



The Cage of Dismissal: Emotional Invalidation, Entrapment, and Minority Suicidal Ideations

Robert Rice, Jay Collar, John Askew, Max Ordenes, Patrick Tootle, Makayla Evans, Thomas Joiner, & Min Eun Jeon

Department of Psychology, Florida State University

Introduction

- Perceived **emotional invalidation** stemming from *minority stressors* – such as discrimination, prejudice, and victimization – can create a sense of **entrapment** for individuals with marginalized identities
- Based on the integrated motivational volitional model of suicide (O'Connor et al., 2018), **entrapment** primarily drives the emergence of **suicidal ideation (SI)**
- There is limited research looking at this relationship through the lens of *minority stress*, which has robust correlations with SI (e.g. Mereish et al., 2018; Pellicane & Ciesla, 2022; Polanco-Roman et al., 2022)
- Entrapment may account for the relationship between emotional invalidation and SI, potentially contributing to the pre-existing suicide disparity amongst minorities (see Mitchell & Li, 2021)
- To examine this potential pathway, a structural equation was used to test if entrapment variance accounted for the association between emotional invalidation and SI

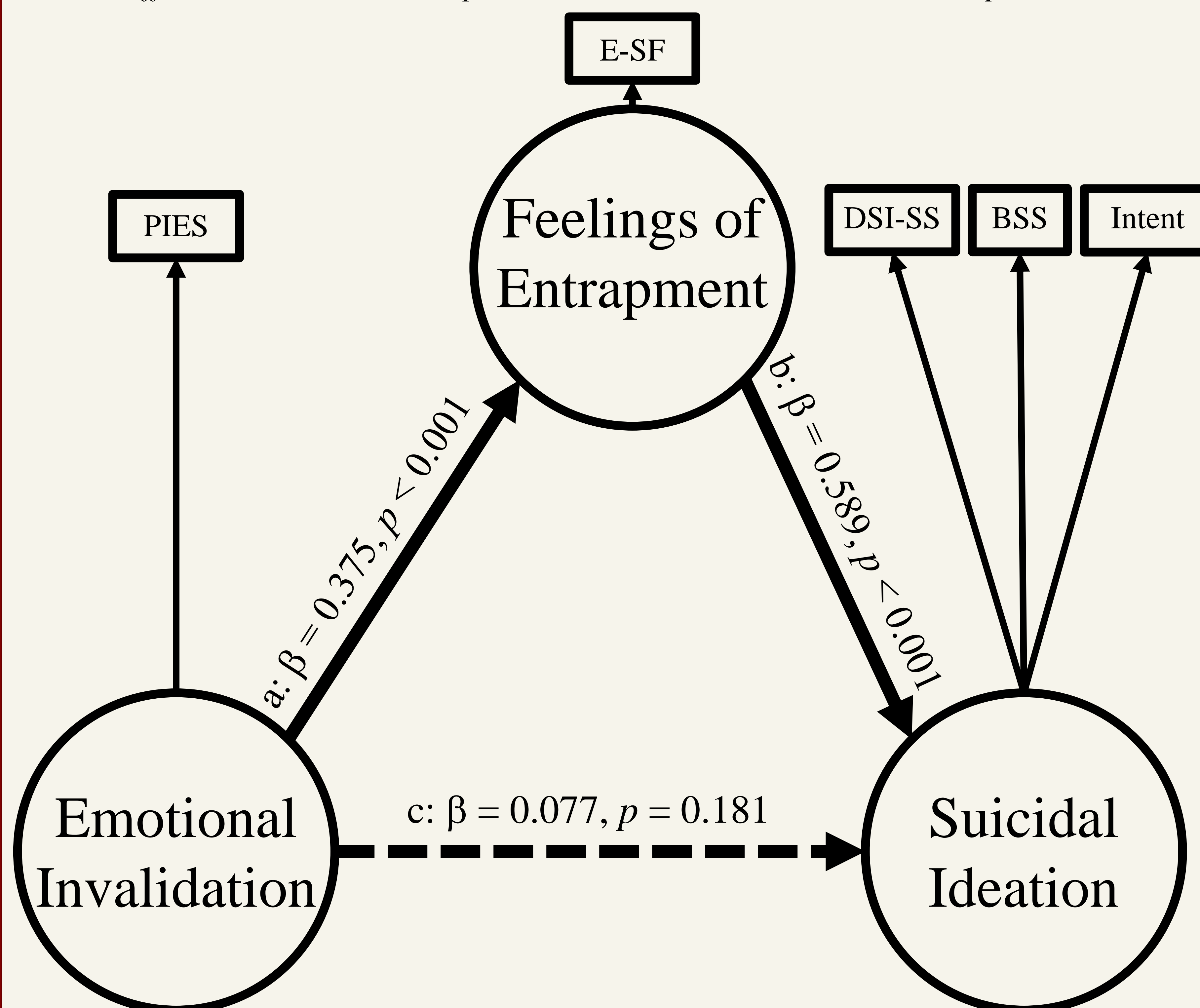
Methods

- Participants ($n = 460$)
 - Sample comprised entirely of young adults from Florida State University
 - 75.9% people of color
 - 43.9 % non-heterosexual
- Measures:
 - Perceived Invalidation of Emotion Scale (**PIES**; Zielinski and Veilleux, 2018)
 - Entrapment Short-Form Scale (**E-SF**; De Beurs et al., 2020)
 - Depressive Symptom Index – Suicidality Subscale (**DSI-SS**; Metalsky & Joiner, 1997)
 - Beck Scale for Suicidal Ideation (**BSS**; Beck et al., 1988)
 - Suicidal Intent**: “Please rate your current intent to attempt suicide in the near future” (0 to 100)
- An indirect effects model was estimated using robust maximum likelihood

Results

- The estimated model fit well (CFI = .970, TLI = .965, RMSEA = .052)
- Full indirect effect:
 - Entrapment accounted for the relationship between suicidal ideation beyond emotional invalidation variance ($\beta = 0.589$, SE = 0.089, $p < .001$)
 - Emotional invalidation had a nonsignificant relationship with suicidal ideation after accounting for entrapment variance ($\beta = 0.077$, SE = 0.074, $p = 0.181$)
 - Emotional invalidation and entrapment were significantly related ($\beta = 0.375$, SE = 0.065, $p < 0.001$)

Figure 1.
Indirect Effects Model: Relationship Between Emotional Invalidation, Entrapment, and SI



Note. Emotional Invalidation is measured by **PIES**: Perceived Invalidation of Emotion Scale; **E-SF**: Entrapment Short-Form Scale; **DSI-SS**: Depressive Symptom Suicidality Subscale; **BSS**: Beck Scale for Suicidal Ideation; **Intent**: Suicidal intent as experienced in the past week.

Discussion

- Based on the data, emotional invalidation is linked to feelings of entrapment
- The relationship between emotional invalidation and SI is contingent on the presence feelings of entrapment
- Given the correlation nature of this study, causal claims can not be derived from the results
- Future research should investigate the relationship between SI and escapism – the desire that results from the feeling of entrapment
- Additionally, the differences in mediation capabilities between the two dimensions of entrapment, internal and external, should be explored
- From a clinical perspective, interventions aimed at diminishing feelings of entrapment may be of benefit when working with individuals experiencing SI
- Furthermore, entrapment measures could be useful to clinicians screening patients for suicide risk

References

- Beck, A. T., Steer, R. A., & Ranieri, W. F. (1988). Scale for suicide ideation: Psychometric properties of a self-report version. *Journal of Clinical Psychology, 44*(4), 499–505.
- De Beurs D, Cleare S, Wetherall K, Eschle-Byrne S, Ferguson E, B O'Connor D, et al. Entrapment and suicide risk: the development of the 4-item entrapment scale short-form (E-SF) *Psychiatry Res.* 2020;284:112765.
- Mereish, E. H., Peters, J. R., & Yen, S. (2018). Minority Stress and Relational Mechanisms of Suicide among Sexual Minorities: Subgroup Differences in the Associations Between Heterosexist Victimization, Shame, Rejection Sensitivity, and Suicide Risk. *Suicide and Life-Threatening Behavior, 49*(2), 547–560. <https://doi.org/10.1111/sltb.12458>
- Metalsky, G. L., & Joiner, T. E. (1997). The hopelessness depression symptom questionnaire. *Cognitive Therapy and Research, 21*(3), 359–384.
- Meyer, Ilan H., and David M. Frost, 'Minority Stress and the Health of Sexual Minorities', in Charlotte J. Patterson, and Anthony R. D'Augelli (eds), *Handbook of Psychology and Sexual Orientation* (2012; online edn, Oxford Academic, 24 Jan. 2013), <https://doi.org/10.1093/acprof:oso/9780199765218.003.0018>,
- Mitchell, T. O., & Li, L. (2021). State-Level Data on Suicide Mortality During COVID-19 Quarantine: Early Evidence of a Disproportionate Impact on Racial Minorities. *Psychiatry Research, 295*, 113629–113629. <https://doi.org/10.1016/j.psychres.2020.113629>
- O'Connor, R. C., & Kirtley, O. J. (2018). The integrated motivational-volitional model of suicidal behaviour. *Philosophical Transactions of the Royal Society B, 373*(1754), 20170268–20170268. <https://doi.org/10.1098/rstb.2017.0268>
- Pellicane, M. J., & Ciesla, J. A. (2022). Associations between minority stress, depression, and suicidal ideation and attempts in transgender and gender diverse (TGD) individuals: Systematic review and meta-analysis. *Clinical Psychology Review, 91*, 102113–102113. <https://doi.org/10.1016/j.cpr.2021.102113>
- Polanco-Roman, L., Miranda, R., Hien, D., & Anglin, D. M. (2021). Racial/ethnic discrimination as race-based trauma and suicide-related risk in racial/ethnic minority young adults: The explanatory roles of stress sensitivity and dissociation. *Psychological Trauma: Theory, Research, Practice, and Policy, 13*(7), 759–767. <https://doi.org/10.1037/tra0001076>
- Zielinski, M. J., & Veilleux, J. C. (2018). The Perceived Invalidation of Emotion Scale (PIES): Development and psychometric properties of a novel measure of current emotion invalidation. *Psychological assessment, 30*(11), 1454–1467. <https://doi.org/10.1037/pas0000584>