

Psychosocial Mediators of Discrimination's Impact on Health-Related Quality of Life Among Sexual and Gender Minority Cancer Survivors

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Introduction:

Acts of **discrimination impact the quality of life (QoL) of sexual and gender minority (SGM) cancer survivors**, potentially exacerbating health disparities. However, demographic and psychosocial factors may mitigate these effects, offering critical intervention points. **We explored demographic and psychosocial mediators of the relationship between everyday discrimination and health-related quality of life (HRQOL)** among SGM cancer survivors.

Hypotheses:

- ❖ The association between everyday discrimination and physical and mental HRQOL is mediated by psychosocial factors.
- ❖ The associations between demographic characteristics (e.g., SGM subgroup, racial and ethnic minority classification, and age) and HRQOL is mediated by EDS and psychosocial factors.

Methods:

This is a secondary analysis of **381 SGM survivors** from the **All of Us (AoU) Research Program**. Validated measures of **discrimination (EDS), depression, anxiety, stress, social support, and loneliness** were utilized to test a hypothesized model built based on the **Theory of health promotion for SGM populations with cancer**.

The model was tested using structural equation modeling (SEM) based on recommendations from Whittaker and Schumaker, in the AoU workbench's RStudio platform.

Results:

Participant characteristics:

- Median age: 70.2 years.
- Non-Hispanic White (91.6%)
- Cisgender men (52.3%)
- College degree or higher (77.1%).
- Cancer type: Skin (32.8%), blood (13.4%), breast (8.1%).
- Current treatment: 8.4%.

Model fit measures:

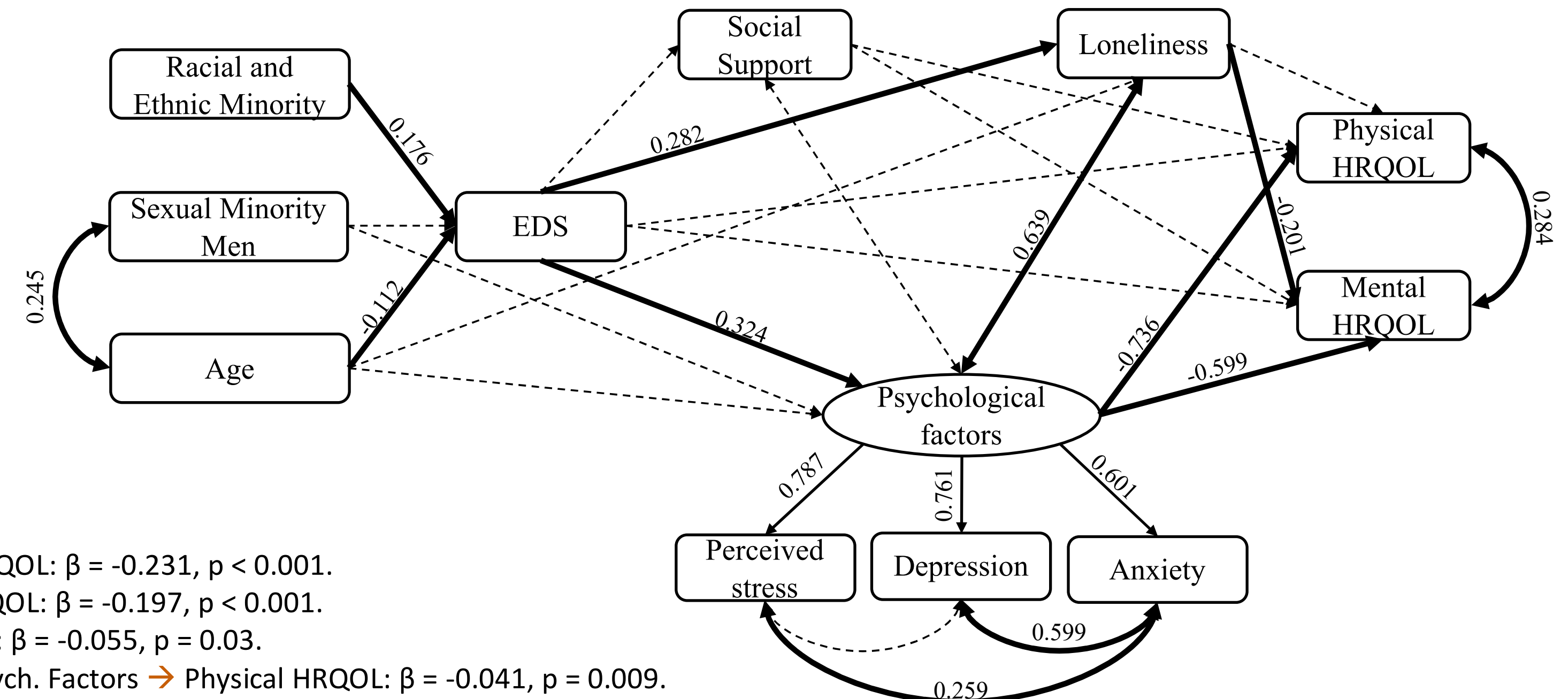
$\chi^2_{df=77} = 1,549.6$, $p < 0.001$, CFI= 0.971, TLI= 0.948. RMSEA= 0.051, SRMR= 0.037

Structural paths:

- EDS → Psych. Factors → Physical HRQOL: $\beta = -0.231$, $p < 0.001$.
- EDS → Psych. Factors → Mental HRQOL: $\beta = -0.197$, $p < 0.001$.
- EDS → Loneliness → Mental HRQOL: $\beta = -0.055$, $p = 0.03$.
- Racial/Ethnic Minority → EDS → Psych. Factors → Physical HRQOL: $\beta = -0.041$, $p = 0.009$.
- Racial/Ethnic Minority → EDS → Psych. Factors → Mental HRQOL: $\beta = -0.035$, $p = 0.009$.

Conclusions:

The data partially supported hypotheses 1 and 2. Interventions **addressing loneliness and psychological distress may reduce the negative impact of discrimination on the HRQOL** of SGM cancer survivors. The effect of **discrimination on health was particularly higher for SGM survivors that are also part of a racial or ethnic minority group**. Interventions with a focus on intersectional stigma may be more beneficial for this latter SGM subgroup.



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