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Is Self-Compassion a

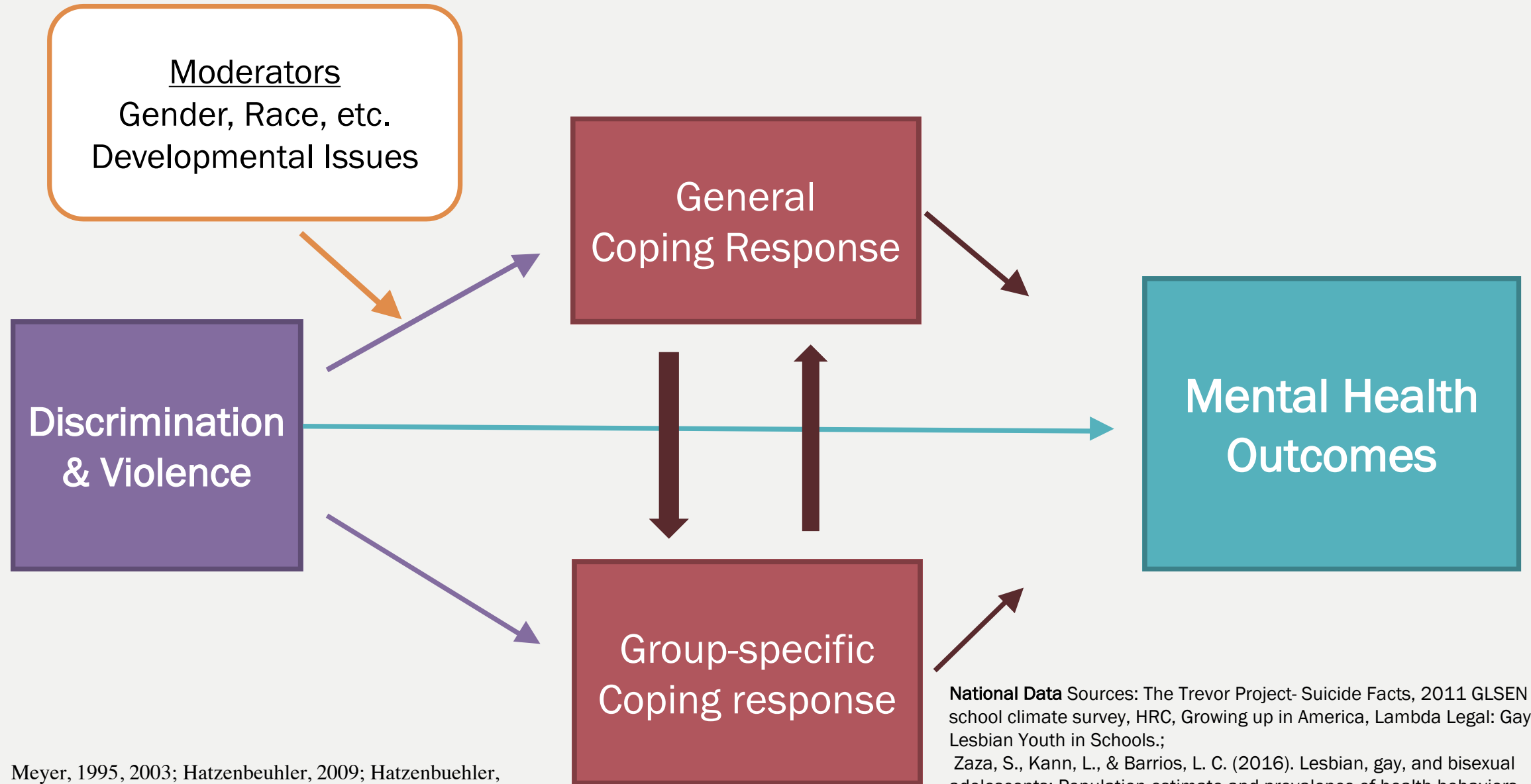
Resilience Factor to Adversity?

If So, How?
And Under What
Conditions?



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How minority stress “gets under the skin”

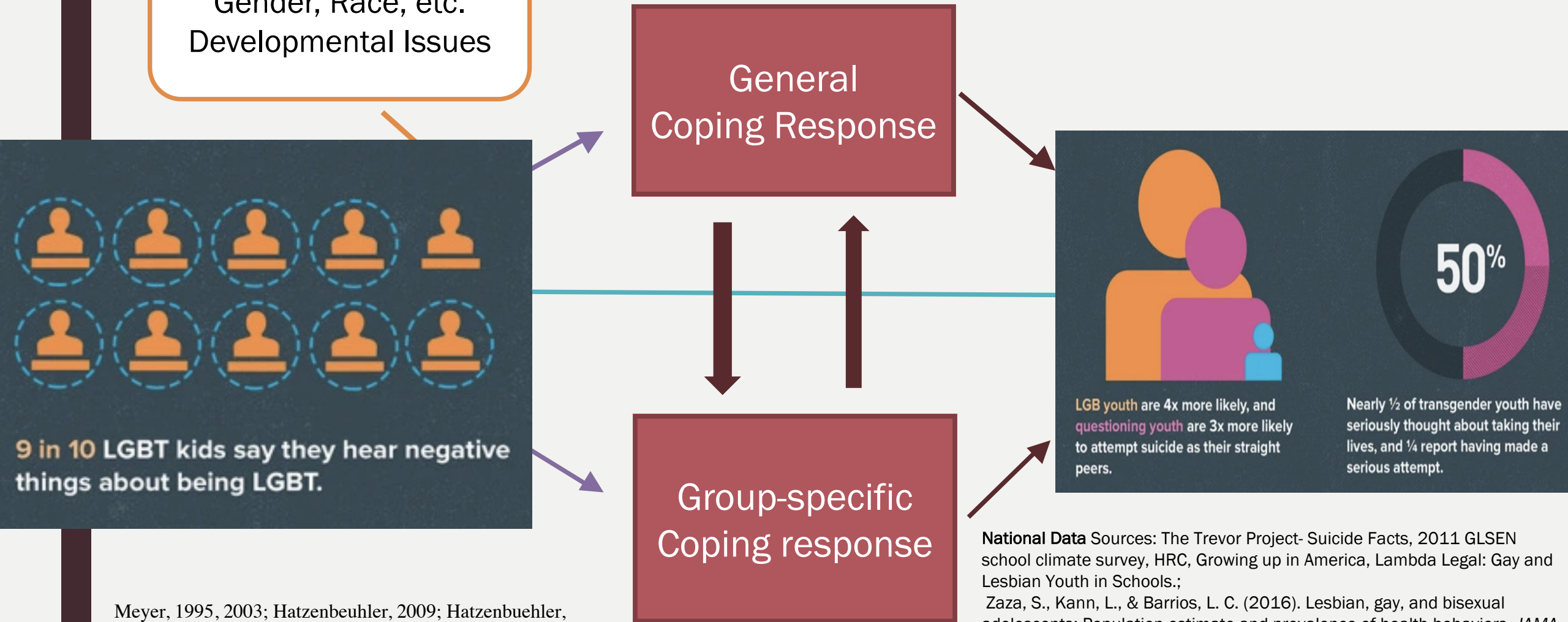


Meyer, 1995, 2003; Hatzenbuehler, 2009; Hatzenbuehler, McLaughlin & Nolen-Haeksema, 2008

National Data Sources: The Trevor Project- Suicide Facts, 2011 GLSEN school climate survey, HRC, Growing up in America, Lambda Legal: Gay and Lesbian Youth in Schools.; Zaza, S., Kann, L., & Barrios, L. C. (2016). Lesbian, gay, and bisexual adolescents: Population estimate and prevalence of health behaviors. *JAMA* doi:10.1001/jama.2016.1168.;

How minority stress “gets under the skin”

Moderators
Gender, Race, etc.
Developmental Issues



Meyer, 1995, 2003; Hatzenbeuhler, 2009; Hatzenbuehler, McLaughlin & Nolen-Haeksema, 2008

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STIGMA as a fundamental cause of Health Disparities

Label & Stereotype

Us vs Them

Status Loss

Discrimination



Self-compassion as self-soothing



Present Study

2015 Dane County Youth Assessment



RQs:

1. Is Self-Compassion Protective?
2. Are there adversity thresholds?
3. Does multiple marginalization change the patterns?

- $n = 1821$ Student
- 30% SoC
- 51% Female
- 18.1% Free lunch
- 22% Sexual or Gender Minority (SGMi)
 - 39% SGMi Students of Color

- Non-heterosexual identity
- Non-heterosexual sexual behavior
- Gender nonconforming self-presentation
- Transgender identity

Indirect Paths	Effect(SE)	BC	CI
(1) SGMy→ BB→ MHS	.11(.04)	.06	.20
(2) SGMy→BB→ SC→ MHS	.04(.01)	.02	.07
(3) SGMy→ SC→ MHS	.18(.05)	.09	.29

Pairwise Comparisons	Effect(SE)	BC	CI
Ind1- Ind2	.07(.03)	.02	.15
Ind1- Ind3	-.07(.06)	-.19	.06
Ind2- Ind3	-.14(.05)	-.25	-.05

SGMy Status

Bias-Bullying

Direct effect=.50

Self-Compassion

Depression &
Suicidality

SC = Bias-Bullying → Dep. & Suic.

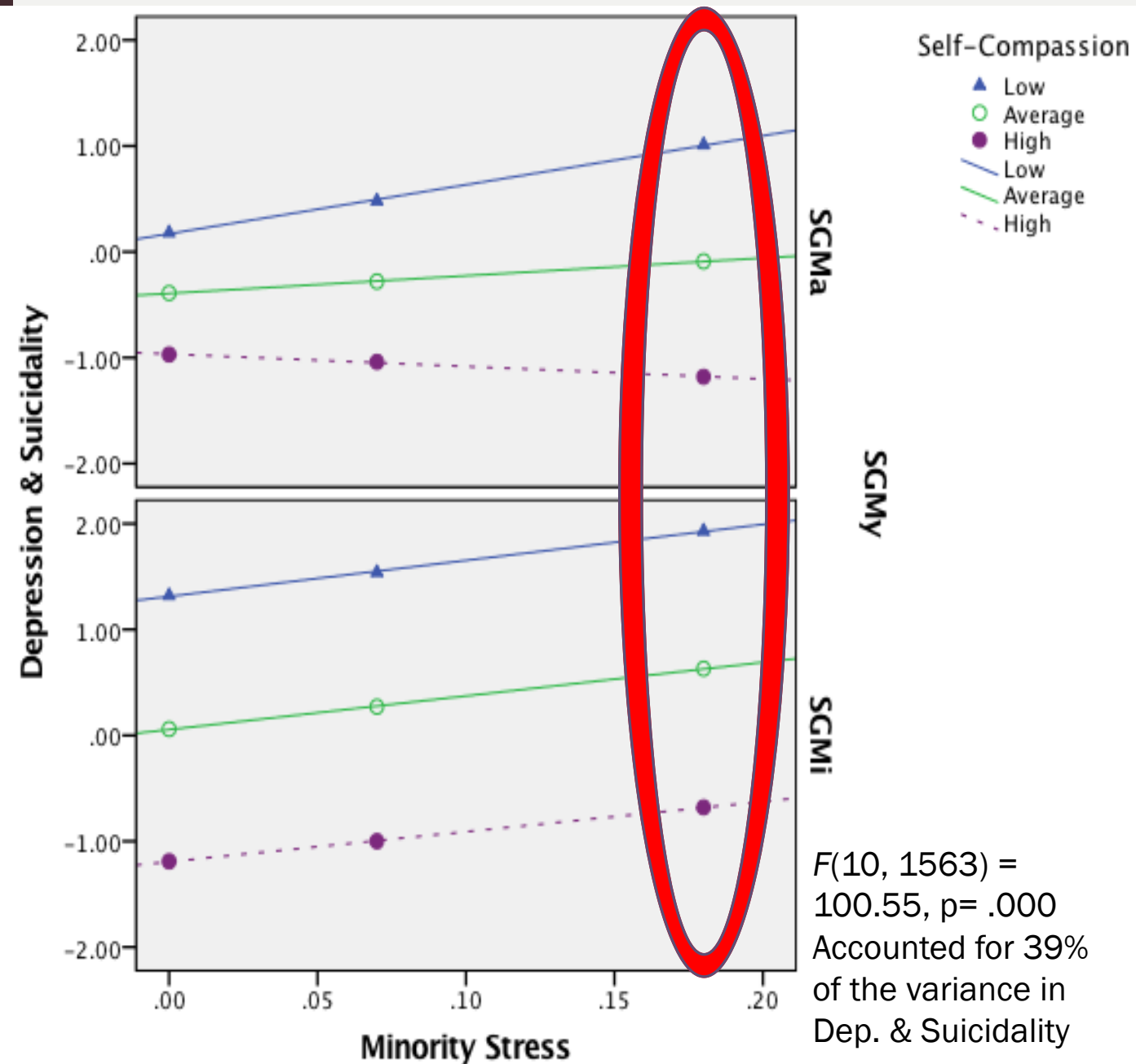
**Controlling for general victimization, ACE Score, Age & Sex

Low SC= Risk factor

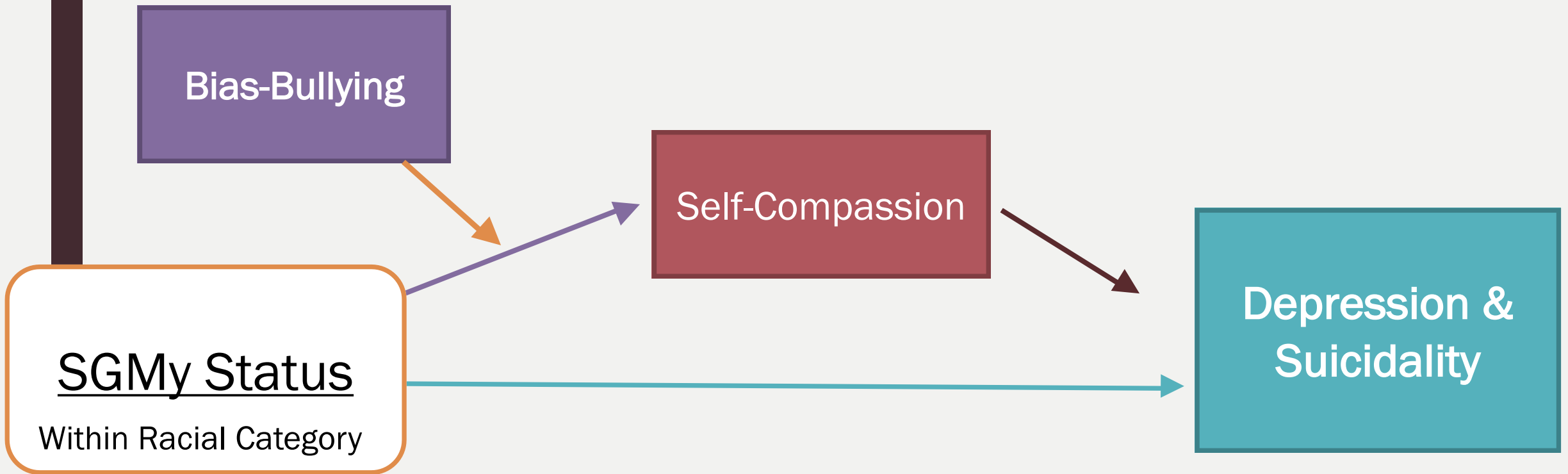
Ave->High SC= Protective

At average SC, BB
impacts SGMi students
more

SGMy→ Depression		Effect	SE	t	LLCI	ULCI
SCS=2.33	BB=.00	1.13	.20	5.67***	.74	1.53
SCS=2.33	BB=.07	1.06	.17	6.39***	.73	1.38
SCS=2.33	BB=.18	.93	.16	5.61***	.60	1.25
SCS=3.07	BB=.00	.45	.15	3.06***	.16	.74
SCS=3.07	BB=.07	.55	.13	4.31***	.30	.80
SCS=3.07	BB=.18	.71	.17	4.28***	.39	1.04
SCS=3.80	BB=.00	-.23	.23	-1.00	-.67	.22
SCS=3.80	BB=.07	.04	.20	.19	-.35	.43
SCS=3.80	BB=.18	.50	.27	1.84	-.03	1.03



Does Multiple Marginalization Matter?

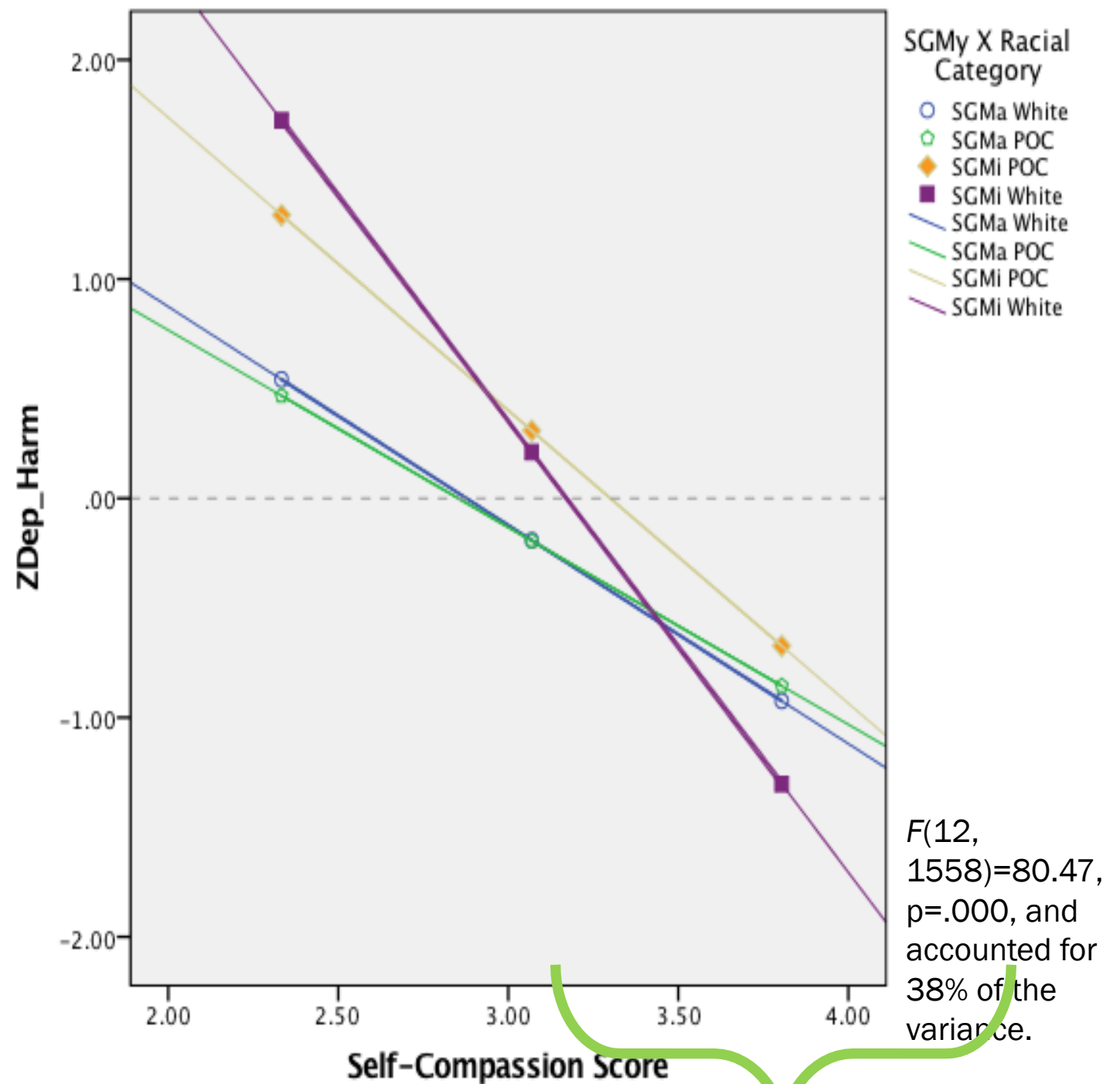


**Controlling for general victimization, ACE Score & Sex

Differences in Self-Compassion



White SGMi
are most
impacted by
SC levels

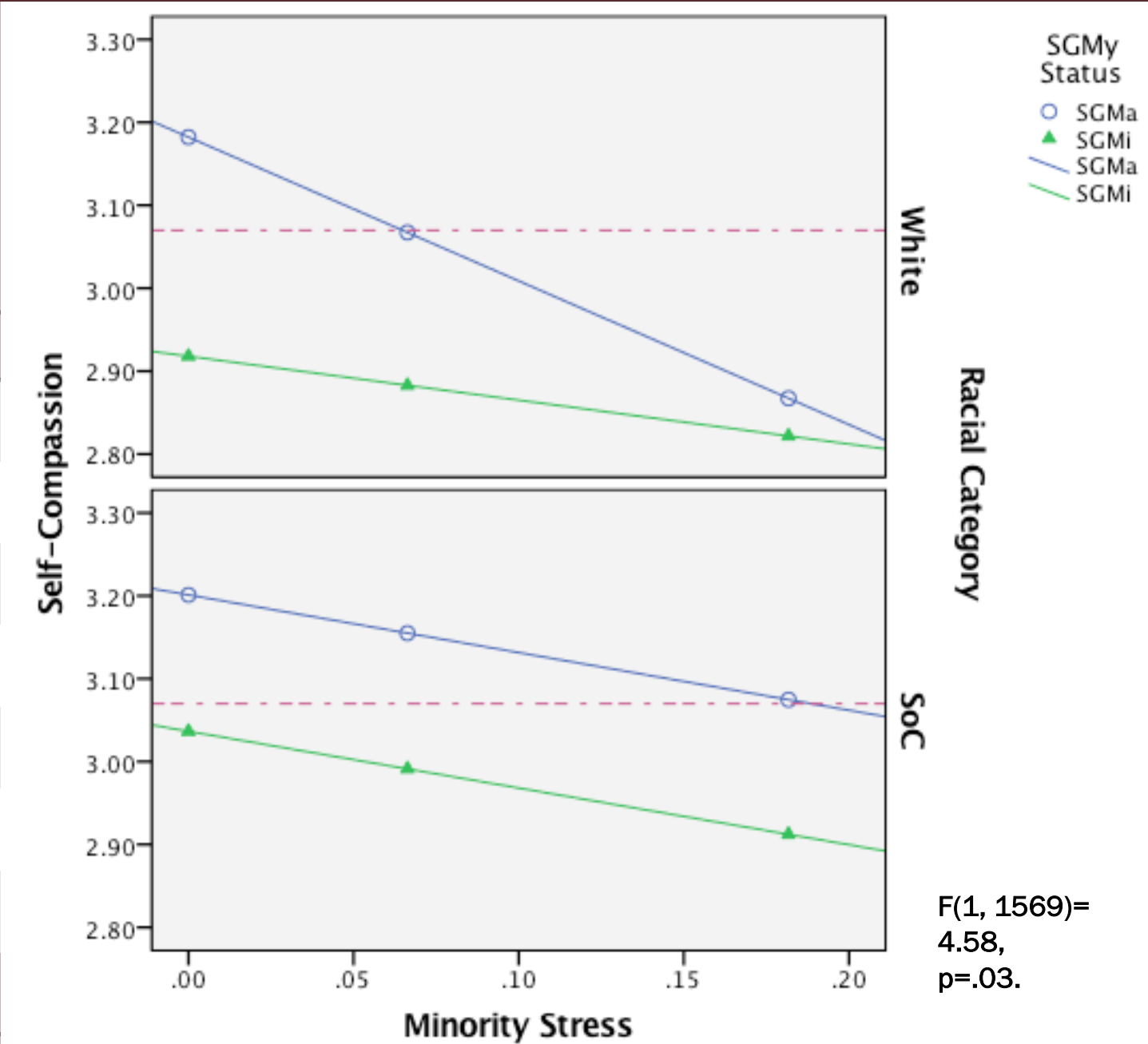


Under the same
levels of stress,
Students of Color
are more resilient

SGMy→Self-Compassion

Race	BB	Effect	se	t	p	LLCI	ULCI
-.50	.00	-.32	.07	-4.89	.000	-.45	-.19
-.50	.07	-.23	.06	-4.17	.000	-.34	-.12
-.50	.18	-.07	.07	-1.05	.296	-.20	.06
.50	.00	-.19	.09	-2.14	.033	-.35	-.02
.50	.07	-.18	.07	-2.46	.014	-.33	-.04
.50	.18	-.18	.08	-2.10	.036	-.34	-.01

Note. Race is coded as follows: White= -.5, SoC= .5,.





- **LOW SC** → Highest rates
- **HIGH SC** → Lowest rates
- Self-Compassion needs to be average or above average to confer protection
- At “HIGH” SC, health disparities across SGMi disappear
- At extreme stress levels, SC no longer buffers the SGMi → Depression & Suicidality
- White SGMi students have lowest SC and highest Dep. & Suic.
- SoC are more resilient to Minority Stress

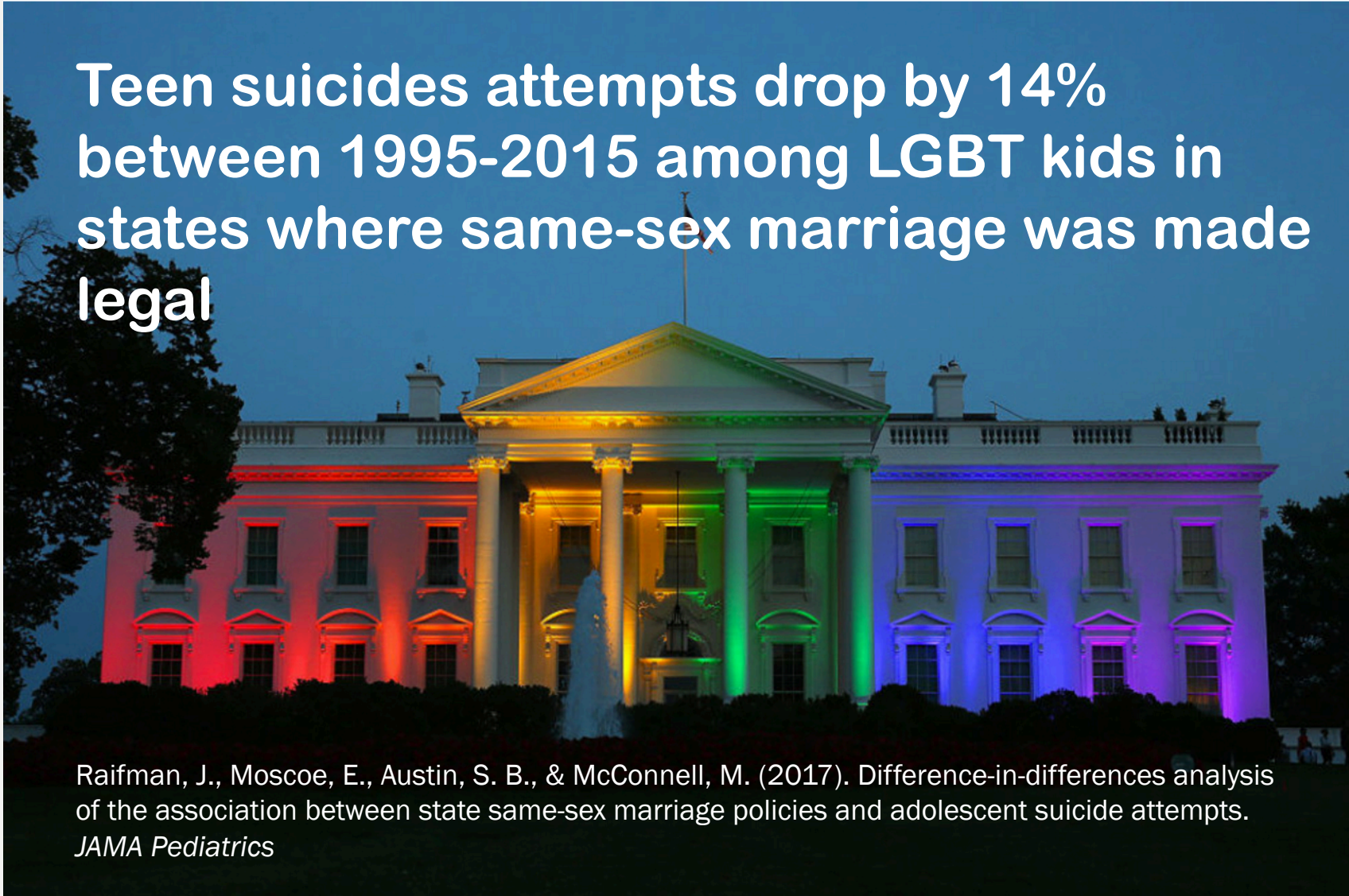
FUTURE RESEARCH DIRECTIONS



- Replicate using full SCS to investigate Common Humanity hypothesis among racially diverse sample
- Pilot self-compassion intervention with a focus on managing stigma in light of systems of oppression with SGMi youth Used mixed method analysis for face validity
- Test RCT intervention offering Self-compassion enhanced, SEL intervention vs active control of solely SEL intervention with data on trauma and clinical rates of depression & suicidality

INSTITUTIONAL CHANGES SAVE LIVES

Teen suicides attempts drop by 14%
between 1995-2015 among LGBT kids in
states where same-sex marriage was made
legal

A photograph of the White House at night, illuminated with rainbow-colored lights (red, orange, yellow, green, blue, purple) in a rainbow pattern. The building is white with a prominent portico and columns. The sky is dark blue.

Raifman, J., Moscoe, E., Austin, S. B., & McConnell, M. (2017). Difference-in-differences analysis of the association between state same-sex marriage policies and adolescent suicide attempts. *JAMA Pediatrics*

Thank you for your time!

- Deep bow of gratitude for my dissertation committee and to the School of Human Ecology for nurturing my growth as a scholar
- Thank you leadership of the Center for Child and Family Well-being for inviting me today!

BE
KIND
TO
YOURSELF

POCKET MOMMYHOOD