



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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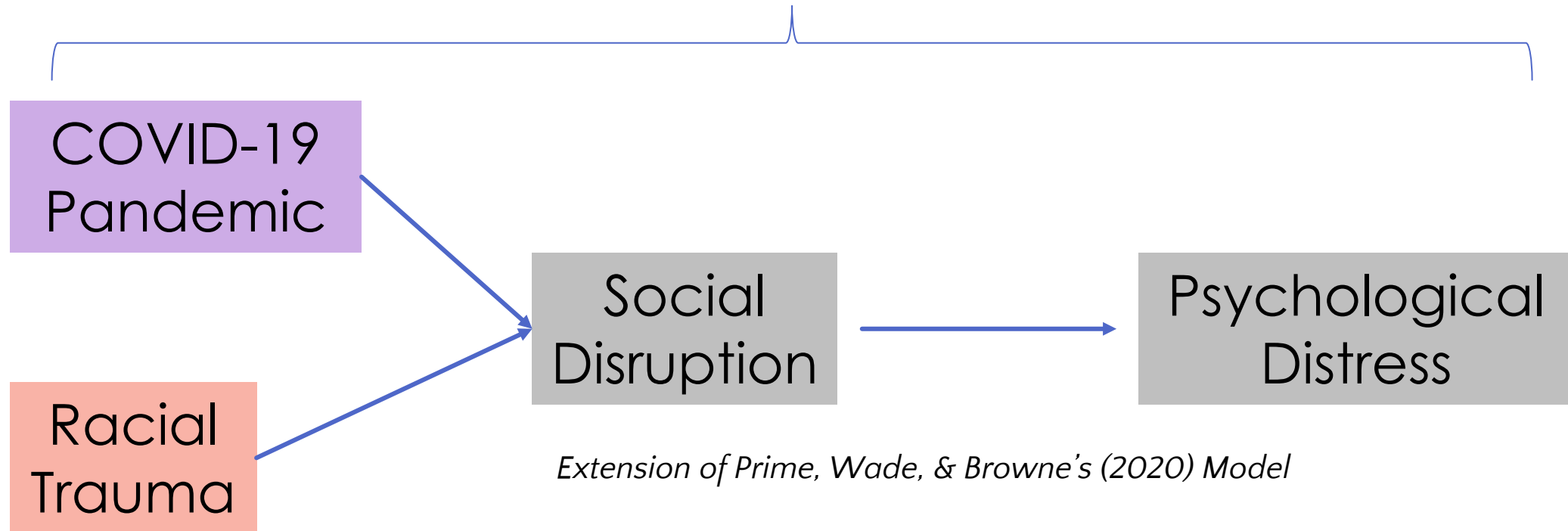


*Photo from Kyle
Bushnell on
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Risk and Resilience in Well-Being During the COVID-19 Pandemic



Pre-existing Family Vulnerabilities



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

Mental health paradox



or. . .
Resilience
and
Thriving

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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**?

NCHAT

National Couples'
Health & Time Study

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

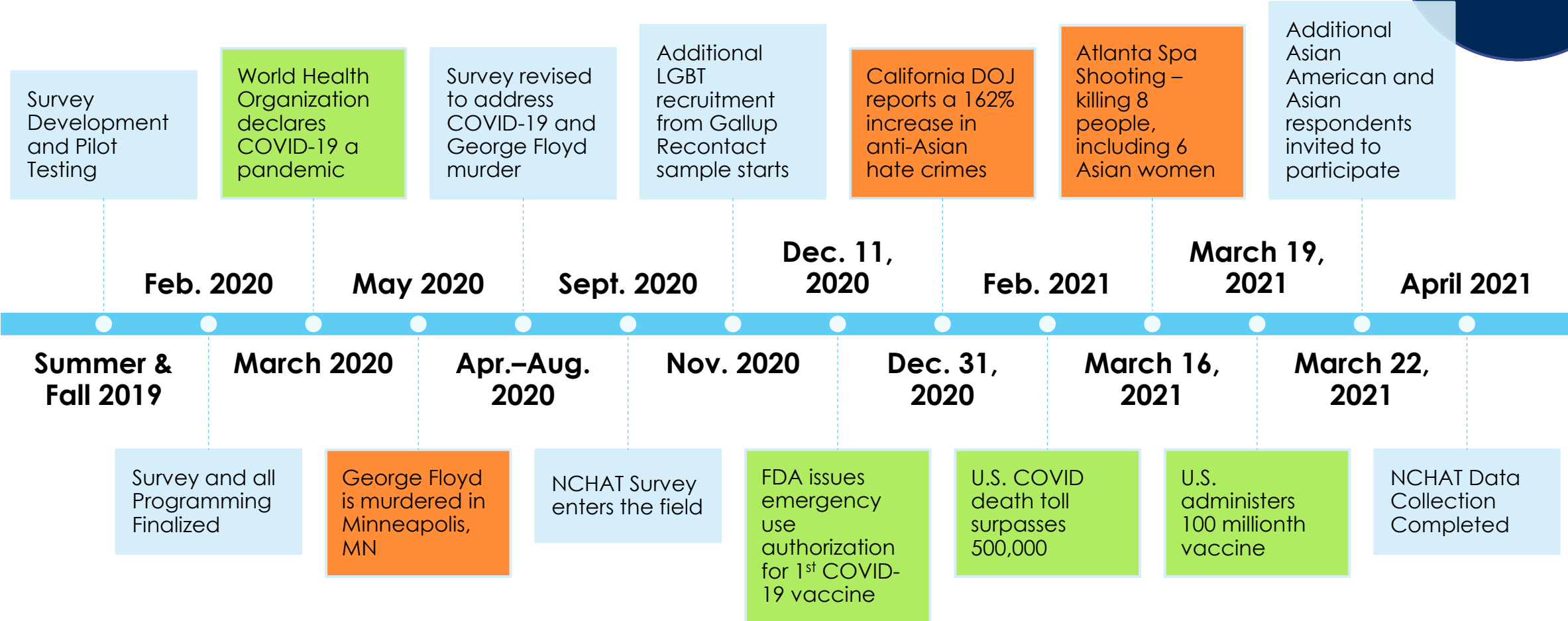
- Panelists can be surveyed by phone, web, mail, or SMS

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



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

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

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)

The logo for NCHAT (National Couples' Health & Time Study) features the letters N, C, H, A, and T in a stylized, multi-colored font. The 'C' is red and contains a white clock face with a white hand pointing towards the top right. The 'N' is blue, 'H' is orange, 'A' is purple, and 'T' is green. A white horizontal line is positioned below the letters.

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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

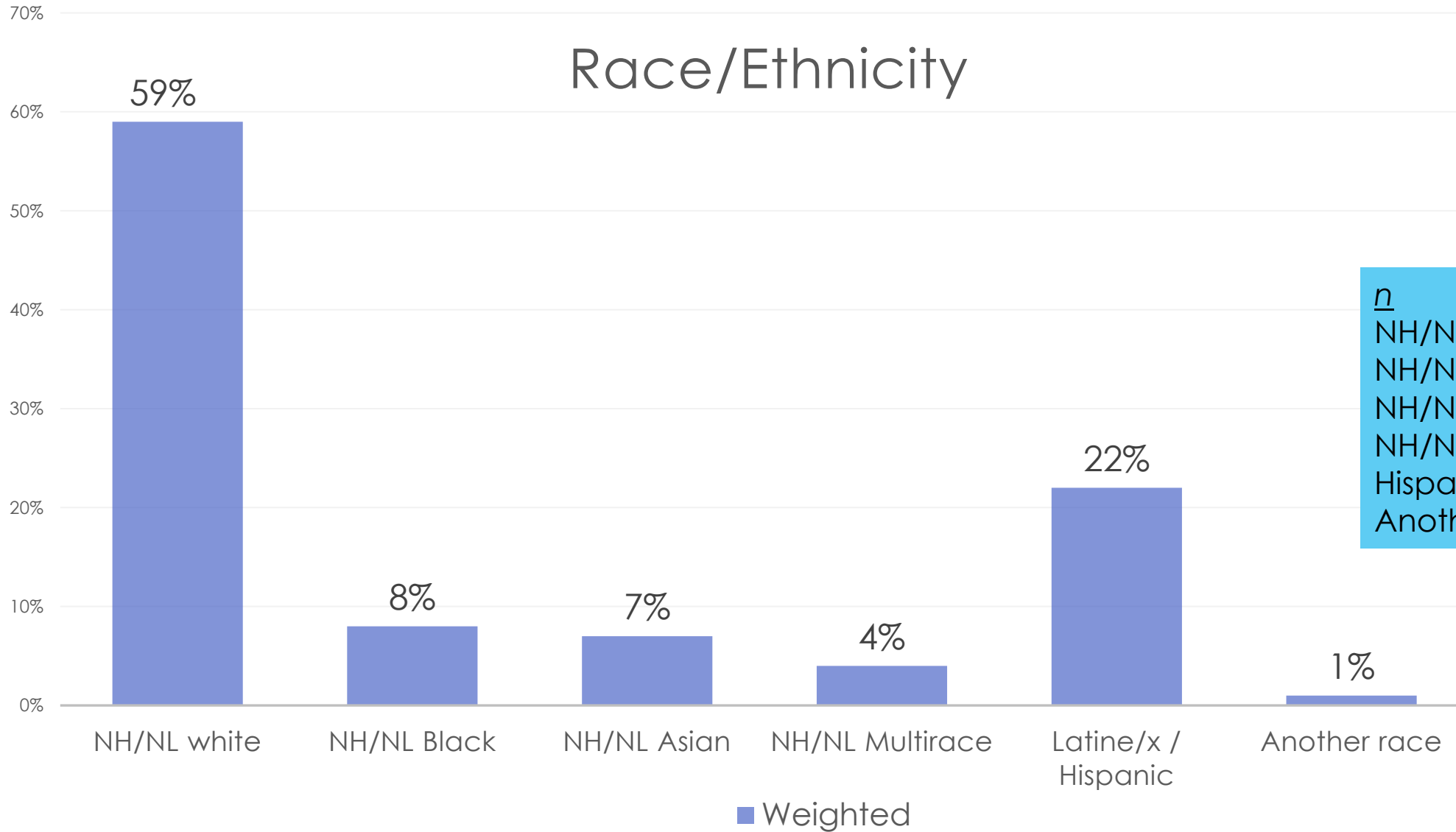
Are you Hispanic, Latino/a/x, or Spanish or Spanish origin?

- 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



n
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?

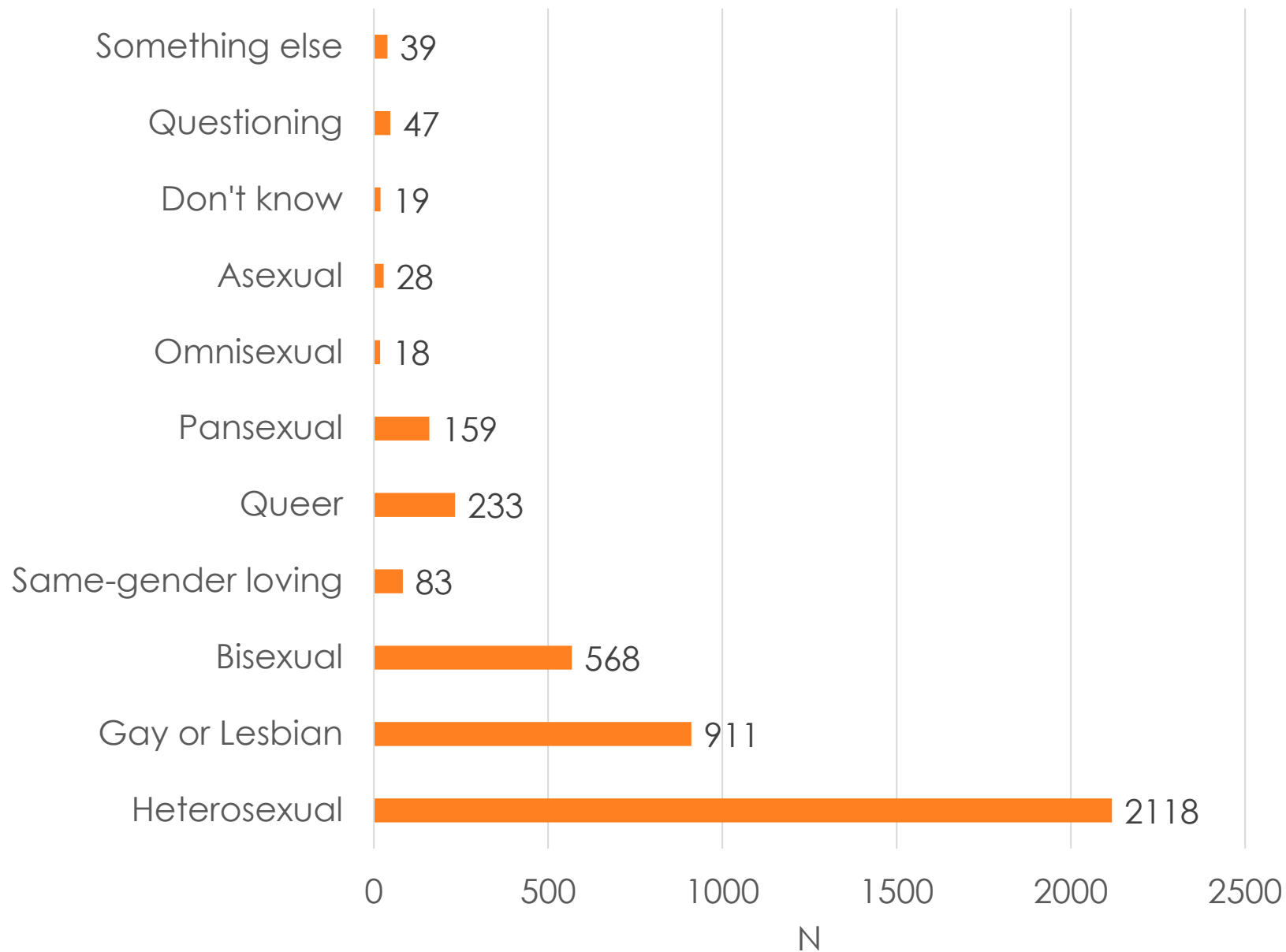
- 1 Heterosexual or “straight”
- 2 Gay or lesbian
- 3 Bisexual
- 4 Same-gender loving
- 5 Queer
- 6 Pansexual
- 7 Omnisexual
- 8 Asexual
- 9 Don't know
- 10 Questioning
- 11 Something else (**specify**)

*This was a **select all measure**.

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Sexual Identity (n = 3,642)

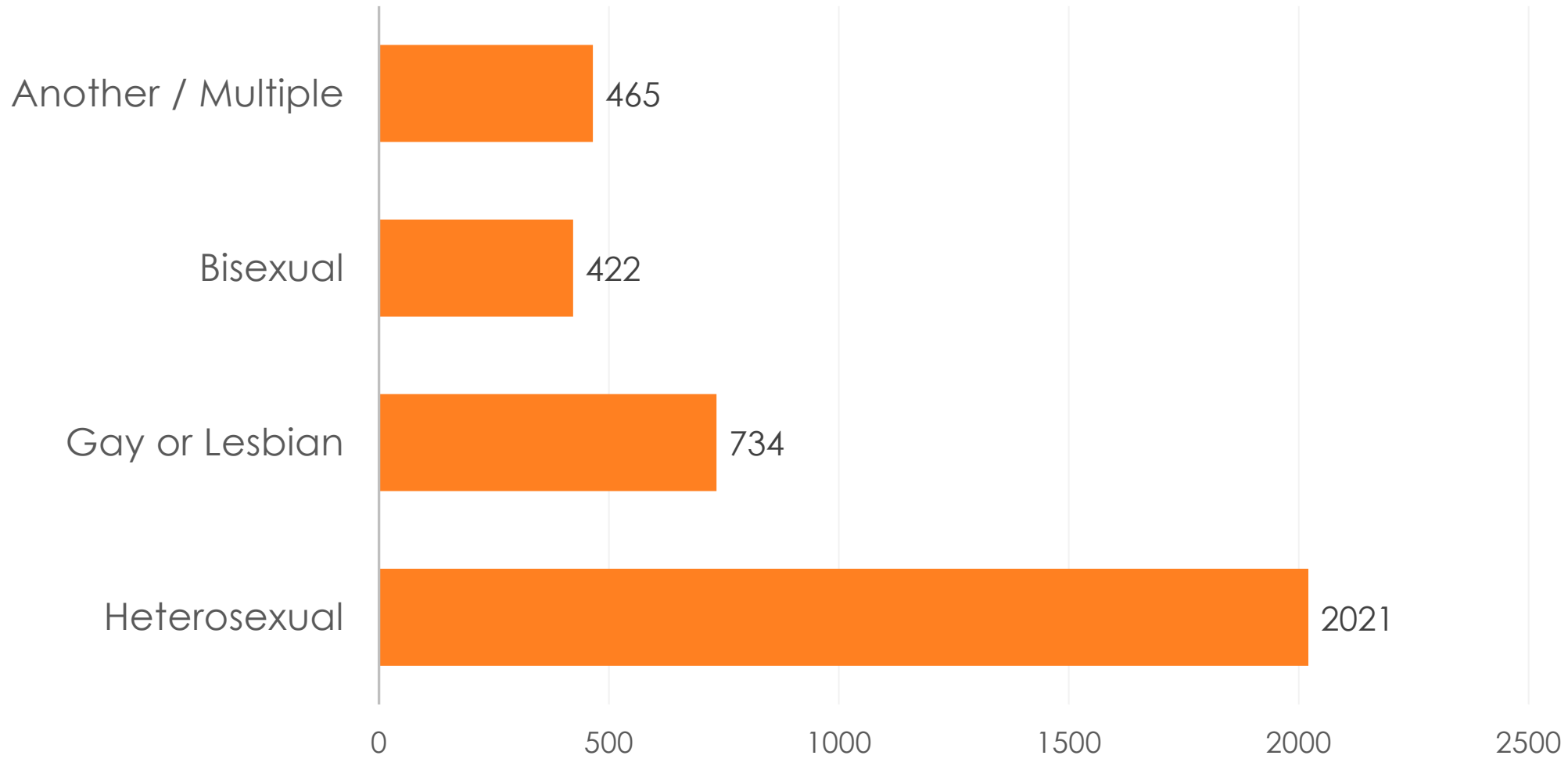


- 11% (n=393) respondents chose more than one sexual identity
 - ranging from 2 to 9
- 96 unique sexual identity combinations
 - Most common:
 - bisexual and queer
 - bisexual and pansexual
 - gay/lesbian and queer

N = 3,610 respondents



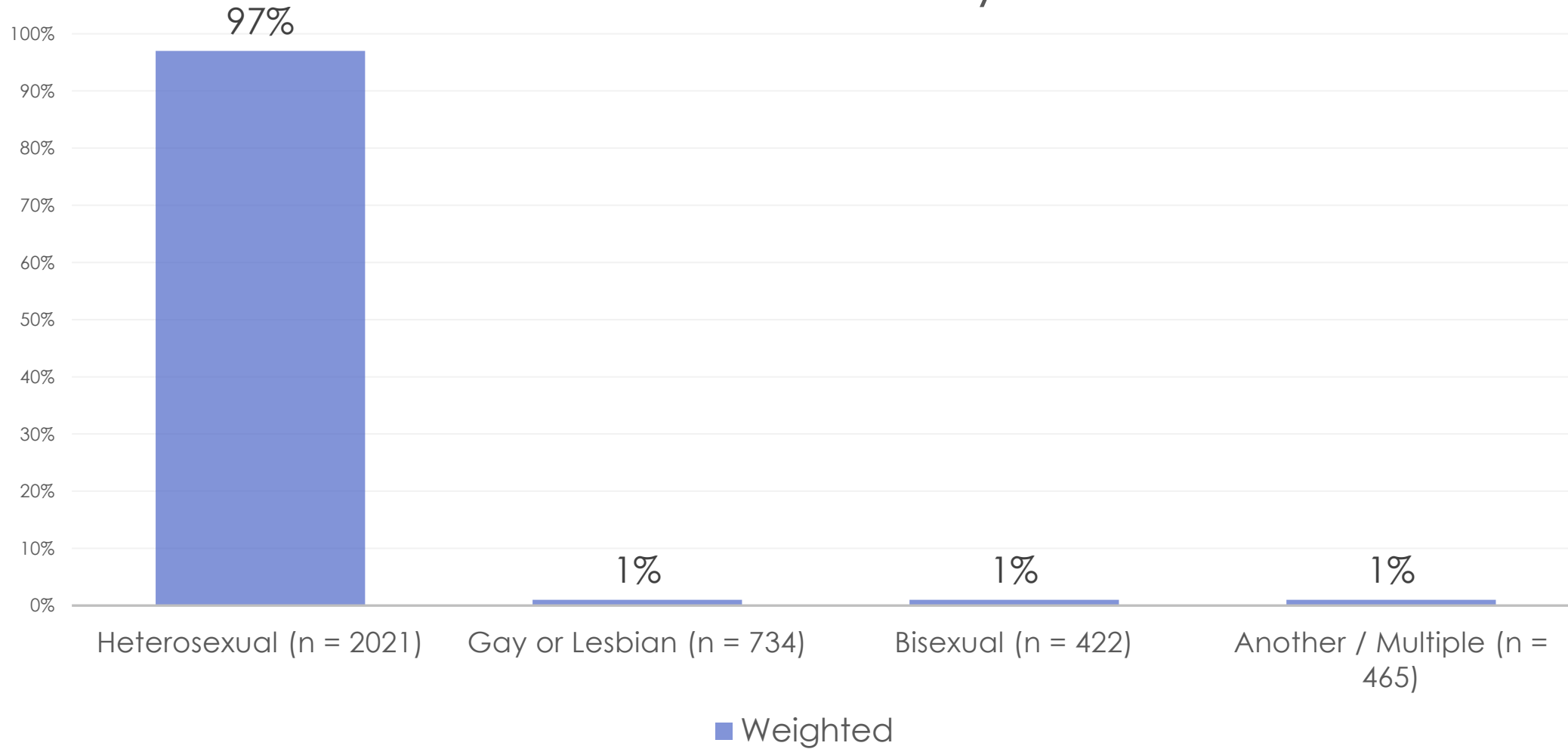
Sexual Identity



N = 3,610 respondents



Sexual Identity



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)

D1 What sex appears on your original birth certificate?

- 1 Male
- 2 Female
- 3 Don't know/does not apply

[IF GENDER = 5 OR IS BLANK]

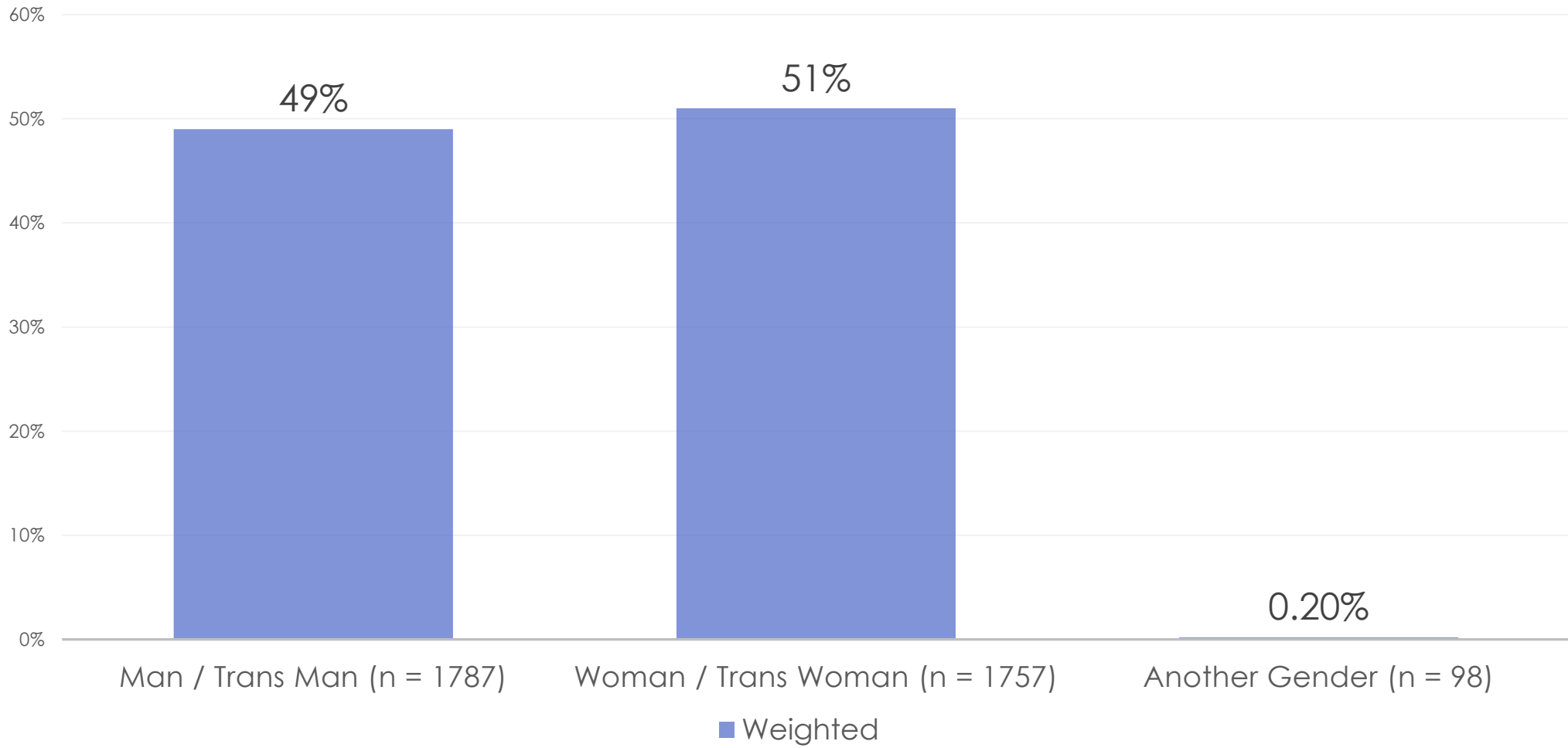
GENDER_1 Do any of the following terms describe your gender? **Please select all that apply.**

- 1 Nonbinary
- 2 Two-spirit
- 3 Agender
- 4 Gender fluid
- 5 Gender neutral
- 6 Genderqueer
- 7 Other (**Please specify**)
- 99 Don't know

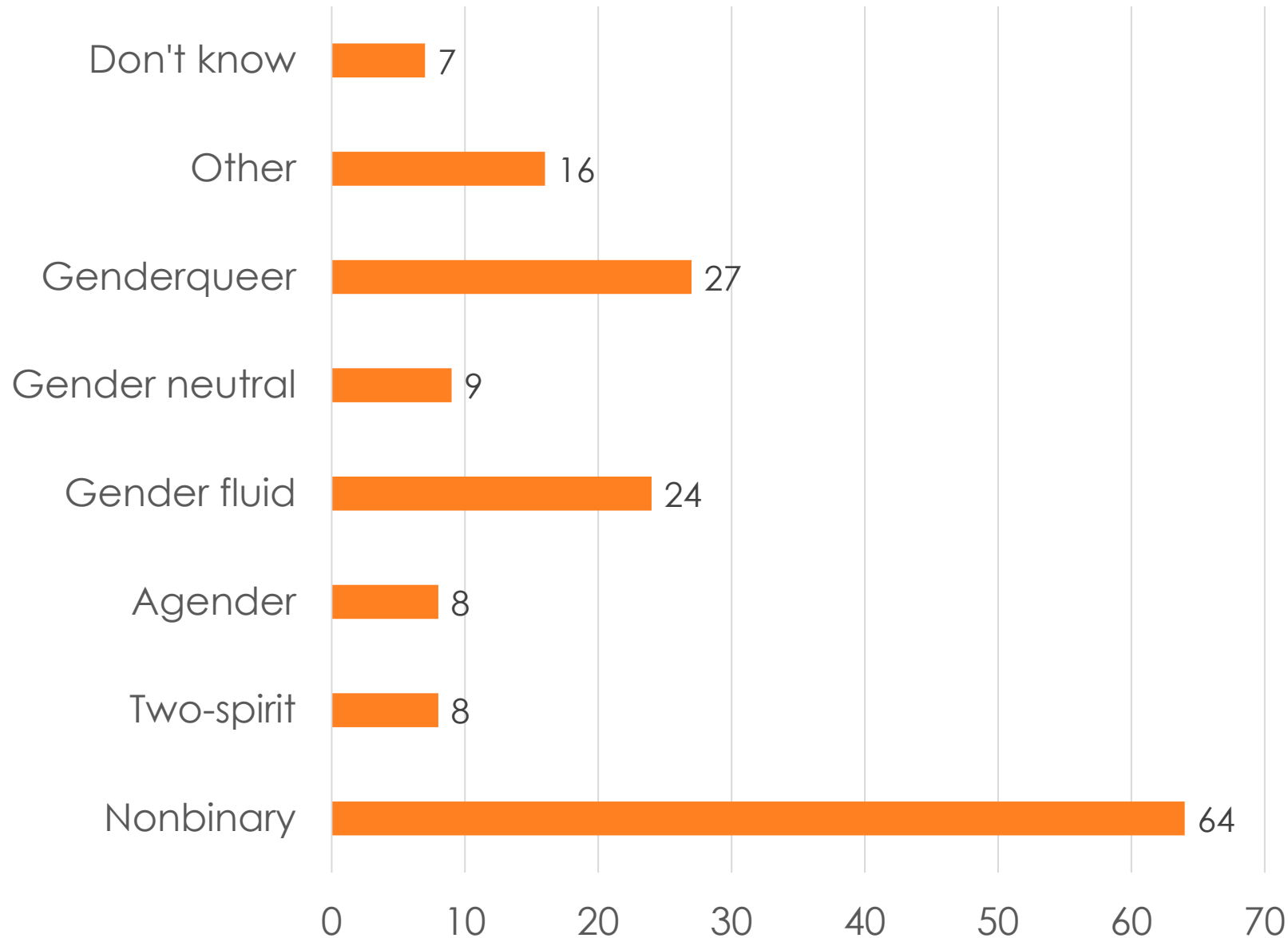
N = 3,610 respondents



Gender Identity



Another Gender identity



- 33% ($n=34$) respondents chose more than one identity
 - ranging from 2 to 5
- Other (please specify) examples:
 - Androgynous
 - Gender nonconforming
 - Transmasculine

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

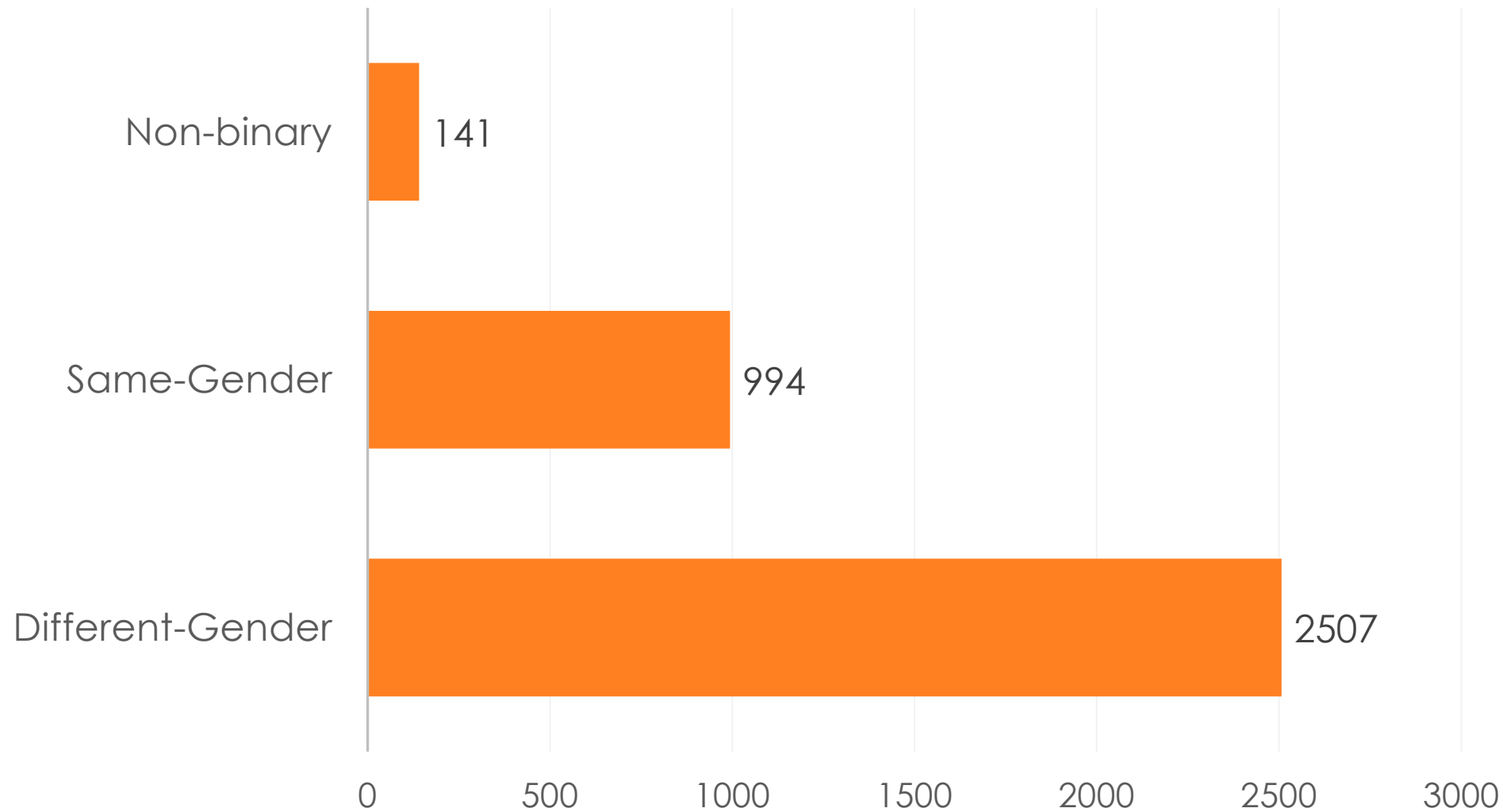
- Couple Type (*details on next slide*)
- Married/Cohabiting
- Age
- Household Children Under 18
- Interracial Couple
- Foreign Born
- Education
- Employment Status
- Month of Survey

The logo for the National Couples' Health & Time Study (NCHAT) is displayed in a dark blue rectangular box. The letters 'N', 'C', 'H', 'A', and 'T' are rendered in different colors: 'N' is light blue, 'C' is red with a white clock face inside, 'H' is orange, 'A' is purple, and 'T' is green. A white horizontal line is positioned below the letters.

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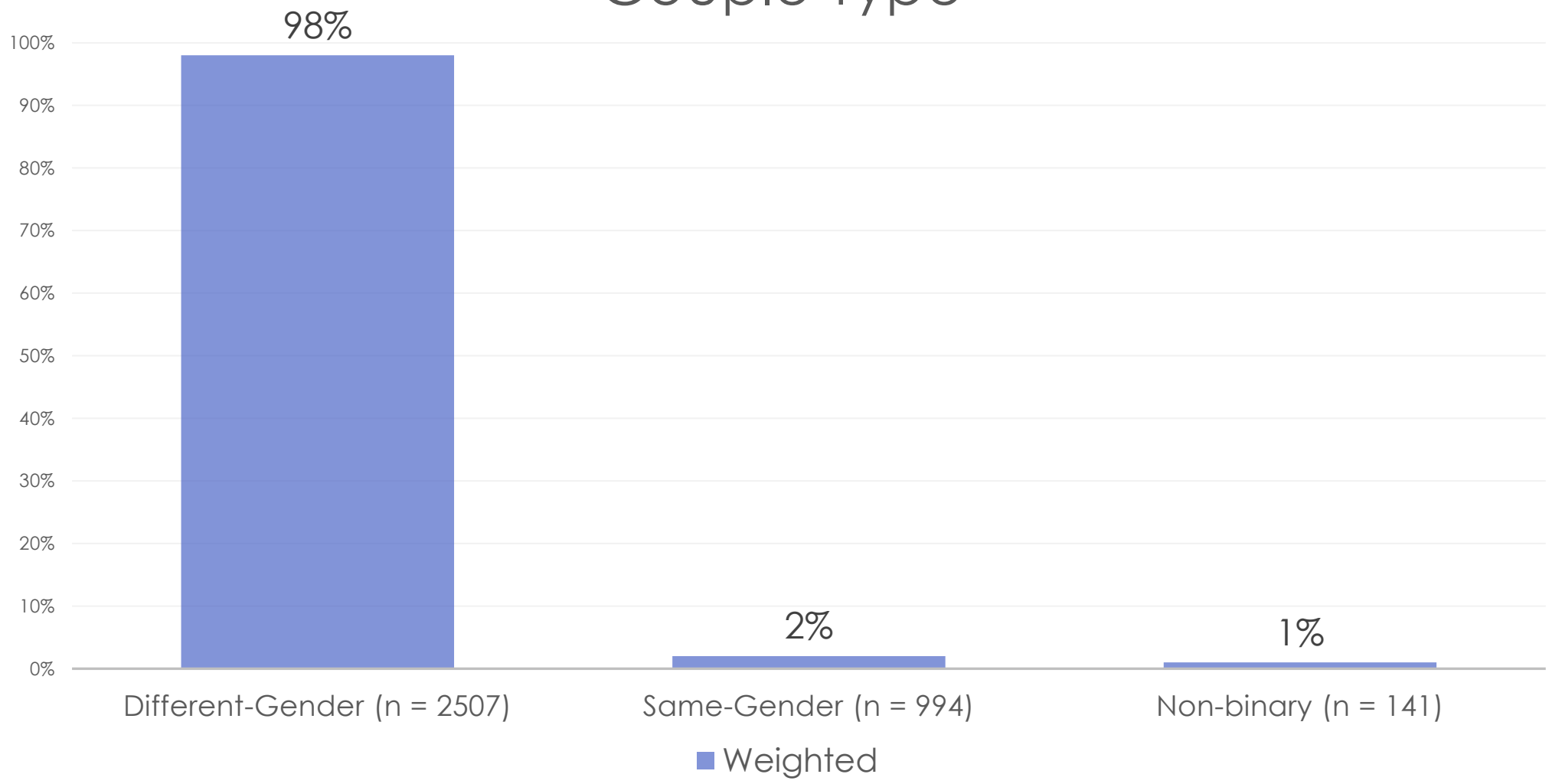
N = 3,610 respondents

Couple Type





Couple Type

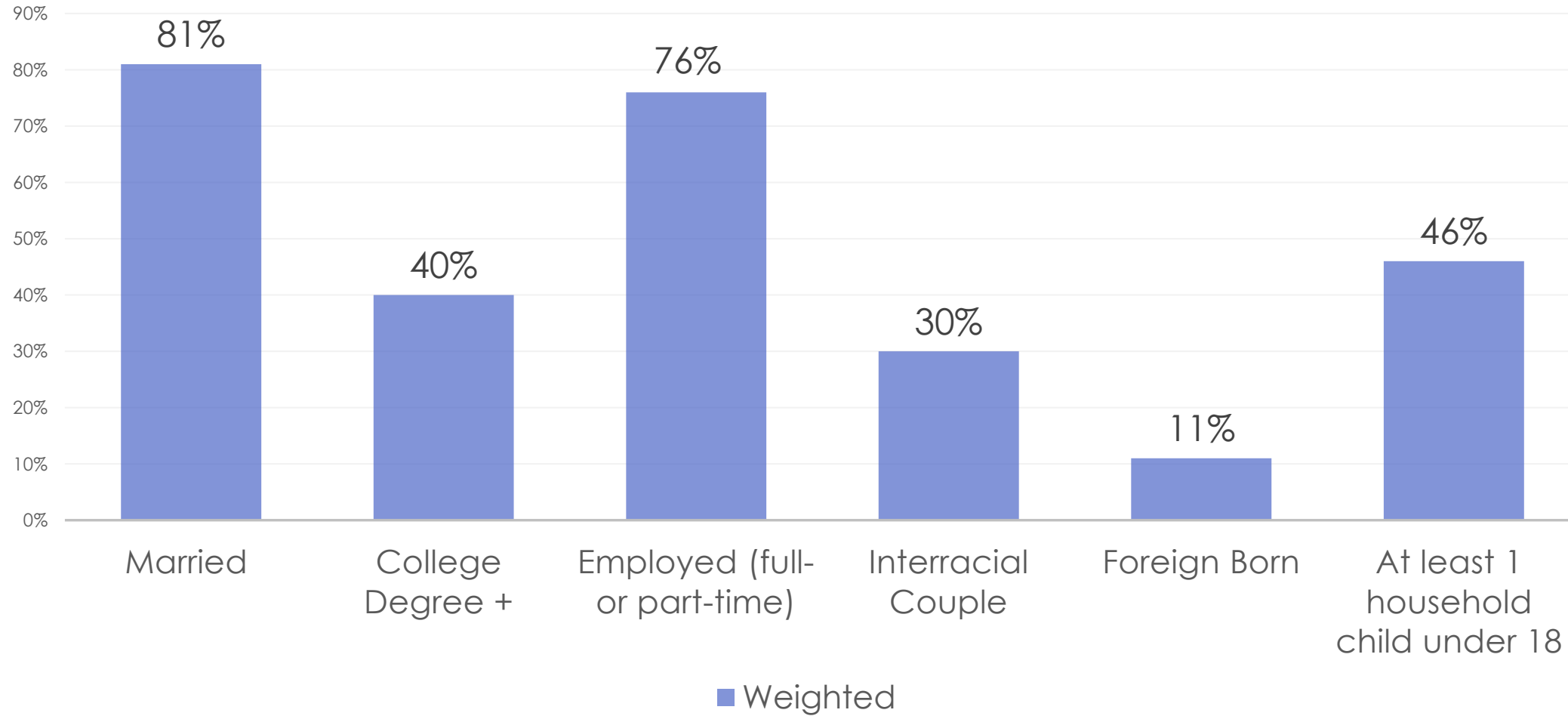


N = 3,610 respondents

Mean Age: 44.43



Additional Key Demographic Indicators



NCHAT

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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



Race/ethnicity (ref: NH/NL white)	B
NH/NL Black	0.53
NH/NL Asian	1.05*
Hispanic or Latino/a/e	0.75**
NH/NL Multirace	0.98*
Another race/ethnicity	-0.15

Gender (ref: Man/Trans man)	B
Woman/Trans Woman	0.96***
Another Gender Identity	-0.48

Sexual identity (ref: heterosexual)	B
Gay or Lesbian	0.35
Bisexual	0.93
Another sexual identity or Multiple sexual identities	1.13*

* $p < .05$ ** $p < .01$ *** $p < .001$

Racial Trauma Stress



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

Gender (ref: Man/Trans man)	B
Woman/Trans Woman	0.27***
Another Gender Identity	0.40*

Sexual identity (ref: heterosexual)	B
Gay or Lesbian	0.45
Bisexual	0.48***
Another sexual identity or Multiple sexual identities	0.50***

* $p < .05$ ** $p < .01$ *** $p < .001$

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
NH/NL Black	-2.69***
NH/NL Asian	-0.02
Hispanic or Latino/a/e	-0.98**
NH/NL Multirace	-0.87
Another race/ethnicity	1.00

Gender (ref: Man/Trans man)	B
Woman/Trans Woman	0.42
Another Gender Identity	0.41

Sexual identity (ref: heterosexual)	B
Gay or Lesbian	1.20
Bisexual	2.63***
Another sexual identity or Multiple sexual identities	1.67**

	B
COVID-19 stress	0.35***
Racial trauma stress	0.67***

* $p < .05$ ** $p < .01$ *** $p < .001$

Anxiety Symptoms



Race/ethnicity (ref: NH/NL white)	B
NH/NL Black	-2.86***
NH/NL Asian	-0.88
Hispanic or Latino/a/e	-0.55
NH/NL Multirace	-1.30*
Another race/ethnicity	0.56

Gender (ref: Man/Trans man)	B
Woman/Trans Woman	0.97***
Another Gender Identity	0.66

Sexual identity (ref: heterosexual)	B
Gay or Lesbian	0.94
Bisexual	2.04**
Another sexual identity or Multiple sexual identities	0.82

	B
COVID-19 stress	0.31***
Racial trauma stress	0.77***

* $p < .05$ ** $p < .01$ *** $p < .001$

Loneliness



Race/ethnicity (ref: NH/NL white)	B
NH/NL Black	-0.95***
NH/NL Asian	-0.39
Hispanic or Latino/a/e	-0.28
NH/NL Multirace	-0.15
Another race/ethnicity	-0.19

Gender (ref: Man/Trans man)	B
Woman/Trans Woman	0.29*
Another Gender Identity	-1.34

Sexual identity (ref: heterosexual)	B
Gay or Lesbian	0.37
Bisexual	1.12***
Another sexual identity or Multiple sexual identities	0.30

	B
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

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NCHAT

**National Couples'
Health & Time Study**

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

Kamp Dush, Claire M., Wendy D. Manning, Miranda N. Berrigan, and Rachel R. Hardeman. In Press. "Stress and Mental Health: A Focus on COVID-19 and Racial Trauma Stress." *RSF: The Russell Sage Foundation Journal of Social Sciences* special issue (Guest Editors: Beth Redbird, Laurel Harbridge-Yong, and Rachel Davis Mersey) on *The Social and Political Impact of COVID-19 in the US*.

Manning, Wendy D., and Claire M. Kamp Dush. In Press. "COVID-19 Stress and Sexual Identities." *Socius*.

SUBMITTED OR SOC ARXIV

Kamp Dush, C. M., Manning, W., Berrigan, M. N., Marlar, J., VanBergen, A., Theodorou, A., ... Chattopadhyay, M. (2022, July 22). National Couples' Health and Time Study: Sample, Design, and Weighting.
<https://doi.org/10.31235/osf.io/p8a34>

Gustafson, K., Manning, W., & Kamp Dush, C. M. (2022, May 12). Emotional Support Among Sexual Minority and Heterosexual Couples During the COVID-19 Pandemic.
<https://doi.org/10.31235/osf.io/4bnt7>



Forthcoming NCHAT Presentations

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

Kamp Dush, C. *The National Couples' Health and Time Study (NCHAT): For New and Prospective Users*. Pre-conference workshop.

Houghtaling, L. *Gender and Sexual Identity Disparities in COVID-19 Coping Patterns*. Oral presentation.

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

Kamp Dush, C. *The National Couples' Health and Time Study (NCHAT): For New and Prospective Users*. Training Workshop.

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

VanBergen, A. *Suicide Risk For Coupled Bisexual Adults: Does a Disparity Still Exist?* Symposium presentation.

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National Couples'
Health & Time Study

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.*

Stacey, L., James, D., Kamp Dush, C.M., Berrigan, M.N., & Manning, W.D. *Misery Loves Company, But Does Adversity? Individual and Partner Adverse Childhood Experiences, Health, and Life Satisfaction.*

Manning, W. D., Guzzo, K., & Kamp Dush, C.M. *Fertility Intentions During the Pandemic.*

Berrigan, M.N., Kamp Dush, C.M., & Manning, W.D. *Division of Labor Stress and Dual-Earner Parents' Well-being During the COVID-19 Pandemic.*

Gustafson, K., Manning, W.D., & Kamp Dush, C.M. *Social Support for Sexual Minority Families During the COVID-19 Pandemic.*

Swartz, T., Kamp Dush, C.M., Han, X., Berrigan, M.N., Manning, W.D., & Nguyen, K. *Racial Discrimination and Mental Health Among Asian Americans During the COVID-19 Pandemic.*
- **National Council on Family Relations (NCFR) Annual Conference, November 2021**

Bermea, A.M., Kamp Dush, C.M., Manning, W.D., Mallory, A.B., & Berrigan, M.N. *Intimate Partner Violence in Bisexual Women's Relationships: Comparing Population-Based Rates by Sexual Identity and Partner Gender.*

Berrigan, M. N., Kamp Dush, C.M., & Manning, W.D. *Division of Labor Stress Among Dual-Earner Couples with Children During the COVID-19 Pandemic.*
- **Population Association of America (PAA) Annual Conference, May 2020**

Berrigan, M.N., Kamp Dush, C.M., & Manning, W.D. *Family-to-Work Conflict During the COVID-19 Pandemic.*

Manning, W. D. & Kamp Dush, C.M. *Stress and COVID-19 Experiences Among Sexual Minority and Heterosexual Couples.*

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

Thank you and Contact Us!

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

z.umn.edu/nchat

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