Exploring the Role of Being Out in an LGB Person’s Identity Development, Self-compassion, Perceived Discrimination, and Satisfaction With Life

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Individuals who identify as Lesbian, Gay, or Bisexual (LGB) may have varying levels of “outness.” We examined how being totally out affected a person's LGB identity, self-compassion, perceived discrimination, and satisfaction with life by using scales to measure each of these aspects in a person's life. Initial results demonstrate that being totally out improves a person's identity development, self-compassion, and satisfaction with life. A decrease in perceived discrimination was found for those who were totally out. The findings describe the positive effects of coming out and assist social workers in helping clients through this difficult process.