

Association of Everyday Discrimination and Eating Pathology in a Sample of Sexual Minority Men

Alexandra D. Convertino, BS¹ and Aaron J. Blashill, PhD^{1,2}

INTRO

- Minority stress theory posits that individuals who identify as sexual minorities (SM; e.g., gay, lesbian, bisexual) are subject to greater stress leading to negative health outcomes.
- SM-specific discrimination in been linked to eating pathology in SM individuals.
- Overall perceived discrimination has not been tested.

METHODS

1. N = 184 SM men in a clinical trial of an at-home HIV testing system
2. Multidimensional Body Self-Relations Questionnaire (MBSRQ) and the Patient Health Questionnaire (PHQ)
3. Hierarchical logistic regression model:
 - DV: probable BED (PHQ)
 - IV: perceived discrimination frequency
 - Covariates depression (PHQ), body satisfaction (MBSRQ), sociodemographic variables (race, sexual orientation, income, education, and age)

RESULTS

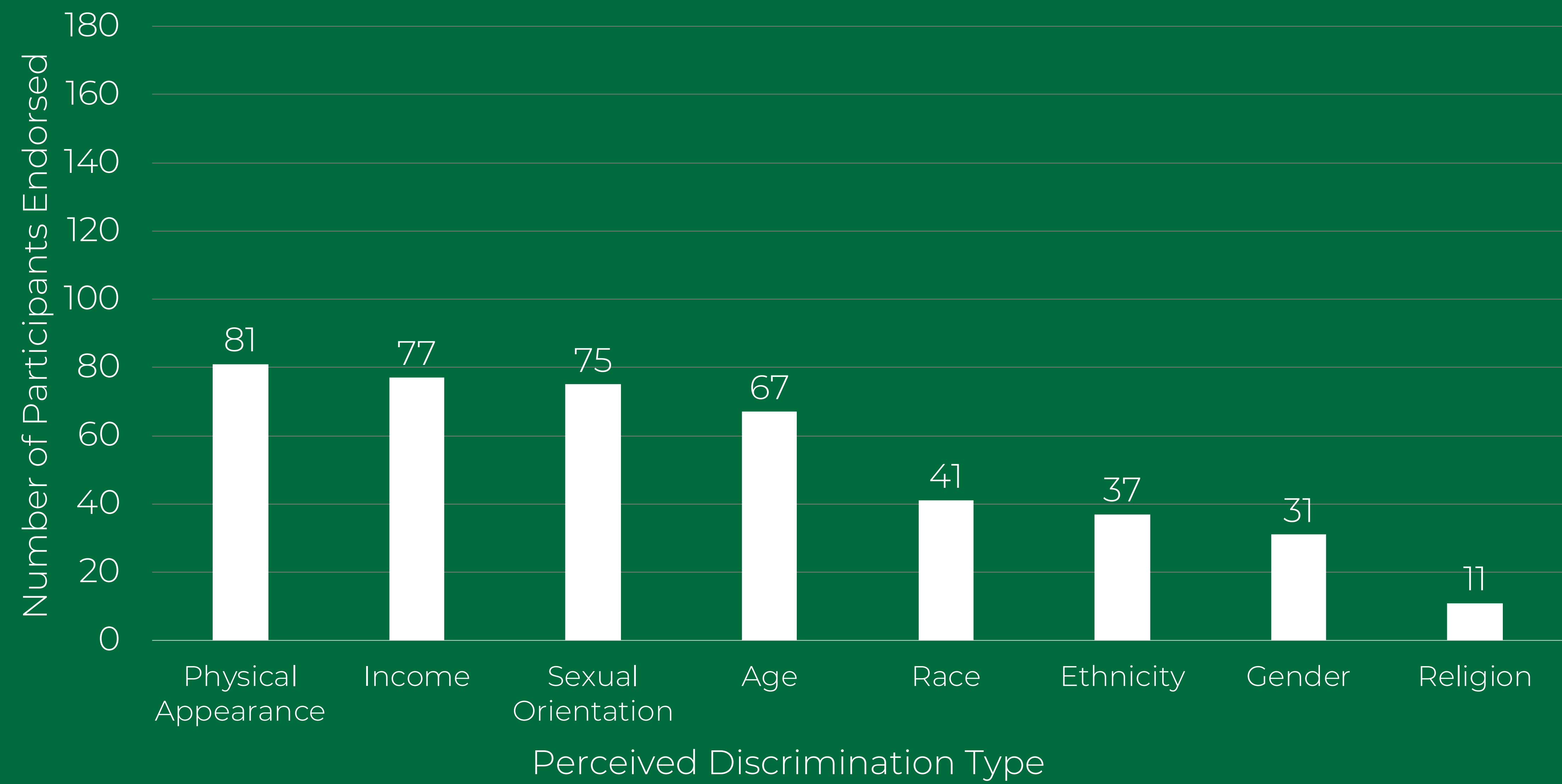
- Greater discrimination predicted greater odds of probable BED diagnosis.

DISCUSSION

- Theoretically, binge eating could serve to regulate negative affect connected with discrimination.
- Discrimination may explain some of the disparities in eating pathology in SM men.
- Longitudinal analyses are needed.
- Clinical work with SM men may include adaptive emotional regulation and distress tolerance skills.



Greater discrimination is associated with greater odds of screening positive for binge eating disorder in sexual minority men



Variable	OR	95% CI	Wald χ^2
Step 1			
Discrimination	1.19	[1.08, 1.32]	12.80***
R^2 ^a	.25		
Step 2			
Discrimination	1.18	[1.06, 1.32]	9.14**
Body Satisfaction	0.59	[0.21, 1.64]	1.02
Depression	1.03	[0.89, 1.19]	0.17
R^2 ^a	.28		
ΔR^2 ^a	.03		
Step 3			
Discrimination	1.21	[1.06, 1.38]	8.35**
Body Satisfaction	0.63	[0.21, 1.93]	0.65
Depression	1.05	[.90, 1.23]	0.34
Sexual Orientation	2.02	[0.17, 23.87]	0.31
Age	1.01	[0.94, 1.10]	0.14
Race	0.81	[0.12, 5.40]	0.05
Education	1.41	[0.12, 16.95]	0.07
Income	0.35	[0.04, 3.23]	0.86
R^2 ^a	.31		
ΔR^2 ^a	.03		

^a $p < .05$, ^{**} $p < .01$, ^{***} $p < .001$
^aNagelkerke R^2 reported



Scan to preview upcoming paper

bishlab.sdsu.edu
 adconvertino@ucsd.edu

¹San Diego State University/University of California, San Diego Joint Doctoral Program in Clinical Psychology
²San Diego State University, Psychology Department