



Combating Internalized Homophobia: Protective Factors and Their Effectiveness

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Internalized homophobia is an adverse consequence that emerges in societies characterized by heteronormativity [1]. Due to internalized homophobia, whether it is aimed at oneself or others, sexual minorities may experience severe psychological, behavioural, and social distress [2].

Question: Can protective factors reduce the risk of developing internalized homophobia and, consequently, mitigate the repercussions for sexual minorities?

Method

Sample: MacEwan University students through SONA and LGBTQ2+ participants recruited online and through support groups

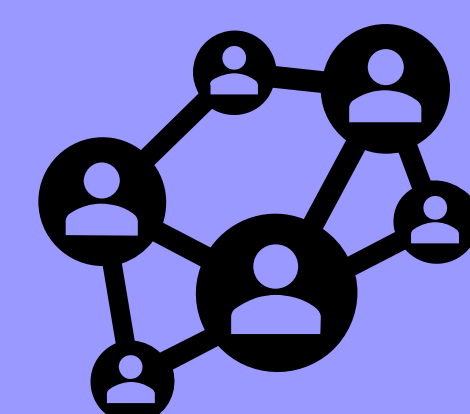
Participants filled out questionnaires measuring Demographics, their degree of internalized homophobia, and the following protective factors:

1. Education level
2. Degree of exposure to sexual minorities
3. Social network quality
4. Self-esteem

Internalized Homophobia Inventory [3]

Ex: In general, I believe that homosexuality is as fulfilling as heterosexuality.

Positive Exposure to Sexual Minorities



Ex: I have a close friend or family member who belongs to the LGBTQ2+ community.

Education Level

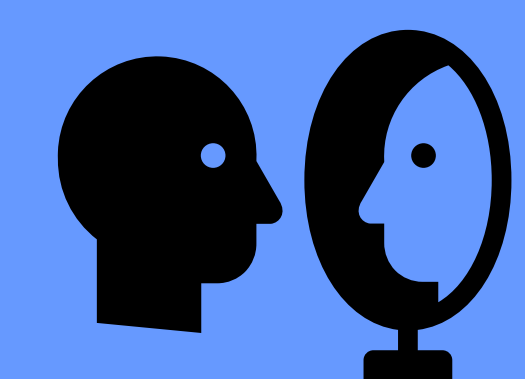


Ex: What is the highest level of education you have achieved?

MOS Social Support Survey [4]

Ex: You have someone to confide in or talk to about yourself or your problems.

Rosenberg Self-Esteem Scale [5]



Ex: I feel that I'm a person of worth, at least on an equal plane with others.

Implications

Researching internalized homophobia, may yield many positive benefits. For instance, this research may help improve the overall well-being of sexual minorities, raise awareness, and aid in the psychological treatment of people experiencing significant distress about themselves and their sexuality.