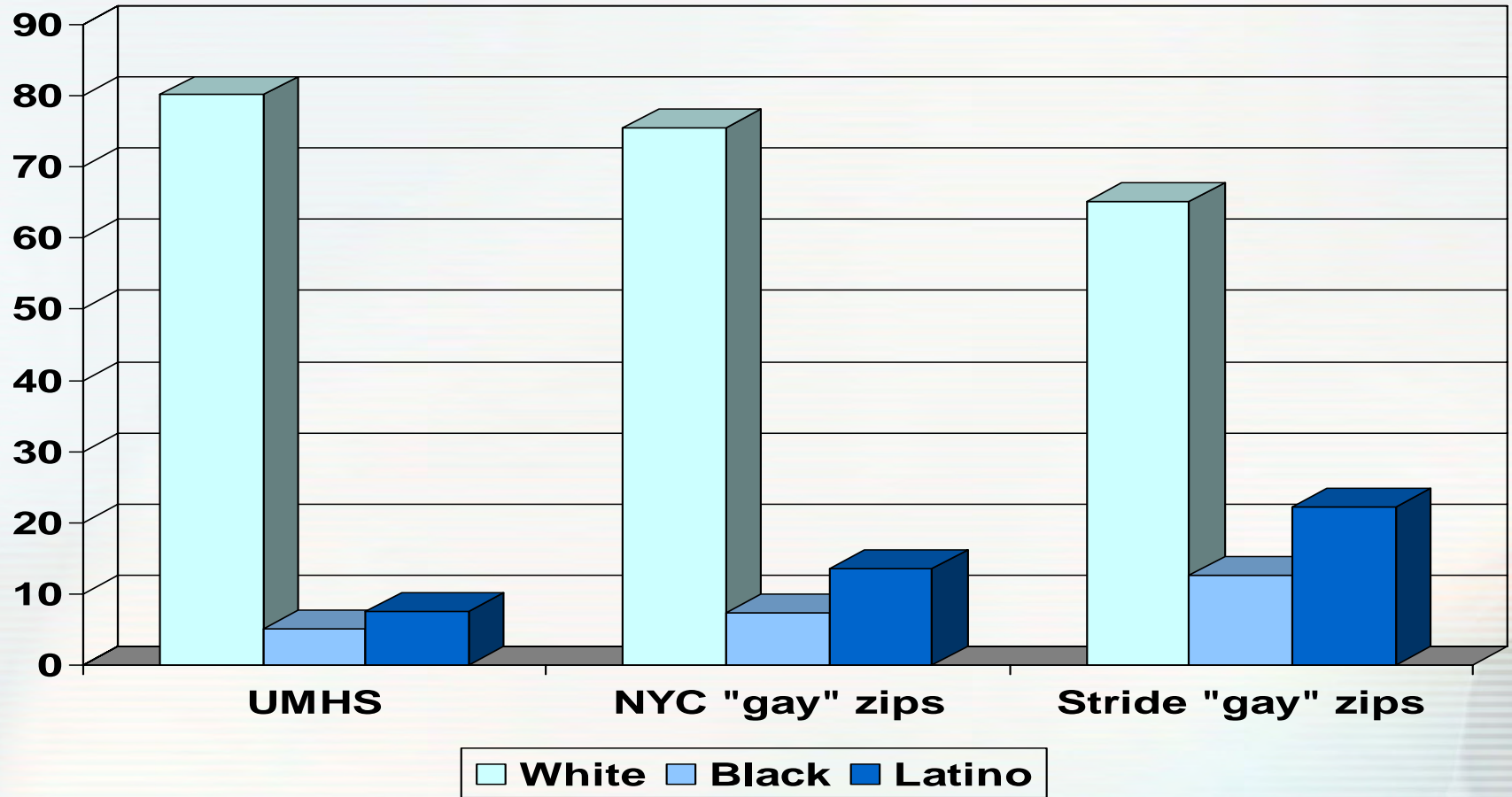
Black LGB Participants in New York City



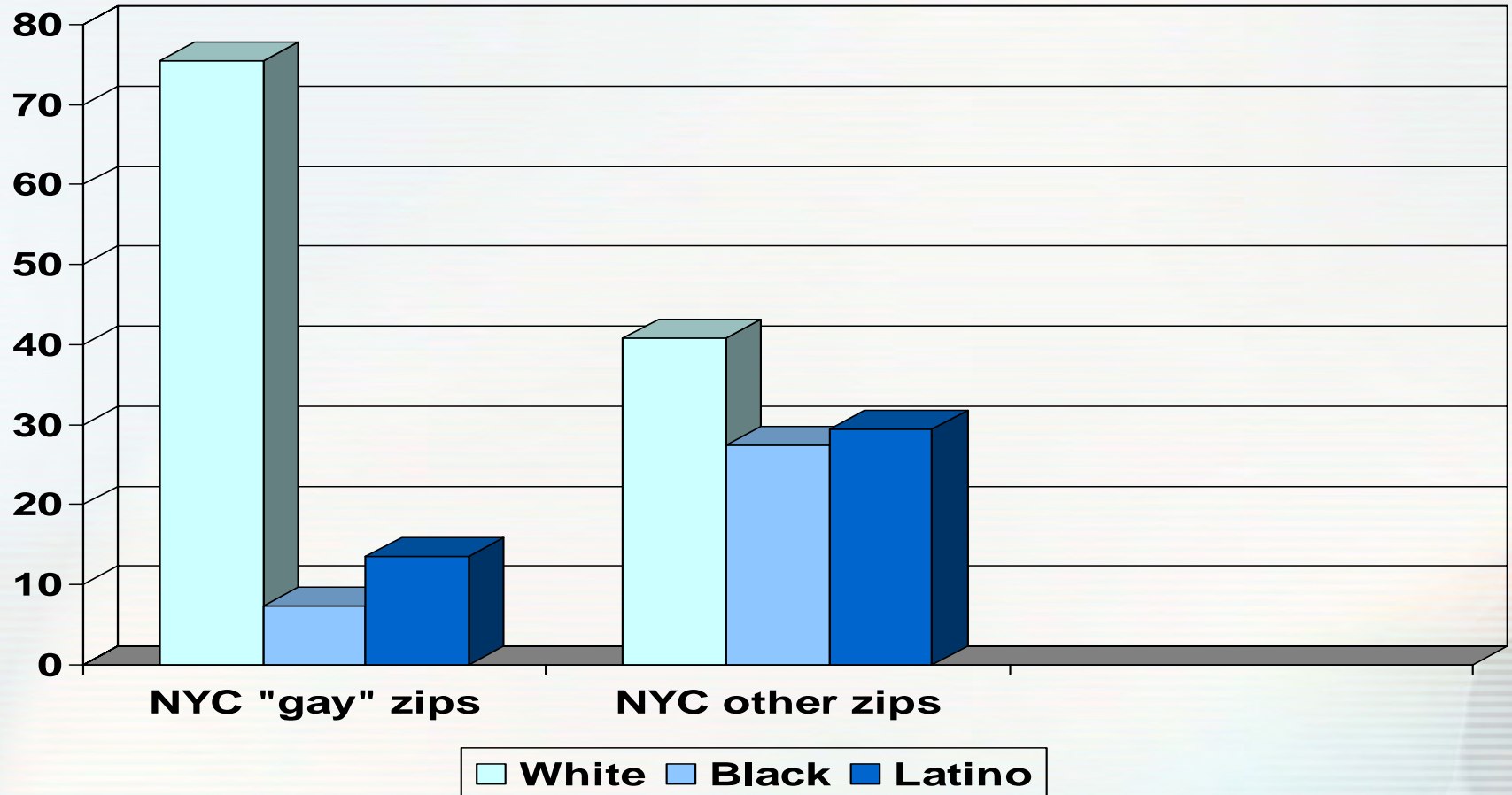
New York City, UMHS, and Stride Men by Residential Area (%)



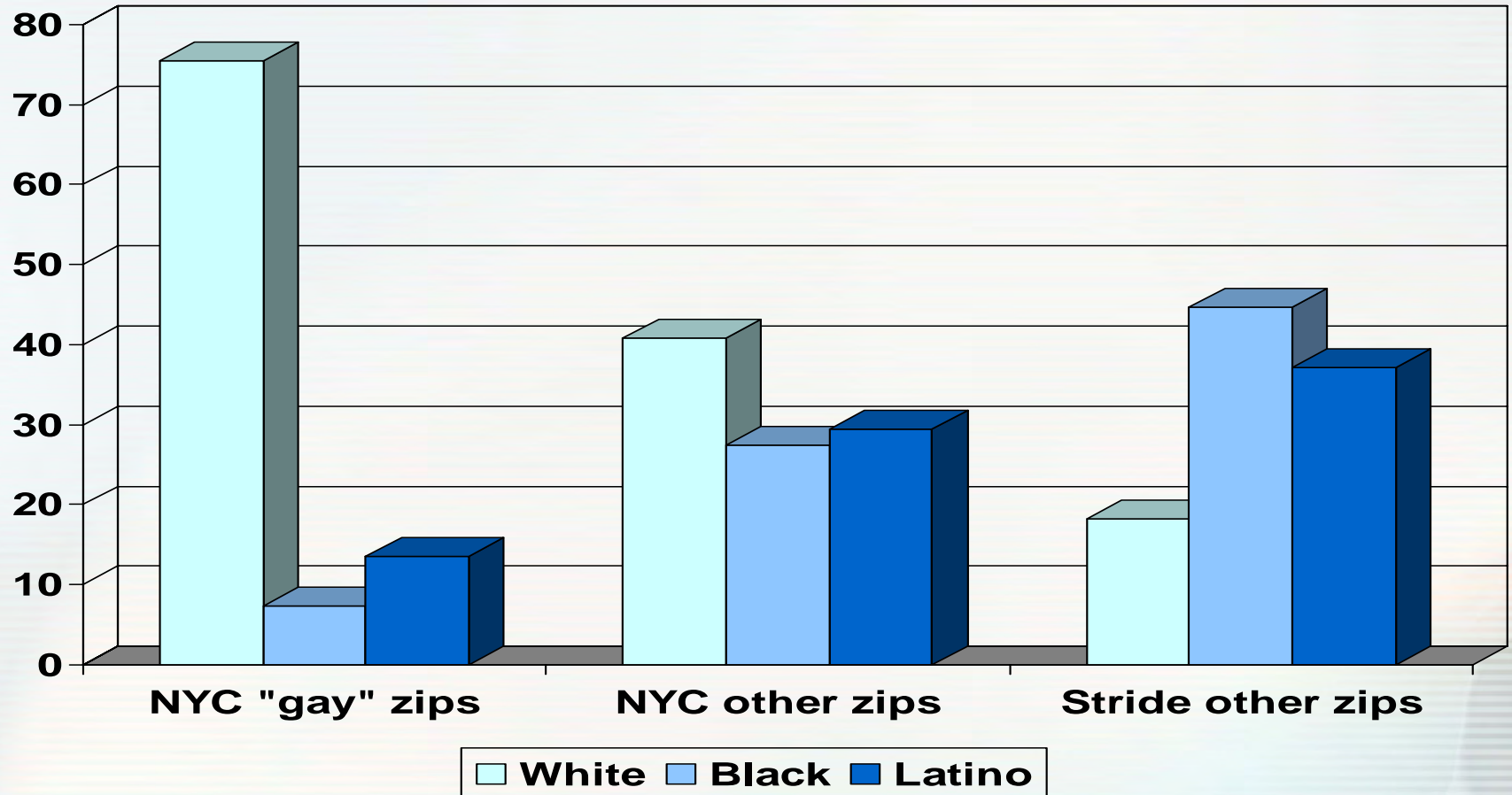
New York City, UMHS, and Stride Men by Residential Area (%)



New York City, UMHS, and Stride Men by Residential Area (%)



New York City, UMHS, and Stride Men by Residential Area (%)



Project Stride (N = 524)

Sample Characteristics

| | N | % |
|-------------|----------|-----------------|
| Gay/Lesbian | 325 | 62 |
| Bisexual | 71 | 14 (18% of LGB) |
| Straight | 128 | 24 |

Project Stride (N = 524)

Sample Characteristics

| | | |
|------------------------|-----|----|
| Age mean (SD) = 32 (9) | | |
| | n | % |
| Women | 261 | 50 |
| Black | 131 | 25 |
| Latino | 131 | 25 |

Project Stride (N = 524)

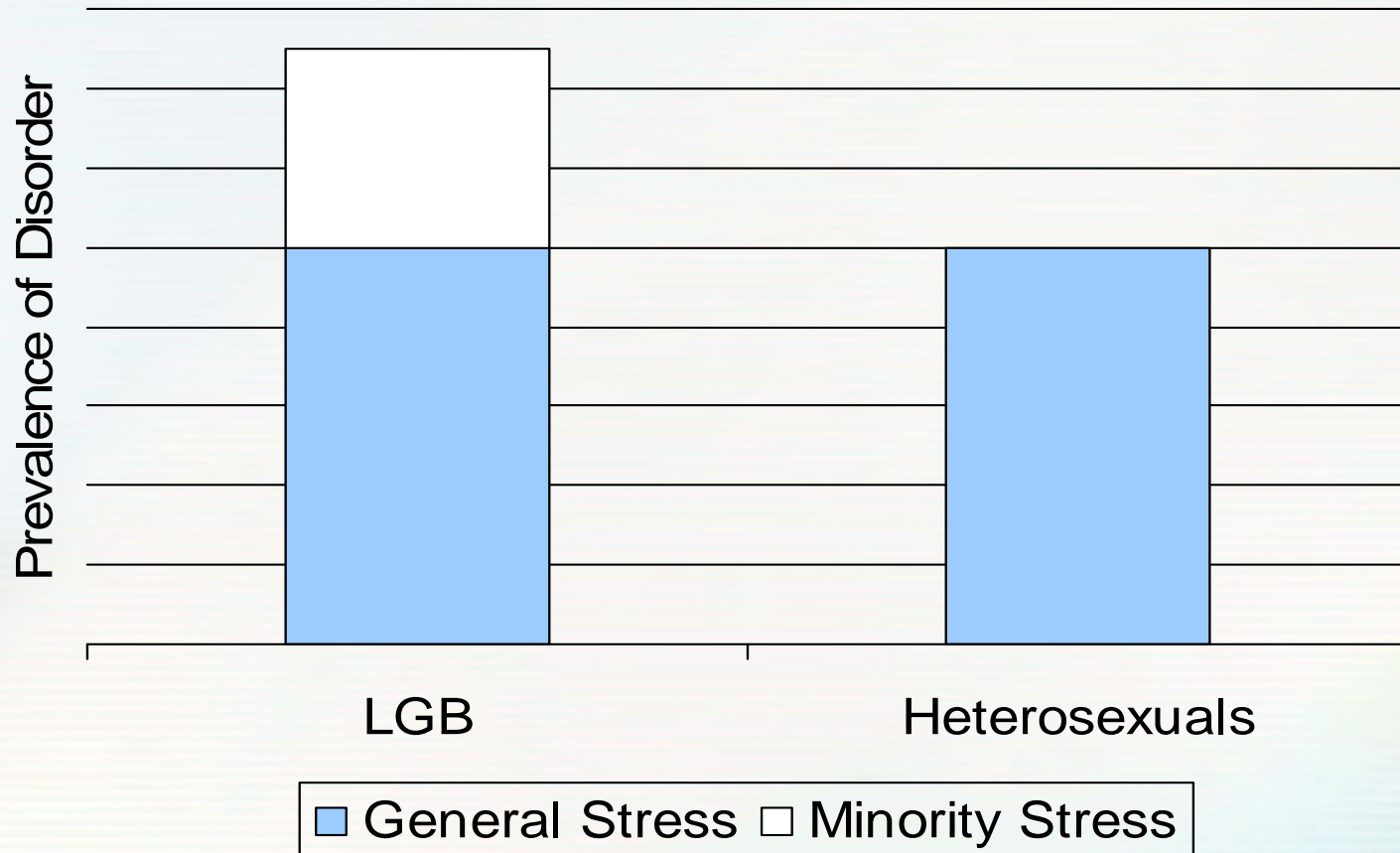
Sample Characteristics

| | | |
|---------------------------------------|----------|-------------------------------|
| Education (HS or less) | 19% | ↑ men ↑ black & Latino |
| Unemployed (looking for job) | 16% | ↑ men ↑ black & Latino |
| Income per capita (median \$ 2004) | \$27,500 | ↑ LGB ↑ whites (37,499) |

Minority Stress and Mental Health Hypothesis

- > Disadvantaged social groups will have more mental disorders than advantaged social groups

Social Stress Hypothesis: Prevalence of Mental Disorder Between-groups Comparisons



Odds Ratio (OR) disease =
odds of disease in exposed
odds of disease in unexposed

| | Diseased | Not diseased |
|-------------|----------|--------------|
| Exposed | 10 | 90 |
| Not exposed | 5 | 95 |

$$\text{OR} = \frac{10/90}{5/95} = 2.11$$

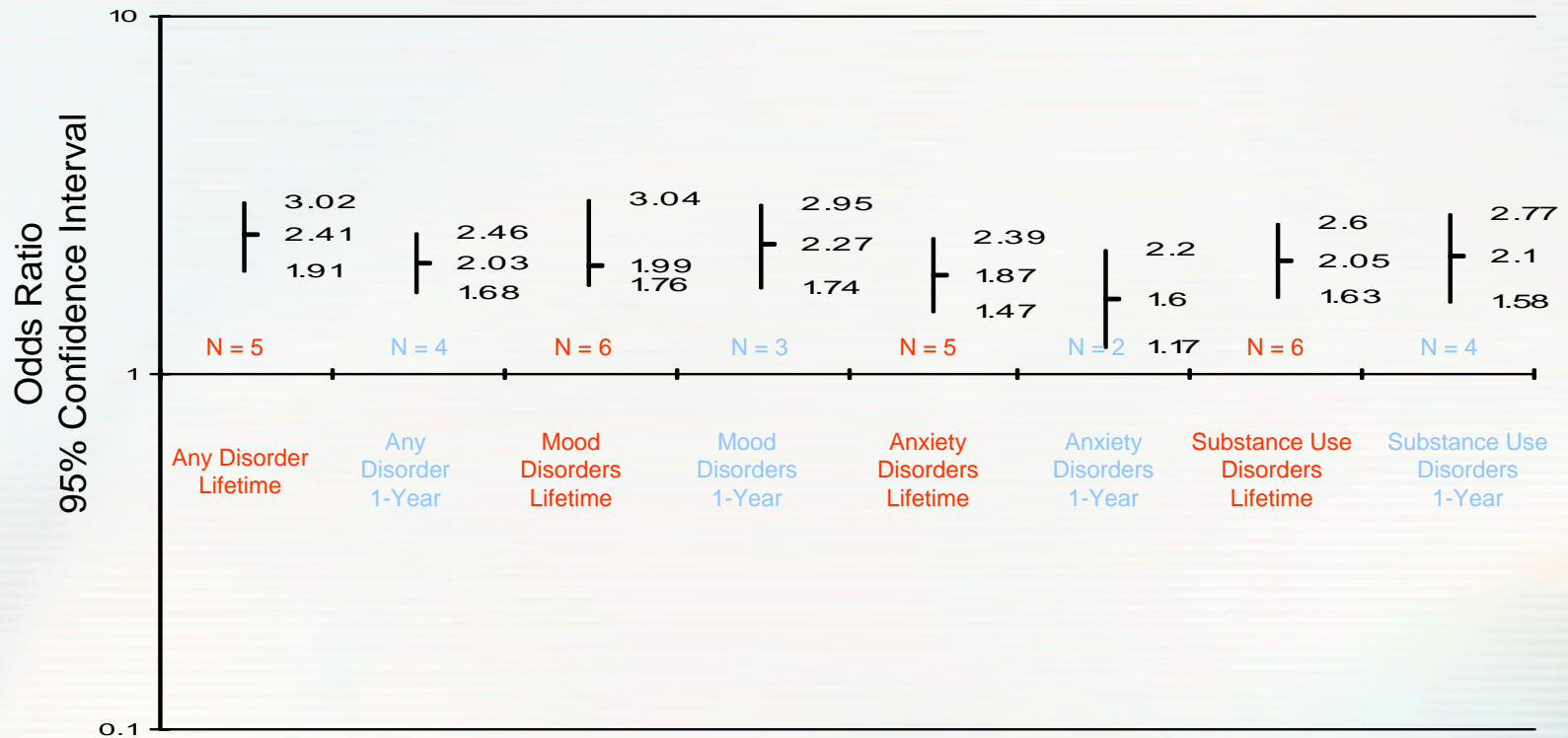
Background

- > New era of LGB mental health studies
- > Large scale community studies

Figure 2

Prevalence of Lifetime and 1-year Mental Disorders LGBs vs. Heterosexuals

Combined Mantel-Haenszel weighted odds ratio
and 95% confidence-intervals



Background

- > New era of LGB mental health studies
- > Large scale community studies
- > Little information about the distribution of disorders among LGB subgroups

Hypotheses

> Race/ethnicity

- “Double jeopardy” stressors related to homophobia and racism would lead to more mental disorders

> Gender

- Minority stress suggests more disorders in women
- But evidence has shown men and women do not differ (Meyer, 2003)

Hypotheses

> Bisexual identity

- Greater burden related to identity and affiliation → more mental disorders

> Age

- Population studies showed more disorders in younger cohorts (18-59 yo) (Kessler, 2005)
- Minority stress suggests coming out is critical period

Project Stride

Assessment of Mental Disorders

- > The World Health Organization (WHO) World Mental Health (WMH) Survey Initiative version of the Composite International Diagnostic Interview (CIDI)
- > Assessed DSM-IV diagnoses
 - Anxiety
 - Mood (w/o bipolar disorder)
 - Substance use (alcohol and drug)
 - Suicide ideation and attempt
- > N = 388 (8 missing)



WMH CIDI DSM-IV Lifetime Disorders

| | Stride Men | Stride Women | NCS-R All |
|-------------------|------------|--------------|------------------|
| Any anxiety | 43% | 46% | 29% ¹ |
| MDD | 26 | 35 | 17 ¹ |
| Any substance use | 37 | 40 | 15 ¹ |
| Bulimia nervosa | 6.2 | 4.6 | 1.0 ² |

1. Kessler et al., 2005; 2. Hudson et al., 2006

Risk for Mental Disorders in LGB Populations: Race/ethnicity

| | Anxiety | Mood | Substance Use |
|--------|----------------|----------------|----------------|
| White | 1.0 | 1.0 | 1.0 |
| Black | 0.7 (0.4, 1.1) | 0.4 (0.3, 0.8) | 0.6 (0.4, 1.0) |
| Latino | 1.1 (0.7, 1.8) | 0.7 (0.4, 1.2) | 1.1 (0.6, 1.7) |

Risk for Mental Disorders in LGB Populations:

Gender

| | Anxiety | Mood | Substance Use |
|--------|----------------|----------------|----------------|
| Male | 1.0 | 1.0 | 1.0 |
| Female | 1.1 (0.7, 1.7) | 1.5 (1.0, 2.3) | 1.1 (0.8, 1.7) |

Risk for Mental Disorders in LGB Populations:

Sexual Identity

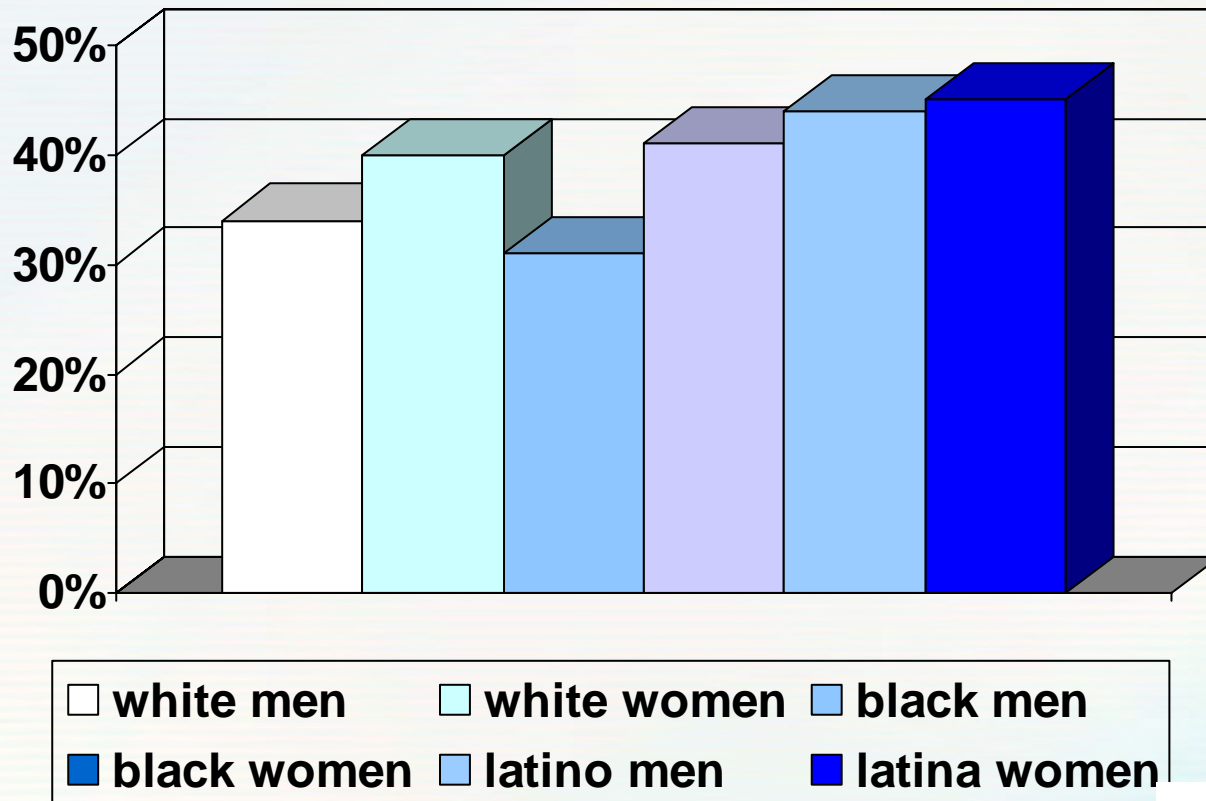
| | Anxiety | Mood | Substance Use |
|-------------|----------------|----------------|----------------|
| Gay/Lesbian | 1.0 | 1.0 | 1.0 |
| Bisexual | 1.1 (0.7, 1.9) | 1.1 (0.7, 2.0) | 1.9 (1.1, 3.2) |

Risk for Mental Disorders in LGB Populations:

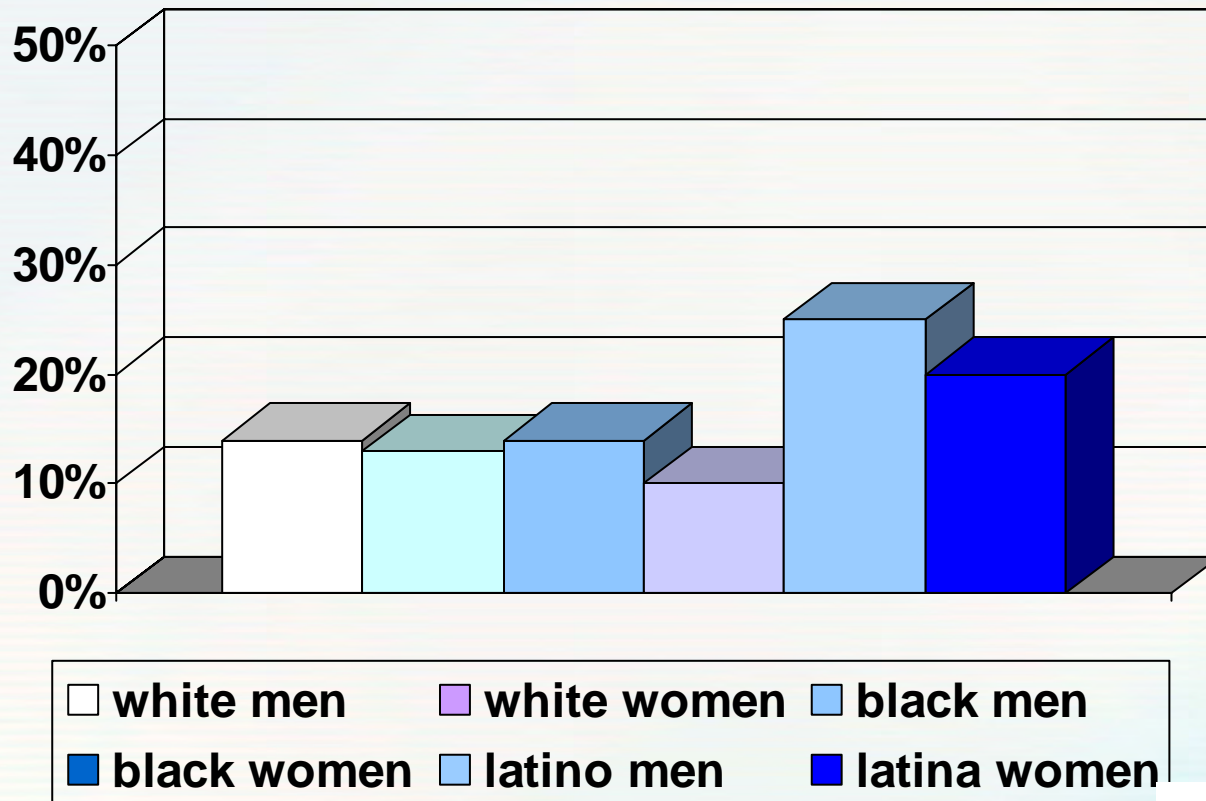
Age Group

| | Anxiety | Mood | Substance Use |
|-------|----------------|----------------|----------------|
| 45-59 | 1.0 | 1.0 | 1.0 |
| 30-44 | 1.3 (0.7, 2.5) | 0.3 (0.1, 0.5) | 0.8 (0.4, 1.6) |
| 18-29 | 1.4 (0.7, 2.8) | 0.3 (0.2, 0.6) | 0.7 (0.4, 1.3) |

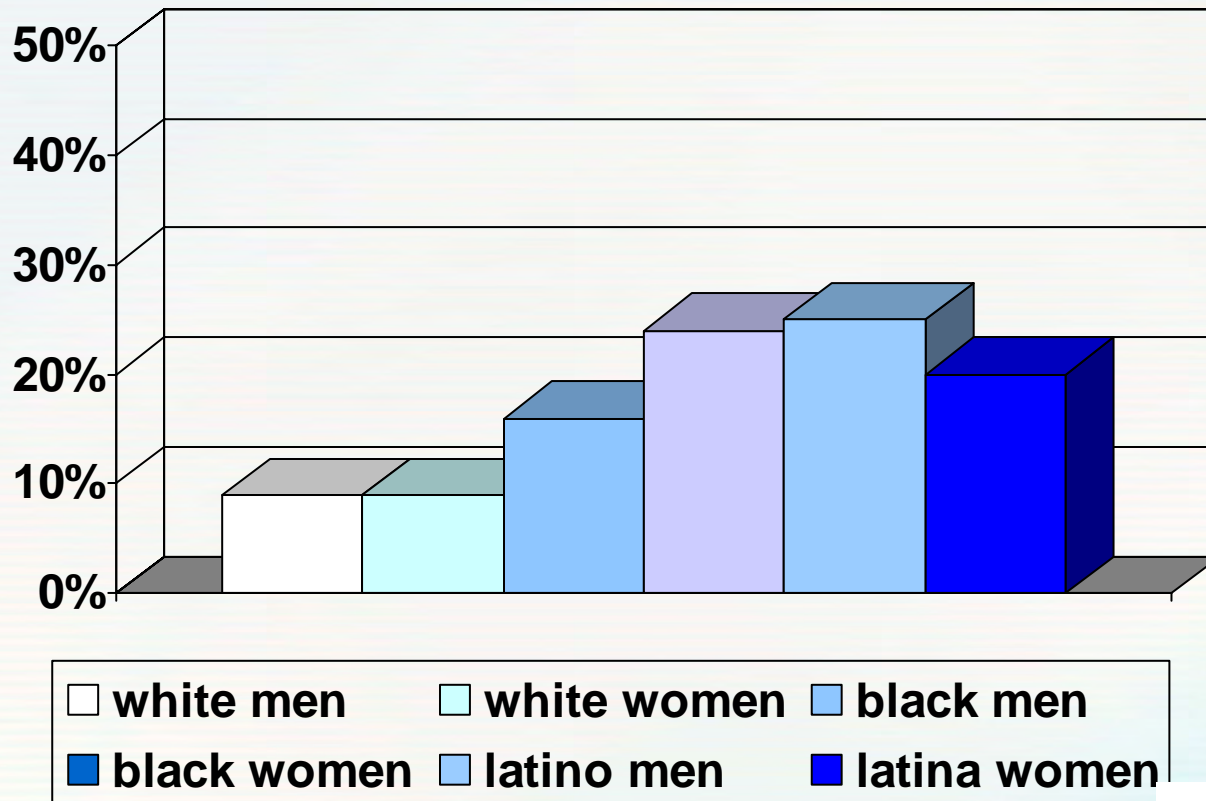
Suicide Thoughts (Lifetime)



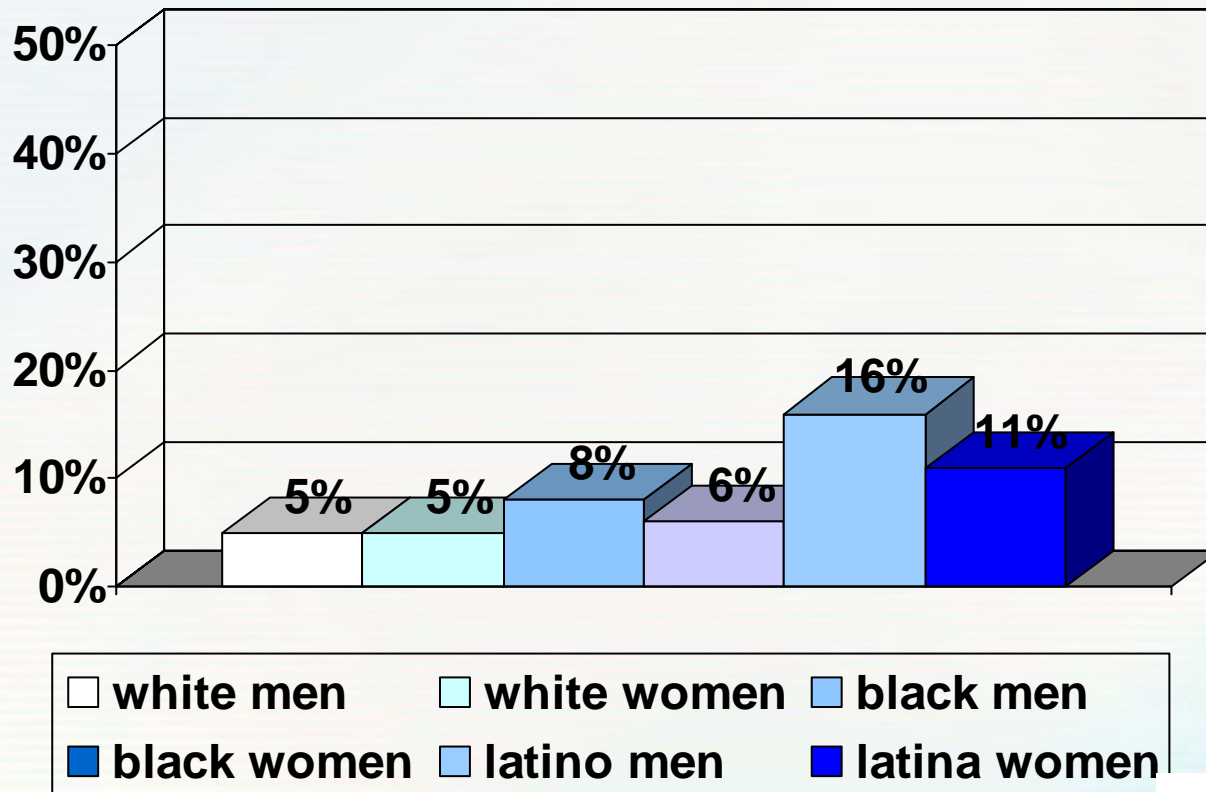
Suicide Plans (Lifetime)



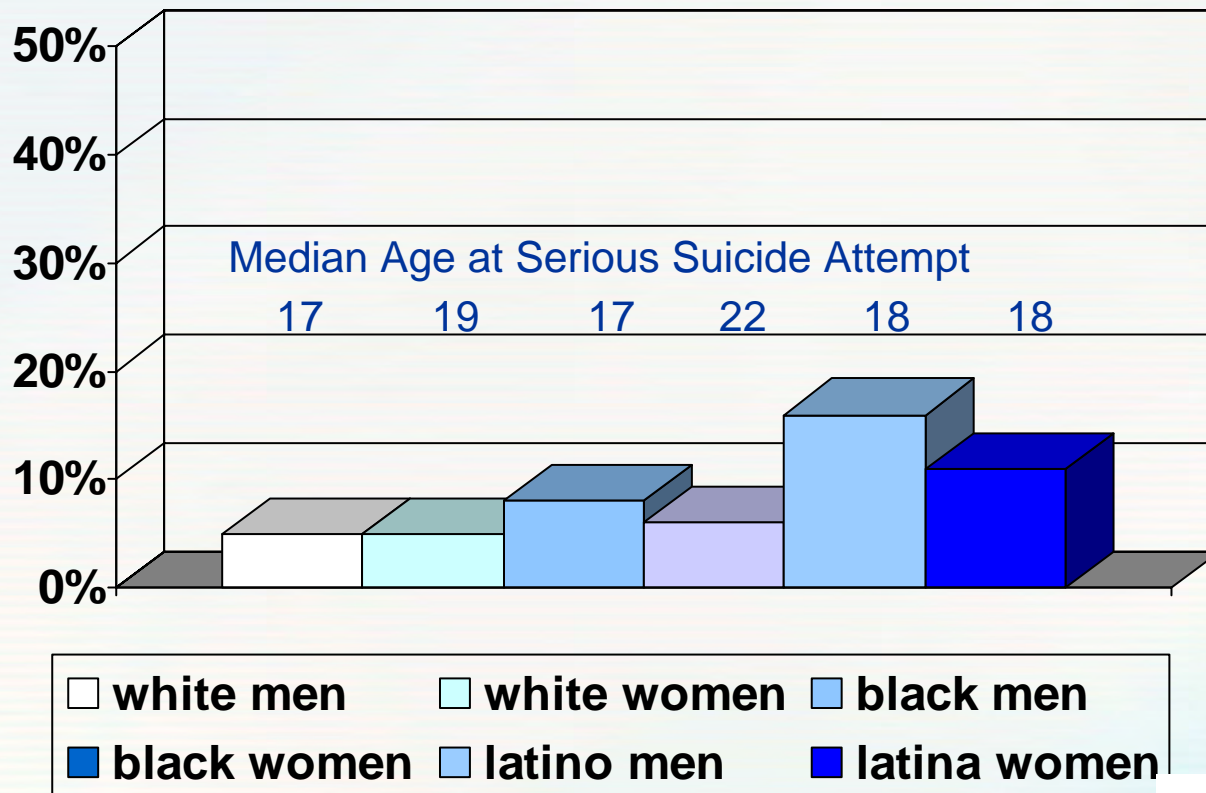
Suicide Attempts (Lifetime)



Suicide Serious Attempts with Intent to Kill (Lifetime)



Suicide Serious Attempts with Intent to Kill (Lifetime): Age of First Attempt



Serious Suicide Attempts

Race/ethnicity, Gender, Sexual Identity, Age

| | OR (95% CI) |
|----------------|-----------------|
| Race/ethnicity | |
| White | 1.0 |
| Black | 1.6 (0.5, 4.6) |
| Latino | 3.2 (1.6, 33.3) |
| Gender | |
| Female | 0.8 (0.4, 1.6) |
| Male | 1.0 |
| Identity | |
| Bisexual | 1.3 (0.5, 3.1) |
| Lesbian or gay | 1.0 |
| Age | |
| 18-29 | 0.5 (0.2, 1.4) |
| 30-44 | 0.3 (0.1, 0.9) |
| 45-59 | 1.0 |

Limitations/Strengths

- > Limitation in external validity (but similar to results from random studies)
- > Strengths
 - studying diverse subgroups of LGBs
 - estimating theoretically driven hypotheses about differences between subgroups

Summary

Mental Disorders

- > Lesbian/bisexual women same prevalence of disorders as gay/bisexual men
- > Bisexual identity related to substance use
- > Younger cohorts less mood disorders than older, but not substance use
- > Ethnic minority LGBs do not have higher prevalence disorders than whites . . .
- > But suicide higher in ethnic minorities

Summary

Mental Disorders

- > Is minority stress hypothesis supported?
 - Sexual orientation – yes
 - Race/ethnicity – no
 - Gender – no
 - Sexual identity – supported re substance use
 - Age groups – supported re mood disorders

Distribution of Stress and Coping Hypothesis

- > Disadvantaged social groups will be exposed to more stress than advantaged groups

The stress Construct

The “stress universe” (Wheaton, 1994)

- > Acute vs. chronic stress
- > Prejudice-related vs. general stress

Stress Exposure

Acute Stress

Major life events (*Dohrenwend*)

> Prejudice-related

> General

– Large magnitude of change caused by the event

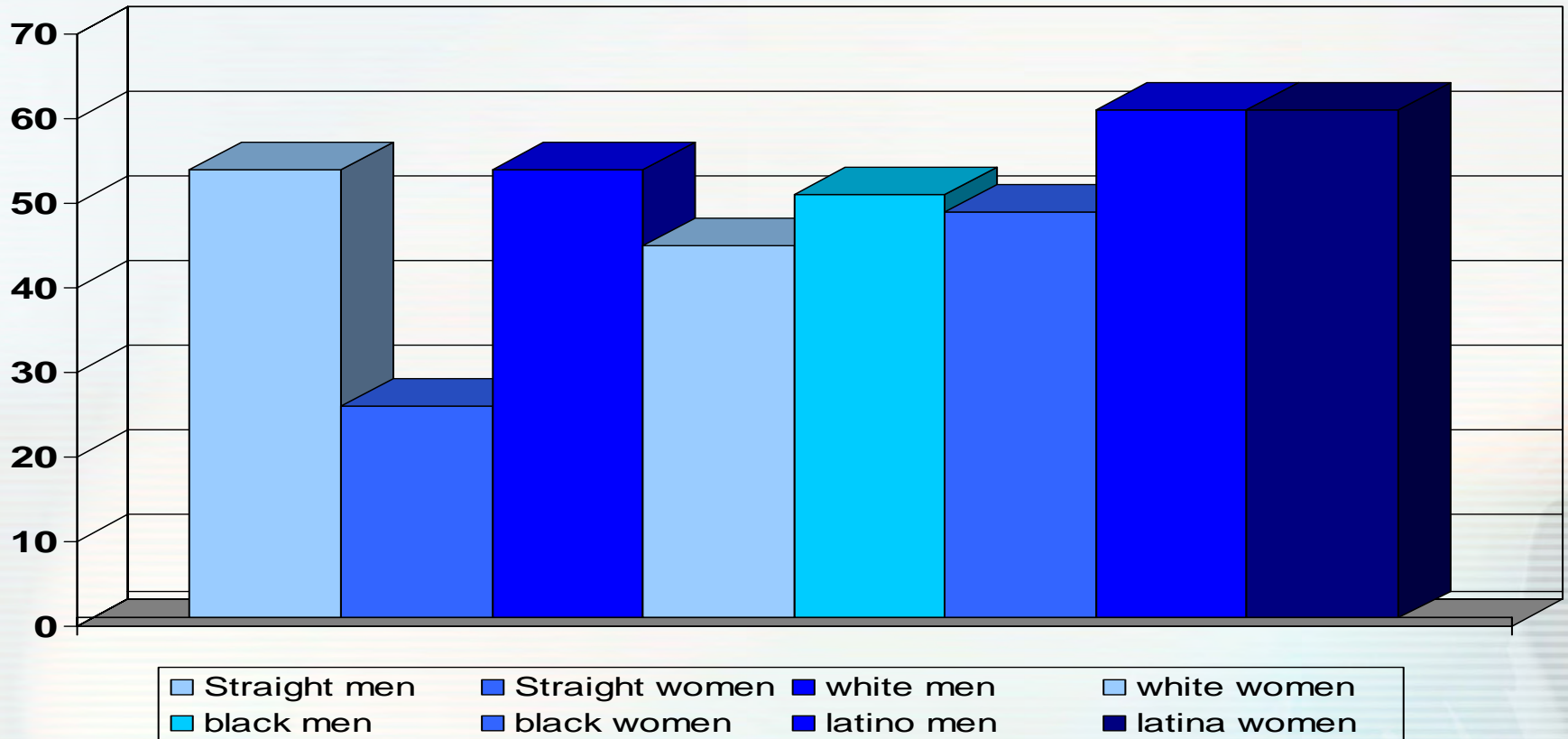
Stress Exposure

Chronic Stress

- > Prejudice-related
 - Stigma (*adapted from Link*)
 - Everyday discrimination (*Williams*)
- > General
 - Chronic strains (*Wheaton*)

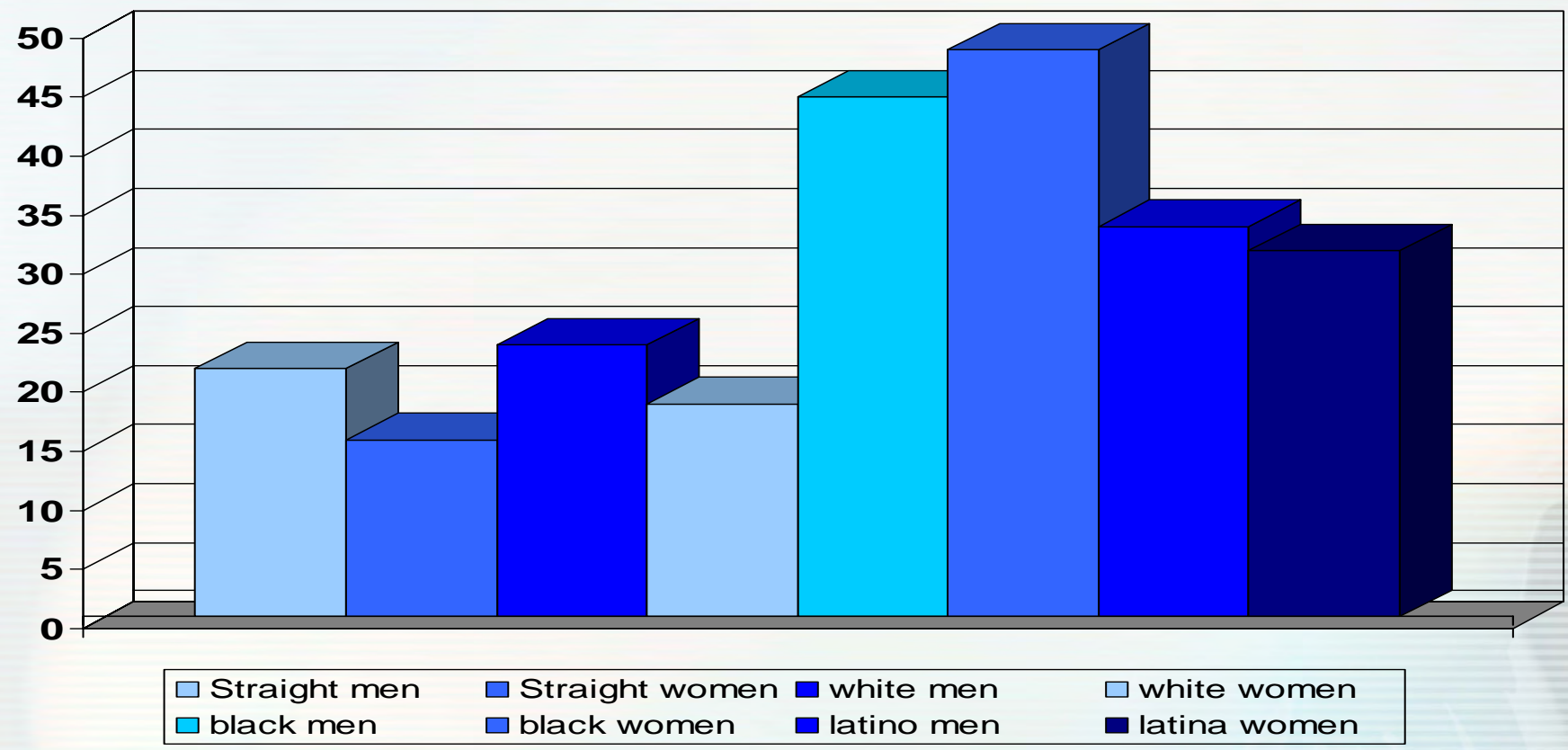


Stressful Events: Physical Assault in Adulthood



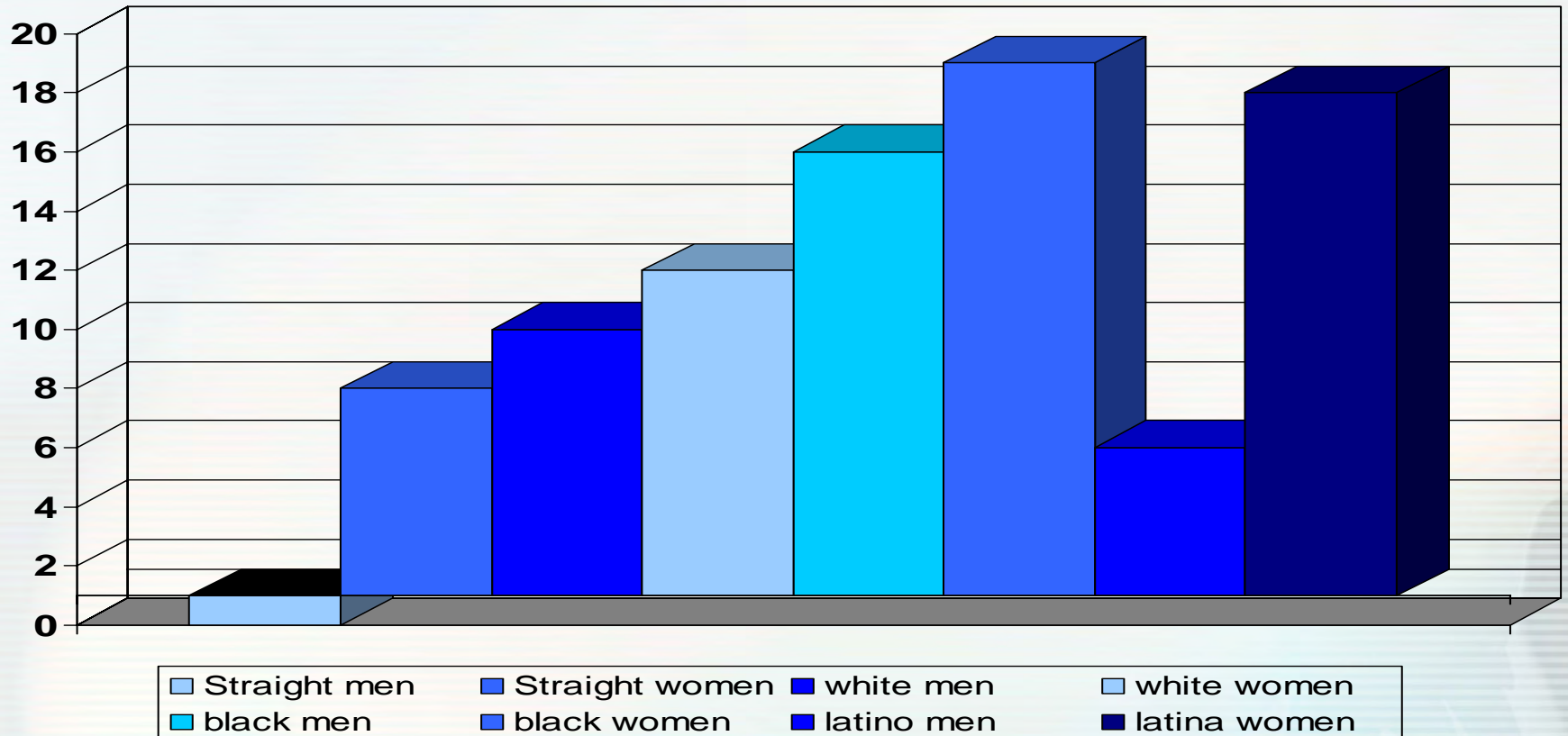


Stressful Events: Homelessness





Stressful Events: Attempted Rape in Adulthood



Chronic Strains

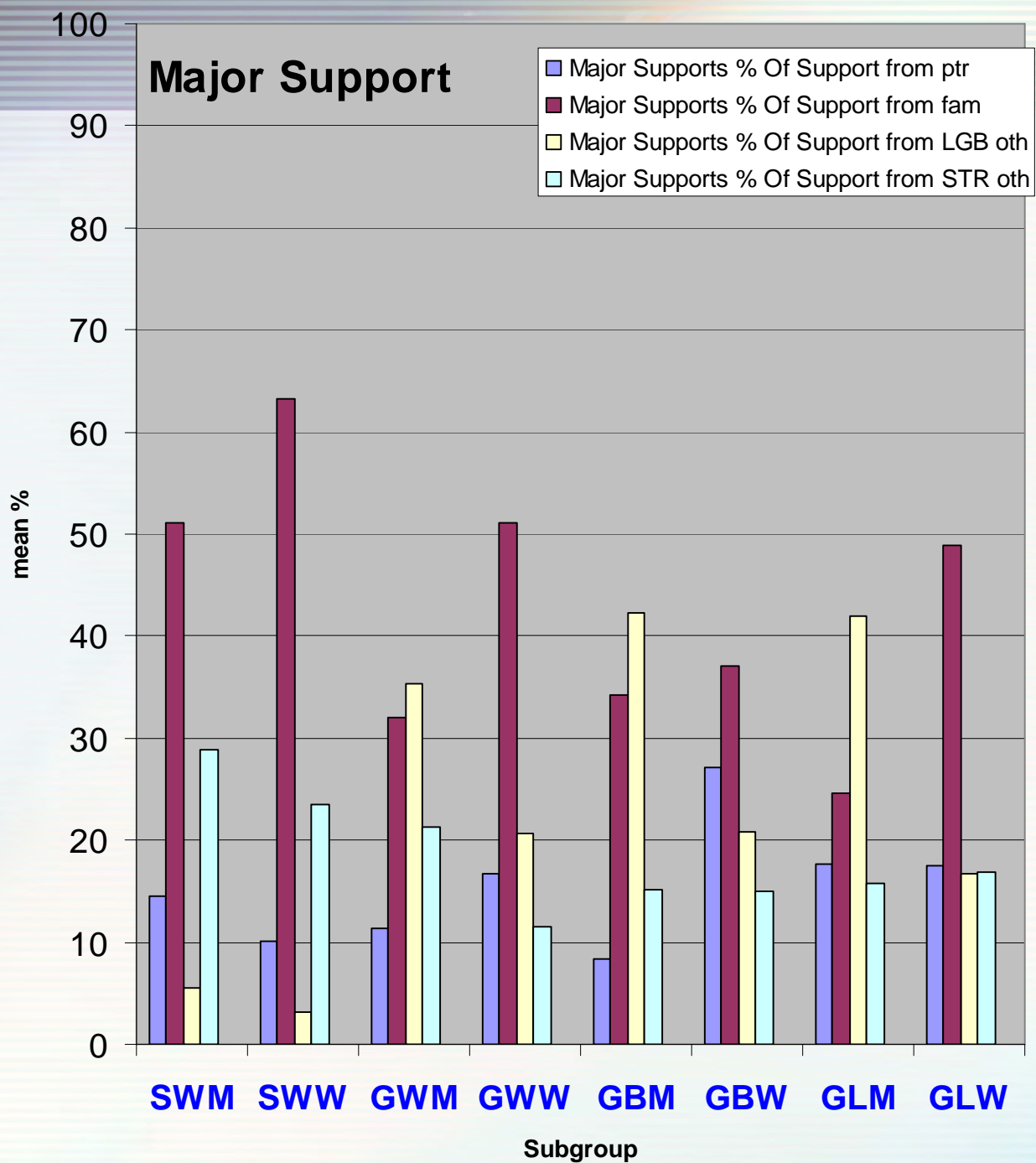
- > Women more than men
 - parenting
 - relationships
 - caretaking
 - residence (neighborhood noise or pollution)
- > LGB more than heterosexuals
 - wanting kids
 - education
 - caretaking
 - relationships with parents



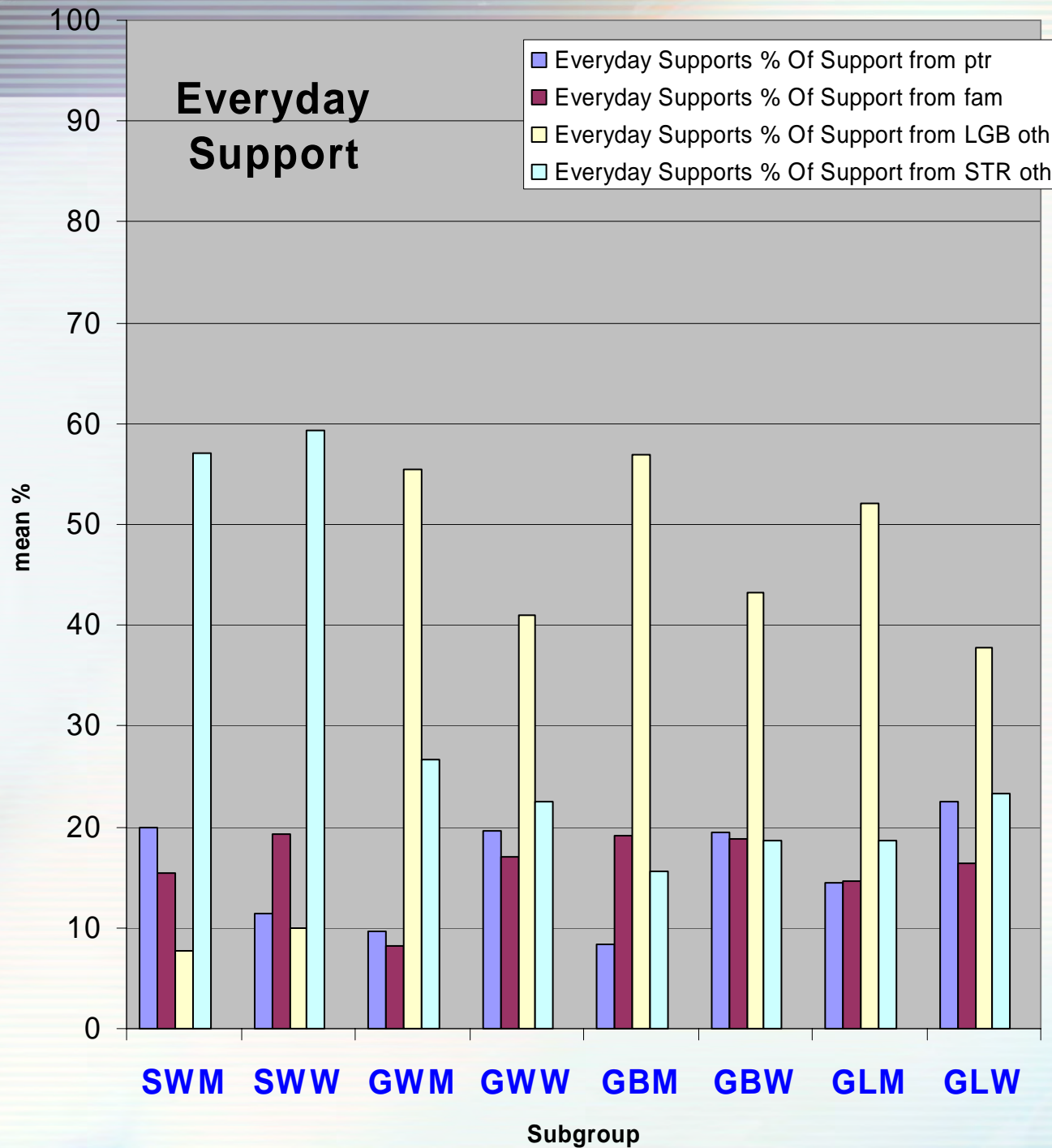
Coping Resources

- > Personal coping resources (Mastery)
- > Community coping resources
(Identification & participation)

Major Support



Everyday Support



Significant Findings Consistent with Minority Stress Theory

| Measure | | White Heterosexual men | White heterosexual women | White gay and bisexual men | White lesbian and bisexual women | Minority gay and bisexual men | Minority gay and bisexual women |
|----------------------------|-----------------------------------|------------------------|--------------------------|----------------------------|----------------------------------|-------------------------------|---------------------------------|
| Prejudice - related Stress | Stigma | <i>Ref</i> | | | ■ | ■ | ■ |
| | Everyday discrimination | <i>Ref</i> | | | | ■ | ■ |
| | Prejudice life events | <i>Ref</i> | | ■ | ■ | ■ | ■ |
| General Stress | Chronic strain | <i>Ref</i> | | | | ■ | ■ |
| | All life events (large magnitude) | <i>Ref</i> | | ■ | ■ | ■ | ■ |
| <i>Coping</i> | Mastery | <i>Ref</i> | | | | ■ | ■ |
| | Social network | <i>Ref</i> | | | | ■ | ■ |

Summary

- > Gender -- not associated with exposure to stress
- > Sexual minority status -- related to more general and prejudice-related stress but not perceived everyday discrimination and chronic strains
- > LGB of racial/ethnic minority status -- related more general and prejudice-related stress, both acute and chronic stressors, and to disadvantages in general forms of coping (smaller social networks and lesser sense of mastery)

Implications for Minority Stress Theory

- > Social stress hypothesis supported for race/ethnicity, mixed for LGB white, and was not supported for gender (white)
- > Discrepancy between evidence for stress exposure and evidence for mental health impact among Blacks