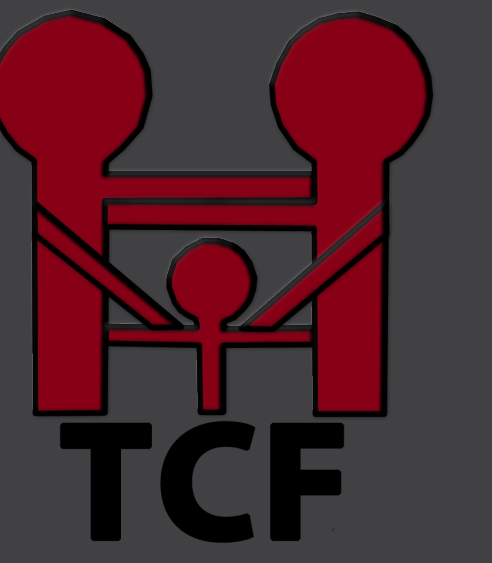


# Ethnic Differences in Mental Health Outcomes and Resilience among Sexual and Gender Minority (SGM) Individuals

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## BACKGROUND

- Racial Paradox – Mental health outcomes are better for ethnic minorities vs White Americans. (Breslau et al., 2006; McGuire & Miranda, 2008)
  - Possible cause may be greater trait resilience in minoritized individuals
- The presence of the racial paradox among SGM populations remains unclear.
  - SGM people of color (POC) have multiple marginalized identities
  - Double Jeopardy suggests SGM-POC will have the worst mental health problems
- Study Aim:** Examine if the racial paradox is present among SGM, and if it can be explained by resilience

## HYPOTHESES:

- POC SGM-AFAB individuals will report better mental health (i.e., lower depressive and anxiety symptoms) than those who identify as White.
- Racial differences in mental health outcomes will be explained by racial differences in resilience.

## PARTICIPANTS

- 388 SGM participants (43% Black, 27% Latine, 31% White)
- All participants are assigned female at birth (AFAB)
- Gender identities: 72% Female, 2% Male, 5% Transgender, and 12% Non-binary
- Sexual orientation: 37% bisexual, 21% lesbian, 15% pansexual, and 14% queer

## MEASURES

### Mental Health

#### Depression:

- (PROMIS) Depression Short Form 8-item scale assessing depressive symptoms
- (e.g., “I felt worthless”): 1 (never) – 5 (always)

#### Anxiety:

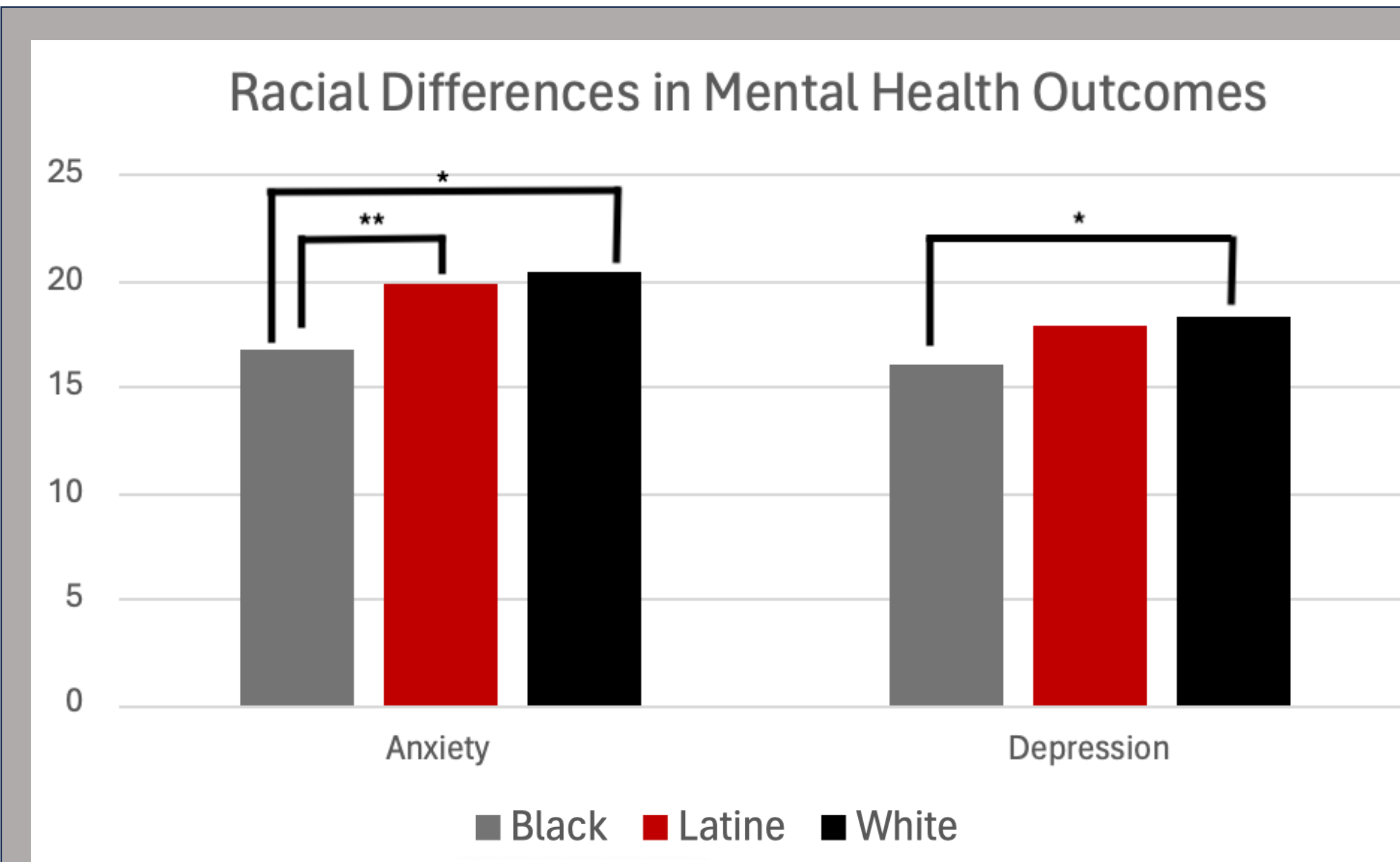
- (PROMIS) Anxiety Short Form 8-item scale assessing anxiety symptoms
- (e.g., “I felt nervous”): 1 (never) – 5 (always)

#### Resilience

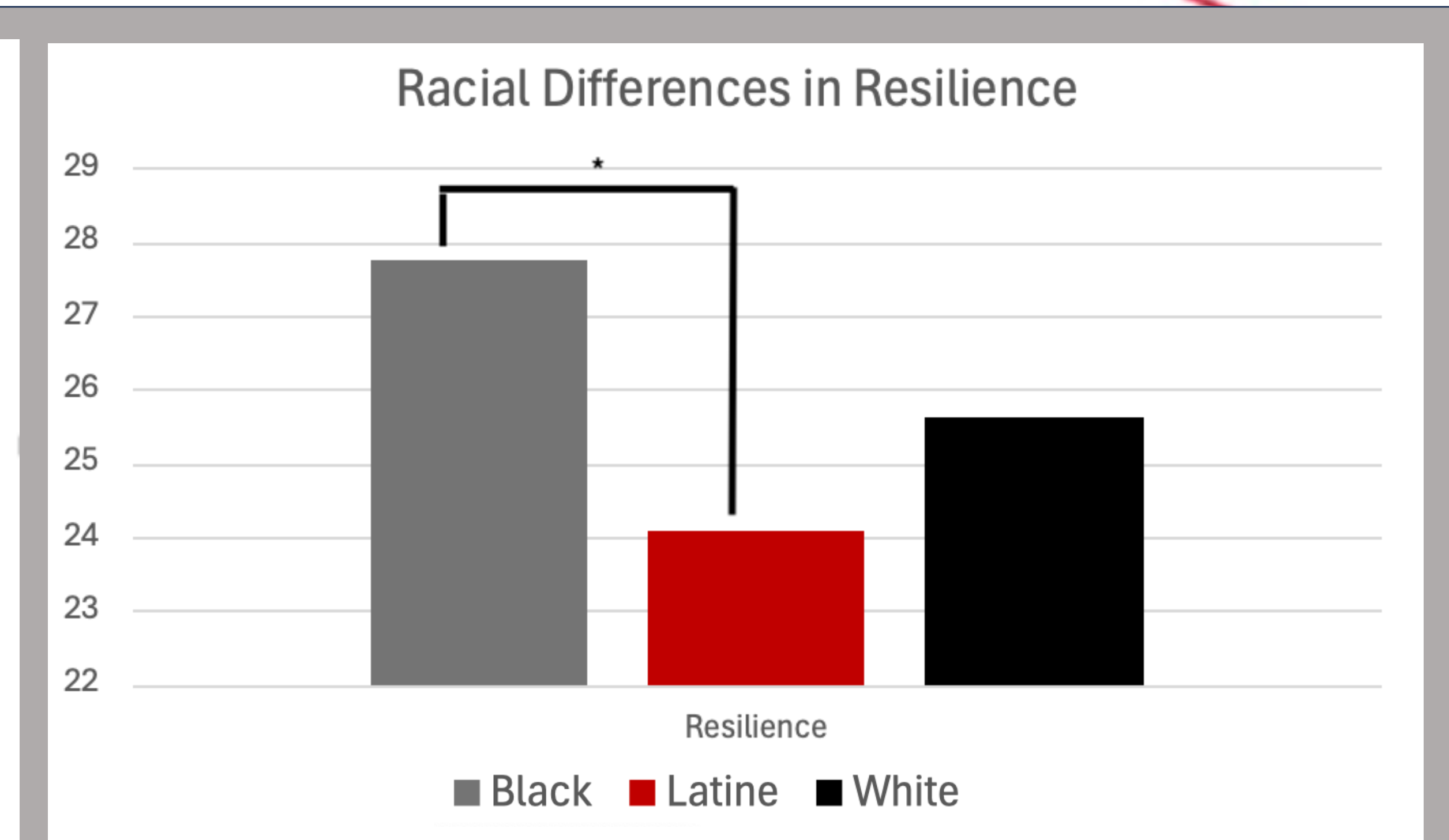
- 10-item Connor-Davison-Resilience Scale assessing trait resilience
- (e.g., “I am able to adapt when changes occur”)

❖ Higher scores indicated higher depression, anxiety or resilience.

## RESULTS



❖ Race Effect:  $F(2,388) = 3.34, p = .04$ .

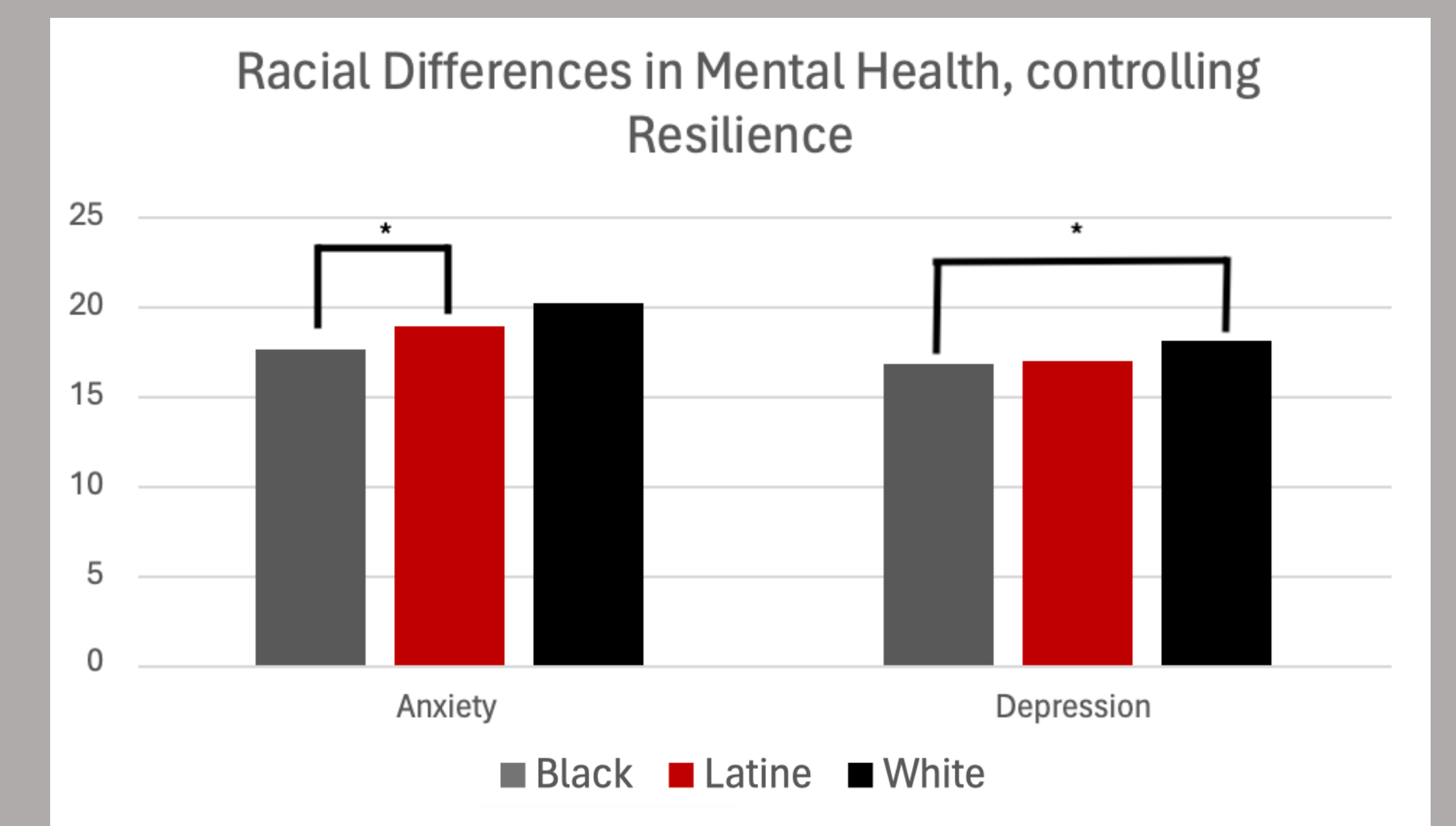


❖ Resilience:  $F(2,388) = 7.57, p < .001$ .

\* $p < .01$ , \*\* $p < .05$

❖ Negative moderate correlation between resilience and anxiety  $r(391) = -0.48, p = .001$

❖ Negative moderate correlation between resilience and depression  $r(391) = -0.48, p < .001$ .



## DISCUSSION

- The racial paradox was present among SGM, contrary to double jeopardy theory. Black and Latine participants had better mental health than White participants.
- Better mental health was explained by resilience for Black but not Latine participants. Racial differences in resilience account for racial differences in depressive symptoms between Black and White participants.
- Racial differences in resilience account for racial differences in anxiety symptoms between Black and Latino participants
- Black participants might have more trait resilience than Latines due to facing specific stressors therefore having more coping mechanisms
- Future research: Examine different factors that might influence mental health outcomes, especially for Latine participants
- Limitations: Lack of Asian, Pacific Islander and Indigenous participants, unable to fully examine racial paradox.