

## **NEWS**

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FOR IMMEDIATE RELEASE

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### **Lesbians Who Are “Out” Have Higher Self Esteem**

*Columbus, OH*— On a positive note, two large-scale studies of lesbians and bisexual women report good news about lesbians' mental health, particularly if the women are "out."

In a study that used sisters as a control group in research on lesbians, University of Vermont psychologists Esther D. Rothblum, PhD, and Rhonda Factor, PhD, find that lesbians are as likely to report being mentally healthy as their heterosexual sisters and to report higher self-esteem.

It may be that lesbians are more educated and mobile than their heterosexual sisters. As a consequence, the lesbians may be more likely to join supportive communities that allow them to bolster their self-worth.

Researchers found that the more "out" lesbians and bisexual women were--as measured by self-identification as a gay or lesbian, number of years out and level of involvement in the lesbian or bisexual community--the less psychological distress they reported.

And while there is good news for most lesbians, the GLBT community world-wide continues to battle issues that lead to poor mental health and anxiety disorders that sometimes leads to tragic endings.

***Freedom from Anxiety Disorders*, hosted by Mental Health America of Franklin County, is a community program with a focus on Effective Coping Skills. Cost: \$5 General Public / \$10 for professionals requiring CEUs**

**Date: Wednesday, June 18, 2008 / Featuring C. Alec Pollard, PhD / Columbus State Community College – Columbus State Conference Center.**

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For more information, contact Mental Health America of Franklin County at 614-221-1441.

Mental Health America is a private, not-for-profit organization established in 1956 whose mission is to promote mental health through advocacy, education and support services.

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