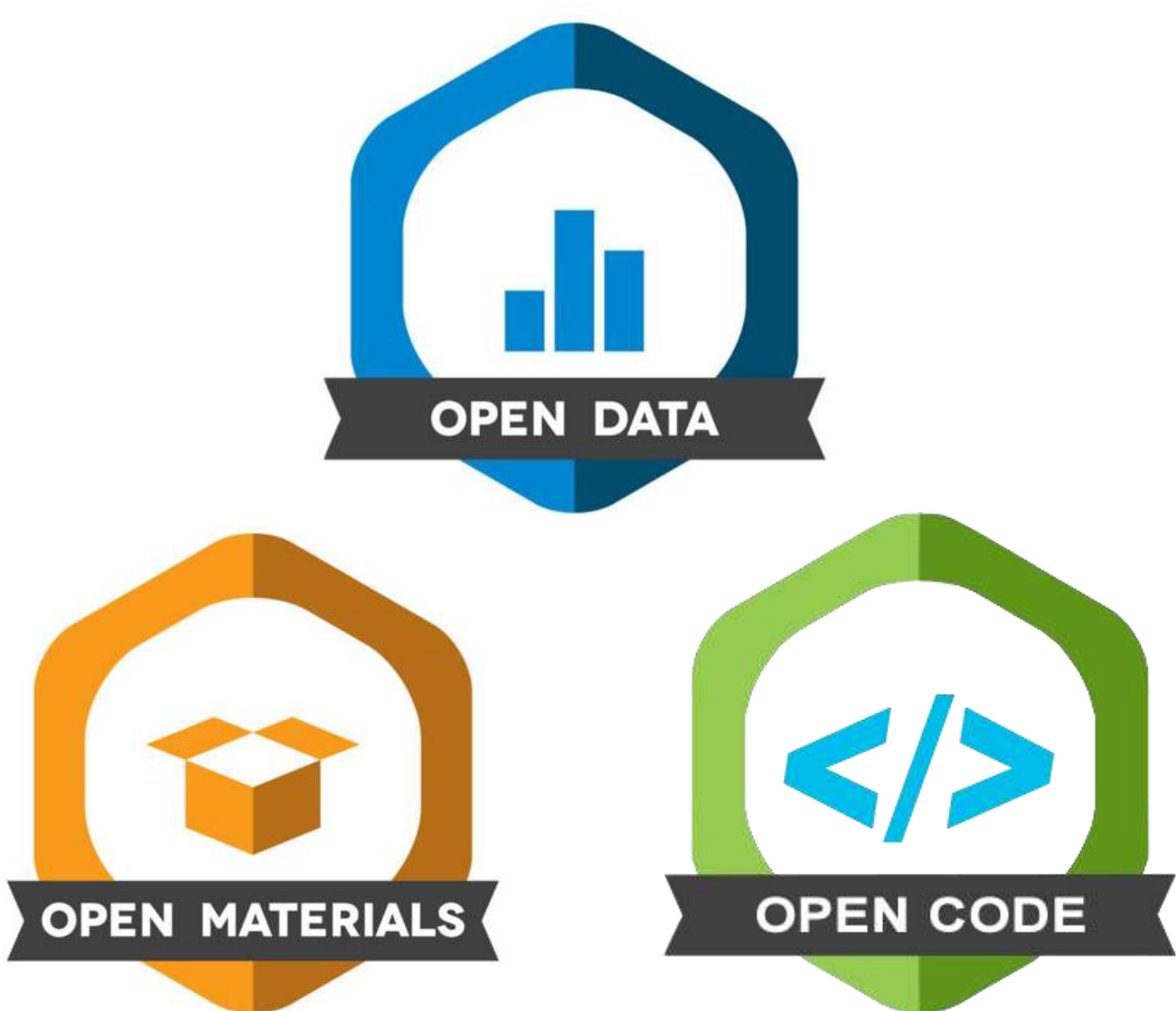




To Conceal or Disclose? The Differential Role of Minority Stress in LGB Identity Concealment and Disclosure

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Introduction

- Sexual minorities face unique stressors, including internalized stigma, felt stigma, and everyday discrimination (Meyer, 2003)
- While research explored how minority stress relates to concealment and disclosure, the role of each stressor was often examined independently (Jackson & Mohr, 2016; Ryan et al., 2017)
- This work explores whether and how different minority stressors relate differently to sexual orientation disclosure and concealment

Method

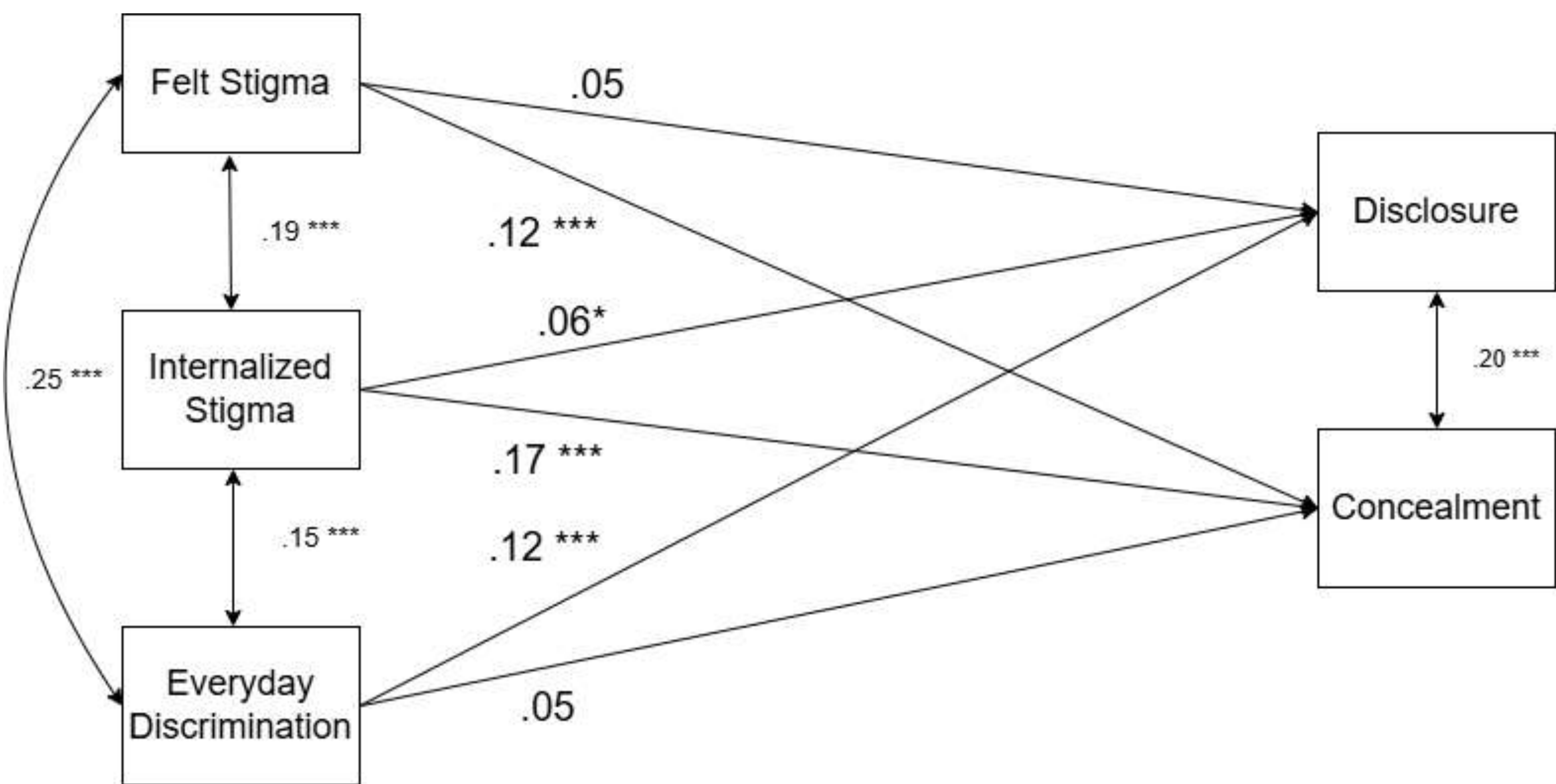
Participants

- $N = 944$ LGB adults (1,491 observations) from an open-source dataset in *Generations*, a U.S. representative, longitudinal study (Meyer, 2023)
 - $M_{age} = 38.5$, 58% gay/lesbian, 48% men

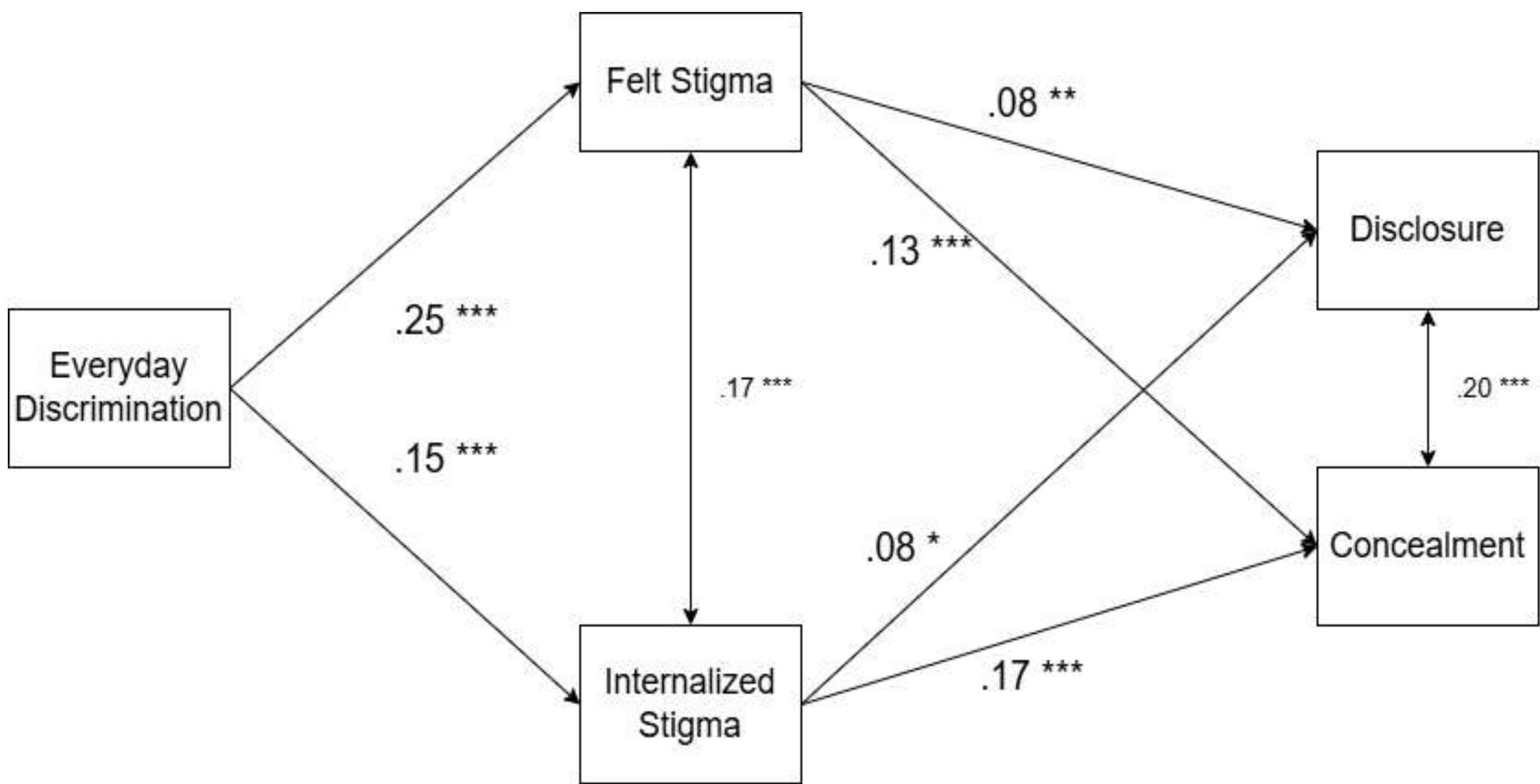
Measures	Item n (α/p)	Sample Item
<i>Felt Stigma</i> (Herek, 2009)	3 (.74)	Most people where I live think less of a person who is LGB. (1 = strongly disagree, 5 = strongly agree)
<i>Internalized Stigma</i> (Herek, 2009)	5 (.78)	I wish I were not LGB. (1 = strongly disagree, 5 = strongly agree)
<i>Everyday Discrimination</i> (Williams et al., 1997)	9 (.91)	You were threatened or harassed. (1 = never, 4 = often)
<i>Concealment</i> (Meyer, 2023)	2 (.59)	Are you out to all, most, some, or out to none of your straight friends/family. (1 = all, 4 = none)
<i>Disclosure</i> (Meyer, 2023)	2 (.34)	You told a straight friend/family that you are LGB for the first time. (0 = no, 1 = yes)

Results

Model 1: Minority Stressors Predicting Disclosure and Concealment



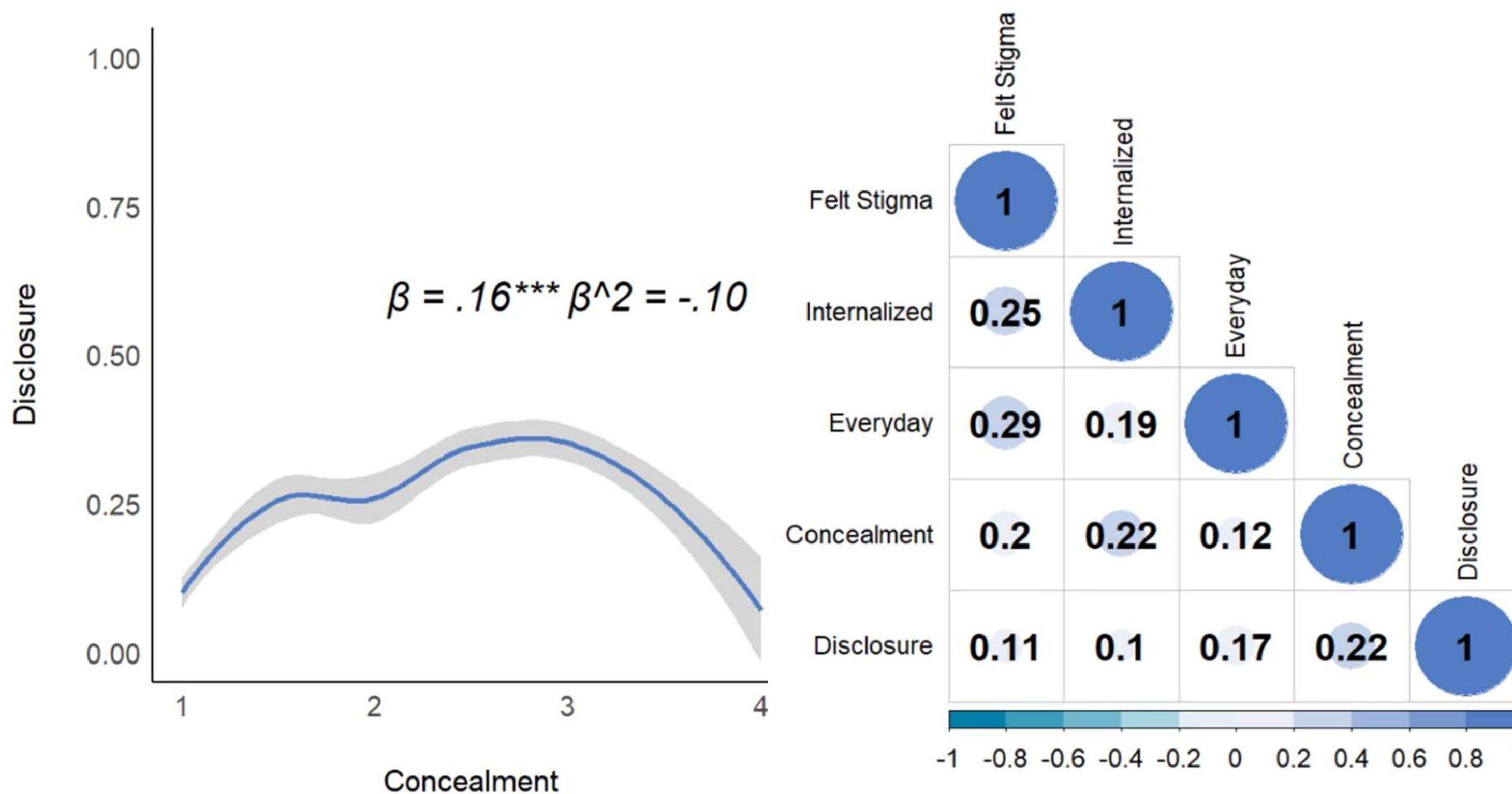
Model 2: Indirect Effects of Everyday Discrimination via Internalized and Felt Stigma



Disclosure via Felt Stigma: $\beta = .02, p = .012$
Disclosure via Internalized Stigma: $\beta = .01, p = .027$
Concealment via Felt Stigma: $\beta = .03, p < .001$
Concealment via Internalized Stigma: $\beta = .03, p < .001$

Model	CFI	RMSEA	SRMR	BIC
1	0.986	0.029	0.015	14732
2	0.945	0.08	0.023	↑ 11711

Additional Results



Discussion

- Everyday discrimination** plays a more important role in **disclosure**, whereas **felt stigma** and **internalized stigma** are more important to **concealment**
- Everyday discrimination can also influence disclosure and concealment indirectly through felt stigma and internalized stigma
- This may be the first work that considers how different minority stressors jointly affect sexual orientation disclosure and concealment
- Limitation:** Participants may be more “out”; only in the U.S. context; outcome measurement
- Next Step:** Examine other contextual barriers to concealment and disclosure



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