

## Summary

With currently occurring sociocultural changes, the visibility of persons from gender and sexual minorities in the social reality has significantly increased; and so has the interest in these groups among researchers (Janicka and Kwiatkowski, 2016; Scandurra et al., 2017; Chakrapani et al., 2018; Galupo et al., 2020; Lindley and Galupo, 2020). A significant amount of research conducted on the population of transgender and nonbinary persons focuses on the impact of discrimination and/or violence motivated by prejudice against persons from gender minorities on their mental health. The knowledge of the impact of the discrimination and violence on the internalization of the stigma associated with belonging to a gender minority is limited. There is no research that explains which variables could potentially mediate in the above-mentioned process of internalizing transphobia. In the dissertation, analyses have been conducted, of potential relations between psychological gender, the perceived level of gender dysphoria, personality variables (in the model of Costa and McCrae (1992)), self-esteem, the level of interpersonal competences, the frequency of using interpersonal styles (in the model by Leary (1957)), perceived social support, the frequency of using strategies of coping with transphobia (in the model of Mizock and Mueser (2014)), and the level of experienced transphobia and its internalized form. The study group consisted of 338 persons identifying as transgender and nonbinary.

The conducted analyses have shown a significant relation between perceived transphobia and internalized transphobia, and gender dysphoria, personality variables, self-esteem, interpersonal competences and styles, social support and strategies of coping with transphobia. The analyses of mediations have shown that gender-normative coping, self-affirmative coping, preventive-preparative coping, extraversion, gender dysphoria, the ability to come out, rebellious-suspicious style and the level of disclosing the minority status among family members are significant mediators in the relation between the level of experienced transphobia and the level of internalized transphobia.

The results of the presented research seem to confirm the theoretical assumptions of the model of the minority stress experienced by persons from gender minorities (Hendricks and Testa, 2012; Testa et al., 2015; Galupo et al., 2020; Lindley a Galupo, 2020) in Polish context, and the role of gender dysphoria as a new proximal stressor in particular (Galupo et al., 2020; Lindley a Galupo, 2020). The conclusions drawn from the analysis of the research results may be used in psychotherapeutic practice, where the information concerning interpersonal

functioning and experienced gender dysphoria may contribute to creating adequate therapeutic effects on coping with the internalized stigma associated with belonging to gender minorities.

**Keywords:** minority stress, transphobia, gender dysphoria

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