



REDUCING BEHAVIORAL HEALTH SYMPTOMS BY ADDRESSING MINORITY STRESSORS IN LGBTQ ADOLESCENTS: A RANDOMIZED CONTROLLED TRIAL OF PROUD & EMPOWERED

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ABSTRACT



BACKGROUND:

Minority stress may lead to poorer mental health for LGBTQ+ adolescents, yet no interventions have been tested through a randomized control trial.



AIMS:

We aimed to determine whether participation in a novel intervention, **Proud & Empowered**, improved behavioral health for LGBTQ+ adolescents.

METHOD:

With a four school randomized approach, we conducted pre- and post-test measures with adolescents who either participated in the intervention, or were in a control condition.



RESULTS:

IN COMPARISON TO CONTROL PARTICIPANTS, THOSE WHO COMPLETED **PROUD AND EMPOWERED**:



Reported lower rates of minority stress and victimization experiences



Reported decreased anxiety and depressive symptoms



Were less likely to report PTSD, depression, and suicidality even when they did experience minority stressors



CONCLUSION:

Results suggest that **Proud & Empowered** helped reduce mental health symptoms and exposure to minority stressors and build coping strategies.

