Relations Between Sexual and Gender Minority Stress, Personal Hardiness, and Psychological Stress in Emerging Adulthood: Examining Indirect Effects via Human-Animal Interaction

Camie A. Tomlinson  
*Virginia Commonwealth University*

Jennifer L. Murphy  
*Virginia Commonwealth University*

Angela Matijczak  
*Virginia Commonwealth University*

Shelby E. McDonald  
*Virginia Commonwealth University*

Follow this and additional works at: [https://scholarscompass.vcu.edu/gradposters](https://scholarscompass.vcu.edu/gradposters)

Part of the Psychology Commons, and the Social Work Commons

Downloaded from  
Tomlinson, Camie A.; Murphy, Jennifer L.; Matijczak, Angela; and McDonald, Shelby E., "Relations Between Sexual and Gender Minority Stress, Personal Hardiness, and Psychological Stress in Emerging Adulthood: Examining Indirect Effects via Human-Animal Interaction" (2021). *Graduate Research Posters*. Poster 116. [https://scholarscompass.vcu.edu/gradposters/116](https://scholarscompass.vcu.edu/gradposters/116)

This Poster is brought to you for free and open access by the Graduate School at VCU Scholars Compass. It has been accepted for inclusion in Graduate Research Posters by an authorized administrator of VCU Scholars Compass. For more information, please contact libcompass@vcu.edu.
Exposure to microaggressions may lead LGBTQ+ young adults to seek out relationships with pets, which in turn, may promote personal hardness, a factor associated with resilience.

**RESULTS**

- **HAI Measurement Model:** CFA = excellent fit
- **Mediation Model:** demonstrated adequate fit ($\chi^2/df = 1.71$, CFI = .96, TLI = .93, RMSEA = .07, SRMR = .04).

  - Model explained:
    - 20% of the variance in HAI ($p = .007$)
    - 30% of the variance in psychological stress ($p < .001$)
    - 12% of the variance in personal hardness ($p = .015$)

**DISCUSSION**

- **Significant direct effects** were found:
  - As microaggressions $\text{stress}$ $\text{psychological stress}$. This is consistent with research with LGBTQ+ populations.
  - As microaggressions $\text{HAI}$. This reflects the personal health and psychological stress via HAI, adjusting for human social support and other covariates.

- **The significant indirect effect** ($\beta = .14^{***} [.07 , .24]$) of microaggressions on hardness via HAI is consistent with prior HAI studies. There is evidence that pet ownership and HAI are associated with self-efficacy, which is related to hardness.

- **The non-significant effects are surprising** in the context of our study but match with some of the broader HAI literature.

**LIMITATIONS & FUTURE DIRECTIONS**

- Convenience methods, sample size/power
- Collapsed variables (e.g., race/ethnicity; sexual orientation, gender identity)

**Future Directions**

- Longitudinal designs
- Qualitative methods
- Incorporate additional measures of stress, adjustment, HAI

**IMPLICATIONS**

- Community supports can promote individual-level resilience and the ability to cope with stress. Our results suggest integrating community-level human and animal resources may support resilience in LGBTQ+ communities who benefit from relationships with companion animals.

**REFERENCES**

To see the full reference list and acknowledgements, click the link below or scan the QR code.

[Link to references]