

CLSA Approved Project

Applicant

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Project Title

Longitudinal associations between social relationships, psychological distress, and health in middle-aged and older adults identifying as a sexual minority

Project Summary

Using data from the Canadian Longitudinal Study on Aging, this project aims to investigate how differences in social networks between adults identifying as a sexual minority (e.g., lesbian or gay) as compared to those who identify as heterosexual predict healthy aging in midlife and old age. It will further examine whether these links are mediated by psychological distress. This will help identify pivotal social risks and resources for health in middle-aged and older adults who belong to equity-seeking groups.

Keywords

social relationships, psychological distress, health, health behaviours, LGBTQ+ (lesbian, gay, bisexual, and transgender)