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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), **self-critical** (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 current project

Variable	M (SD)	Outness Concealment	Outness Disclosure	Internalized Homonegativity	Microaggressions	Mental Health
Perfectionism Total	2.05 (.53)	.29*	-.12*	.38**	.29**	.36**
Rigid Perfectionism	2.22 (.78)	.23**	-.09	.30**	.27**	.29**
Self-Critical Perfectionism	2.41 (.73)	.32**	-.14*	.36**	.34**	.41**
Narcissistic Perfectionism	1.66 (.43)	.16**	-.05	.30**	.10	.18**
M (SD)		2.58 (.97)	3.80 (.83)	1.77 (.77)	2.65 (.80)	1.89 (1.07)

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

Sexual minorities that are high in perfectionism are at risk for higher minority stress and poor mental health

MEASURES

- Empirically supported questionnaires 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