Stigma and STI Risk

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Associate Professor
Stigma and STI Risk

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Funding Sources

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TW R21-009925
Yale Center for Interdisciplinary Research on AIDS
Yale Fund for LGBT Studies
Stigma Makes The Skin Thinner

Emotion Dysregulation

General Life Stress

Behavioral and Mental Health Risk

Stigma

From Stigma To Sexual Risk

Childhood Peer Rejection

Rejection Sensitivity

Emotion Dysregulation

Internalized Homophobia

Depression Anxiety

Sexual Compulsivity

Adulthood Discrimination

Pachankis, Rendina, et al. (2015). *Arch Sex Behav*
Structural Stigma
Structural Stigma and STI Screening

Pachankis et al. (2015). AIDS.

United Kingdom
Ireland
Netherlands
Malta
Switzerland
Slovenia
Germany
Croatia
Denmark
Norway
Czech Republic
Spain
France
Serbia
Finland
Austria
Belgium
Poland
Portugal
Hungary
Macedonia
Russia
Ukraine
Turkey
Bulgaria
Belarus
Moldova
Luxembourg
Bosnia/Herzegovina
Greece
Italy
Estonia
Austria

\% Receiving STI Screen
(12 mo)

0%
5%
10%
15%
20%
25%
30%
35%
40%
45%

-2 -1.5 -1 -0.5 0 0.5 1 1.5 2

Structural Stigma

Pachankis et al. (2015). AIDS.
Structural Stigma and Sex Discussion

Pachankis et al. (2015). AIDS.

Structural Stigma

No Disclosure of MSM Status During Testing

Austria
Bosnia/Herzegovina
Belgium
Bulgaria
Belarus
Switzerland
Cyprus
Czech Republic
Germany
Denmark
Estonia
Spain
Finland
France
Greece
Croatia
Hungary
Ireland
Italy
Lithuania
Luxembourg
Moldova
Macedonia
Malta
Netherlands
Norway
Poland
United Kingdom
Russia
Ukraine
Turkey
Romania

20%
30%
40%
50%
60%
70%
80%
90%

-2.0 -1.5 -1.0 -0.5 0.0 0.5 1.0 1.5 2.0

Pachankis et al. (2015). AIDS.
Structural Stigma and Concealment

Pachankis et al. (2015). AIDS.

<table>
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<tr>
<th>Country</th>
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<td>Turkey</td>
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Pachankis et al. (2015). AIDS.
Structural Stigma and Concealment

- Sexual Orientation Concealment
  - Structural Stigma
  - Lack of STI Preventive Knowledge, Services, Behaviors

Pachankis et al. (2015) *AIDS*
Structural Stigma and Concealment

Pachankis & Bränström (2019) PLOS One
Emotion Dysregulation
Rejection Hypervigilance
Internalized Homophobia
Identity Concealment

Consciousness Raising
Reduce Emotional Avoidance
Self- Assertion Training
Cognitive Restructuring
Find Supportive Community

Emotion Dysregulation
Rejection Hypervigilance
Internalized Homophobia
Identity Concealment

STI/HIV Risk
Depression

Stigma

Pachankis (2015). *Arch Sex Behav*
The ESTEEM Program

**Depression**
- Before: Treatment = 8, No Treatment = 6
- After: Treatment = 4, No Treatment = 2

**Anxiety**
- Before: Treatment = 10, No Treatment = 8
- After: Treatment = 2, No Treatment = 0

**Alcohol Use**
- Before: Treatment = 12, No Treatment = 10
- After: Treatment = 4, No Treatment = 2

Intersectional Populations

Jackson, Wagner, Yepes, & Pachankis (in prep).
Hard-to-Reach Populations
Structural Stigma and Intervention Efficacy

Reid, Dovidio, Ballester, & Johnson (2014). *Soc Sci Med*
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