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4-25-2023

## Everyday Discrimination and Mental Health Among Sexual and Gender Minorities: the Moderating Role of Self-Compassion

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# EVERYDAY DISCRIMINATION AND MENTAL HEALTH AMONG SEXUAL AND GENDER MINORITIES: THE MODERATING ROLE OF SELF-COMPASSION

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## References



## INTRODUCTION

As of October 2022, there are 22+ million sexual and gender minorities (SGMs) living in the United States. They often experience workplace discrimination, sexual assault, digital harassment and hate crimes compared to their cisgender and heterosexual counterparts. These experiences result in a higher risk of poor mental health outcomes such as suicide, anxiety, and depression.

### Objective

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Sexual and gender minorities (SGMs) frequently experience discrimination, often manifesting as poor mental health. Literature suggests self-compassion improves mental health among SGMs. Yet, no research has examined the relationship between everyday discrimination and poor mental health among SGMs, and whether self-compassion moderates the relationship.

## METHODOLOGY

n = 1,292 adult SGMs in the U.S. were recruited from Reddit in 2022. Some of the measures we looked at include...

- Anxiety (GAD-7)
- Depressive Symptoms (CES-D10)
- Suicidal Ideation
- Sociodemographic Information

Logistic regressions examined the relationships between everyday discrimination, self-compassion, all three mental outcomes listed along with demographic factors such as race/ethnicity and age.

## RESULTS /FINDINGS

There is a strong correlation between everyday discrimination and self-compassion ( $p < 0.01$ ) for depressive symptoms and suicidal ideation.

Participants with anxiety symptoms, depressive symptoms and have considered suicide had a higher everyday discrimination score compared to their counterparts.

Other factors impacted self-compassion scores as well such as household income and education.

Self-compassion is a protective factor that attenuated the effects of poor mental health.

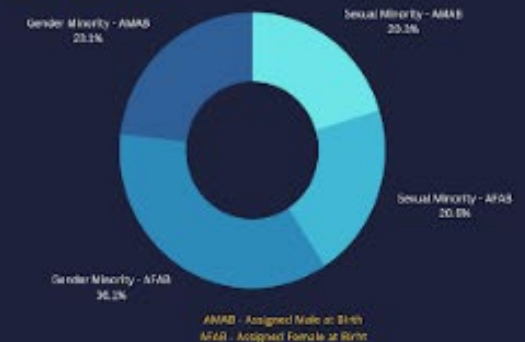
## CONCLUSION

Among adult SGMs, everyday discrimination was associated with poor mental health outcomes.

With this information, the goal is to encourage more studies to be done to study the effects of different societal factors on SGMs and create interventions that promote mental health resources along with limiting the exposure of everyday discrimination.

## Analysis

Sample Size - n = 1,292



The Prevalence of Mental Illness Among Sexual and Gender Minorities

