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Citations and Abstracts

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In the present study, we examined the links between involvement in anti-sexual assault activism with post-traumatic growth and positive affect among 282 U.S. adult sexual assault survivors. We also explored potential mediators (i.e., self-blame, shame, community connection, meaning in life, trauma coping self-efficacy, and personal control) in these linkages. Results indicated that involvement in anti-sexual assault activism was positively correlated with both post-traumatic growth and positive affect. In addition, our findings revealed that involvement in anti-sexual assault activism was indirectly related to post-traumatic growth via community connection and coping self-efficacy/control (a composite variable) whereas involvement in anti-sexual assault activism was indirectly related to positive affect through meaning in life and coping self-efficacy/control. That is, more involvement in anti-sexual assault activism was related to greater community connection, more meaning in life, and greater coping/control which in turn was associated with more positive psychological functioning. Results of the present study may inform advocacy and support services and clinical interventions with survivors of sexual assault, with an emphasis on how collective action may foster positive mental health outcomes.


In present study, we extend prior research on objectification theory by integrating fear of rape into a mediation model predicting depression in college women. With a sample of 496 U.S. college women 18–37 years-old, we examined three aspects of fear of rape (taking rape precautions, safety concerns, and fear of men), along with body shame and appearance anxiety, as potential mediators in the linkage of interpersonal sexual objectification through body surveillance to depression. We found that sexual objectification was associated with more body surveillance, which in turn was related to more body shame, greater appearance anxiety, more rape precautions, greater safety concerns, and more fear of men. Body shame, appearance anxiety, and fear of men were related to more depression whereas taking rape precautions was related to less depression and safety concerns was not related to depression. Direct relations between sexual objectification and depression, body shame, and the three aspects of fear of rape also emerged. A majority of indirect effects was also significant. Our results suggest that women’s fear of rape is an additional explanatory variable in understanding how interpersonal sexual objectification is related to women’s mental health concerns.


In this qualitative study, we explored the role that social activism and #MeToo and other large scale anti-violence activist movements may play in sexual assault survivors’ healing process and how they navigate and make sense of their sexual assault experience. We interviewed 16 adult sexual assault survivors (13 women, 2 genderqueer/non-conforming individuals, and 1
identifying as a man and genderqueer) who were engaged in anti-sexual assault activism and analyzed their data using thematic analysis. Participants were predominately White and highly educated. We found that activism helped participants find their voice and regain their power. They described a process of moving from silence and shame around their sexual assault to freedom and empowerment. Their involvement in activism and/or connection to larger scale anti-violence activist movements (a) helped increase their understanding of themselves and their sexual assault experience; (b) served as a useful coping mechanism; (c) improved their self-confidence and relationships; (d) allowed them to stand up and speak out against attitudes and behaviors that foster rape culture; (e) provided support, validation, and connection to others; and (f) provided a source of meaning and fulfillment in their lives. Helping other survivors through their activist work also contributed to participants’ healing process. Participants also described challenges associated with anti-sexual assault activism and #MeToo and related movements. These included being triggered, being inundated with media coverage and public narratives about sexual assault, burning out, and feeling disillusioned and frustrated. Finally, participants noted the importance of mainstream movements in increasing awareness.


The present study examined potential mediators (i.e., body surveillance and self-blame), a moderator (i.e., shame), and moderated mediation of the link between sexual objectification experiences and depression among 489 young adult college women who filled out a web-based questionnaire. Findings revealed that sexual objectification was directly and indirectly related to depression. More experiences of sexual objectification were related to greater body surveillance and self-blame, which in turn were related to more depression. Shame moderated the direct effect of sexual objectification on body surveillance. Sexual objectification predicted body surveillance for women with low levels of shame but not for women with high or moderate levels of shame. Shame also moderated the direct effect of sexual objectification on self-blame and indicated support for moderated mediation via conditional process analyses. Sexual objectification predicted self-blame for women with high and moderate levels of shame but not for women with low levels of shame. Shame did not moderate the direct relation between sexual objectification and depression nor the indirect relation between sexual objectification and depression via body surveillance. The findings underscore the importance of attending to experiences of objectification when working with women clients presenting with depression and to help them lessen habitual body monitoring, blaming themselves for being sexually objectified, and feelings of shame.


Stranger harassment is a prevalent experience for many women but is often trivialized as a social problem(Kearl 2014; Vera-Gray 2016). As a result, there is a lack of knowledge related to understanding women’s lived experiences of stranger harassment. Our study attends to this gap in the literature by examining the relation between experiences of stranger/street harassment and posttraumatic stress disorder (PTSD) symptom severity among 367 young adult U.S. women. We also examined novel explanatory (i.e., self-blame, shame, and fear of rape), risk (adherence to traditional feminine norms of sweet and nice and sexual fidelity), and resiliency (feminist identification) factors in predicting PTSD symptom severity via a moderated mediation model.
We found that stranger harassment was both directly and indirectly related to PTSD symptom severity via more self-blame, greater shame, and more fear of rape along three dimensions—taking rape precautions, fear of men, and safety concerns. In addition, we found a significant conditional indirect effect, in which the indirect effect of stranger harassment on PTSD symptom severity via shame was stronger among women with higher levels of sexual fidelity. Furthermore, the conditional indirect effect of stranger harassment on PTSD symptom severity via self-blame was contingent on feminist identification such that these relations were stronger among women with lower levels of feminist identification. Our results underscore the potential negative impact of stranger harassment experiences on women’s mental health and the importance of targeting self-blame, shame, fear, gender-related norms, and feminist attitudes in intervention strategies.


This article reports the development and psychometric properties of scores on a new scale designed to assess views of the university/college campus climate concerning LGBTQ students and issues: Perceptions of the LGBTQ College Campus Climate Scale. This 6-item scale includes two subscales: College Response to LGBTQ Students and LGBTQ Stigma. We provide evidence for structural validity (via exploratory and confirmatory factor analyses) and reliability for scores on this new measure. Supporting construct validity, Perceptions of the LGBTQ College Campus Climate full scale and subscales were each positively correlated with experiences of LGBTQ victimization on campus, anxiety, and depression, and negatively correlated with satisfaction with college and intention to persist in college. Relationships with mental health and academic outcomes held true, even after controlling for LGBTQ victimization experiences, providing support for incremental validity. Implications for future research and practice are discussed.


The current study examined potential mediators (i.e., internalized heterosexism and religious struggle), moderators (i.e., religiosity), and moderated mediation of the links between experiences of enacted religious-based sexual stigma and both psychological distress and well-being. Participants were 193 lesbian, gay, and bisexual (LGB) persons who were currently affiliated with a faith/religion and completed an online survey. Participants were recruited through paid Facebook advertisements and research announcements sent to a variety of LGB-related listservs, organizations, and Internet resources. Results from the mediation analyses revealed that religious-based sexual stigma was indirectly related to more psychological distress and less well-being via more internalized heterosexism and greater religious struggle. Findings from the moderated-mediation analyses revealed a significant conditional indirect effect, in which the indirect effects of religious-based sexual stigma on both psychological distress and well-being via internalized stigma were significant at moderate and high, but not low, levels of religiosity. This finding suggests that lower religiosity plays a buffering or protective role; whereas, higher religiosity plays an intensifying role. The results of this study underscore the importance of targeting enacted and internalized sexual stigma-related stressors and religiosity factors to improve the psychological health of religiously-identified LGB persons.

In this study, we examined adherence to traditional masculine norms as they relate to readiness for change among 137 men in inpatient substance abuse treatment. We hypothesized that the masculine norms of winning, emotional control, risk-taking, violence, power over women, playboy, self-reliance, primacy of work, and heterosexual self-presentation would each have significant, negative, and unique links to readiness for change. That is, the more men adhere to these masculine norms, the more likely they would be at lower levels of readiness for change in substance abuse treatment and recovery. Results revealed that past treatment and adherence to winning and self-reliance norms were uniquely related to more readiness for change; whereas, adherence to the power over women norm was uniquely related to less readiness for change. Our findings suggest that some masculine norms may be healthy for change while others may be harmful for change in a substance abuse population.


In this chapter, we review existing research examining sibling relationships where at least one sibling is lesbian, gay, bisexual, transgender, and/or queer (LGBTQ). We review research examining predictors of coming out to siblings and factors that are associated with heterosexual siblings’ acceptance and support of their LGBTQ brother or sister. We also review qualitative research that has investigated how the coming out process influences identity, experiences, coping, and relationship dynamics among LGBTQ persons and their siblings. We discuss the limitations and provide directions for future research in this area. We conclude with a discussion of how the research findings may be used by practitioners, including mental health providers and educators.


Many lesbian, gay, bisexual, transgender, and queer (LGBTQ) persons are able to persevere and flourish despite pervasive sexual orientation and gender identity-based social stigma and minority stress. In this chapter, we review the research on LGBTQ resilience that can occur at individual, interpersonal/family, community, and contextual/structural levels. We describe qualitative research that has examined pathways to resilience and positive LGBTQ identity. We also review quantitative research on LGBTQ resilience via mediator, moderator, and moderated mediation models. As such, we describe variables that have been found to explain or buffer the links between external and internalized minority stressors and mental health outcomes. In addition, we review the small but growing body of research that has begun to examine the efficacy of therapeutic interventions aimed at promoting LGBTQ resilience. We conclude with a discussion of limitations and directions for future research.

Given the high rates of depression among LGBQ college students, it is important to examine both risk and protective factors in this population. Using a national online sample of 568 LGBQ college students (mean age = 20.59 years), we examined the direct relations between LGBQ microaggressions and internalized heterosexism and depression. We also considered the moderating/buffering roles of positive peer group relations and involvement in LGBQ campus activities in these links. Results showed that LGBQ microaggressions and internalized heterosexism were positively related to depression at the bivariate level. Hierarchical multiple regression analysis showed that positive peer group relations moderated the relation between internalized heterosexism and depression. Internalized heterosexism predicted depression for students with low levels of positive peer group relations, but not for those with moderate or high levels. We also found a conditional direct effect, where LGBQ microaggressions predicted depression and this effect was stronger for those with high involvement in LGBQ campus activities. Our findings underscore the importance of attending to experiences of minority stress when working with LGBQ college students presenting with depression and helping them increase positive peer group relations and consider the potential costs and benefits involved in participating in LGBQ campus activities.


Given the link between sexual objectification experiences and negative psychological and mental health outcomes for sexual minority men, it is important to explore which men are more likely to enact sexually objectifying behavior. We examined predictors of sexual minority men’s sexual objectification of other men (e.g., engaging in body evaluations, making unwanted sexual advances), including focusing on appearance, involvement in the LGBTQ community, pornography use, and men’s gender role conflict among 450 gay and bisexual men. Our findings revealed that importance placed on appearance, involvement in the LGBTQ community, and pornography use and less restrictive affectionate behavior between men were uniquely related to sexually objectifying other men. In addition, older men were more likely than younger men to sexually objectify other men, and gay men were more likely than bisexual men to sexually objectify other men.


In this study, we examined the relations between drag queens’ gendered performance styles and body change attitudes and behaviors. We also examined potential mediating and moderating variables in these links via two moderated mediation models. Participants consisted of 192 drag queen performers who completed a web-based survey. Hyper-feminine but not gender fluid drag was positively related to disordered eating, acceptance of cosmetic surgery, internalization of cultural standards of beauty, and upward appearance comparison. Both internalization of cultural standards of beauty and upward appearance comparison mediated the hyper-feminine drag and disordered eating link. Beauty internalization also mediated the hyper-feminine drag and acceptance of cosmetic surgery link but upward appearance comparison did not. We discovered two significant conditional indirect effects, in which the indirect effect of the hyper-feminine drag on both disordered eating and acceptance of cosmetic surgery via internalization of cultural standards of beauty were stronger for those with high levels of drag identity salience. Finally, we
found a conditional direct effect, where hyper-feminine drag predicted acceptance of cosmetic surgery among drag queens.


**Objective(s):** We investigated (1) the moderating role of religiosity in the link between religious affiliation and ethnic discrimination and (2) the moderating roles of religiosity, ethnic identity, and family connectedness in the relations between ethnic discrimination and psychological distress. **Method:** Our sample consisted of 122 (60% women, 40% men) Middle Eastern/Arab Americans (MEAAs), ranging in age from 18 to 82 years old, who completed an online survey. **Results:** Muslim identification predicted discrimination for MEAAs with high but not low religiosity. Higher levels of discrimination, more family connectedness, the interaction of discrimination and religiosity, and the interaction of discrimination and family connectedness were unique predictors of psychological distress. **Conclusions:** Religiosity is a risk factor for experiencing ethnic discrimination among Muslim identified MEAAs. MEAAs who have high religiosity and low to moderate levels of family connectedness are vulnerable to psychological distress associated with ethnic discrimination.


Although the negative outcomes of heterosexist discrimination have been well researched in the psychological literature, positive coping mechanisms and outcomes, such as engagement in activism aimed at improving the lives of lesbian, gay, bisexual, and queer (LGBQ) individuals, are understudied. The present study examined potential mediators (i.e., LGBQ relational connectedness, search for meaning, and heterosexism awareness), moderators (i.e., LGBQ identity centrality and perceived efficacy for collective action), and moderated mediation of the link between heterosexist discrimination and activism among 867 LGBQ adults. Results revealed that heterosexist discrimination was directly and indirectly (via search for meaning and heterosexism awareness) related to LGBQ activism. Identity centrality moderated the heterosexist discrimination→heterosexism awareness link and indicated support for moderated mediation via conditional process analyses. More specifically, heterosexist discrimination predicted heterosexist awareness for LGBQ persons with low, moderate, and high identity centrality but the relations were stronger for those with low identity centrality.


The current study examined potential mediators (i.e., internalization of cultural standards of beauty, engaging in upward and downward appearance comparison, and receiving positive and negative appearance-related commentary), moderators (i.e., feminist beliefs), and moderated mediation of the links between Instagram (an electronic way to share visual images) use and self-objectification and body surveillance among 492 undergraduate women from the Southeast United States. Results revealed that internalization of cultural standards of beauty and engaging in upward appearance comparison uniquely mediated Instagram usage and self-objectification and body surveillance links. Additionally, findings from the moderation analyses indicated that the direct effect of Instagram usage on body surveillance was contingent on feminist beliefs, such
that this relationship was only significant among women with lower and moderate feminist beliefs. This finding suggests that higher feminist beliefs play a buffering or protective role whereas lower feminist beliefs play an intensifying role. Implications and future directions are discussed.


In this study, we investigated the relations between sexually objectifying restaurant environments and anxiety and disordered eating in a sample of 252 waitresses working in restaurants located in the United States. Supporting our hypotheses, results indicated that higher levels of sexually objectifying restaurant environments were positively correlated with waitresses’ anxiety and disordered eating. Our findings also supported a theorized four-chain mediation model in which higher levels of sexually objectifying restaurant environments were related to both anxiety and disordered eating directly and indirectly via, in serial, less organizational power, less personal power and control, and more rumination. In addition, sexually objectifying restaurant environments and a lack of organizational power had direct, unique links to rumination. Our findings highlight the importance of both contextual and intrapersonal factors in understanding waitresses’ mental health problems. These findings underscore the need to implement both system-level, as well as individual-level interventions, to combat the existence of sexually objectifying restaurant environments and the negative effects they may have on women who work in the industry.


To combat the prevailing deficit and dysfunction paradigm, scholars have recently called for more research focusing on LGB positive psychology and resilience (Meyer, 2015; Vaughan et al., 2014). Thus, we examined the mediating roles of coping with discrimination via resistance and education/advocacy in the relations between heterosexist discrimination and five dimensions of positive LGB identity among 356 LGB persons. We also examined the potential moderating or enhancing role of personal growth initiative in the links between (a) heterosexist discrimination and five positive LGB identity dimensions, (b) heterosexist discrimination and engagement coping, and (c) engagement coping and five positive LGB identity dimensions. Our findings revealed that coping with discrimination via education/advocacy (but not coping with discrimination via resistance) mediated the heterosexist discrimination and belonging to the LGB community, commitment to social justice, self-awareness, authenticity, and relationship intimacy links. Personal growth initiative moderated the coping via education/advocacy and social justice and self-awareness links and indicated support for moderated mediation via conditional process analyses. More specifically, coping via education/advocacy predicted both commitment to social justice and self-awareness for LGB persons with low and high personal growth initiative but the relations were stronger for those with low personal growth initiative.


Given the gendered nature of body dissatisfaction and the especially varied experience of gender expression within lesbian subculture, we investigated how dimensions of lesbians’ gender
expression and body-gender identity incongruence might account for heterogeneity in lesbian body dissatisfaction. In addition, we examined the potential mediating role of internalization of the thin appearance ideal in the dimensions of gender expression and body dissatisfaction links. Our study of 416 lesbians revealed that more masculine stereotypical traits were a unique negative predictor of body dissatisfaction. In addition, more masculine/butch (i.e., restrictive) emotional expression, higher feminine stereotypical traits, and more body-gender identity incongruence were unique positive predictors of body dissatisfaction. Finally, thin ideal internalization mediated the relations between masculine/butch appearance, masculine/butch emotional expression, and masculine stereotypical traits and body dissatisfaction. That is, higher levels of masculine/butch appearance and masculine stereotypical traits were related to less thin ideal internalization. In addition, higher levels of masculine/butch emotional expression (i.e., restricted emotionality) were related to more thin ideal internalization. Thin ideal internalization, in turn, was positively related to greater body dissatisfaction. These results highlight the importance of gender expression in identifying lesbians at greater and lesser risk for body image problems.


In this study, we examined the relations between three dimensions of traditional masculine gender role adherence (playboy, power over women, and violence) and likelihood to sexually objectify women via body evaluation and making unwanted sexual advances. In addition, we examined the moderating roles of association with a male peer group that abuses women, pornography consumption, and Facebook use in these links. Participants were 329 heterosexually-identified undergraduate men who completed an online survey. Results revealed that endorsement of playboy and violence masculine norms and higher levels of pornography use uniquely predicted more body evaluation of women. Pornography use, Facebook use, the interaction of playboy norms and association with abusive male peers, the interaction of power over women norms and association with abusive male peers, and the interaction of violence norms and association with abusive male peers were unique predictors of making unwanted sexual advances. Conformity to playboy, power over women, and violence masculine norms each predicted making unwanted sexual advances toward women for men with high association with abusive male peers but not low or moderate association with abusive male peers. The findings underscore the need to target adherence to traditional masculine norms, negative male peer group associations, and pornography and Facebook use in interventions aimed at reducing men’s sexual objectification of women.


We investigated the relations between working in sexually objectifying restaurant environments and body dissatisfaction in a sample of 252 United States waitresses. Supporting our hypotheses, results indicated that working in sexually objectifying restaurant environments was positively correlated with waitresses’ body dissatisfaction. Our findings also supported a theorized serial three-chain mediation model in which working in sexually objectifying restaurant environments was related to body dissatisfaction through more thin ideal internalization and greater self-objectification/body surveillance. Furthermore, thin ideal internalization had a direct, unique link
to body dissatisfaction. Our findings highlight the importance of working conditions and internalization processes in understanding waitresses’ body image concerns.


In the current study, we examined the mediating role of internalized heterosexism in the link between heterosexist discrimination and psychological distress among 361 lesbian, gay, and bisexual (LGB) persons who completed an online survey. We also examined the potential moderating role of meaning in life (both search for and presence of) in the links between heterosexist discrimination and psychological distress and between the heterosexist discrimination and internalized heterosexism. As such, we examined a moderated mediation model. We hypothesized that search for meaning would play an exacerbating role and presence of meaning would play a buffering role in these relationships. Results revealed internalized heterosexism mediated the heterosexist discrimination and psychological distress link. In addition, presence of meaning moderated and buffered the heterosexist discrimination-psychological distress link. Findings from the moderation analyses also revealed that the direct effect of heterosexist discrimination on internalized heterosexism and the conditional indirect effect of heterosexist discrimination on psychological distress were contingent on search for meaning such that these relationships were only significant among LGB persons with moderate to high levels of search for meaning. Finally, search for meaning did not moderate the heterosexist discrimination-psychological distress link and presence of meaning did not moderate the heterosexist discrimination-internalized heterosexism link.


The present study examined the relationships between experiences of working in sexually objectifying restaurants and job-related outcomes in a sample of 313 waitresses working in restaurants located in the United States. In addition, we investigated the potential mediating roles of unwanted sexual advances, power, and support in these links. Supporting our hypotheses, results indicated that sexually objectifying restaurants were positively correlated with waitresses’ feelings of burnout and intentions to leave their job. Our findings also supported a theorized multiple mediation model in which higher levels of sexually objectifying restaurants were related to more unwanted sexual advances, lower levels of personal power and control in the work environment, less organizational support, and lower levels of coworker support, which in turn were related to more feelings of burnout. Contrary to our hypotheses, gendered structural/organizational power did not mediate the sexually objectifying restaurants→burnout link. In addition, our findings also revealed that personal power and control, organizational support, and coworker support (but not unwanted sexual advances or structural/organizational power) mediated the link between sexually objectifying restaurants and intention to leave.


In this study, we examined how engagement and disengagement strategies for coping with discrimination might explain how gendered racism influences psychological distress among 212 African American women enrolled in an institution of higher education. Engagement strategies
were coping with discrimination using resistance and education/advocacy. Disengagement coping strategies were detachment from the stressor, internalization/self-blame, and use of drugs and alcohol. In addition, we examined the potential moderating or buffering role of gendered racial identity centrality (i.e., how important being an African American woman is to one’s self-concept) in the links between gendered racism and psychological distress, and between gendered racism and strategies for coping with discrimination. Results from our online survey revealed that both coping with discrimination via detachment and internalization/self-blame uniquely mediated the gendered racism–psychological distress links. In addition, findings from the moderation analyses indicated that the direct effect of gendered racism and detachment coping and the conditional indirect effect of gendered racism on psychological distress were contingent on gendered racial identity centrality; these relations were only significant among African American women with moderate to high levels of identity centrality, suggesting that identity centrality does not play a buffering role. Our findings suggest the importance of applying an intersectionality framework to explore the experiences of gendered racism and gendered racial identity centrality in African American women’s lives. Our results also lead us to recommend future work that helps African American women reduce the use of disengagement strategies to cope with discrimination.


Feminist-relational theories recognize that dominant cultural messages can have a powerful influence on the construction of and behavior in relationships, particularly for members of stigmatized groups. These theories posit that experiences of external and internalized sexism and heterosexism can influence sexual minority women’s (SMW) relational schemas (belief systems about how one must be and behave in order to maintain relationships with others), which in turn may impact their relationship quality (RQ). Our study investigated the relational schema of silencing the self as a possible mediator in the external and internalized sexism and heterosexism-RQ links among 540 SMW who were currently in a romantic relationship. Supporting our hypotheses, results indicated that silencing the self mediated the external sexism-RQ, external heterosexism-RQ, internalized sexism-RQ, and internalized heterosexism-RQ links. The variables accounted for 26% of the variance in silencing the self and 19% of the variance in RQ. Future research directions and clinical implications are discussed.


Sexual minority women (SMW) experience the complex demands of biculturality, as they must attend to the appearance ideals of both mainstream, heteronormative and SMW cultures. The current study aimed to investigate SMW’s bicultural experiences through a focused exploration of SMW’s breast discourse and breasted experience. We conducted a qualitative study of 11 young adult, primarily White, SMW with questions focused on a variety of experiential areas including breast development, gender identity, romantic relationships, mainstream culture and media, and SMW subculture. Data analysis resulted in 8 primary themes and 14 subthemes. Results revealed that breasts as a gender marker, gender identity, the breast/chest-gender identity relationship, SMW subtype identity, and both the presence of and resistance to heteronormative beauty codes are the principal factors involved in SMW’s bicultural breasted experience and
beauty standard negotiation. These factors and emergent themes are discussed, along with study limitations, future research directions, and practice implications.


The purpose of our study was to examine the relationships between experiences of working in sexually objectifying environments (SOEs) and psychological and job-related outcomes in a sample of 253 waitresses working in U.S. restaurants. Supporting our hypotheses, results indicated that SOEs were significantly positively correlated with waitresses’ experiences of interpersonal sexual objectification at work, internalization of cultural standards of beauty, and depression, as well as negatively correlated with job satisfaction. Contrary to our hypotheses, SOEs were not directly related to self-objectification, body shame, self-esteem, or health habits. Furthermore, our findings revealed support for a theorized five-chain serial mediation model in which SOEs were related to job satisfaction both directly and indirectly via classic objectification theory processes (i.e., interpersonal experiences of sexual objectification in the restaurant environment, self-objectification, body shame, and depression). Finally, a direct positive link was found between interpersonal experiences of sexual objectification and depression. Our findings underscore the need to implement both individual- and system-level interventions to combat the existence of SOEs and the negative effects they may have on women.


Despite the richness of the literature about minority stress and negative psychological outcomes and growing attention to lesbian, gay, bisexual (LGB) people of color, few studies have examined the multiple and intersecting identities of Asian American lesbian and bisexual women (AA LBW), and both the challenges and benefits that can arise in managing these identities. Thus, the purpose of this study was to provide an understanding of the experiences of 50 AA LBW. More specifically, this study explored challenges, coping strategies, and positive aspects of being an AA LBW. Qualitative content analyses revealed two overarching domains concerning day-to-day challenges faced by AA LBW: living with multiple minority identities and experiencing sexual orientation-based oppression. In terms of AA LBW’s coping strategies used for dealing with these challenges, two overarching domains were identified: identity management and empowerment strategies. Lastly, two domains of positive aspects about being an AA LBW were identified: socio-cultural sources of strength and insight into and empathy for self and others. Corresponding themes (a total of 18 themes), one of which included subthemes, are also described, and interpretation is provided in light of the relevant literature.


The purpose of this study was to examine the mediating role of relationship trust in the links between young adult women’s perceptions of their male partners’ pornography use and their relational and psychological health. An additional purpose of this study was to examine the potential moderating roles of women’s attitudes toward pornography and relationship investment...
in the links between their male partners’ perceived pornography use and their relational and psychological health and between their male partners’ perceived pornography use and relationship trust. Participants included 359 young adult college women who were recruited at a large United States Southern public university and completed an online survey. Results revealed that women’s reports of their male partners’ pornography use were related to less relationship satisfaction and more psychological distress. In addition, relationship trust mediated the links between male partners’ perceived pornography use and relationship satisfaction and psychological distress. Results from the moderation analyses indicated that the direct effect of male partners’ perceived pornography use and relationship trust and the conditional indirect effects of male partners’ perceived pornography use on both relationship satisfaction and psychological distress were contingent on relationship investment. These findings indicated that when male partners’ perceived pornography use is high, women who have low or mean levels of relationship investment have less relationship trust. Finally, our results revealed that the relationship between male partners’ perceived pornography use and relational and psychological outcomes exist regardless of women’s own attitudes toward pornography.


Using Meyer’s (2003) minority stress and Hatzenbuehler’s (2009) psychological mediation models as theoretical frameworks, this study examined the relationships between external and internalized heterosexism and sexism and psychological distress beyond that which is accounted for by perceived general stress among 761 sexual minority women in the United States. The study also explored the potential mediating roles of rumination and maladaptive coping within these links. Findings suggest that heterosexist events, sexist events, internalized heterosexism, and internalized sexism are all unique predictors of psychological distress. In addition, rumination, coping with multiple minority stressors via detachment, and coping with multiple minority stressors via internalization mediated the external sexism-psychological distress link, the internalized heterosexism-psychological distress link, and the internalized sexism-psychological distress link. Coping with multiple minority stressors via detachment also mediated the external heterosexism-distress link. The variables in this model accounted for 62% of the variance in psychological distress scores. Future research and clinical implications are discussed.


The purpose of this study was to examine three forms of race-related stress (i.e., cultural, institutional, and individual) and six racial identity dimensions (i.e., Pre-Encounter Assimilation, Miseducation, and Self-Hatred, Immersion-Emersion Anti-White, and Internalization Afrocentricity and Multiculturalist Inclusive) as predictors of involvement in African American activism in a sample of 185 African American undergraduate women and men. When examined concurrently, these race-related variables accounted for more than one-fourth of the variance in involvement in African American activism scores. Results indicated that cultural race-related stress, Immersion-Emersion Anti-White, Internalization Afrocentricity, and Internalization Multiculturalist Inclusive were the only significant and unique positive predictors of involvement in African American activism. In addition, Internalization Afrocentricity attitudes mediated the
cultural race-related stress → activism link and both Immersion-Emersion Anti-White and Internalization Afrocentricity attitudes mediated the institutional race-related stress → activism link.


The purpose of this study was to extend Fredrickson and Robert’s (1997) Objectification Theory by examining coping with sexually oppressive experiences via internalization/self-blame as another important way, in addition to self-objectification and internalization of cultural standards of beauty, to possibly explain how sexual objectification experiences (SOEs) influence psychological distress. An additional purpose of this study was to examine the potential moderating or buffering role of resilience in the links between SOEs and psychological distress and between SOEs and coping with these experiences via internalization, self-objectification, and internalization of cultural standards of beauty. Our sample included 270 young adult heterosexual undergraduate women from the Southeast region of the United States who completed an online survey. Results revealed that both coping with sexist oppression via internalization and self-objectification uniquely mediated the SOEs-psychological distress link but internalization of cultural standards of beauty did not. Results from the moderation analyses indicated that the direct effect of SOEs and coping with via internalization and the conditional indirect effects of SOEs on psychological distress were contingent on resilience such that these relationships were only significant among women with low resilience or at the mean of resilience, suggesting that high resilience plays a buffering role whereas low resilience plays an exacerbating role.


Recently, scholars have begun to advocate that categories of traumatic events be expanded to include experiences that do not meet the traditional diagnostic criteria for post-traumatic stress disorder (PTSD), such as oppression. Our study builds on this work by examining experiences with two kinds of heterosexist oppression, one that meets the traditional diagnostic criteria for PTSD (i.e., sexual orientation-based hate crime victimization) and one that does not (i.e., heterosexist discrimination), as predictors of PTSD symptoms in a sample of 423 lesbian, gay, and bisexual persons who responded to an online survey. In addition, we examined the mediating roles of coping with heterosexism via internalization, detachment, and drug and alcohol use in the heterosexist oppression-PTSD symptoms link. Results indicated that when examined concurrently, both sexual orientation-based hate crime victimization and heterosexist discrimination had direct and unique links to PTSD symptoms. In addition, the results of the mediational analysis using bootstrapping provided support for a theorized model in which coping with oppressive events via internalization, detachment, and drug and alcohol use mediated the link between heterosexist discrimination and PTSD symptoms but not between sexual orientation-based hate crime victimization and PTSD symptoms. Finally, the five variables in the model accounted for 42% of the variance in PTSD scores.

Pornography is both prevalent and normative in United States’ culture; however, little is known about the psychological and relational affects that it can have on men in romantic relationships. Thus, the purpose of this study was to examine theorized antecedents (i.e., gender role conflict and attachment styles) and consequences (i.e., poorer relationship quality and sexual satisfaction) of men’s pornography use among 373 young adult heterosexual men. Findings revealed that both frequency of pornography use and problematic pornography use were related to greater gender role conflict, more avoidant and anxious attachment styles, poorer relationship quality, and less sexual satisfaction. In addition, the findings provided support for a theorized mediated model in which gender role conflict was linked to relational outcomes both directly and indirectly via attachment styles and pornography use. Finally, psychometric support for the Pornography Use Scale developed for this study is provided.


The development of one’s sexual minority identity is a major part of sexual minority persons’ lives, but unfortunately one that is often stunted by a heterosexist society. For individuals with multiple minority oppressions, the formation of a sexual minority identity becomes even more complicated. As such, there has been a call among researchers for more empirical research on the experiences of LGB individuals from racial/ethnic minority groups. The present study uses qualitative methods to fill some of the gaps in the literature related to identity development among same-gender attracted Middle Eastern/Arab individuals living in the United States. From 12 interviews, thirteen themes associated with the following issues emerged: intersectionality, race/ethnicity, sexual identity development, discrimination, stigma, oppression, sexual orientation disclosure, and invisibility. Themes, subthemes, and their implications are discussed.


This study examined experiences of external and internalized heterosexism and sexism and their links to coping styles and psychological distress among 473 sexual minority women. Using an online sample of United States lesbian and bisexual women, the findings indicated that many participants experienced heterosexist and sexist events at least once during the past 6 months, and a number of participants indicated some level of internalized oppression. Supporting an additive multiple oppression perspective, the results revealed that when examined concurrently heterosexist events, sexist events, internalized heterosexism, and internalized sexism were unique predictors of psychological distress. In addition, suppressive coping and reactive coping, considered to be maladaptive coping strategies, mediated the external heterosexism-distress, internalized heterosexism-distress, and internalized sexism-distress links but did not mediate the external sexism-distress link. Reflective coping, considered to be an adaptive coping strategy, did not mediate the relations between external and internalized heterosexism and sexism and psychological distress. Finally, the variables in the model accounted for 54% of the variance in psychological distress scores. These findings suggest that maladaptive but not adaptive coping strategies help explain the relationship between various oppressive experiences and psychological distress.

Szymanski

acceptance of their lesbian sister or gay brother. *Journal of LGBT Issues in Counseling*, 8, 164-188. doi: 10.1080/15538605.2014.895664

Research has shown that lesbian and gay (LG) individuals are not only coming out to their parents, but also to their siblings. Eighty percent of individuals in the United States are raised with one or more siblings; however, researchers have frequently underestimated the importance of the sibling bond. The current study examined potential correlates of heterosexual siblings’ acceptance of their LG sister or brother using an online survey format (N=189). In addition, psychometric properties for the Acceptance of Sibling Sexual Orientation Scale are provided. Results revealed that greater sibling relationship quality in adulthood, more contact with LG individuals, greater knowledge of LG communities, more support for LG civil rights, and various demographics (being female, having higher educational levels, not having an orthodox/fundamentalist religious orientation, less church attendance, and more liberal political ideology) are related to heterosexual siblings’ acceptance of their LG sister or brother. However, when these variables were examined together in a regression model, only sibling relationship in adulthood, contact with LG individuals, support for LG civil rights, and religious attendance were significant unique predictors of acceptance.


The purpose of our study was to examine the multiple oppression experiences of sexual objectification, racism, and gendered racism as predictors of depressive symptoms among a clinical sample of low-income African American women. In addition, we examined coping with oppression via internalization (i.e., the tendency to attribute responsibility or the cause of an oppressive event to oneself) as a mediator between these three intersecting forms of oppression and depressive symptoms. Participants included 144 African American women who sought some type of mental health treatment at a U.S. southeastern, public, urban, university-affiliated hospital that attends to a primarily indigent and underserved population. The results of our mediational analysis using bootstrapping provided support for a theorized model in which coping with oppressive events via internalization mediated the links between sexual objectification and depression and between racist events and depression, but not between gendered racism and depression. In addition, a unique and direct effect of racist events on depression was found. Finally, the four variables in the model accounted for 42% of variance in depression scores. The study includes implications for future research and clinical work such as exploration of other mediators and the importance of comprehensive intake assessments and multicultural/feminist coping interventions.


The purpose of this study was to examine how cultural specific influences affect dimensions of sexual identity experience among 143 Asian American lesbian, gay, bisexual, and questioning (LGBQ) persons using a web based Internet survey. Finding revealed that more adherence to Asian values was positively related to internalized heterosexism (also known as internalized homophobia) and negatively related to sexual orientation disclosure to others. Results also indicated that internalized heterosexism both mediated and moderated the relationship between adherence to Asian values and sexual orientation disclosure. In terms of mediation, findings were
consistent with the notion that more adherence to Asian cultural values leads to more internalized heterosexism which in turn leads to less willingness to be out. In terms of moderation, results revealed that the difference between the high and low internalized heterosexism groups occurs at the lower levels of adherence to Asian values when LGBQ persons who have less internalized heterosexism have more sexual orientation disclosure. Results illustrate the complex ways that culture specific values and processes influence two important aspects of the coming out process.


This study examined the relationship between internalized heterosexism (also known as internalized homophobia) and fear of intimacy and relationship quality among 88 men in a same-sex romantic relationship. Findings revealed that internalized heterosexism was positively correlated with fear of intimacy ($r = .49$) and negatively correlated with relationship quality ($r = -.43$). In addition, results indicated that fear of intimacy partially mediated the relationship between internalized heterosexism and relationship quality. That is, the data were consistent with the notion that internalized heterosexism leads to more fear of intimacy, which in turn leads to less relationship quality among sexual minority men. Finally, the variables in the model accounted for 28% of the variance in relationship quality scores. Implications for future research and clinical practice are discussed.


This study examined the relationships between gender role conflict, heterosexist discrimination, internalized heterosexism, and depression among 203 sexual minority men. Findings revealed that more gender role conflict occurring between work and family relations was uniquely and directly related to greater depression. In addition, internalized heterosexism fully mediated the relationships between both gender role conflicts around restrictive affectionate behavior between men and heterosexist discrimination and depression. That is, the findings are consistent with the notion that sexual minority men who experience more discomfort with expression of caring between men and more heterosexist discrimination may be more likely to experience internalized heterosexism which may lead to higher levels of depression. Gender role conflicts related to success, power, and competition and restrictive emotionality were not uniquely related to depression. Finally, the variables in the model accounted for 24% of the variance in depression scores.


The purpose of this study was to examine racist events and three individual coping styles (reflective, suppressive, and reactive) as predictors of involvement in African American activism in a sample of 269 African American women and men. In addition, it examined the moderating roles of individual coping styles in the racist events-African American activism link. Results indicated that racist events, reflective coping, and the interaction of racist events and reflective coping uniquely and significantly predicted involvement in African American activism, accounting for 33% of the variance. Racist events and reflective individual coping styles were
related to involvement in African American activism. Results also supported a moderating role of individual reflective coping styles in the link between frequency of racist events and involvement in African American activism. That is, participants with high reflective coping engaged in more African American activism than participants with low reflective coping when experiences of racist events were low, but a larger number of racist events mitigated this effect.


Pornography is both prevalent and normative in many cultures across the world, including United States’ culture; however, little is known about the psychological and relational effects that it can have on young adult women involved in heterosexual romantic relationships in which their male partners view pornography. The purpose of this study was to examine the relationships between men’s pornography use, both frequency and problematic use, on their heterosexual female partner’s psychological and relational well-being among 308 young adult college women. In addition, psychometric properties for the Perceived Partner’s Pornography Use Scale are provided. Participants were recruited at a large Southern public university in the United States and completed an online survey. Results revealed women’s reports of their male partner’s frequency of pornography use were negatively associated with their relationship quality. More perceptions of problematic use of pornography was negatively correlated with self-esteem, relationship quality, and sexual satisfaction. In addition, self-esteem partially mediated the relationship between perceptions of partner’s problematic pornography use and relationship quality. Finally, results revealed that relationship length moderated the relationship between perceptions of partner’s problematic pornography use and sexual satisfaction, with significant dissatisfaction being associated with longer relationship length.


Despite the knowledge that the entire family system plays a role in the development of an individual, research on the disclosure of LG sexual orientation to the family of origin is mostly concentrated on the parental reaction. Siblings are rarely a focus of such research. Thus, the purpose of this qualitative study was to provide an understanding of the experiences of 14 heterosexual biological siblings of LG persons after they learn that their sister or brother is LG. More specifically, this study explored the changing family dynamics with a focus on the sibling of a LG sister or brother and the ways in which sexual orientation disclosure affects the sibling relationship. Data analysis identified ten themes: personal reaction to disclosure, suspecting sibling was LG based on stereotyping, protectiveness/concern, gay equals being different, anger/disappointment in how parent(s) handled LG sibling coming out, sibling relationship changes, increased comfort with having a LG sibling, disclosure of LG sibling sexual orientation to others, dealing with and challenging heterosexism, and changes to self as a result of sibling sexual orientation

Objectification Theory (Fredrickson & Roberts, 1997) provides an important framework for understanding, researching, and intervening to improve women’s lives in a socio-cultural context that sexually objectifies the female body and equates a woman’s worth with her body’s appearance and sexual functions. The purpose of this Major Contribution is to advance theory, research, practice, and training related to the sexual objectification of women. The purpose of this article is to introduce readers to Objectification Theory and related research, extend Objectification Theory to our understanding of women’s substance use and/or abuse and immersed forms of sexual objectification via sexually objectifying environments, and provide an overview of this Major Contribution on Sexual Objectification of Women.


Objectification Theory (Fredrickson & Roberts, 1997) provides an important perspective for understanding the experiences of women living in a culture that sexualizes and objectifies the female body. The purpose of this study was to examine the relationships between interpersonal sexual objectification experiences and women’s substance abuse in a sample of 289 young adult women. Findings indicated that both everyday (e.g., body evaluation) and extreme (i.e., sexual victimization) forms of sexual objectification experiences were positively correlated with alcohol, nicotine, and other drug abuse. Furthermore, the findings provided support for a theorized mediated model in which sexual objectification was linked to women’s substance abuse both directly and indirectly via self-objectification, body shame, and depression.


Research examining tenets of Objectification Theory (Fredrickson & Roberts, 1997) has given little attention to increasing our understanding of specific environments and subcultures, such as beauty pageants, cheerleading, and cocktail waitressing that exist within United States’ culture where sexual objectification of women is encouraged, promoted, and socially sanctioned. The purpose of this qualitative study was to provide an in-depth, descriptive contextual understanding of the experiences of 11 women who work in a sexually objectifying restaurant environment. Data classification via the constant comparative method resulted in nine themes: reasons for involvement, ambivalence, counterfeit intimacy, sexual objectification, resistance strategies, power, negative relationships with women, changes over time, and judgment. Corresponding subthemes are also described and interpretation is provided in light of relevant literature.


This article focuses on implications of theory and empirical research on the sexual objectification of women. Drawing largely from the American Psychological Association’s (2007) Guidelines for Psychological Practice with Girls and Women, the 2007 Report of the American Psychological Association’s Task Force on the Sexualization of Girls, key feminist therapy texts, and the findings from empirical research on Fredrickson and Robert’s (1997) Objectification Theory, we provide suggestions for practice with female clients struggling with issues related to sexual objectification and ideas for the training of psychologists.

Recently, scholars have begun to conceptualize oppressive experiences as traumatic events and have advocated that categories of traumatic events be expanded to include experiences of oppression that do not meet the traditional diagnostic criteria for Post-Traumatic Stress Disorder (PTSD). Building on this literature, this study explored the relationship between two kinds of heterosexist experiences, one that meets the traditional diagnostic criteria for PTSD (i.e., heterosexist hate crime victimization) and one that does not (i.e., heterosexist discrimination) and lesbians’ PTSD symptoms. Furthermore, it explored the potential moderating and mediating role of self-esteem in the heterosexism-PTSD symptom link. Results revealed that both heterosexist hate crime victimization and heterosexist discrimination were unique and significant positive predictors of lesbians’ PTSD symptoms. Support was found for a partially mediating but not a moderating role of self-esteem in the relationship between heterosexist discrimination and lesbians’ PTSD symptoms.


The purpose of this study was to examine the potential moderating and mediating roles of positive and negative religious coping styles in the relationship between external and internalized racism and African American persons’ psychological distress. Participants included 269 African Americans who completed a web-based Internet survey. Results revealed that negative religious coping styles partially mediated the relationships between racist events and internalized racism and psychological distress. No support was found for the mediating role of positive religious coping or for the moderating roles of positive and negative religious coping in the links between racist events and internalized racism and psychological distress. Research and practice implications are discussed.


Stereotypes associated with Asian Americans (model minority group) are at times positive. Endorsement of these stereotypes (i.e. internalized racialism) might contribute to Asian’s distress and their attitudes towards seeking services. The purpose of this study was to use the theory of “status-based rejection sensitivity” as a way to examine the relationship between internalized racialism (i.e. endorsement and/or internalization of positive Asian stereotypes) and psychological distress, and attitudes towards help seeking among 291 Asian Americans. Results indicated that higher levels of endorsement of positive Asian stereotypes were related to higher levels of psychological distress and more negative attitudes towards help seeking. No evidence was found for the moderating roles of internalized racialism in the endorsement of positive Asian stereotypes- distress/help-seeking links.


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Historically, researchers have neglected the lives of African American women, and very little research has looked specifically at concurrent examinations of multiple oppressions associated with multiple minority identities as predictors of mental health. The current study aimed to increase our knowledge about African American women by examining the relations between external and internalized racism and sexism and African American women’s psychological distress. One hundred sixty participants were recruited through a number of United States’ organizations via the internet. Results indicated that when external and internalized oppression based on race and gender were examined concomitantly, only sexist events emerged as a positive predictor of distress.


The purpose of this study was to examine multiple minority stressors (i.e., heterosexist events, racist events, heterosexism in communities of color, racism in sexual minority communities, race-related dating and relationship problems, internalized heterosexism/homophobia, outness to family, and outness to world) as they relate to the psychological distress of 144 Asian American lesbian, gay, bisexual, transgender, and questioning (LGBTQ) persons. When examined concomitantly, these minority stress variables accounted for approximately one-third of the variance in psychological distress scores. Results indicated that heterosexism in communities of color, race-related dating and relationship problems in the LGBTQ community, internalized heterosexism, and outness to world were the only significant and unique predictors of Asian American LGBTQ persons’ psychological distress. In addition, no support was found for the moderating or mediating roles of outness in the internalized heterosexism-distress link.


This study examined the relationship between internalized misogyny and two other forms of internalized sexism, self-objectification and passive acceptance of traditional gender roles. In addition, it examined the moderating role of internalized misogyny in the link between sexist events and psychological distress. Participants consisted of 274 heterosexual women who were recruited at a large southern university in the United States and completed an online survey. Results indicated that internalized misogyny was related to, but conceptually distinct from self-objectification and passive acceptance. Findings also indicated that greater experiences of sexist events were associated with higher levels of psychological distress. In addition, internalized misogyny intensified the relationship between external sexism and psychological distress.


Lesbian, gay, and bisexual (LGB) persons come from diverse cultural groups with diverse racial and ethnic identities. However, research examining correlates of oppression among sexual minority persons has used primarily White samples and has failed to attend to and investigate the complexity of Asian American LGB persons’ experiences. This study examined the relations between multiple external and internalized oppressions and Asian American sexual minority person’ psychological distress. Results indicated that when external and internalized racism and
heterosexism/homophobia were examined concomitantly, only racist events and internalized heterosexism/internalized homophobia accounted for unique variance. Research and practice implications are discussed.


The purpose of this study was: (1) to examine concurrently the relationship between heterosexist events and sexist events and psychological distress and (2) to investigate sexual orientation based and gender based group level coping as potential moderators of the heterosexism-distress and sexism-distress links among 282 lesbian and bisexual women. Findings from the Internet survey revealed that when examined together, both heterosexism and sexism were unique and additive predictors of psychological distress. Results also supported a moderating role of feminist group level coping in the link between number of sexist events and psychological distress, with the difference between the high and low feminist activity groups occurring at the lower levels of sexism. Thus, it appears that high involvement in feminist activities may provide a buffer against the negative effects of sexism, but only when sexist events are relatively low in number.


Lesbian, gay, bisexual, and questioning (LGBQ) persons come from diverse cultural groups with diverse racial and ethnic identities. However, most research on LGBQ persons has used primarily White samples and most research on African Americans has used largely heterosexual samples. Thus, research has largely failed to attend to and investigate the complexity of African American LGBQ persons’ experiences. This study examined the relations between multiple internalized oppressions and African American sexual minority persons’ self-esteem and psychological distress. Results indicated that when examined together, internalized racism and internalized heterosexism (also known as internalized homophobia) were both significant negative predictors of self-esteem but only internalized heterosexism was a unique positive predictor of psychological distress. The interaction of internalized racism and internalized heterosexism was not a significant predictor of self-esteem or psychological distress. Finally, our findings indicated that self-esteem partially mediated the relationship between internalized heterosexism and psychological distress.


The purpose of this study was to examine (a) the relationship between heterosexist events and psychological distress, and (b) the potential moderating roles of social support, avoidant coping, and self-esteem in the relationship between heterosexist events and psychological distress among 210 gay and bisexual men. Findings from the web-based Internet survey revealed that many gay and bisexual men experienced heterosexist harassment, rejection, and discrimination at least once in a while during the past year, and that these experiences were positively related to psychological distress. Results also indicated that self-esteem moderated the relationship between heterosexist events and psychological distress, with significant risk being associated with low
self-esteem. No support was found for the moderating roles of social support and avoidant coping in the link between heterosexist events and psychological distress.


This article describes the development and psychometric evaluation of the Counseling Women Competencies Scale (CWCS). The CWCS is designed to assess clinician's self-perceived competencies with regard to therapeutic practice with diverse female clients. Content validity was supported via an extensive review of the literature on counseling women and expert review by 32 members of the Section for the Advancement of Women (Division 17, APA). Exploratory factor analysis, conducted on a sample of 321 male and female counseling and psychology graduate students and professionals, supported a 2-factor model consisting of knowledge/skills and self-awareness factors. Findings also provided support for the internal consistency reliability and construct (convergent, divergent, and incremental) validity of the scale.


Counseling psychologists can expect to encounter lesbian, gay, and bisexual (LGB) individuals in their lives, as students, colleagues, friends, clients, and/or family members. Most of the LGB individuals encountered by counseling psychologists have experienced the negative consequences of internalized heterosexism (IH). Yet, many counseling psychologists are not adequately prepared to deal with the negative effects of IH on LGB persons' lives. This Major Contribution provides readers with a critical base of information about the construct of IH, including the historical context from which it emerged, controversies related to IH, theoretical approaches used to conceptualize IH, unique issues for women, men, and bisexuals, and the empirical research on measurement and psychosocial correlates of IH. In addition, it provides suggestions for future research and implications for counseling LGB individuals and for the training of counseling psychologists.


This article provides an integrated, critical review of the literature on internalized heterosexism (IH), its measurement and its psychosocial correlates. The psychometric properties of six published measures used to operationalize the construct of IH are described. The article critically reviews empirical studies on correlates of IH in the areas of sexual identity formation and the coming-out process, mental, psychosocial, and physical health, substance use, sexual risk-taking behavior, intimate relationships, parenting and family issues, gender roles and feminism, race and ethnicity, religion, career issues, and counselor-client interactions and treatment interventions. Limitations of the body of research are discussed and suggestions for future research are provided throughout the review.

This study examined the relationship of internalized oppressions to the psychological distress of 304 lesbian and bisexual women. In addition, it investigated whether self-esteem and social support mediated the relationship between internalized oppressions and mental health. Results indicated that, after controlling for education, internalized sexism (IS) and internalized heterosexism (IH) were significant predictors of psychological distress and accounted for 17% of the variance. The interactions between IS and IH were not significant predictors of psychological distress. Furthermore, results revealed that self-esteem and social support fully mediated the relationships between IH and psychological distress. Social support was also found to fully mediate the relationship between IS and psychological distress. However, no support was found for the mediational role of self-esteem in the link between IS and psychological distress. Research and practice implications are discussed.


This study investigated risky sexual behavior in a sample of 209 gay and bisexual men. Using structural equation modeling, the mediating relations of substance use factors (expectations about the sexually-enhancing effects of substance use, and substance use during sex) between internalized heterosexism (IH) and sensation seeking and unprotected anal intercourse were examined. Expectations that substance use would enhance sexual activity mediated the relationship between IH and risky sexual behavior. Both substance use factors mediated the relationship of sensation seeking to risky sexual behavior. Greater sensation seeking was associated with greater expectations about the sexually-enhancing effects of substances, which in turn was associated with greater unprotected anal intercourse. Unexpectedly, less sensation seeking was related to more substance use during sex, which in turn was associated with more risky sexual behavior. Overall, the variables in the model accounted for 66% of the variance in sexual behavior. Implications of the findings are discussed.


This paper focuses on implications of empirical research on the construct of internalized heterosexism (IH) in lesbian, gay, and bisexual (LGB) individuals. First, suggestions for practice with LGB clients are provided using the framework proposed by Goodman et al. (2004) for social justice work at micro, meso, and macro levels. Second, ideas for the training of counseling psychologists on the construct of IH are presented. Ways in which counseling psychologists can train students beyond the traditional micro level approach are included.


This study examined the relations between racism and heterosexism, both external and internalized, as well as African American sexual minority women’s psychological distress. Results indicated that racist events, heterosexist events, and internalized heterosexism each correlated positively with psychological distress; however, when examined together, only racist events and internalized heterosexism accounted for unique variance. Furthermore, internalized racism, the interaction of racist events and heterosexist events, and the interaction of internalized
racism and internalized heterosexism did not predict psychological distress. The findings supported a “complex additive” multicultural-feminist oppression perspective.


The purpose of this study was to test tenets of both minority stress and lesbian feminist/sexual identity development theories by examining the potential moderating and mediating roles of individual coping styles (i.e., problem solving and avoidant coping) in the relationship between internalized heterosexism and lesbian and bisexual women’s psychological distress. Participants included 323 sexual minority women who completed a web-based Internet survey. Results revealed that avoidant coping partially mediated the relationship between internalized heterosexism and psychological distress. No support was found for the mediating role of problem solving coping or for the moderating roles of problem solving and avoidant coping in the link between internalized heterosexism and psychological distress. Research and practice implications are discussed.


Many gay and bisexual men struggle with unique issues related to being both a man and a sexual minority person. The purpose of this study was to use feminist theory to test two mediation models examining the roles of both gender role conflict and internalized heterosexism (IH) in gay and bisexual men’s psychological distress. Findings from the best fitting model revealed that gender role conflict was both directly and indirectly (through IH) related to self-esteem, and self-esteem was directly and indirectly (through avoidant coping) related to psychological distress. Research and practice implications are discussed.


How can training programs foster counseling and clinical psychologists’ scholarly productivity? This study examined the impact of academic and internship research training environments (RTEs) on the scholarly activity of 223 early career professionals. Results supported the construct validity of the Internship Research Training Environment scale through cross-validation and confirmatory factor analysis. Findings revealed differences in perceptions of the internship RTE and scholarly productivity as a function of academic training philosophy and internship training philosophy. Finally, results suggested that academic and internship RTEs could influence research interest and scholarly productivity indirectly by enhancing research self-efficacy and research outcome expectations.

This study used consensual qualitative research methodology (C. E. Hill et al., 2005) to explore the experiences of 12 male therapists who self-identify as feminist. More specifically, this study focused on the development of a feminist identity, the ways in which feminist identity influences the counseling process, and unique experiences of being male and feminist. Findings suggested that personal and professional experiences, relationships, and training, particularly with feminist women, are important elements in the development of male feminist identities. Furthermore, awareness of male privilege and feelings of isolation and being different emerged as unique issues.


Objectification Theory (Fredrickson & Roberts, *Psychology of Women Quarterly*, 21:173-206, 1997) postulates that sexual objectification of women and girls in US culture contributes to women’s mental health problems indirectly through women’s internalization of objectifying experiences or selfobjectification. The purpose of this study was to test the model proposed in Objectification Theory as it applies to depression in women. A path analysis revealed that self-objectification decreased with age and led to habitual body monitoring, which led to a reduced sense of flow, greater body shame, and greater appearance anxiety. Less flow, greater body shame, and greater appearance anxiety led to depression. No significant pathways were found for the theorized relationships between the selfobjectification measures and internal awareness or between internal awareness and depression. In addition, we provide psychometric support for a newly created multiple-item Flow Scale to assess Csikszentmihalyi's (Flow: The psychology of optimal experience, Harper, New York, 1990) description of the common characteristics of peak motivational states and optimal experience.


The purpose of this study was to examine the relationship between heterosexist events and various indices of psychological distress in lesbians. In addition, it examined the potential moderating role of internalized heterosexism in the link between heterosexist events and psychological distress. Furthermore, psychometric support for the Heterosexist Harassment, Rejection, and Discrimination Scale (HHRDS) developed for this study is provided. Consistent with feminist theory and previous research, results indicated that recent perceived heterosexist harassment, rejection, and discrimination correlated positively with several indices of psychological distress. Contrary to research on gay men, internalized heterosexism did not moderate the relationship between external heterosexism and lesbians' psychological distress.


Despite a large body of literature addressing relationship quality and domestic violence in women's same-sex relationships, few studies have empirically examined how stress specific to living as a lesbian or bisexual woman might correlate with these relationship variables. Degree of outness, internalized homophobia, lifetime and recent experiences of discrimination, butch/femme identity, relationship quality, and lifetime and recent experiences of domestic violence were assessed in a sample of 272 predominantly European American lesbian and
bisexual women. Lesbian and bisexual women were found to be comparable on most relationship variables. In bivariate analyses, minority stress variables (internalized homophobia and discrimination) were associated with lower relationship quality and both domestic violence perpetration and victimization. Outness and butch/femme identity were largely unrelated to relationship variables. Path analysis revealed that relationship quality fully mediated the relationship between internalized homophobia and recent domestic violence.


Although feminist supervision approaches have been advanced in the literature as alternatives or adjuncts to traditional supervision models, little is known about those who utilize feminist supervision practices. This study was designed to examine if feminist supervision practices were related to one's own feminist identity and various beliefs regarding feminism in general in a sample of 135 clinical supervisors. Results revealed that feminist supervision was significantly negatively correlated with passive acceptance of traditional gender roles and positively correlated with feelings of anger over sexism, connection with women's communities, commitment to feminist activism, and beliefs that are consistent with five prominent feminist philosophies. Multiple regression analysis found that greater use of feminist supervision practices was uniquely related to being a woman; being lesbian, gay, or bisexual; and having a greater commitment to feminist activism. Research and practice implications are discussed.


This study examined the effects of external and internalized heterosexism and sexism on lesbians' mental health. Hierarchical regression analysis, controlling for education and income, identified recent sexual-orientation-based hate crime victimization, recent sexist events, internalized heterosexism, and the interaction of recent sexual-orientation-based hate crime victimization and recent sexist events as significant predictors of psychological distress, accounting for 31% of the variance.


This article addresses counselors' calls for more training on internalized heterosexism. Through a synthesis of the research on lesbian internalized heterosexism, the author discusses how the integration of a feminist approach can enhance college counselors' work with lesbian clients, describes 3 core feminist therapy principles, uses these principles as a framework within which to discuss relevant research on internalized heterosexism, and provides practical suggestions and clinical examples to illustrate the application of both research and feminist theory to counseling with lesbians.


This study was designed to examine the relations among dimensions of feminism and internalized heterosexism in 227 lesbian and bisexual women. In addition, psychometric support for 2 newly created multiple-item scales, Self-Identification as a Feminist (SIF) and Involvement
in Feminist Activities Scale (IFAS), is provided. Results indicate that internalized heterosexism is correlated significantly with most of the feminist dimensions assessed in this study (i.e., self-identification as a feminist, involvement in feminist activities, attitudes toward feminism, feminist identity development, and various feminist ideologies). Interesting relations among feminist identity development and feminist ideologies were found. In addition, involvement in feminist activities was uniquely predicted by self-identification as a feminist and the Embeddedness-Emanation and Active Commitment dimensions of feminist identity development. Implications and suggestions for future research are discussed.


This article details the current knowledge regarding the provision of culturally appropriate career services to gay and lesbian clients. It is divided into 5 parts: history and context for the delivery of career counseling services to gay and lesbian clients, counselor self-preparation for working with gay and lesbian clients, client-focused interventions useful for counseling with gay and lesbian clients, program-focused interventions useful for addressing the special issues that this group presents, and appropriate advocacy or social action interventions. Issues of multiple cultural identities and the intersection of lesbian and gay issues with race and ethnicity are also addressed.


Consistent with C. J. Gelso's (1979, 1993, 1997) research training environment theory, the authors hypothesized that research training environments exist in predoctoral internships. The Internship Research Training Environment Scale (IRTES) was developed to assess research training environments found in predoctoral psychology internships. Preliminary reliability and validity data are reported for scores on the IRTES using a sample of 84 former counseling center interns. Factor analysis of the final 23-item scale indicated a 4-factor solution accounting for 65% of the variance with distinct, but related factors. Internal consistency estimates were moderate to high. Hypothesized relationships with other variables were examined and also provide initial support for construct and predictive validity. Implications for theory, training, and future research are discussed.


In this article we discuss the importance of studying internalized homophobia and provide a rationale for studying internalized homophobia in lesbians apart from gay men. We review published scales used to assess internalized homophobia in lesbians and describe recent studies on the correlates of internalized homophobia in lesbians. We discuss concepts of internalized homophobia as minority stress and identify variables that have been theoretically linked to internalized homophobia in lesbians but have not been empirically examined. Implications for practice and research are also discussed.

This article reports the development and psychometric properties of the Feminist Supervision Scale (FSS), a new scale designed to assess feminist supervision practices in clinical supervision. This 32-item measure was developed using a rational/theoretical approach of test construction and includes four subscales: (a) collaborative relationships, (b) power analysis, (c) diversity and social context, and (d) feminist advocacy and activism. Reliability estimates for the FSS full scale and subscales were acceptable. Structural validity of the FSS was supported by exploratory and confirmatory factor analyses. Convergent validity was supported by positive correlations between the FSS and self-identification as a feminist supervisor, liberal gender role attitudes, and use of feminist therapy behaviors. Discriminant validity was supported by nonsignificant correlations between the FSS and social desirability and length of time as a supervisor, and by demonstrating that the FSS was related but conceptually distinct from both multicultural competence and perceived supervisory working alliance.


This study examined how internalized heterosexism is related to feminist attitudes and coping resources in a sample of 210 female participants living in the United States. Respondents completed a demographic questionnaire and measures assessing lesbian internalized heterosexism, self-identification as feminist, attitudes towards feminism, involvement in feminist activities, and coping resources. Results indicated that internalized heterosexism correlated moderately with each of the feminist variables and had a low correlation with coping resources. Hierarchical regression analysis, controlling for age and income, identified attitudes toward feminism, involvement in feminist activities, and coping resources as unique predictors of internalized heterosexism, accounting for 31 percent of the variance. Research and practice implications are discussed.


The authors investigated attitudes and practices among 81 self-identified feminist and nonfeminist male therapists selected from a state psychological association directory. Respondents completed a demographic questionnaire and measures assessing attitudes toward feminism, gender role attitudes, and feminist therapeutic behaviors, 24% considered themselves to be feminist therapists. Attitudes toward feminism and liberal gender role attitudes correlated positively with feminist therapeutic behaviors. Percentage of women clients was not significantly correlated with attitudes toward feminism, liberal gender role attitudes, or feminist therapeutic behaviors. Self-identified feminist male therapists scored significantly higher on measures of attitudes toward feminism, gender role attitudes, and feminist therapeutic behaviors than did self-identified nonfeminist male therapists.


Reports the development and psychometric properties of a scale that measures internalized
homophobia in lesbians: the Lesbian Internalized Homophobia Scale (LIHS). This 52-item measure was developed using a rational/theoretical approach of test construction and includes 5 subscales. Research findings, based on a sample of 303 female 18-65 yr olds, support the reliability and validity of the LIHS in assessing internalized homophobia in lesbians. Implications for research and practice are discussed.


Recent studies have suggested that, on US college campuses, fraternity and sorority members do the heaviest, most frequent and problematic drinking. The purpose of this study was to examine drinking patterns of female college students and specifically evaluate the contributions of age, sorority membership, emotional pain, and peer acceptance on both frequency and quantity of alcohol consumption using a stratified random sample of female undergraduate students at a large midwestern university. Participants were 248 women aged 18-23. Freshmen accounted for 29% of the sample, 24% sophomores, 26% juniors, 18% seniors, and 3% 5th-yr students. Multiple regression analyses indicated that sorority membership and emotional pain were significant predictors of frequency of alcohol consumption; and age (18-20 vs 21-23), sorority membership, and emotional pain were significant predictors of quantity of alcohol consumption.


In this study, the written reactions of 34 White master’s counseling students (aged 22-62 yrs) to a list developed by P. McIntosh describing her experience of White privilege were analyzed using qualitative methodology. Three general themes and corresponding subthemes were identified and revealed varied levels of awareness of White privilege. The three general themes represent increasing levels of awareness, from none, to demonstrated awareness but unwillingness to engage in proaction, to a more profound awareness of privilege and proactive efforts to eradicate privilege. Directions for future research and training are presented.


Measurement and Evaluation in Counseling and Development. 2001 Apr Vol 34(1) 27-38

Examined the reliability and construct validity of the scores on the Lesbian Internalized Homophobia Scale (LIHS) by investigating the psychosocial correlates of lesbian internalized homophobia. Ss were 157 women (aged 18-74 yrs) who completed a demographic questionnaire and a battery of measures including the LIHS and assessing sexual orientation, sexual identity, depression, somatic complaint, stability of self, and various forms of social support. The results generally support the reliability and construct validity of the scores on the LIHS. Specifically, internalized homophobia correlated with depression, passing as heterosexual, overall social support, satisfaction with social support, and overall gay social support.