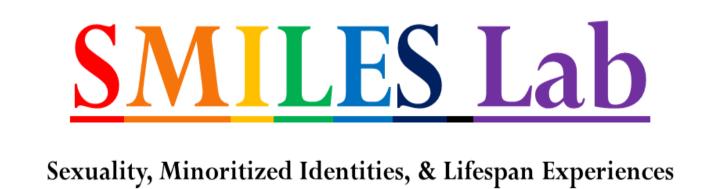


Underexplored: Perfections in Sexual Minorities Onderexplored Perfections in Sexual Minorities Onderexplored Perfections in Sexual Minorities



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Perfectionism was correlated with

minority stressors and mental health

WHY DO WE CARE?

- Minority stress predicts poorer mental health in *sexual minorities* (*People attracted to the same-sex*; Frost & Meyer, 2013)
- The current findings can address minority stress through intervention

BACKGROUND

- Minority stress includes additive stressors experienced uniquely by individuals' belonging to marginalized groups (Frost & Meyer, 2013)
- Perfectionists set excessively high standards for their own performance and are overly critical of others (Smith et. al 2016)
- There are three subtypes of perfectionism
 - Rigid (self-worth/orientation), selfcritical (social expectations), & narcissistic (belief you are perfect)
- Previous research examined the relationship between perfectionism and life satisfaction and academic success (Gaudreau et al, 2022), but has not explored perfectionism in sexual minorities

RESEARCH QUESTION

My goal was to explore the relationship between perfectionism, and its subtypes, and minority stress in sexual minorities

PROJECT DESCRIPTION

- 3 Part Project:
- Presurvey for recruitment/interest,
 Baseline survey (45-60 min.), Daily
 diary (5-10 min.)
- Baseline data was used for the published the project

Variable Microaggressions Internalized Outness **Outness** Health **Disclosure Homonegativity** (SD) Concealment .38** .36** .29** -.12* .29* Perfectionism (.53)Total .29** .27** .23** .30** -.09 2.22 Rigid Perfectionism .41** .34** .32** .36** -.14* **Self-Critical** 2.41 Perfectionism (.73) .18** .16** .30** .10 -.05 Narcissistic 1.66 Perfectionism (.43) 2.65 1.89 2.58 3.80 1.77 M (1.07)(.80)(.97)(.83)(.77)(SD)

*p < .05, **p < .01

Sexual minorities that are <u>high in</u>

<u>perfectionism</u> are at risk for

<u>higher minority stress</u> and poor

mental health

MEASURES

- Empirically supported questionaries such as, the Big 3
 Perfectionism Scale-Short Form (Feher et al., 2020; See handout for citations and reliability)
 - Rigid perfectionism: My opinion of myself is tied to being perfect
 - Self-critical perfectionism:
 People are disappointed in me
 whenever I don't do something
 perfectly
 - Narcissistic perfectionism: I know that I am perfect

SAMPLE

- Baseline: N= 320
- Age: 18-90 years old
 - Sex: 46% Female
 - Gender: 5% Non-cisgender
 - Race: 90% White;
- Sexual Orientation: 42%
 Lesbian, 26% Gay, 16%
 Bisexual, 16% Another
 orientation (e.g., Asexual)

RESULTS AND DISCUSSION

- Total perfectionism and self-critical perfectionism were significantly correlated with all the minority stressors and mental health
- Rigid perfectionism was significantly correlated with all measures except outness disclosure
- Narcissistic perfectionism was significantly correlated with all measures except outness disclosure and microaggressions

NEXT STEPS

 Look to see if perfectionism moderates the relationship with minority stress and health