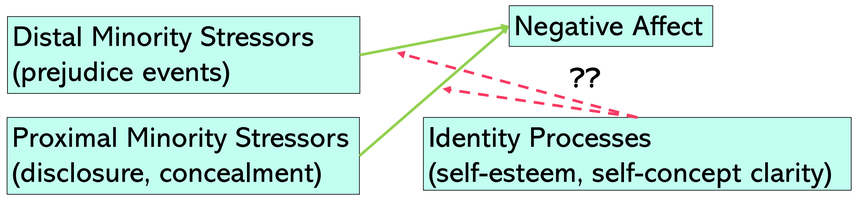
Sexual and Gender Minority (SGM) Stress and Personality Processes in Daily Life

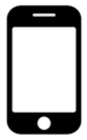
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Background

- The minority stress model[1] for sexual and gender minorities (SGMs) suggests that identity functioning plays a role, but that role is unlear[2,3]



Study Design

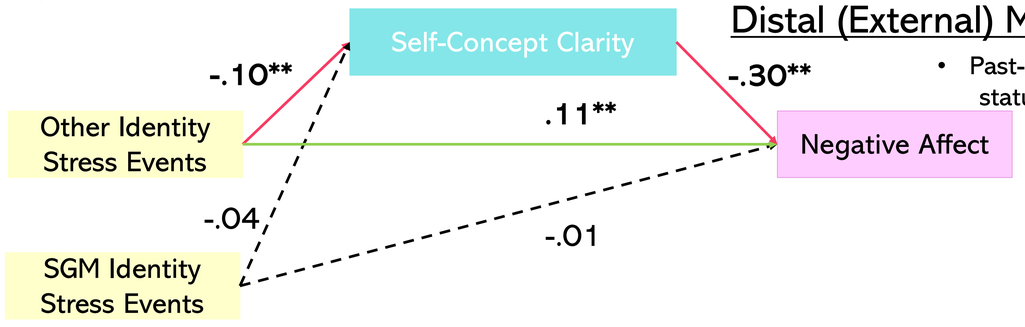


- 252 18-25 y/o SGM participants
- 8-day ambulatory assessment period
- 10 surveys delivered semi-randomly per day in MetricWire smartphone app
- Analyses examine within-person associations in daily life using MSEM in MPlus 8

Measures

Negative affect = mean of participant responses to multiple negative affects (guilt, anger, shame, rejection, depression, nervousness).
Identity functioning = the 4-item Momentary Self-Concept Clarity Scale and a one item SGM self-esteem measure ("I like my LGBTQ+ identity").
Distal stressors = a checklist of discrimination events within the past hour. Discrimination events were attributed by the participant to either SGM status or another minority identity status.
Concealment and disclosure = single items ("I am hiding part of my LGBTQ+ identity from other people" and "The other person is aware of my LGBTQ+ identity").

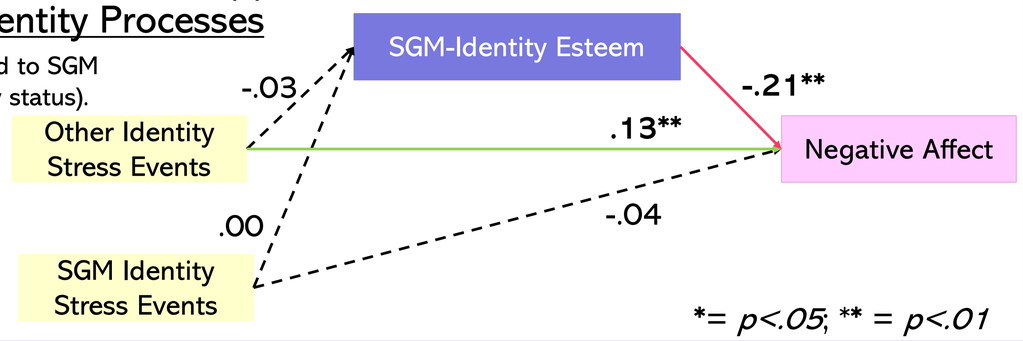
(1) Effects of self-concept clarity on the relationship between distal stressors and negative affect



Distal (External) Minority Stressors and Identity Processes

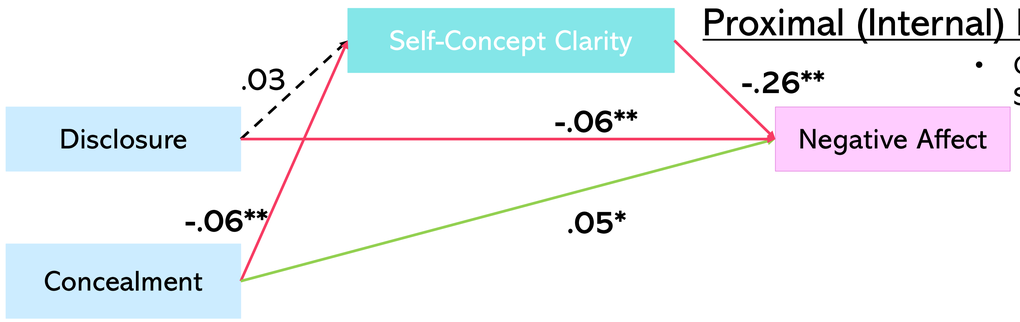
- Past-hour discrimination events attributed to SGM status or other identity (e.g., race, ability status).
- N=184

(2) Effects of SGM-identity self-esteem on the relationship between distal stressors and negative affect



*= p<.05; ** = p<.01

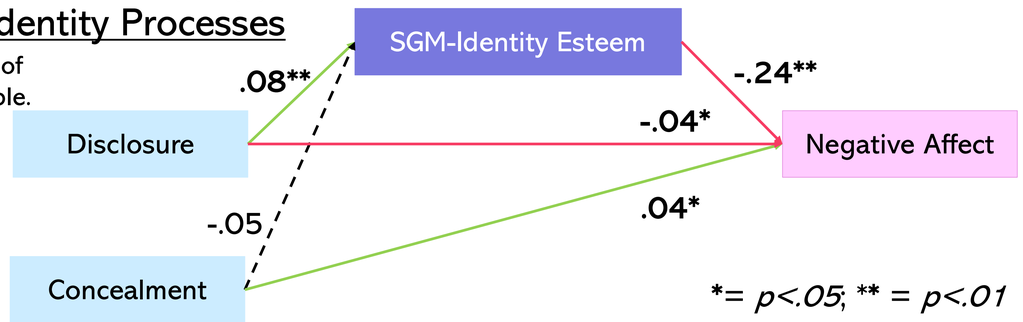
(3) Effects of self-concept clarity on the relationship between proximal stressors and negative affect



Proximal (Internal) Minority Stressors and Identity Processes

- Current disclosure and concealment of SGM status when around other people.
- N=252

(4) Effects SGM-identity self-esteem on the relationship between distal stressors and negative affect



*= p<.05; ** = p<.01

Results

Proximal Minority Stressors and Identity

- **Model 1**: Discriminatory events attributed to non-SGM identities reported in the past hour are associated with lower reports of self-concept clarity and higher negative affect. Further, lower self-concept clarity is associated with higher negative affect.
- **Model 2:** Discriminatory events attributed to non-SGM identities are associated with higher negative affect. SGM-identity esteem is associated with lower negative affect..

Distal Minority Stressors and Identity

- **Model 3:** Concealment is associated with lower self-concept clarity, which is associated with greater negative affect. Disclosure is associated with lower negative affect, but not self-concept clarity.
- **Model 4:** Disclosure is associated with greater SGM-identity esteem, which is associated with lower negative affect. Concealment is associated with greater negative affect, but not SGM-identity esteem.

Conclusion

- Minority stress does impact identity functioning in daily life!
- Proximal SGM stressors have a greater impact on negative affect through identity functioning than distal SGM stressors.
- Disclosing SGM status may reflect pride and higher SGM-identity esteem but not greater self-knowledge.
- Concealment of SGM status may create dissonance between sense of self and behavior, without necessarily reflecting lower SGM-identity esteem.

References

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2. Hossain, F., & Ferreira, N. (2019). Impact of social context on the self-concept of gay and lesbian youth: A systematic review. *Global Psychiatry*, *2*(1), 51-78.
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OSF Preregistration: https://osf.io/cmjaz
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