COVID, Racial Trauma, & Sexual and Gender Minorities in the US: New Evidence from the National Couples’ Health and Time Study

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- Gallup Personnel: Jenny Marlar, Angelina Theodorou, & Margaret Carlson
- 140 Scholars and Students from various fields who provided survey feedback
- 400 NCHAT Pilot respondents

The content in this presentation is solely the responsibility of the authors and does not necessarily represent the official views of the Eunice Kennedy Shriver National Institute for Child Health and Human Development of the National Institutes of Health.
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Risk and Resilience in Well-Being During the COVID-19 Pandemic

Extension of Prime, Wade, & Browne’s (2020) Model

Pre-existing Family Vulnerabilities

COVID-19 Pandemic

Racial Trauma

Social Disruption

Psychological Distress
Mental health paradox

or... Resilience and Thriving
Research Questions

STRESS:
How did COVID-19 and Racial Trauma Stress experiences vary according to a) race and ethnicity and b) sexual and gender diversity?

WELL-BEING:
How are experiences with COVID-19 Stress and Racial Trauma Stress associated with well-being (depression, anxiety, loneliness, and stress overload)?

Once accounting for potential mechanisms underlying associations, how are race and ethnicity and sexual and gender diversity associated with well-being?
The NCHAT Sample
Overview of the Gallup Panel

Nationally representative, probability-based panel of U.S. adults who agree to participate in surveys
- Not an opt-in panel

Built off of randomly generated telephone/address sample

Multi-mode
- Panelists can be surveyed by phone, web, mail, or SMS

Current Panel size:
- 100,000 can be contacted via web and/or mail.
- An additional 500,000+ can be contacted for a one-time study.
NCHAT Timeline

**Summer & Fall 2019**
- Survey Development and Pilot Testing
- World Health Organization declares COVID-19 a pandemic
- Survey revised to address COVID-19 and George Floyd murder
- Additional LGBT recruitment from Gallup
- California DOJ reports a 162% increase in anti-Asian hate crimes
- Atlanta Spa Shooting – killing 8 people, including 6 Asian women
- Additional Asian American and Asian respondents invited to participate

**Feb. 2020**
- Survey and all Programming Finalized

**March 2020**
- George Floyd is murdered in Minneapolis, MN

**Apr.–Aug. 2020**
- NCHAT Survey enters the field

**Nov. 2020**
- FDA issues emergency use authorization for 1st COVID-19 vaccine

**Dec. 11, 2020**
- California DOJ reports a 162% increase in anti-Asian hate crimes

**Feb. 2021**
- U.S. COVID death toll surpasses 500,000

**March 16, 2021**
- U.S. administers 100 millionth vaccine

**March 19, 2021**
- Additional Asian American and Asian respondents invited to participate

**March 22, 2021**
- NCHAT Data Collection Completed

**April 2021**
- NCHAT Data Collection Completed

**March 19, 2021**
- Atlanta Spa Shooting – killing 8 people, including 6 Asian women

**March 22, 2021**
- Additional Asian American and Asian respondents invited to participate

**Feb. 2021**
- FDA issues emergency use authorization for 1st COVID-19 vaccine

**Dec. 31, 2020**
- California DOJ reports a 162% increase in anti-Asian hate crimes

**Dec. 11, 2020**
- California DOJ reports a 162% increase in anti-Asian hate crimes
Survey Development & Data Collection Highlights

Oversamples of:
- Same-Gender Couples
- Sexual Minorities
- Asian and Asian American, Black, and Latinx Individuals

Gender Neutral and Inclusive Survey collected in Spanish and English

Two rounds of Pilot Testing and Cognitive Interviews
- Respondents expressed the survey was long
- Increased the postpaid incentive for the main survey
NCHAT Respondents

- The sample includes 3,642 main respondents and 1,515 partners
- Time Diary completes from 1,975 main respondents and 841 partners
- Data are weighted to be representative of couples with one partner aged 20 to 60, who are married or cohabiting, and able to read English or Spanish
Measures & Descriptive Statistics
NCHAT Survey

- Main respondent and partner demographics
- Employment (COVID-19 exposure, work-family conflict)
- Household Roster & Non-household children
- COVID specific questions (risk, status, social distancing, life disruption)
- Relationship functioning including changes since the pandemic
- Relationship Milestones
- Finances
- Pregnancy
- Intimate Partner Violence
- Division of Labor
- Physical and Psychological Well-being

- Alcohol, Smoking, and Drug Use
- HIV
- Discrimination
- Family of Origin

Community Context
Stress Indicators

COVID-19 Stress
“How stressed are you about the following?”

1) Getting coronavirus
2) My spouse or partner getting coronavirus
3) My parents, siblings, or other family members getting coronavirus
   ▶ Not at all to very stressed (5 point)
   ▶ Summed
   ▶ $\alpha = .89$

Racial Trauma Stress
“How has the recent movement for racial equity sparked by the killing of George Floyd influenced your stress?”
▶ Not at all to a great deal (4 point)
Mental Health Dependent Variables

**Depression** (CES-D short form; 10 items)
  - $\alpha = .87$

**Anxiety** (GAD-7; 7 items)
  - $\alpha = .92$

**Loneliness** (R-UCLA Loneliness Measure; 3 items)
  - $\alpha = .84$

**Stress Overload** (Short Stress Overload Scale; 7 items)
  - $\alpha = .85$
Key Independent Variables

What is your race? *(you may select more than one)*
- 1 White
- 2 Black or African American
- 3 American Indian or Alaska Native
- 4 Asian Indian
- 5 Chinese
- 6 Filipino/a/x
- 7 Japanese
- 8 Korean
- 9 Vietnamese
- 10 Native Hawaiian
- 11 Guamanian or Chamorro
- 12 Samoan
- 13 Other Asian
- 14 Other Pacific Islander
- 15 Some other race

Ethnicity

Are you Hispanic, Latino/a/x, or Spanish or Spanish origin?
- 1 No, not of Hispanic, Latino/a/x, or Spanish origin
- 2 Yes, Mexican, Mexican Am., Chicano/a/x
- 3 Yes, Puerto Rican
- 4 Yes, Cuban
- 5 Yes, another Hispanic, Latino/a/x, or Spanish origin
N = 3,610 respondents

Race/Ethnicity

NH/NL white = 2247
NH/NL Black = 336
NH/NL Asian = 209
NH/NL Multirace = 206
Hispanic / Latina/o/e/x = 585
Another race = 57
### Key Independent Variables

#### Sexual Identity

Which of the following do you consider yourself to be?

1. Heterosexual or “straight”
2. Gay or lesbian
3. Bisexual
4. Same-gender loving
5. Queer
6. Pansexual
7. Omnisexual
8. Asexual
9. Don’t know
10. Questioning
11. Something else (specify)

*This was a select all measure.*
11% \((n=393)\) respondents chose more than one sexual identity ranging from 2 to 9.

96 unique sexual identity combinations:
- Most common:
  - bisexual and queer
  - bisexual and pansexual
  - gay/lesbian and queer
N = 3,610 respondents

Sexual Identity

- Heterosexual: 2021
- Gay or Lesbian: 734
- Bisexual: 422
- Another / Multiple: 465
N = 3,610 respondents

Sexual Identity

- Heterosexual (n = 2021): 97%
- Gay or Lesbian (n = 734): 1%
- Bisexual (n = 422): 1%
- Another / Multiple (n = 465): 1%

Weighted
Key Independent Variables

Gender Identity

GENDER  Which of the following best describes your gender? (select one)
1  Man
2  Woman
3  Trans man
4  Trans woman
5  Do not identify as any of the above (there is an option to specify in the next question)

[IF GENDER = 5 OR IS BLANK]
GENDER_1  Do any of the following terms describe your gender? Please select all that apply.
1  Nonbinary
2  Two-spirit
3  Agender
4  Gender fluid
5  Gender neutral
6  Genderqueer
7  Other (Please specify)
99  Don’t know

D1 What sex appears on your original birth certificate?
1  Male
2  Female
3  Don’t know/does not apply
N = 3,610 respondents

Gender Identity

- Man / Trans Man (n = 1787): 49%
- Woman / Trans Woman (n = 1757): 51%
- Another Gender (n = 98): 0.20%
33% ($n=34$) respondents chose more than one identity ranging from 2 to 5.

Other (please specify) examples:
- Androgynous
- Gender nonconforming
- Transmasculine

Bar graph:
- Nonbinary: 64
- Genderqueer: 27
- Gender fluid: 24
- Gender neutral: 9
- Agender: 8
- Two-spirit: 8
- Other: 16
- Don’t know: 7
Mechanistic Variables

Economic: Household income (log)

Physical Health: “Have you ever been told by a doctor or health professional that you currently have any of the following?”
(22 health conditions; yes/no)
- Example: Diabetes, Cancer, high blood pressure

Discrimination:
- Micro-aggressions: “In your day-to-day life over the past month, how often did any of the following things happen to you?” (average of 9 items; 5 point)
  - Example: “You were treated with less respect than other people”
- Healthcare: “Please indicate how much you agree or disagree with each of the following. When seeking healthcare…” (average of 5 items; 5 point)
  - Example: “I worry that I might confirm negative stereotypes about people like me”

Supportive climate:
- Race – “Is this city or area where you live a good place to live for…” “People who are racial and ethnic minorities?” (5 point)
- LGB – “Is this city or area where you live a good place to live for…” “People who are gay, lesbian, or bisexual?” (5 point)
- Social support – “How much do you rely on each of the following people for emotional support…” (average of 2 items; 5 point)
  1. “I rely on my family for emotional support”
  2. “I rely on my friends for emotional support”
Sociodemographic Variables

- Couple Type (details on next slide)
- Married/Cohabiting
- Age
- Household Children Under 18
- Interracial Couple
- Foreign Born
- Education
- Employment Status
- Month of Survey
N = 3,610 respondents

Couple Type

Non-binary: 141
Same-Gender: 994
Different-Gender: 2507
N = 3,610 respondents

Couple Type

- Different-Gender (n = 2507): 98%
- Same-Gender (n = 994): 2%
- Non-binary (n = 141): 1%

Weighted
N = 3,610 respondents

Mean Age: 44.43

Additional Key Demographic Indicators

- Married: 81%
- College Degree +: 40%
- Employed (full- or part-time): 76%
- Interracial Couple: 30%
- Foreign Born: 11%
- At least 1 household child under 18: 46%

Weighted
Results & Discussion
STRESS:

How did COVID-19 and Racial Trauma Stress experiences vary according to a) race and ethnicity and b) sexual and gender diversity?
COVID-19 Stress

<table>
<thead>
<tr>
<th>Race/ethnicity (ref: NH/NL white)</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>NH/NL Black</td>
<td>0.53</td>
</tr>
<tr>
<td>NH/NL Asian</td>
<td>1.05*</td>
</tr>
<tr>
<td>Hispanic or Latino/a/e</td>
<td>0.75**</td>
</tr>
<tr>
<td>NH/NL Multirace</td>
<td>0.98*</td>
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<tr>
<td>Another race/ethnicity</td>
<td>-0.15</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Gender (ref: Man/Trans man)</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woman/Trans Woman</td>
<td>0.96***</td>
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<td>Another Gender Identity</td>
<td>-0.48</td>
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</table>

<table>
<thead>
<tr>
<th>Sexual identity (ref: heterosexual)</th>
<th>B</th>
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</thead>
<tbody>
<tr>
<td>Gay or Lesbian</td>
<td>0.35</td>
</tr>
<tr>
<td>Bisexual</td>
<td>0.93</td>
</tr>
<tr>
<td>Another sexual identity or Multiple sexual identities</td>
<td>1.13*</td>
</tr>
</tbody>
</table>

*p < .05**p < .01***p < .001
# Racial Trauma Stress

<table>
<thead>
<tr>
<th>Race/ethnicity (ref: NH/NL white)</th>
<th>B</th>
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</thead>
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<tr>
<td>NH/NL Black</td>
<td>0.52***</td>
</tr>
<tr>
<td>NH/NL Asian</td>
<td>-0.03</td>
</tr>
<tr>
<td>Hispanic or Latino/a/e</td>
<td>-0.10</td>
</tr>
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<td>NH/NL Multirace</td>
<td>0.23*</td>
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<td>Another race/ethnicity</td>
<td>-0.06</td>
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</table>

<table>
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<tr>
<th>Gender (ref: Man/Trans man)</th>
<th>B</th>
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</thead>
<tbody>
<tr>
<td>Woman/Trans Woman</td>
<td>0.27***</td>
</tr>
<tr>
<td>Another Gender Identity</td>
<td>0.40*</td>
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</table>

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Gay or Lesbian</td>
<td>0.45</td>
</tr>
<tr>
<td>Bisexual</td>
<td>0.48***</td>
</tr>
<tr>
<td>Another sexual identity or Multiple sexual identities</td>
<td>0.50***</td>
</tr>
</tbody>
</table>

*p < .05**p < .01***p < .001
WELL-BEING:

• How are experiences with COVID-19 Stress and Racial Trauma Stress associated with well-being (depression, anxiety, loneliness, and stress overload)?

• Once accounting for potential mechanisms underlying associations, how are race and ethnicity and sexual and gender diversity associated with well-being?
### Depressive Symptoms

#### Race/ethnicity (ref: NH/NL white) B

<table>
<thead>
<tr>
<th>Group</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>NH/NL Black</td>
<td>-2.69***</td>
</tr>
<tr>
<td>NH/NL Asian</td>
<td>-0.02</td>
</tr>
<tr>
<td>Hispanic or Latino/a/e</td>
<td>-0.98**</td>
</tr>
<tr>
<td>NH/NL Multirace</td>
<td>-0.87</td>
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<tr>
<td>Another race/ethnicity</td>
<td>1.00</td>
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</table>

#### Gender (ref: Man/Trans man) B

<table>
<thead>
<tr>
<th>Group</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woman/Trans Woman</td>
<td>0.42</td>
</tr>
<tr>
<td>Another Gender Identity</td>
<td>0.41</td>
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</tbody>
</table>

#### Sexual identity (ref: heterosexual) B

<table>
<thead>
<tr>
<th>Group</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gay or Lesbian</td>
<td>1.20</td>
</tr>
<tr>
<td>Bisexual</td>
<td>2.63***</td>
</tr>
<tr>
<td>Another sexual identity or Multiple sexual identities</td>
<td>1.67**</td>
</tr>
</tbody>
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\*p < .05 \*\*p < .01 \*\*\*p < .001
# Anxiety Symptoms

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</thead>
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<td>NH/NL Black</td>
<td>-2.86***</td>
</tr>
<tr>
<td>NH/NL Asian</td>
<td>-0.88</td>
</tr>
<tr>
<td>Hispanic or Latino/a/e</td>
<td>-0.55</td>
</tr>
<tr>
<td>NH/NL Multirace</td>
<td>-1.30*</td>
</tr>
<tr>
<td>Another race/ethnicity</td>
<td>0.56</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender (ref: Man/Trans man)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Woman/Trans Woman</td>
<td>0.97***</td>
</tr>
<tr>
<td>Another Gender Identity</td>
<td>0.66</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sexual identity (ref: heterosexual)</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gay or Lesbian</td>
<td>0.94</td>
</tr>
<tr>
<td>Bisexual</td>
<td>2.04**</td>
</tr>
<tr>
<td>Another sexual identity or Multiple sexual identities</td>
<td>0.82</td>
</tr>
</tbody>
</table>

*p < .05**p < .01***p < .001
## Loneliness

<table>
<thead>
<tr>
<th>Race/ethnicity (ref: NH/NL white)</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>NH/NL Black</td>
<td>-0.95***</td>
</tr>
<tr>
<td>NH/NL Asian</td>
<td>-0.39</td>
</tr>
<tr>
<td>Hispanic or Latino/a/e</td>
<td>-0.28</td>
</tr>
<tr>
<td>NH/NL Multirace</td>
<td>-0.15</td>
</tr>
<tr>
<td>Another race/ethnicity</td>
<td>-0.19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender (ref: Man/Trans man)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Woman/Trans Woman</td>
<td>0.29*</td>
</tr>
<tr>
<td>Another Gender Identity</td>
<td>-1.34</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sexual identity (ref: heterosexual)</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gay or Lesbian</td>
<td>0.37</td>
</tr>
<tr>
<td><strong>Bisexual</strong></td>
<td>1.12***</td>
</tr>
<tr>
<td>Another sexual identity or Multiple sexual identities</td>
<td>0.30</td>
</tr>
</tbody>
</table>

- **COVID-19 stress**: 0.10***
- **Racial trauma stress**: 0.15

* *p < .05**p < .01***p < .001
Summary

Contextual-specific stress of the pandemic hit marginalized individuals hard.

Stress was associated with lower levels of well-being.

Racial and Ethnic Diverse individuals maintained mental health advantages during the pandemic, and the effect increased once mechanisms were controlled for.

Sexual and Gender Diverse individuals had a mental health disadvantage during the pandemic.

Experiences with microaggressions and healthcare discrimination were associated with lower levels of mental health.
Limitations

Cross-sectional

Racial trauma measure based on single item; no specific measure for Asian American subsample

Only individuals in couples

Only self-report data
Future Directions

Explore structural racism, sexism, and heterosexism and their relation to well-being

Explore biological indicators of stress and compare with self-report mental health measures

Collect longitudinal data to examine acute and chronic impacts of the pandemic
Papers

PUBLISHED


SUBMITTED OR SOC ARXIV


Forthcoming NCHAT Presentations

2022 INTERDISCIPLINARY ASSOCIATION FOR POPULATION HEALTH
SCIENCE CONFERENCE (SEPT. 20 - 23, 2022)


NATIONAL COUNCIL ON FAMILY RELATIONS (NOV. 16 - 19, 2022)


Mallory, A. *Variability in Same-Gender Couples’ Gender and Sexual Identity and Associations With Relationship Quality Among Same- and Mixed-Orientation Couples*. Symposium presentation.

Past Presentations

• Getting Started With NCHAT Virtual training webinar
  • Recordings and Slides Now Available on the NCHAT website!

• Population Association of America (PAA) Annual Conference, April 2022
  Mallory, A., Berrigan M. N., Kamp Dush, C. W., and Manning, W.D. Variability in Identity-Related Experiences Among Same-race, Interracial, Same-Gender, and Different-Gender Couples in a Population Representative Sample.
  Kwon, H., Kamp Dush, C.M., Berrigan, M., Meier, A., & Manning, W.D. The Division of Labor in Same and Different-Gender Couples During the COVID-19 Pandemic.
  Kamp Dush, C.M., Bryant, C.M., Rice, T.M., Manning, W.D., & Berrigan, M.N. Couple Relationship Functioning and Mental Health During the COVID-19 Pandemic: Evidence from the National Couples' Health and Time Study.

• National Council on Family Relations (NCFR) Annual Conference, November 2021

• Population Association of America (PAA) Annual Conference, May 2020
Data are and will be publicly available!

- **Survey**
  - Family Functioning/Division of Labor
  - Health, Stress, and Discrimination
  - Includes partners

- **Time Diary**
  - Every activity on random day
  - Experience Sampling Methods
  - Includes partners

- **Contextual Data**
  - Census tract
  - County indicators
  - State-level indicators

- **NCHAT-BIO**
  - 5 dried blood spots
  - NCHAT-BIO Repository
  - Assays: interleukin-6, C-reactive protein, Epstein-Barr virus reactivation

**July 2022**
Thank you and Contact Us!

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Join the NCHAT Email List to get updates about the data!
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