

“They’re such a QT-POC”: An intersectional exploration of the lives of LGBTQ People of Color



SUNY University at Buffalo

Kehinde Oladele, M.S. Faculty Advisor: Dr. Amy L. Reynolds

Introduction

LGBTQ people of color experience many stressors due to discrimination, prejudice and stigma that places them at risk of negative mental health outcomes as well as physical health issues (Hatzenbuehler, 2009). Cochran (2001) reports that sexual minoritized individuals are at a higher risk of experiencing mental disorders, such as depression, anxiety, substance use disorders, and suicidal ideation. Meyer (2003) suggests that people of color within the LGBTQ community experience higher rates of stressors because of their multiple marginalized identities. Minority stress theory analyzes the different nuances of how these stressors may impact that individual’s physical and mental health. Minority stressors can be present in many different forms such as microaggressions (Meyer, 2003). These experiences of microaggressions are related to both racism and heterosexism. Previous research has focused on the unique stressors people of color experience, however there is a lack of research that particularly focuses on Black and Latin Women within the LGBTQ community. Additionally, research has not adequately examined protective factors LGBTQ POC have when experiencing these stressors.

Methods

This study used mixed methods, with both qualitative and quantitative approaches to more fully examine the complex stressors that Queer and Trans people of color often face that are unique due to their multiple and intersectional marginalization and oppression. The quantitative portion provides better understanding of the intersection of these marginalized identities and the microaggressions they experience related to racism and heterosexism (Balsam et al., 2011).

Participants and Recruitment

This study required specific inclusion and exclusion criteria that aim to explore the experiences of individuals of the LGBTQ community who also identify as Black or Latinx Woman. Participants were also at least 18 years of age and were recruited through several LGBTQ online groups via Facebook, Reddit, Instagram, and Twitter. Additionally, participants were also invited to participate in an online study through mTurks and platform called Survey Circle. Each participant was screened through several survey questions to ensure that they identified with both communities.

Research Questions

- What is the relationship between microaggressions and coping strategies amongst Black and Latinx Queer Women?
- What are the differences in microaggressions that Black and Latinx Queer Women experience? What is the impact of racism and experiences with microaggressions?
- What is the relationship between Black and Latinx Queer Women demographics and microaggressions?
- What are the differences in coping mechanisms that Black and Latinx Cisgender Women use?

Instruments

LGBTQ Microaggression Scale -The LGBT POC scale is a 18-item scale measuring people of color experiences with microaggressions. Subscales include LGBT Racism, POC Heterosexism, and LGBT Relationship Racism..

Africultural Coping Systems Inventory -The Africultural coping systems inventory is a 30-item, 4-point Likert-type scale that measures culture-specific coping strategies used by African Americans during stressful events. Subscales include cognitive emotional debriefing, spiritual-centered coping, collective coping and ritual-centered coping.

Data Analysis

Preliminary data analysis occurred for the purpose of this poster presentation. Correlation analyses were conducted to identify the relationships among the main demographic variables of Race, Gender and Sexual Orientation. A significant positive correlation was identified between Gender and Sexual Orientation ($r=0.295$, $p<0.05$), suggesting association between how individual’s identify their gender expression and sexual orientation. Race were not significantly related to sexual orientation and there were no indication of a relationship between both variables.

Descriptives

Descriptive Statistics						
	N	Minimum	Maximum	Mean	Std. Deviation	Variance
Gender	96	2	5	2.10	.423	.179
Race	96	1	4	1.70	.848	.718
Sexual Orientation	96	1	5	3.10	.672	.452
Valid N (listwise)	96					

Gender				
Valid	Frequency	Percent	Valid Percent	Cumulative Percent
Cisgender Woman	89	92.7	92.7	92.7
Non-binary Gender Non-conforming	5	5.2	5.2	97.9
Transgender	1	1.0	1.0	99.0
Other	1	1.0	1.0	100.0
Total	96	100.0	100.0	

Sexual Orientation				
Valid	Frequency	Percent	Valid Percent	Cumulative Percent
Gay	1	1.0	1.0	1.0
Lesbian	11	11.5	11.5	12.5
Bisexual	64	66.7	66.7	79.2
Queer	17	17.7	17.7	96.9
Other	3	3.1	3.1	100.0
Total	96	100.0	100.0	

Race					
Valid	Frequency	Percent	Valid Percent	Cumulative Percent	
Black/ African American	48	50.0	50.0	50.0	
Latina/Latino/ Latinx	34	35.4	35.4	85.4	
Afro Latino/a/x	9	9.4	9.4	94.8	
Multiracial	5	5.2	5.2	100.0	
Total	96	100.0	100.0		

Correlations				
		Gender	Race	Sexual Orientation
Gender	Pearson Correlation	1	.236*	.295**
	Sig. (2-tailed)		.021	.004
	N	96	96	96
Race	Pearson Correlation	.236*	1	.074
	Sig. (2-tailed)	.021		.472
	N	96	96	96
Sexual Orientation	Pearson Correlation	.295**	.074	1
	Sig. (2-tailed)	.004	.472	
	N	96	96	96

*. Correlation is significant at the 0.05 level (2-tailed).

** . Correlation is significant at the 0.01 level (2-tailed).

Results

A linear regression was performed to determine if the microaggressions that Black and Latinx Queer Women experience predicted the coping mechanisms they engaged in. Results indicate statistical significance, with the p-value equal to or less 0.05. The results suggest experiences with microaggressions influenced how Black and Latinx Queer Women engaged in coping mechanisms, $F(93,94)=77.60$, $p<.001$. More analysis will be done with the subscales of the two measures.

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	19439.486	1	19439.486	77.601	<.001 ^b
	Residual	23297.146	93	250.507		
Total		42736.632	94			

a. Dependent Variable: CopingSkillTotal

b. Predictors: (Constant), MicroaggressionTotal

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	28.773	5.402		5.326	<.001
	MicroaggressionTotal	.713	.081	.674	8.809	<.001

a. Dependent Variable: CopingSkillTotal

Discussion

Current literature focuses primarily on experiences among People of Color with microaggression and mental health implications (Balsam, 2011) but with limited attention to within group differences. The present study adds to the existing literature on microaggressions by examining the ways they might influence coping and particularly the form of coping they engage in. This preliminary analysis answered our first research question. Results revealed that there is a relationship between microaggressions and coping skills. However, correlations suggest that further analysis is needed to determine if there is an interaction between Gender and Race and Sexual Orientation and Race and the microaggressions and coping skills experienced.

Next Steps

- For the purpose of this presentation, the preliminary analysis was conducted. Further correlations will be performed to determine the relationships among the Microaggression Scale and Coping Inventory and the main demographic variables.
- To better understand the extent to which the microaggressions impacted ways of coping, a multiple regressions including subscales will be completed.
- An analysis of the qualitative portion will be conducted to increase understanding of the intersection of these marginalized identities and the microaggressions they experienced related to racism and heterosexism.

References

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