

Motivations for the use of Self-Harm in Gender & Sexuality Minorities

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Introduction

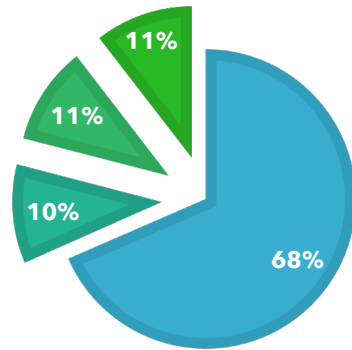
- Gender & sexual minorities:
 - higher suicidality (Haas et al., 2010; Liu & Mustanski, 2012)
 - higher nonsuicidal self-harm behaviors (Laye-Gindhu & Schonert-Reichl, 2004)
- Few studies: possible MOTIVATIONS for engaging in self-harm
- Current study: online study, possible underlying motivations for engaging in self-harm in an international sample of LGBTQ persons
- In addition: relationship to downstream distress & well-being

Demographics

Mean age= 24.05 (SD=7.63)

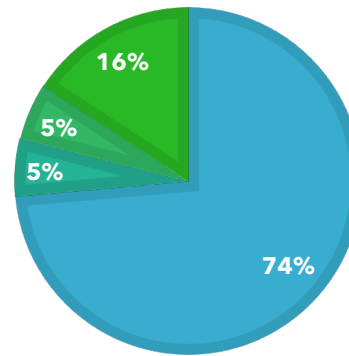
GENDER

Female Male Trans Nonbinary



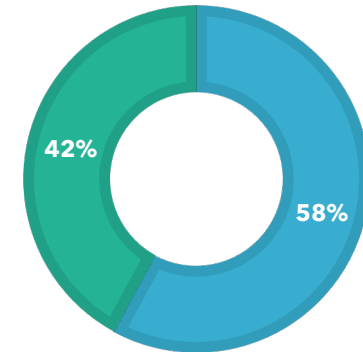
ETHNICITY

W L/H E. Asian Mixed

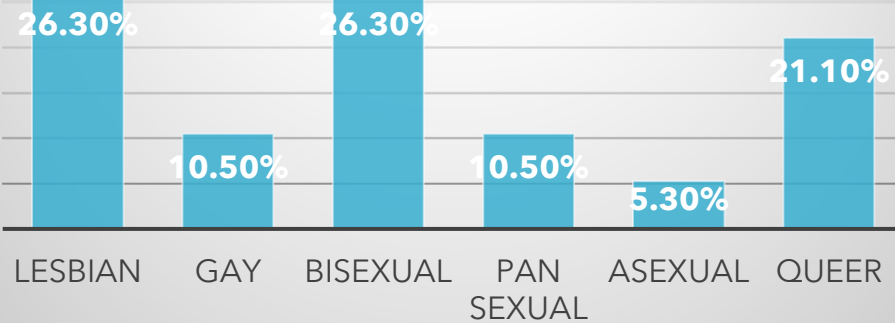


OUTNESS

yes complicated

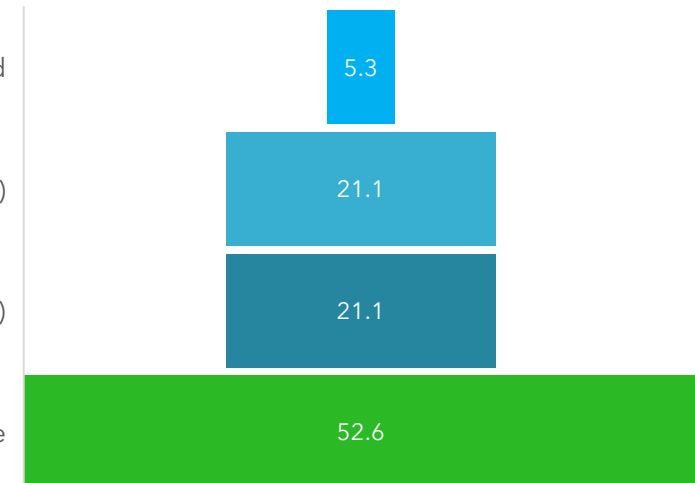


SEXUALITY



Marital Status

separated
partner (live-in)
relation (nonlive-in)
single



TOTAL SAMPLE

Means, Standards Deviations, and Intercorrelations Between Measures

MEANS

Self-punishment	2.91 (SD= .74)
Self-anger	3.15 (SD= .83)
Interpers. Anger	1.82 (SD= .61)
Distress	2.72 (SD= .71)
Curiosity	1.52 (SD= .70)
Substance	1.26 (SD= .56)
Dissociation	2.21 (SD= .54)
Escape	1.96 (SD= .67)
Bored	1.32 (SD= .51)
Control	2.84 (SD= 1.0)
Suicide	2.16 (SD= .90)
Attention	1.45 (SD= .62)
Communication	1.82 (SD= 1.0)
INT regulation	2.42 (SD= .51)
EXT Regulation	1.70 (SD= .62)

	1	2	3	4	5	6	7
1. DEP	—						
2. ANX	.70**	—					
3. Suicidality	.73**	.71**	—				
4. Satisfaction	-.45**	-.43**	-.40**	—			
5. Thriving	-.68**	-.41**	-.58**	.66**	—		
6. Optimism	-.48	-.37**	-.47**	.61**	.53**	—	
7. Flourishing	-.69**	-.63**	-.60**	.74**	.74**	.52**	—
<i>M</i>	12.89	12.11	.94	17.84	3.37	29.11	11.41
<i>SD</i>	5.54	4.59	1.06	5.68	.72	5.76	2.48

Note. DEP = Patient Health Questionnaire depressive symptoms; ANX = Patient Health Questionnaire anxious symptoms. Suicidality = Patient Health Questionnaire current suicidal thoughts; Satisfaction = Satisfaction with Life Scale; Thriving = Brief Inventory of Thriving; Optimism = Life Orientation Test revised; Flourishing = Harvard Flourishing Scale. * $p < .05$; ** $p < 0.01$

CORRELATIONS

Internal regulation
External regulation

Depression

.48, $p = .049$
.30, *ns*

Anxiety

.31, *ns*
-.08, *ns*

Suicidality

.39, *ns*
.29, *ns*

Satisfaction

Internal regulation
External regulation

-.23, *ns*
-.09, *ns*

Thriving

-.16, *ns*
-.19, *ns*

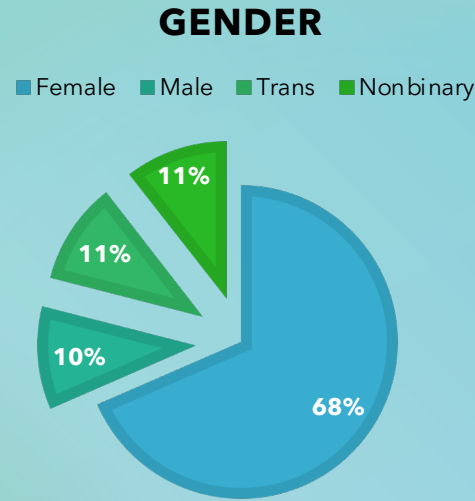
Optimism

-.02, *ns*
-.05, *ns*

Flourishing

-.13, *ns*
-.17, *ns*

By GENDER



MEAN regulation strategies

	Internal	External
<i>Female</i>	2.35(.56)	1.72(.64)
<i>Male</i>	2.25(-)	1.33(.47)
<i>Trans</i>	2.68(.49)	1.47(.35)
<i>Nonbinary</i>	2.65(.01)	2.11(1.02)

MEANS by Gender

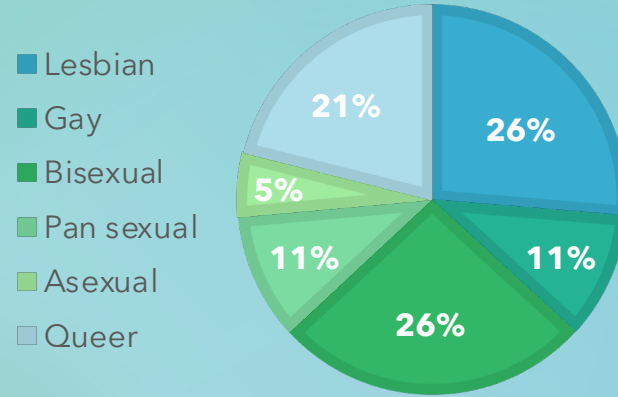
M(SD).	Depression	Anxiety	Suicide		
Female	11.17(5.18)	11.08(4.63)	.58(.52)		
Male	13.00(.00)	12.50(2.12)	.50(.71)		
Trans	17.00(7.07).	12.00(4.24)	1.50(2.12)		
Nonbinary	19.00(5.66)	18.50(2.12)	3.00(.00)		
	Satisfaction	Thriving	Optimism	Flourishing	
Female	19.46(5.36)	3.53(.59)	30.75(5.17)	12.32(2.13)	
Male	19.00(2.83)	3.70(.42)	28.00(2.83)	11.80(2.83)	
Trans.	11.00(4.24)	2.45(1.34)	23.00(9.90)	8.50(1.56)	
Nonbinary	13.00(5.66)	2.95(0.64)	26.50(6.36)	8.50(.14)	

CORRELATIONS

Only FEMALE & all non-significant

By SEXUALITY

SEXUALITY



MEANS by Sexuality

M(SD)	Depression	Anxiety	Suicide
Lesbian	10.60(7.30)	9.20(5.12)	.80(1.30)
Gay	11.50(2.12)	14.50(4.95)	.50(.71)
Bisexual	12.20(6.26)	12.60(5.18)	.40(.55)
Pansexual	14.50(.71)	15.00(7.07)	2.00(1.41)
Asexual	22.00 (-)	15.00(-)	3.00. (-)
Queer	14.67(2.89)	11.75(2.06)	1.00(.00)

	Satisfaction	Thriving	Optimism	Flourishing
Lesbian	20.80(6.61)	3.54(.74)	30.60(6.73)	12.84(2.85)
Gay	20.50(4.95)	3.95(.78)	31.50(2.12)	11.20(1.98)
Bisexual	16.00(4.53)	3.24(.45)	31.00(4.90)	10.72(1.74)
Pansexual	13.50(0.14)	3.50(.14)	25.50(4.95)	8.90(.71)
Asexual	8.00. (-)	1.50. (-)	26.00 (-)	7.40. (-)
Queer	19.75(3.40)	3.45(.62)	28.67(3.06)	13.33(1.17)

MEAN regulation strategies

	Internal	External
Lesbian	2.18(0.65)	1.91(0.74)
Gay	2.80(-)	1.33(0.24)
Bisexual	2.23(0.33)	1.28(0.08)
Pansexual	2.59(0.10)	1.33(0.08)
Asexual	3.02(-)	1.72(-)
Queer	2.62(0.59)	2.39(0.55)

CORRELATIONS

Only LESBIAN & all non-significant

Conclusions

- TOTAL: self-harm as a means of **internal regulation** related to depression
 - Gender: no significant results, not enough statistical power
 - Sexuality: no significant results, not enough statistical power
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- **Limitations:** Small sample, small groups, Covid, self-report only
 - **Strengths:** motivations and not just occurrence, when power most complex examination to date
 - **Future Research:** Intersectionality of sexuality & gender (e.g., trans male group vs. trans female split as opposed to just a joint trans group), intersectionality of ethnicity & LGBTQ+ identity, risk & resiliency factors

