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Binegativity and Depression: Examining Alcohol Use Among Nonexclusively-Oriented Womxn

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Terminology

Womxn:

All woman identified individuals; more inclusive

Sexual Minority:

Non-heterosexual individuals; specific to sexual identity

Nonexclusively-Oriented:

People who are attracted to people of more than one gender (pansexual, bisexual)

Alcohol Use Disorders (AUD)

- ❖ Injury/Accidents
- ❖ Domestic Violence
- ❖ Cirrhosis
- ❖ Cancer
- ❖ Death

There are **261**
deaths each day
in the U.S. due
to excessive
alcohol use.

rda.gov/alcohol



Why Focus On Nonexclusively-Oriented Womxn?

Compare alcohol usage in:

- ❖ Heterosexual Individuals vs. Sexual Minority Individuals
- ❖ Sexual Minority Womxn vs. Sexual Minority Men
- ❖ Nonexclusively-Oriented Womxn vs Exclusively-Oriented Womxn

Why Focus On Nonexclusively-Oriented Womxn?

Compare depression rates in:

- ❖ Heterosexual Individuals vs. Sexual Minority Individuals
-

Highest rates of depression found in Nonexclusively-Oriented Womxn

Theories

Minority Stress Theory

- ❖ Increased stress from stigmatized identity
- ❖ Direct Stressors
- ❖ Indirect Stressors

Binegativity

- ❖ Discrimination from both non-LGBTQ+ and LGBTQ+ communities
- ❖ Social Support

Minority Stress + Binegativity



Health Disparities (AUD)

Hypothesis

Nonexclusively-Oriented Womxn who report more *distal binegative minority stressors*, more *proximal binegative minority stressors*, and more *depression symptoms* will report more *harmful alcohol use*.

Measures Used

- ❖ Patient Health Questionnaire (PHQ-9) - Examining depression symptoms
- ❖ Bisexual Identity Inventory (BII) - Components of proximal binegative minority stressors
- ❖ Bisexual Minority Stress Scale (BMSS) - Components of distal binegative minority stressors
- ❖ Alcohol Use Disorders Identification Test (AUDIT) - Screening for unhealthy alcohol use

Methods

- ❖ N = 219 Nonexclusively-Oriented Womxn
 - Social Media Recruitment
 - Online Survey

- ❖ Hierarchical Regression Analysis
 - Covariates: Age, College Student Status, Education Level, Gender Identity
 - Binegative Minority Stressors (Distal and Proximal)
 - Depression Symptoms

Results

Covariates (Age, College Student Status, Education Level, Gender Identity):

- Adj. $R^2 = .010$, $F(4, 215) = 1.710$, $p = .166$

Binegative Minority Stressors:

- Adj. $R^2 = .299$, $F(6, 213) = 47.720$, $p < .001$

Depression Symptoms:

- Adj. $R^2 = .013$, $F(7, 212) = 4.249$, $p = .040$

Covariates, Binegative Minority Stressors, and depression symptoms accounted for 33.7% of variance in alcohol use disorders symptoms

Results

Distal Binegative Minority Stress

- ❖ Not related to alcohol use disorder symptoms
 - $\beta = .013$
 - $p = .858$

Proximal Binegative Minority Stress

- ❖ **Positively related to alcohol use disorder symptoms**
 - $\beta = .491$
 - $p < .001$

Depression Symptoms

- ❖ Negatively related to alcohol use disorder symptoms
 - $\beta = -.124$
 - $p = .040$

Implications

- ❖ Preventative measures
 - Reducing binegativity
 - Prevention within healthcare system

- ❖ Alleviate some strain on the healthcare system

Future Directions

- ❖ Specific groups
 - Depression
 - AA
 - Substance abuse
- ❖ Treatment

-
- ❖ Improve health of LGBTQ+ community