

Internalized Stigmatization and Rejection Anxiety as Mediators Between Self-Monitoring and Transgender Identity Concealment

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Introduction

Self-Monitoring

	High	Low
Motivation	Social appropriateness	Self-congruence
Attention	Attention to others	Attention to self
Identity	External sources	Internal sources

(Fuglestad & Snyder, 2010; Sampson, 1978)

Internalized Stigmatization

- Integrating stereotypic knowledge into own self-concept (Corrigan & Watson, 2002)
- Related to increased identity concealment (Quinn & Earnshaw, 2013)
- Internalized homonegativity acts as a mediator between discrimination and psychological distress (Feinstein et al., 2012)

Rejection Anxiety

- Fear of being rejected due to behavior/identity (Downey & Feldman, 1996)
- Rejection anxiety is a predictor of “outness” (Mohr & Fassinger, 2003)
- Rejection anxiety acts as a mediator between discrimination and psychological distress (Feinstein et al., 2012)

Identity Concealment

- Sexual orientation more readily concealable than visible minority traits
- Identity concealment relates to poor mental and physical wellbeing (Ullrich, Lutgendorf, & Stapleton, 2003)

Research Question

- Little research regarding transgender individuals
- Does self-monitoring relate directly/indirectly to identity concealment for transgender individuals?
- If indirectly, is this relationship mediated by internalized stigmatization and/or rejection anxiety?

Method

Participants

- Use MTurk
- Ideal sample of 100 male-to-female and 100 female-to-male participants

Measures

25 Item Self-Monitoring Scale

- True or False answer format
- “I find it hard to imitate the behavior of other people.” (Snyder, 1974)
- 2 Subscales
 - Acquisitive (6 items): “I can make impromptu speeches even on topics about which I have almost no information.”
 - Protective (7 items): “Even if I am not enjoying myself, I often pretend to be having a good time.” (Wilmot, Kostal, Stillwell, & Kosinski, 2017)

Revised Internalized Homophobia Scale

- Scale modified by replacing “gay” with “transgender”
- 5-point scale, *Disagree Strongly* to *Agree Strongly*
- “I wish I weren’t transgender.” (Herek, Gillis, & Cogan, 2009)

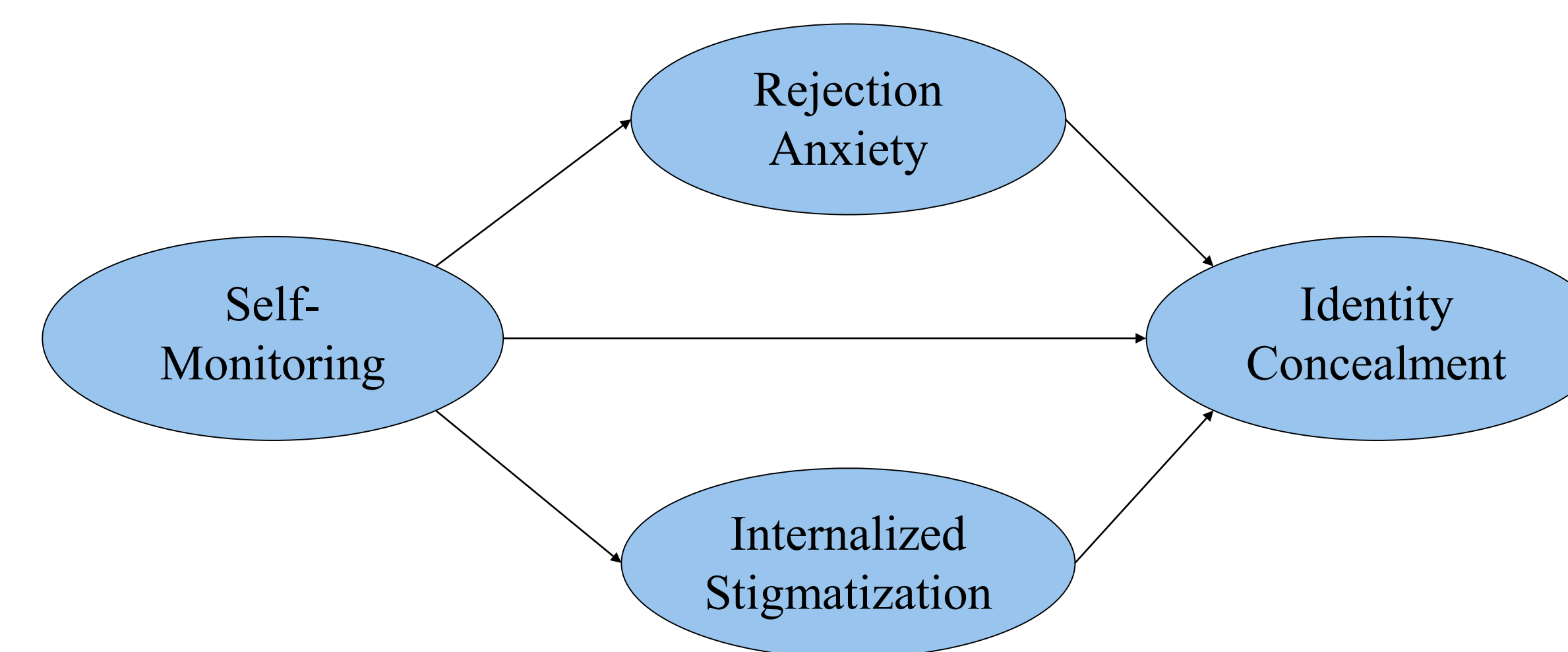
Gay-Related Rejection Sensitivity Scale

- Scale modified by replacing “gay” and “sexual orientation” with “transgender”
- “A 3-year old family member is crawling on your lap. His mom comes to take him away. How concerned or anxious are you that his mom took him away because of your transgender identity?”
- 6-point scale, *Not at all Concerned* to *Very Concerned* (Pachankis, Goldfried, & Ramrattan, 2008)

Nebraska Outness Scale

- Concealment Subscale: Five Audiences
- Answer range from 0% to 100% in 10% increments
- “What percent of people in this group do you think are aware of your transgender identity?” (Meidlinger & Hope, 2014)

Proposed Analysis



Audience: Immediate Family

	<i>b</i>	SE	LLCI	ULCI
Direct Effect – Self-Monitoring				
Indirect Effect - via Rejection Anxiety				
Indirect Effect - Internalized Stigmatization				

Audience: Extended Family

	<i>b</i>	SE	LLCI	ULCI
Direct Effect – Self-Monitoring				
Indirect Effect - via Rejection Anxiety				
Indirect Effect - Internalized Stigmatization				

Audience: Friends/Acquaintances

	<i>b</i>	SE	LLCI	ULCI
Direct Effect – Self-Monitoring				
Indirect Effect - via Rejection Anxiety				
Indirect Effect - Internalized Stigmatization				

Audience: Co-workers/Classmates

	<i>b</i>	SE	LLCI	ULCI
Direct Effect – Self-Monitoring				
Indirect Effect - via Rejection Anxiety				
Indirect Effect - Internalized Stigmatization				

Audience: Strangers

	<i>b</i>	SE	LLCI	ULCI
Direct Effect – Self-Monitoring				
Indirect Effect - via Rejection Anxiety				
Indirect Effect - Internalized Stigmatization				

Discussion

Expected Findings

- Direct effects of Self-Monitoring?
- Indirect effects?
 - Via Rejection Anxiety?
 - Via Internalized Stigmatization?

Implications

- Dispositional factors may contribute to identity concealment for transgender individuals
- High self-monitors may be at risk for negative health risks associated with identity concealment

Limitations

- Non-experimental design
- Lack of temporal precedence
- Limited control over third variables (religiosity, social support, etc.)
- Online sample

Future Directions

- Transgender specific scales
- Longitudinal study
- Control for third variables
- Assessing direct effects of identity concealment on life satisfaction
- Protective vs acquisitive self-monitoring