

# What's Stressing You Out?

## Analyzing Daily Experiences of Minority Stress

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### Why Do We Care?

- Sexual minorities are considered a health disparity group & report worse mental and physical outcomes compared to straight peers
- Research is needed to understand the prevalence & manner in which minority stress is experienced to minimize the deleterious link between stress & health

### Study Details

- Data was collected as part of a larger daily diary study (N = 212)
  - Participants completed the same survey for up to 21 days

### Open-Ended Prompt

*"Please describe the most stressful part of your day being LGB?"*

### Who?

Sexual minorities include those romantically & sexually attracted to the same sex (e.g., lesbians, gay men, bisexuals, pansexuals)

### Minority Stress

Minority stress refers to the unique negative experiences associated with being a minority that are not experienced majority group member, such as microaggressions or the "coming out" process (Frost et al., 2022)

Minority stressors are correlated with worse health outcomes (Fredriksen-Goldsen et al., 2019; Vale & Bisconti, 2020)

Minority Stress theory posits that health disparities stem from these additive stressors (Marshal et al., 2008; Meyer, 2003)

### Example Stressors

*"Having my sexuality joked about by friends"*

- Coder 2's most experienced stressor was sexuality based microaggressions (11.4%)
- Coder 2's second most experienced stressor was alienation/rejection sensitivity (9.8%)

*"Felt like I didn't fit in with the group of people I was with because I'm gay"*

### Data Cleaning

- 1923 daily responses were collected
- Of those, 85.9% were unanswered, leaving us with 272 responses (14.1%)
- Coder 1 coded that:
  - 18 responses were not minority stress
  - 7 responses were unable to discern
  - 9 responses were categorized as "none"
- Coder 2 coded that:
  - 25 responses were not minority stress
  - 10 responses were unable to discern
  - 7 responses were categorized as "none"

### Gaps in Past Research

- Most minority stress research uses validated questionnaires/scales, but these are limited because:
  - They are dependent on long-term memory
  - They do not capture how the stressors are experienced (i.e., interpersonal, media)
  - They confound frequency and saliency of stress

### Example Stressors

*"Encountering a ... anti-gay protest"*

- Coder 1's most experienced stressor according to was experienced stigma (19.2%)
- Coder 1's second most common stressor was anticipated stigma (13.7%)

*"Thinking about upcoming conversations with relatives..."*

### Codebook Creation

The codebook creation started with a literature review of minority stress and past research that used similar coding schemes (i.e., allyship, trans/nonbinary, gender related stigma; Budge et. al; 2021; Chen et. al; 2023)

Each stressor was defined and given a general example to help coders, detect what sexual minority stressor is for that example

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## MAIN RESULTS

- Overall, our codebook included 47 different types of minority stress
- We coded 272 responses of self-reported minority stress
- We found that experienced stigma, anticipated stigma, and sexuality-based microaggressions were the most popular
- We had a fair measure of agreement between two coder ( $k = .33$ )

## NEXT STEPS

- This research is ongoing
- Evaluate why interrater reliability was low by refining coding scheme and improving training for coders
  - For example, the difference between microaggressions and experienced stigma is vague
  - Differences in how coders analyzed multiple stressors
- We still want to examine the emotionality of descriptions with LIWC

## TAKE AWAY

- We started by creating a process to evaluate and analyze open-ended responses
- It is our hope that this will lead to improvements in measuring and understanding minority stress, more closely to when it happens and how it experienced
- We also hope this research adds to the general literature and enhances the efforts to reduce minority stress