

SEXUAL MINORITY STRESS AND COMMUNITY INFLUENCE ON DISORDERED EATING, DYSMORPHIC CONCERNS AND APPEARANCE- AND PERFORMANCE-ENHANCING DRUG MISUSE

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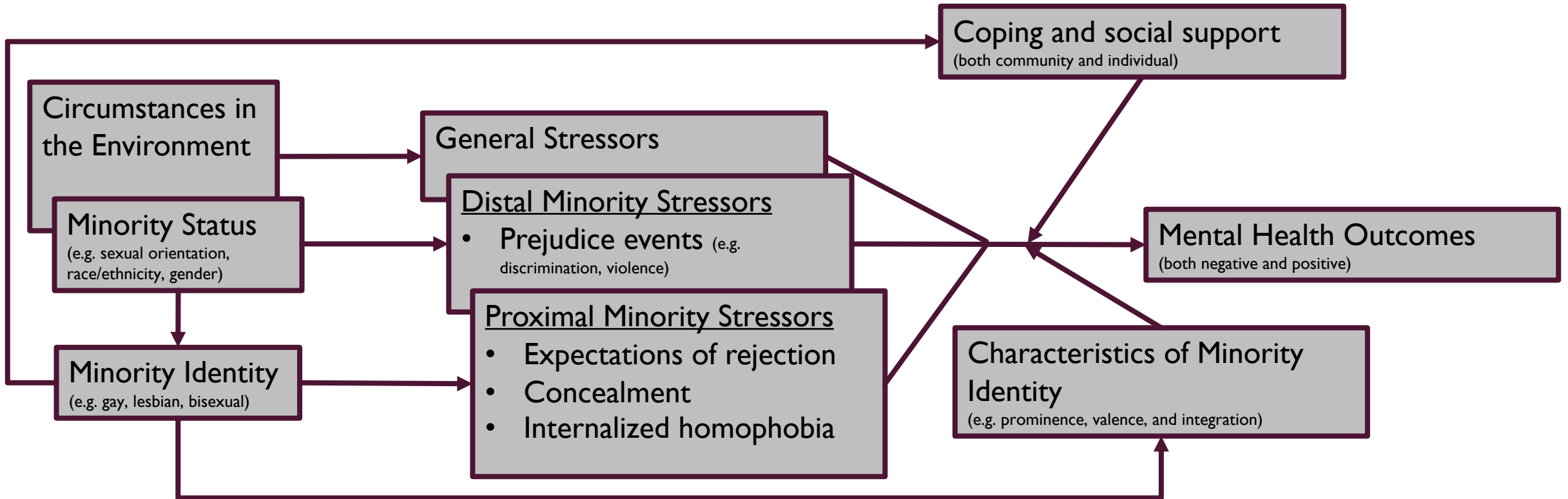


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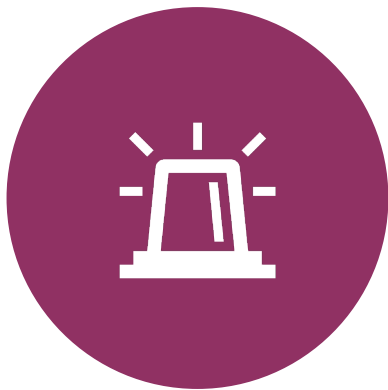
A great thank you to **Aaron Blashill** for his fantastic mentorship and guidance regarding this project and **Manuel Gonzales** for his hard work bringing this study to fruition.

MINORITY STRESS THEORY



SEXUAL MINORITY COMMUNITY

Increased community involvement reduces odds of...



ANXIETY



DEPRESSION



SUICIDALITY

DISORDERED EATING AND BODY IMAGE

Sexual minority groups exhibit higher eating disorder pathology than their heterosexual peers.

Some indication from prior research that community is not protective against eating pathology.

May be explained by sexual objectification experiences.

CURRENT STUDY

01

Examine the relationship between minority stress and disordered body image related behaviors and concerns.

02

Examine the relationship between community involvement and disordered body image related behaviors and concerns.

03

Examine any potential conditional effects of community involvement on the relationship between minority stress and disordered body image related behaviors and concerns.

04

Examine whether these relationships differ based on gender.

METHODS

Nationally distributed
sample of sexual
minority men (n=479)
and women (n=483)

Online survey
recruited through
Qualtrics panels

MEASURES

Minority Stress

1. Internalized Homophobia Scale (IHP)
 - Alpha = 0.87
2. Sexual Orientation Concealment Scale (SOCS)
 - Alpha = 0.87
3. Heterosexist Harassment, Rejection and Discrimination Scale (HHRDS)
 - Alpha = 0.95

Community Involvement

- 6 items developed by the Social Justice Sexuality Project
- Factor analysis indicated that all items loaded on the same factor
- Alpha = 0.79

Disordered Body Image Behaviors/Concerns

1. Eating Disorder Examination-Questionnaire (EDE-Q)
 - Alpha = 0.88
2. Dysmorphic Concerns Questionnaire (DCQ)
 - Alpha = 0.88
3. Appearance- and Performance-Enhancing Drug (APED) misuse
 - Alpha = 0.89

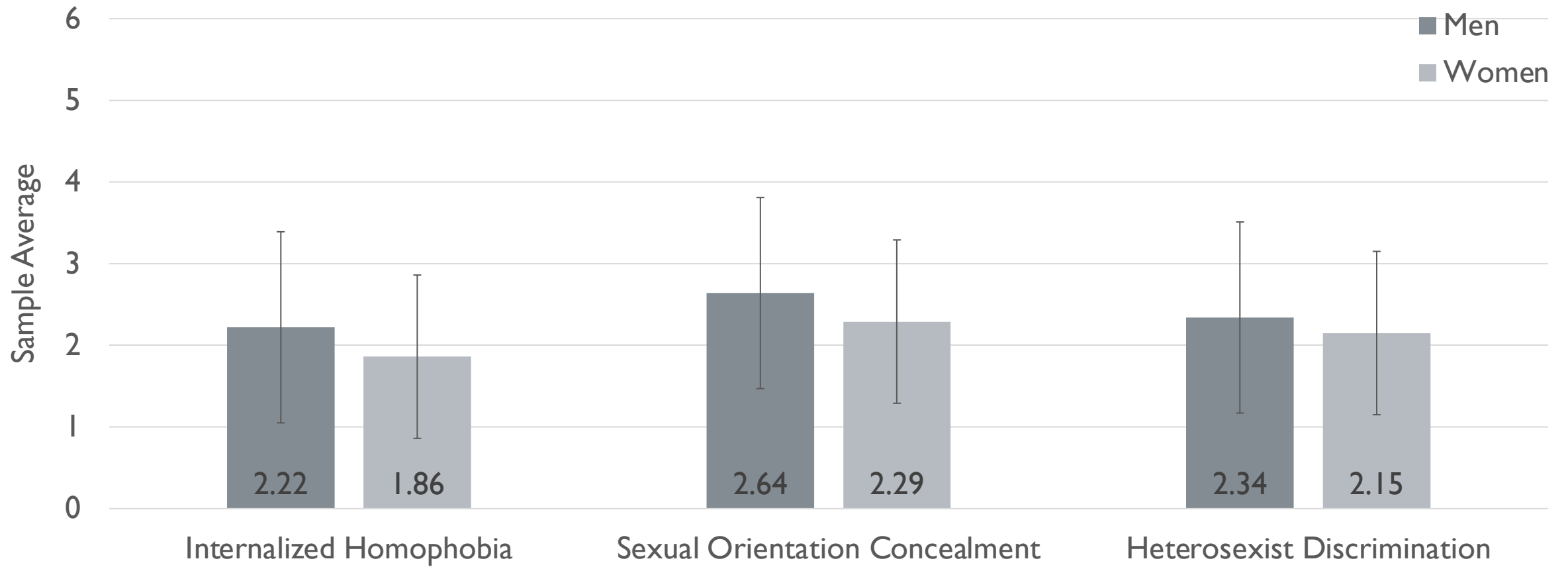
CUT SCORES FOR OUTCOMES

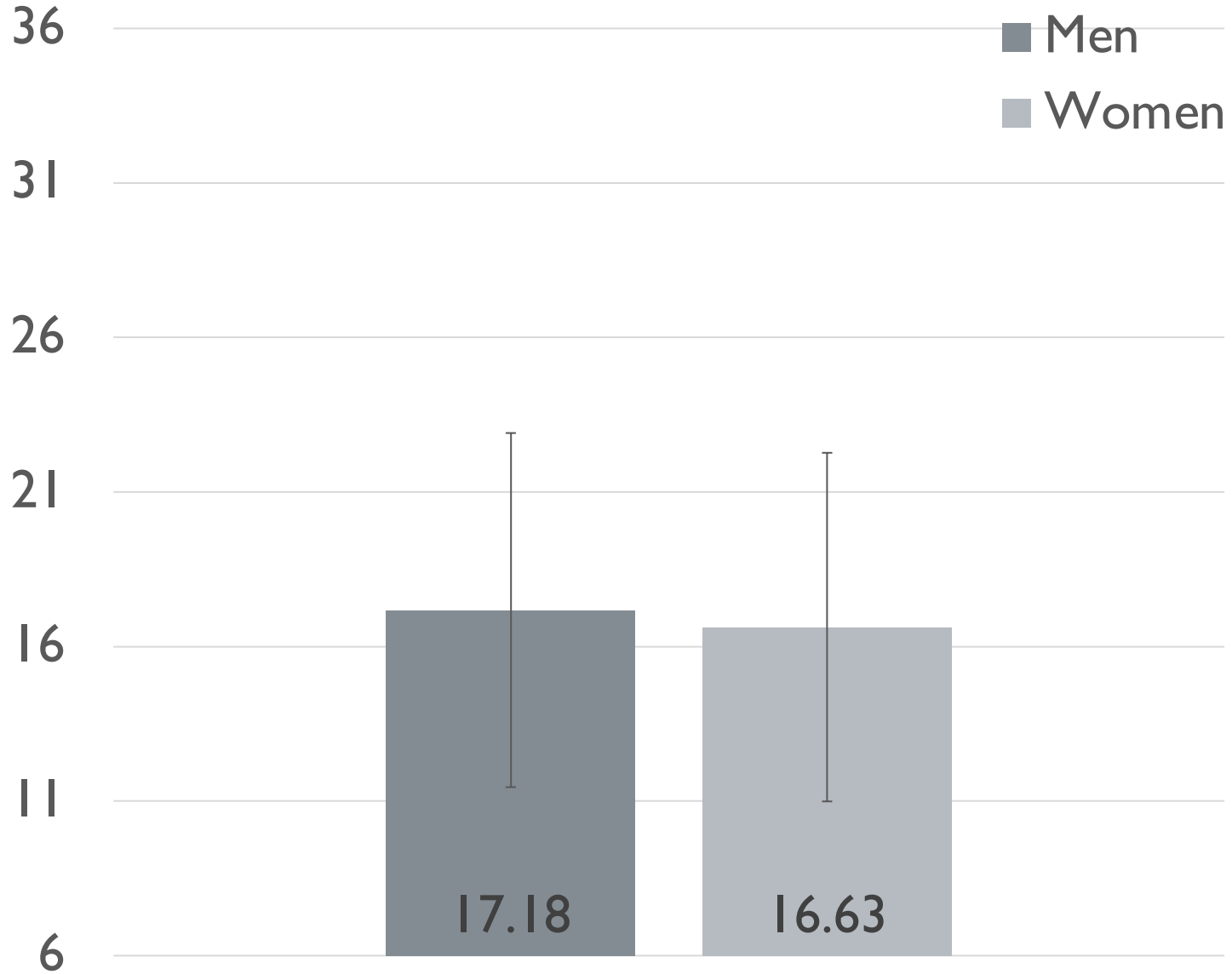
- Eating Disorder Examination Questionnaire (EDE-Q)
 - Individuals screened positive for an ED if their sum global score was greater than or equal to 56, as well as endorsing either objective binge episodes and/or exercising as a means of weight control
 - Previous studies yielded sensitivity of 0.83 and specificity of 0.96 for women.
- Dysmorphic Concern Questionnaire (DCQ)
 - Individuals screened positive for BDD if they scored 9 or higher.
 - Previous studies yielded sensitivity of 0.964 and specificity of 0.906.
- Appearance- and Performance-Enhancing Drug (APED) misuse
 - Individuals were coded as misusing anabolic steroids, human growth hormone, or dehydroepiandrosterone (DHEA) if they endorsed using any of these three drugs at least once in the past year that was not prescribed by their doctor.

| | Men | Women |
|--|--------------|--------------|
| Age | 24.03 (3.76) | 23.33 (3.68) |
| Ethnicity | | |
| Hispanic/Latino | 120 (25.1%) | 114 (23.6%) |
| Not Hispanic/Latino | 359 (74.9%) | 369 (76.4%) |
| Race | | |
| White | 184 (38.4%) | 187 (38.7%) |
| Black/African American | 146 (30.5%) | 148 (30.6%) |
| Native American/American Indian | 13 (2.7%) | 10 (2.1%) |
| Asian/Pacific Islander | 134 (28.0%) | 138 (28.6%) |
| Sexual Identity | | |
| Lesbian/Gay | 239 (49.9%) | 97 (20.1%) |
| Bisexual | 206 (43.0%) | 358 (74.1%) |
| Asexual | 10 (2.1%) | 10 (2.1%) |
| Other | 24 (5.0%) | 18 (3.7%) |

DEMOGRAPHICS

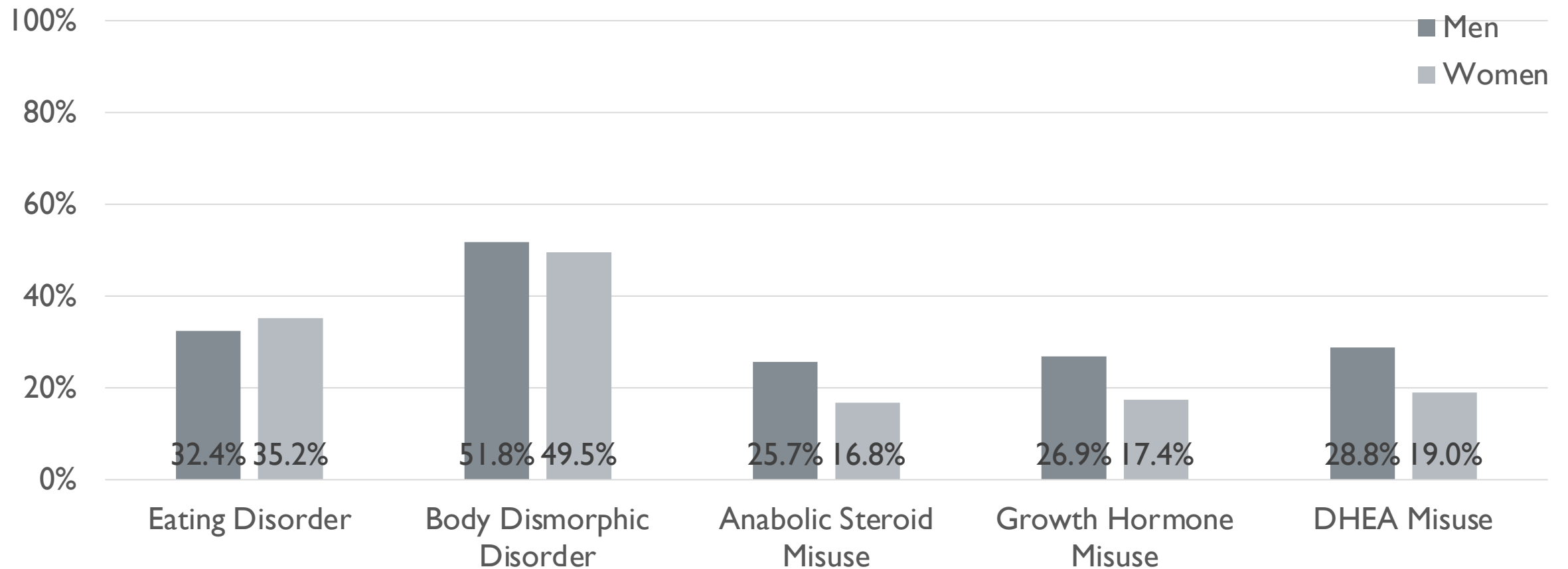
SEXUAL MINORITY STRESS





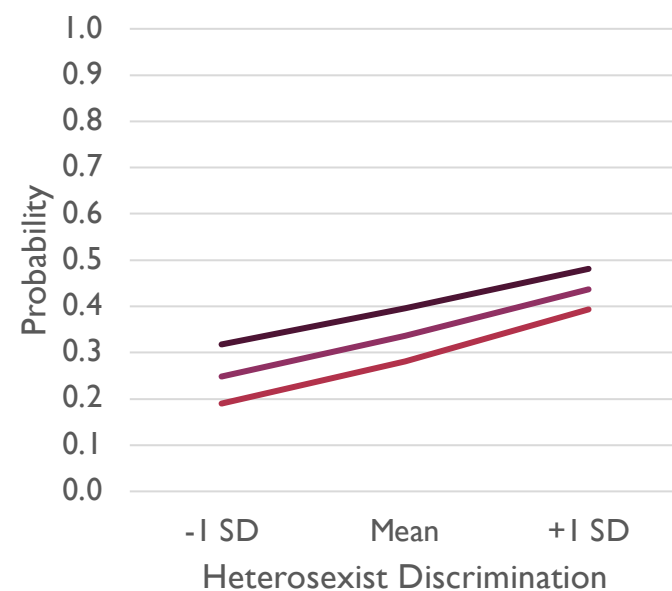
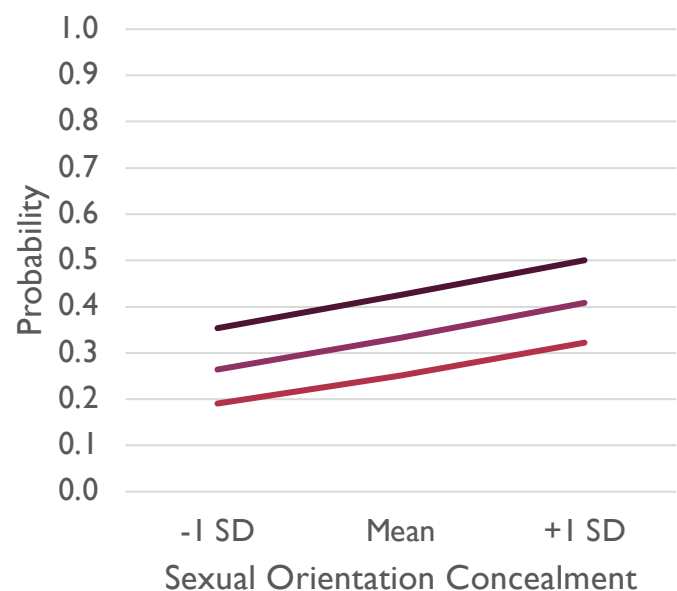
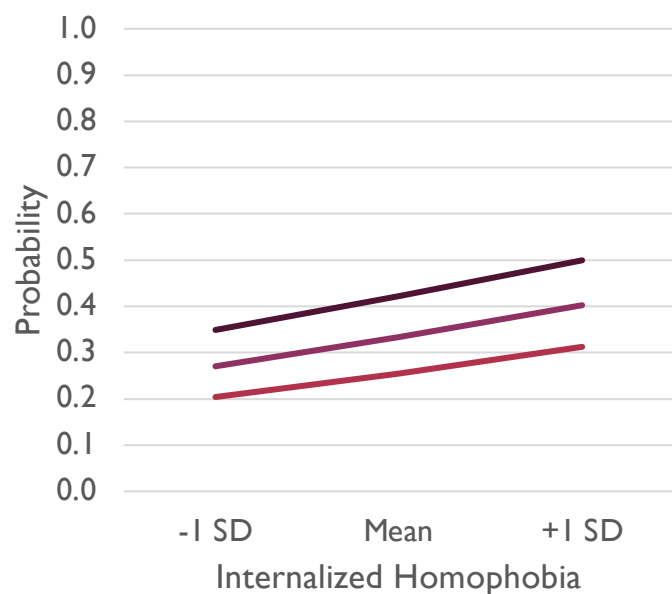
COMMUNITY INVOLVEMENT

INCIDENCE OF DISORDERED BEHAVIORS AND CONCERNS



PREDICTING POSITIVE ED SCREEN

Community Involvement: — +1 SD — Mean — -1 SD



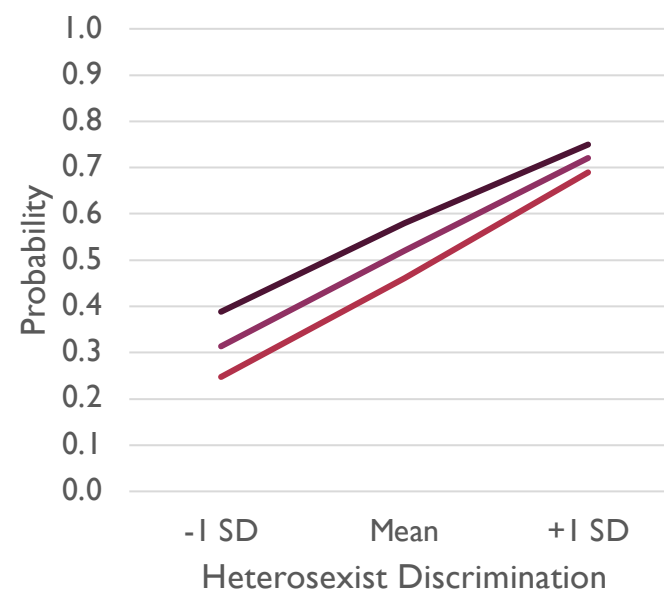
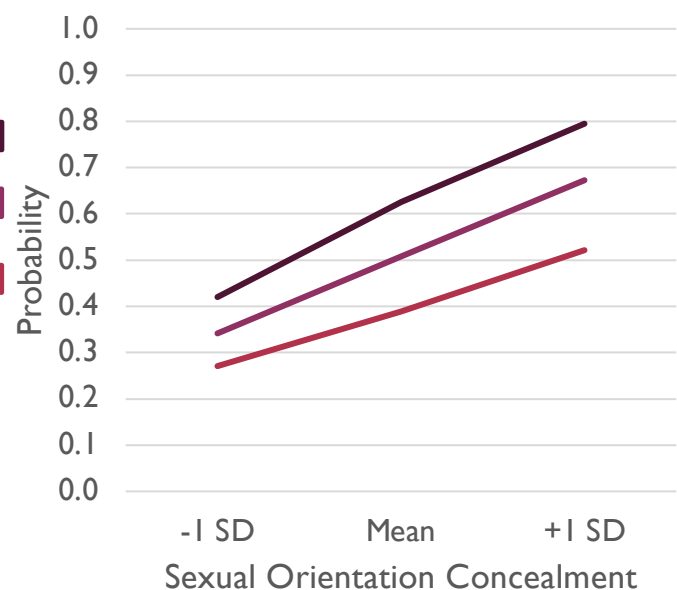
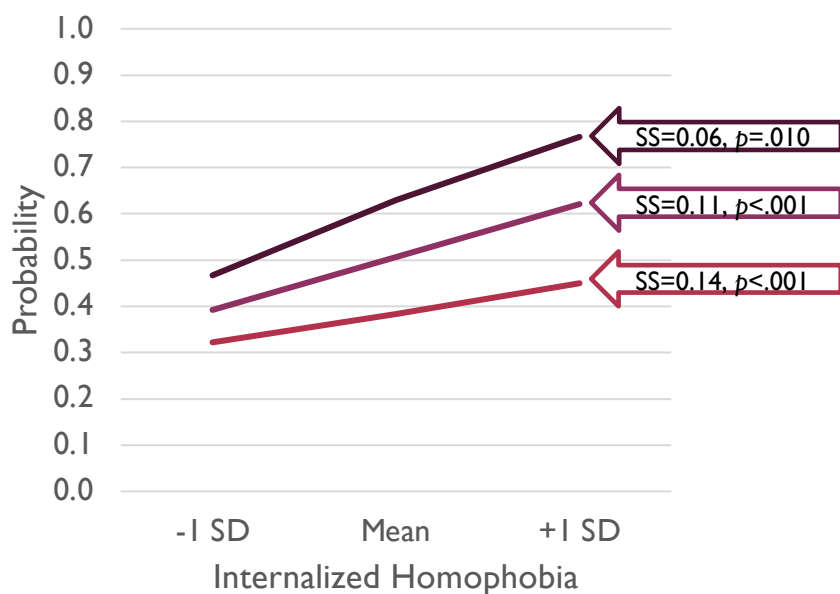
| | B | β | SE | z | p |
|-------------------------|-------|---------|------|-------|--------|
| (constant) | -0.70 | -0.70 | 0.07 | -9.65 | <0.001 |
| Internalized Homophobia | 0.28 | 0.30 | 0.07 | 4.01 | 0.001 |
| Community Involvement | 0.06 | 0.38 | 0.01 | 5.05 | <0.001 |
| Interaction | 0.00 | 0.01 | 0.01 | 0.20 | 0.841 |

| | B | β | SE | z | p |
|-----------------------|--------|---------|------|-------|--------|
| (constant) | -0.70 | -0.70 | 0.07 | -9.66 | <0.001 |
| Concealment | 0.30 | 0.33 | 0.07 | 4.43 | <0.001 |
| Community Involvement | 0.06 | 0.40 | 0.01 | 5.28 | <0.001 |
| Interaction | -0.003 | -0.02 | 0.01 | -0.37 | 0.709 |

| | B | β | SE | z | p |
|-----------------------|-------|---------|------|-------|--------|
| (constant) | -0.69 | -0.69 | 0.08 | -8.90 | <0.001 |
| Discrimination | 0.36 | 0.43 | 0.07 | 5.90 | <0.001 |
| Community Involvement | 0.04 | 0.26 | 0.01 | 3.07 | 0.002 |
| Interaction | -0.01 | -0.08 | 0.01 | -1.24 | 0.215 |

PREDICTING POSITIVE BDD SCREEN

Community Involvement: — +1 SD — Mean — -1 SD



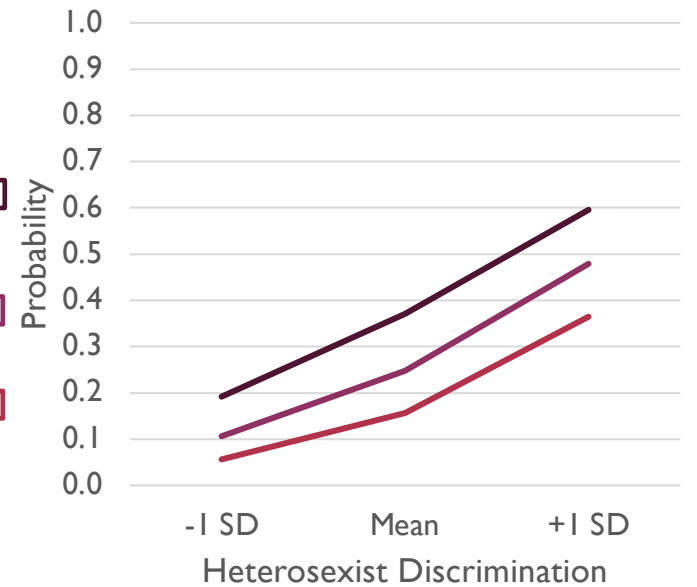
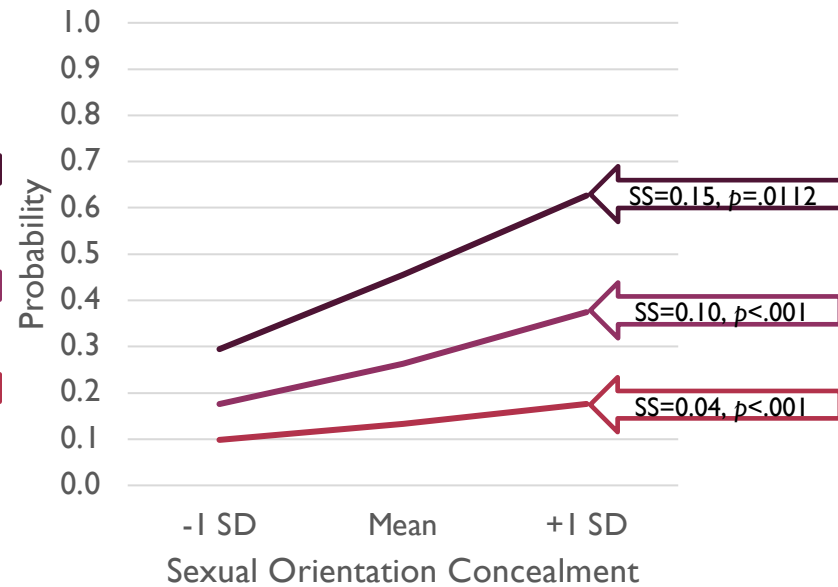
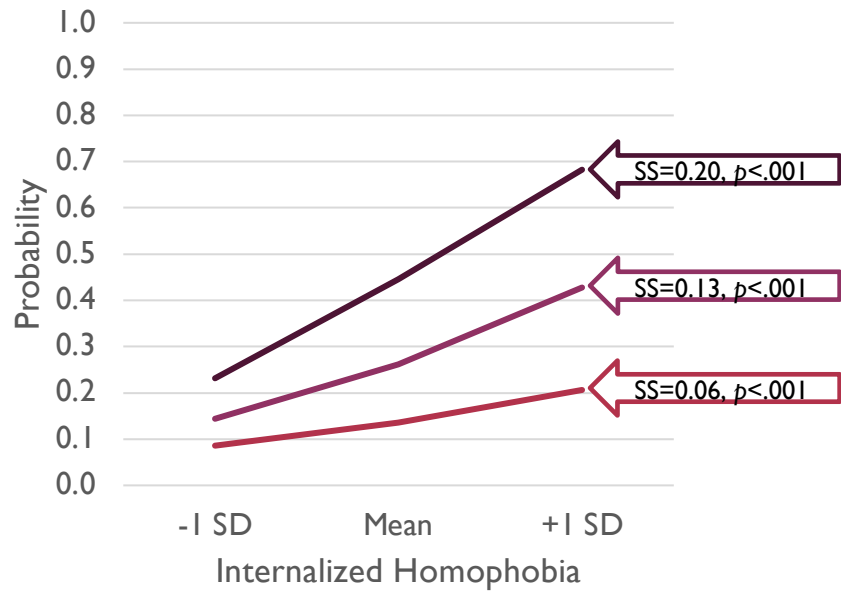
| | B | β | SE | z | p |
|-------------------------|------|---------|------|------|--------|
| (constant) | 0.03 | 0.03 | 0.07 | 0.38 | 0.704 |
| Internalized Homophobia | 0.44 | 0.47 | 0.07 | 6.02 | <0.001 |
| Community Involvement | 0.08 | 0.50 | 0.01 | 6.61 | <0.001 |
| Interaction | 0.03 | 0.19 | 0.01 | 2.52 | 0.012 |

| | B | β | SE | z | p |
|-----------------------|------|---------|------|------|--------|
| (constant) | 0.03 | 0.03 | 0.07 | 0.46 | 0.648 |
| Concealment | 0.63 | 0.69 | 0.07 | 9.00 | <0.001 |
| Community Involvement | 0.07 | 0.48 | 0.01 | 6.29 | <0.001 |
| Interaction | 0.02 | 0.15 | 0.01 | 1.92 | 0.055 |

| | B | β | SE | z | p |
|-----------------------|-------|---------|------|-------|--------|
| (constant) | 0.07 | 0.07 | 0.08 | 0.93 | 0.353 |
| Discrimination | 0.73 | 0.87 | 0.08 | 9.07 | <0.001 |
| Community Involvement | 0.04 | 0.24 | 0.01 | 2.80 | 0.005 |
| Interaction | -0.01 | -0.09 | 0.01 | -1.09 | 0.274 |

PREDICTING APED MISUSE

Community Involvement: — +1 SD — Mean — -1 SD



| | B | β | SE | z | p |
|-------------------------|-------|---------|------|--------|--------|
| (constant) | -1.04 | -1.04 | 0.08 | -12.33 | <0.001 |
| Internalized Homophobia | 0.71 | 0.74 | 0.08 | 8.39 | <0.001 |
| Community Involvement | 0.12 | 0.82 | 0.01 | 8.81 | <0.001 |
| Interaction | 0.03 | 0.24 | 0.01 | 2.53 | 0.011 |

| | B | β | SE | z | p |
|-----------------------|-------|---------|------|--------|--------|
| (constant) | -1.03 | -1.03 | 0.08 | -12.49 | <0.001 |
| Concealment | 0.47 | 0.52 | 0.08 | 6.04 | <0.001 |
| Community Involvement | 0.13 | 0.85 | 0.01 | 9.42 | <0.001 |
| Interaction | 0.02 | 0.18 | 0.01 | 2.03 | 0.042 |

| | B | β | SE | z | p |
|-----------------------|-------|---------|------|--------|--------|
| (constant) | -1.13 | -1.13 | 0.09 | -12.13 | <0.001 |
| Discrimination | 0.86 | 1.02 | 0.09 | 9.84 | <0.001 |
| Community Involvement | 0.09 | 0.57 | 0.02 | 5.59 | <0.001 |
| Interaction | -0.01 | -0.11 | 0.01 | -1.17 | 0.241 |

DIFFERENTIAL EFFECT BY GENDER



None of the prior findings are moderated by gender.



Being male increases the probability of misusing steroids, growth hormone, and DHEA.

IMPLICATIONS

- While the SM community appears to be protective for some forms of mental health concerns and behaviors, this is not the case when it comes to disordered body image related concerns and behaviors.
- SM community involvement appears to not only increase the probability of disordered concerns/behaviors, but accelerate the impact of SM stressors.
- Given these findings, future research should seek to identify mechanisms that underlie this finding to develop interventions for SM communities.
- Potential intervention ideas?

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