Mindfulness, Self-Esteem and Positive States of Mind: 
Correlates of Psychological Quality of Life in an LGBT Sample

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Introduction

• Harassment, abuse, discrimination and stigma are nearly universal experiences among lesbian, gay, bisexual and transgender (LGBT) people (APA, 2008). Moreover, sexual and gender minority individuals are 2.5 times more likely than sexual and gender minorities to have a mental health disorder (Coxman, Sullivan & Mays, 2003).
• Mental health care providers should pay attention to harassment, discrimination and other risks unique to the well-being of LGBT people (Bostwick, 2007).
• Mindfulness, self-esteem and positive states of mind (PSOM) are positively associated with psychological quality of life (QOL).
• Mindfulness-based interventions improved quality of life in a depressed sample (Godfrin & van Heeringen, 2010) and in a distressed sample (Nyklicek & Kuijpers, 2008).
• Similarly, self-esteem was positively associated with mental health outcomes (Neff, 2011). Quality of life and harassment, discrimination and other risks unique to the psychological well-being of LGBT people (APA, 2008).
• Positive states of mind negatively correlate with stress and in a depressed sample (Chang et al., 2004).
• Harassment, abuse, discrimination and stigma are more likely than sexual and gender majorities to have a mental health disorder (Chang et al., 2004).

Methods

• We recruited participants from various venues in the Dallas/Ft Worth metropolitan area, including community-based organizations and the Dallas Gay Pride Parade.
• Participants were required to be at least 18 years of age, to be fluent in English and to self-identify as LGBT.
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