

## MINORITY STRESS IN RELATION TO DEPRESSIVE SYMPTOMS IN BISEXUALS OVER 65 YEARS OF AGE. A REVIEW.

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### Abstract

Minority stress is the result of the discrimination and stigma suffered by the LGTBIQ+ community. More specifically, bisexual people are at greater risk of mental health problems or substance abuse, given that they have added stressors such as discrimination within the group itself. People over the age of 65 have other added factors, such as the oppressive political situation in which they have grown up, and age factors in relation to their sexuality. The objective of this work is to analyze the evidence available in the last 5 years, about the consequences related to depressive symptoms due to reduction of stress in bisexual people over the age of 65. The review is carried out following the criteria of the PRISMA guide. The search was carried out in April 2023 in the Psycarticles and Pubmed databases. The logical operators are (“minority stress”) AND (“depressive symptoms” OR “depressive symptom”) AND (“bisexual” OR “bisexuality”) AND (“aged” OR “elderly”). From the total of 544 initial publications, 7 studies that meet the inclusion criteria are selected. The results show a positive relationship between minimal stressors, such as heterosexist discrimination, and depressive symptoms. Possible protective factors such as self-esteem or social support have been found. The discussion shows possible biases, such as the cultural or digital gap between the participants, and new lines of research to delve deeper into the elderly. The work is implicated in clinical practice since prevention measures can be adopted such as information against discrimination, secondary actions such as early identification of depressive symptoms or manifestations with programs that reinforce protective factors such as increasing self-esteem and reducing stressors such as internalized homophobia.

**Key words:** bisexuality, LGTB, minority stress, depressive symptoms, older people

# EL ESTRÉS DE MINORÍAS EN RELACIÓN A LOS SÍNTOMAS DEPRESIVOS EN BISEXUALES MAYORES DE 65 AÑOS. UNA REVISIÓN.

## Resumen

El estrés de minorías es el resultado de la discriminación y la estigmatización que sufren las personas LGTBQ+. Más específicamente, las personas bisexuales tienen mayor riesgo a problemas de salud mental o consumo de sustancias, dado que cuentan con factores estresantes añadidos como la discriminación dentro del propio colectivo. Las personas mayores de 65 años cuentan con otros factores añadidos, como la situación política de opresión con la que han crecido, y los factores de edad en relación a su sexualidad. El objetivo de este trabajo es analizar la evidencia disponible en los últimos 5 años, acerca de las consecuencias relacionadas con la sintomatología depresiva debido al estrés de minoría en personas mayores de 65 años bisexuales. La revisión se realiza siguiendo los criterios de la guía PRISMA. La búsqueda se efectúa en abril del 2023 en las bases de datos Psycarticles y Pubmed. Los operadores lógicos son (“minority stress”) AND (“depressive symptoms” OR “depressive symptom”) AND (“bisexual” OR “bisexuality”) AND (“aged” OR “elderly”). Del total de 544 publicaciones iniciales, se seleccionan 7 estudios que cumplen con los criterios de inclusión. Los resultados muestran una relación positiva entre los estresores de minorías, como la discriminación heterosexista, y los síntomas depresivos. Se han encontrado posibles factores de protección como la autoestima o el apoyo social. En la discusión se muestran posibles sesgos, como el cultural o la brecha digital entre las personas participantes, y nuevas líneas de investigación para profundizar más acerca de las personas mayores. El trabajo cuenta con implicación en la práctica clínica ya que se pueden adoptar medidas de prevención como información contra la discriminación, acciones secundarias como la identificación temprana de los síntomas depresivos o intervenciones con programas que refuercen factores de protección como aumentar de la autoestima y disminuir estresores como la homofobia internalizada.

**Palabras clave:** bisexualidad, LGTB, estrés de minorías, síntomas depresivos, personas mayores

## Introduction

Minority stress is a result of the discrimination and stigma suffered by the LGTBQ+ community. In addition, bisexual people and those over the age of 65 have added stressors such as discrimination within the group or the oppressive political situation in which they grew up. The aim of this review is to examine recent work on how minority stress influences depressive symptomatology in bisexual people older than 65 years. The inclusion criteria were: empirical studies in English or Spanish, publications between 2018-2023, a sample of the LGTBQ+ collective, including bisexual people and subjects over 65 years of age, and linking depressive symptoms with the stress of minorities.

## Method

Key words: minority stress, depressive symptom, bisexual, bisexuality, aged, elderly  
Published between 2018 and 2023

Records identified through PsycArticles (n=443)

Records identified through PubMed (n=101)

Duplicate records (n=1)

n=544

Records excluded for not being empirical and being orbituaries (n=3)

n=543

Records excluded after reviewing title and abstract (n=533)

n=540

Studies included (n=7)

## Results

AUTHORS	N	RACE/ETHNICITY	EVALUATION	RESULTS
Brandon et al., (2023)	N=434 Age M=35,61 Bisexual (N=211)	USA European American/White (N=344)	Stressors: heterosexist discrimination, rejection expectations, internalized heterosexism, outness Depressive symptoms with CES-D	Heterosexist discrimination, rejection expectations, internalized heterosexism, and rumination are positively related to internalizing symptoms.
James et al., (2019)	N=387 Age M=29,48 Bisexual	USA White (N=341)	Stressors: discrimination experiences, perceived antibisexual prejudice, internalized biphobia Depressive symptoms with CES-D	Stressors influence mental health.
Raymond et al., (2018)	N=1071 Age M=40,24 Bisexual (N=54)	USA White (N=763)	Stressors: Internalized Homophobia Depressive symptoms with CES-D	Internalized homophobia is positively associated with depression and negatively associated with attachment to the gay community.
Micah et al., (2022)	N=502 Age M=53,37 Bisexual (N=131)	USA White (N=384)	Stressors: interpersonal discrimination Depressive symptoms with CES-D	Interpersonal discrimination is associated with depressive symptoms.
Anupan et al., (2020)	N=207 Age M=53,51 Bisexual (N=38)	Indian	Stressors: degree of closetedness, internalized homophobia Depressive symptoms with GDS-15	Internalized homophobia is related to higher levels of depressive symptoms.
Brian et al., (2023)	N=128 Age M=52,95 Bisexual	USA White (N=93)	Stressors: degree of disclosure, internalized binegativity, discrimination Depressive symptoms with CES-D	Depression did not differ between gay couples and other types of relationships.
Brian et al., (2019)	N=371 Age M=37,68 Bisexual (N=46)	USA White (N=187)	Stressors: discrimination based on sexual orientation, internalized homonegativity Depressive symptoms with BSI	Community involvement positively affects mental health.

## Discussion and Conclusions

The results show a positive relationship between minority stressors and depressive symptoms. In addition, possible protective factors have been found. The discussion shows possible biases and gaps in the literature. We reflect on the culture and design of the studies, the number of the sample, gender, age, nationality and sexual orientation of the participants and the digital divide. Also on the measurement of minority stress and depressive symptoms, and the results of studies. In conclusion, the work has implications in clinical practice to take stress factors into account when treating certain patients.

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