

Introduction

Background: Sexual and gender minority (SGM) adolescents face stigma, discrimination, and inadequate social support, contributing to poor mental health outcomes.

Rationale: There are variations in stigma-related stressors by gender, race, and ethnicity that are not well understood.

Objective: To examine differences in internalized homophobia, discrimination, and social support across gender, race, and ethnicity among SGM adolescents.

Methods

❑Design: One-time online survey.

❑Population: Adolescents aged 14–17, residing in Alabama.

❑Eligibility: Assigned male at birth and self-reported sexual interest in men.

❑Key Measures:

- Internalized Homophobia
- Discrimination
- Social Support

❑Analysis:

- Bivariate analysis stratified by gender, race, and ethnicity
- Independent t-tests ($p < 0.05$).

Results

❑**Race:** Black adolescents reported higher internalized homophobia compared to White adolescents (Mean = 12.07, SD = 5.44 vs. Mean = 10.32, SD = 4.24; $p = .023$).

❑**Gender:** Transgender and gender non-conforming adolescents reported higher levels of discrimination compared to cisgender males (Mean = 23.46, SD = 10.99 vs. Mean = 16.72, SD = 12.19; $p = .003$).

❑**Ethnicity:** Hispanic adolescents reported higher internalized homophobia (Mean = 13.95, SD = 5.24 vs. Mean = 10.47, SD = 4.66; $p = .001$). They also experienced higher discrimination (Mean = 24.21, SD = 11.05 vs. Mean = 16.63, SD = 11.93; $p = .004$) and lower social support (Mean = 59.09, SD = 15.64 vs. Mean = 67.87, SD = 16.53; $p = .020$).

❑**Overall Trend:** Social support scores varied across groups, with lower levels observed in subgroups reporting higher discrimination and stigma.

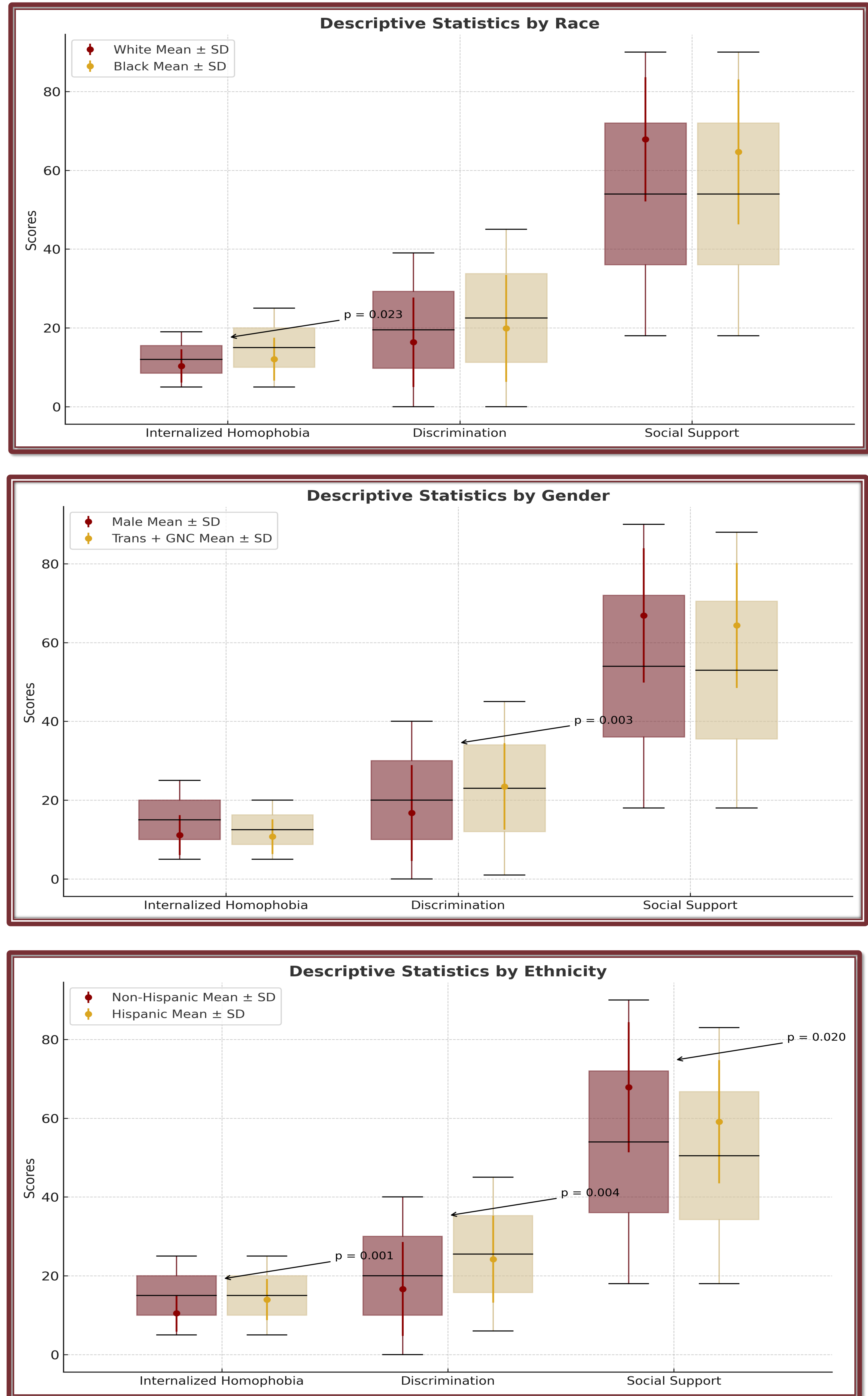
Main Findings

❑**Race:** Black adolescents felt more negatively about their sexual identity compared to White adolescents ($p = .023$), showing a higher level of internalized homophobia.

❑**Gender:** Transgender and gender non-conforming adolescents reported facing more discrimination than cisgender males ($p = .003$), highlighting an urgent need for support to address these experiences.

❑**Ethnicity:** Hispanic adolescents experienced more negative feelings about their sexual identity ($p = .001$), more discrimination ($p = .004$), and received less social support ($p = .020$) compared to their non-Hispanic peers.

❑**All Together:** Support from friends, family, and the community played an important role in reducing stress and stigma across all groups.



Descriptive Statistics (N=206)

Category	N (%)
Gender Identity	
Man	165 (76.7%)
Trans Woman	13 (6.0%)
Agender	2 (0.9%)
Bigender	2 (0.9%)
Non-Binary/GNC	33 (15.3%)
Race	
White	127 (60.8%)
Black/African American	63 (30.1%)
Asian	6 (2.9%)
Native Hawaiian/PI	6 (2.9%)
American Indian/AN	7 (3.3%)
Ethnicity	
Non-Hispanic	167 (87%)
Hispanic	25 (13%)
Household Income	
< \$15,000	12 (5.8%)
15,000 – 19,999	11 (5.3%)
20,000 – 24,999	13 (6.3%)
25,000 – 34,999	8 (3.9%)
35,000 – 49,999	15 (7.3%)
50,000 – 74,999	29 (14.1%)
75,000 – 99,999	24 (11.7%)
≥ \$100,000	28 (13.6%)
I don't know	56 (27.2%)
Prefer not to answer	10 (4.9%)

Discussion

❑Significant differences in internalized homophobia, discrimination, and social support were observed across racial, gender, and ethnic groups.

❑These findings highlight the unique vulnerabilities faced by different subgroups within SGM adolescents.

❑Intervention Implications:

- Tailored interventions are essential to address specific challenges experienced by these subgroups.
- Programs should emphasize cultural competence and inclusivity to improve mental health outcomes.

Conclusion

❑Targeted interventions are essential to address disparities in stigma, discrimination, and social support among SGM adolescents.

❑Equitable strategies must focus on reducing stigma, improving social support networks, and addressing unique subgroup vulnerabilities to achieve better mental health outcomes.