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Michal Pitoňák



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Mental health in non-heterosexuals: minority stress theory and related explanation frameworks review

Author: RNDr. Michal Pitoňák, Ph.D.

Affiliation: Centre of Epidemiological and Clinical Research of Drug Abuse and Dependence, National Institute of Mental Health, Topolová 748, 250 67 Klecany, Czech Republic

Email: Michal.Pitonak@nudz.cz

Telephone: +420 773182848

Abstract:

Compared to heterosexuals, non-heterosexuals report: a) higher overall prevalence of internalizing mental disorders such as depression and anxiety; b) several-fold higher levels of suicidal behavior; c) elevated rates of tobacco, alcohol, and substance (ab)use; d) higher rates of risky-sexual behaviors that include higher risks of contracting STD's. This review explicates two of the most salient explanatory frameworks – Meyer's Minority Stress Theory (MST) and Hatzenbuehler's Psychological Mediation Framework (PMF) available for explaining these health outcomes. Prospects for future transdiagnostic interventions are outlined.

Keywords: minority stress, mental health, stigma, non-heterosexuals, sexual orientation

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