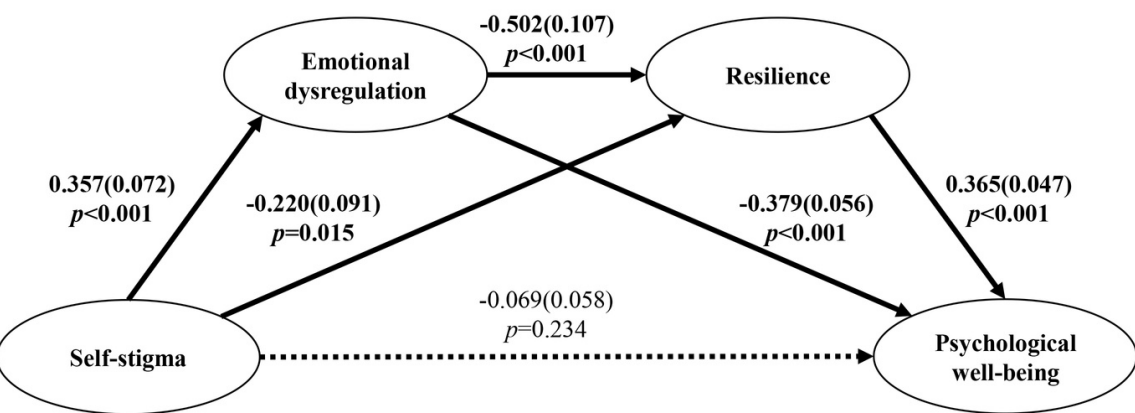


Self-stigma and Psychological Well-being in Men who Have Sex with Men in Hong Kong: The Mediating Roles of Emotional Dysregulation and Resilience



Introduction

Evidence has suggested that self-stigma will lead to poor psychological well-being among men who have sex with men (MSM). However, the psychological mechanisms underlying this association remain poorly understood. This study aimed to investigate the mediating role of emotional dysregulation and resilience in the association between self-stigma and psychological well-being among Chinese MSM.

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Study Hypothesis

Self-stigma would be negatively associated with psychological well-being through two opposing pathways: elevating emotional dysregulation while diminishing resilience, with emotional dysregulation and resilience being inversely related.

Methods

Research Design
A cross-sectional study in Hong Kong

Participants
420 MSM aged 18 or above

Data Collection
Self-reported questionnaires

- Sociodemographic characteristics
- Self-stigma
- Emotional dysregulation
- Resilience
- Psychological well-being

Data Analysis
Structural equation modeling (SEM) was used to examine the associations among the mental health variables.

Demographic characteristics

- The mean age of the participants was 31.7 years old (SD 7.9).
- About three-fifth of the participants had a university or above education level (60.5%).
- Most of the participants were employed (85.2%), were homosexual in sexual identity (87.9%), and were single in marital status (86.9%).

Correlations of psychological variables

	Self-stigma	Emotional dysregulation	Resilience	Psychological well-being
Self-stigma	1			
Emotional dysregulation	0.367**	1		
Resilience	-0.211**	-0.408**	1	
Psychological well-being	-0.234**	-0.528**	0.532**	1

Mediation analyses

Self-stigma was positively associated with emotional dysregulation ($\beta = 0.357, p < 0.001$), which in turn was negatively associated with psychological well-being ($\beta = -0.379, p < 0.001$).

Self-stigma was also negatively associated with resilience ($\beta = -0.220, p = 0.015$), which positively related to psychological well-being ($\beta = 0.365, p < 0.001$).

Resilience had a statistically negative association with emotional dysregulation ($\beta = -0.502, p < 0.001$).

Emotional dysregulation and resilience fully mediated the association between self-stigma and psychological well-being, with a mediation proportion of 44.9%.

Conclusion

- ✓ Self-stigma indirectly impacts psychological well-being through increasing emotional dysregulation and reducing resilience among MSM.
- ✓ Interventions targeting emotional regulation and fostering resilience may help mitigate the negative effects of self-stigma on psychological well-being in this population.

Keywords

Self-stigma
Psychological well-being
Emotional dysregulation
Resilience
Structural equation model
MSM

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