

The importance of specific support for building connection with non-monosexual individuals

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Fear of Intimacy

- Predictor of poor social and psychological functioning
- Negatively correlated with relationship satisfaction
- Positively correlated with loneliness and trait anxiety
- Can result from previous aversive social experiences

Ostracism

- Can result in loneliness
 - Increased morbidity and symptoms of psychopathology
 - Highest among young adults
- LGBTQ+ individuals are at higher risk of experiencing exclusion and ostracism

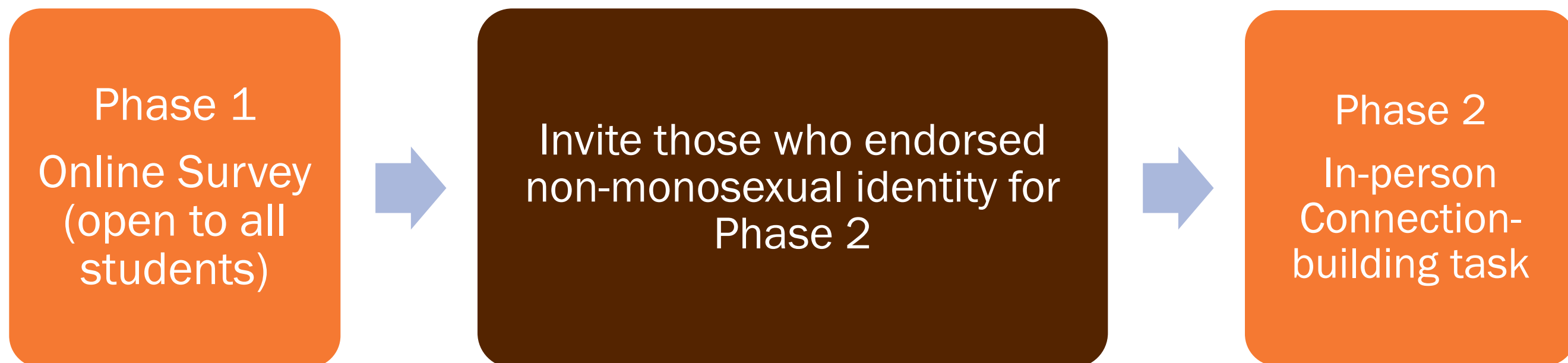
Non-monosexuality

- Attraction to 2+ genders
- Can include those who identify as bisexual and pansexual, but includes other sexual orientations
- Individuals can experience ostracization and exclusion from monosexual individuals
 - Both non-LGBTQ+ and LGBTQ+ spaces
 - E.g. “bi erasure” and biphobia

Goals and hypotheses

- Assess whether statements of support for identity will change willingness to connect with researcher
- Participants with low Fear of Intimacy will form connection better across conditions
- Participants with high Fear of Intimacy are likely to only form connection when support for their identity is high

Method



Conditions

- 3 levels of supportive statements:
 - No explicit statement
 - Generally supportive of LGBTQ+ identity
 - Specific support of non-monosexual identity

Connection-building

- Series of increasingly personal questions
- Dyadic exchange between participant and researcher
- Elicit vulnerable self-disclosure from participant
- Obtain ratings of connectedness from both researcher and participant

Measurement

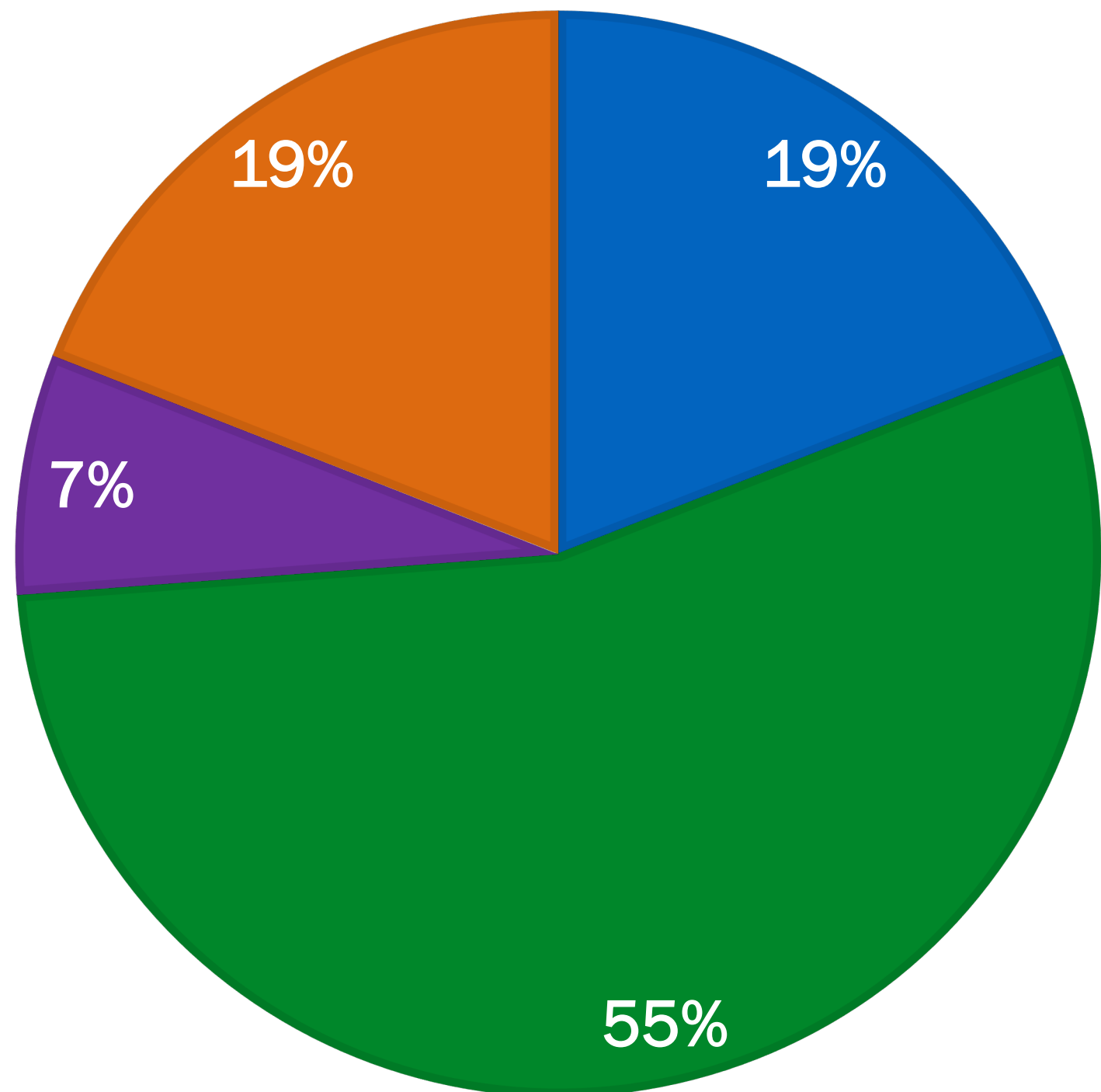
- Fear of Intimacy Scale
- UCLA Loneliness Scale
- Outness Inventory
- LGBTQ Belongingness Attainment Scale

Participants

- 42 participants responded
- Average Age: 19.53 (1.11)
- 25 Women, 5 Men, 7 Nonbinary, 5 Other/No Response
- 2 Asian, 3 Mixed Race, 31 White, 4 No Response
- 2 identified as Hispanic/Latino

Sexual Orientation

- Nonmonosexual
- Heterosexual
- Homosexual
- Otherwise Specified or No Response



Results and Participation

- Phase 1 survey yielded modest positive correlation between FIS and UCLA Loneliness Scale
- While not statistically significant, loneliness and fear of intimacy were highest among non-monosexual individuals
- Of the 8 participants eligible to continue to Phase 2, only one participated.

Participation

- No explicit supportive statement during recruitment
- Highlights need for affirming messaging
- Student population vs. targeted recruitment

Future Directions

- Are participants more likely to follow up if recruitment specifies support for identity?
- Partnering with LGBTQ+ organizations
- Needs assessments and focus groups
- Re-evaluation of incentives for participation

PSYCHOTHERAPY RESEARCH OR STUDY OF

Thank you

PROSOCIAL

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CONNECTION, INTIMACY, AND LONELINESS