

# Not the Man They Think I Am

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# The Puzzle

- We know that minoritized racial groups suffer from greater risk of cognitive decline, likely due to chronic stress
- The same seems to be true of SOGI minority groups
- But the mechanism for why this should be true of members of SOGI minority groups, who are likely to face differential levels of chronic stress, is unclear
- Is it SOGI minority status, or is it gender identity strain?

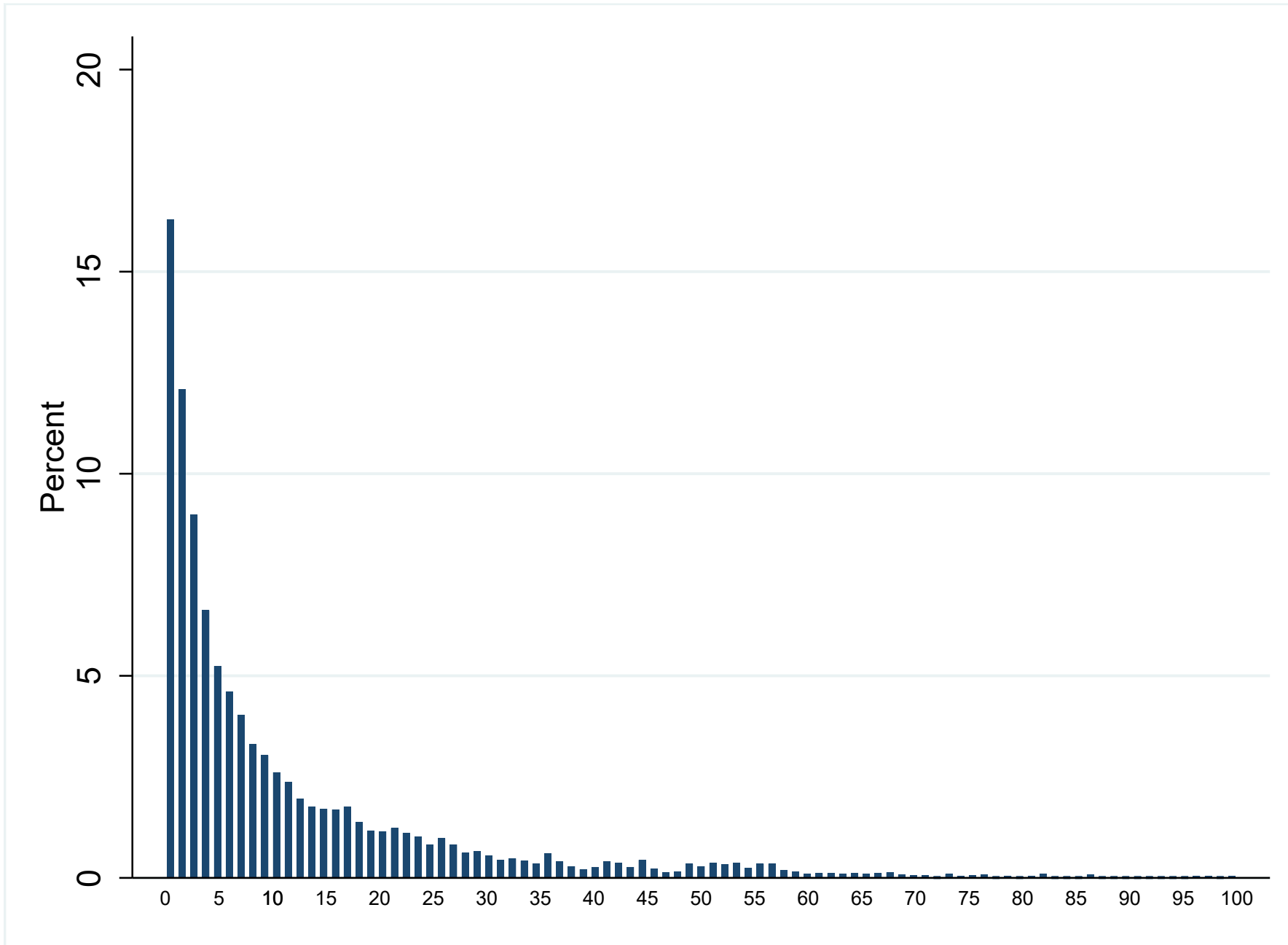
# Measuring Gender & Gender Strain

- UAS contains two measures of gender identity (measured on masculinity/femininity scales)
- Scalar (0-100) measure available longitudinally in 2017 and 2025
- Measures generally stable over time
- Measures are highly skewed towards traditionalist placements
- Gender Identity Strain measure comes from difference between first and third person masculinity/femininity measure

Masculinity/Femininity Scale Self-Placement, by group

	Initial 1st Person	Initial 3rd Person	Initial difference	Final 1st Person	Final 3rd Person	Final difference	Mean 1st Person Change	Mean 3rd Person Change
Women under 60	75.0	72.6	-2.5	81.3	79.6	-1.7	7.3	7.2
Women 60 and over	84.6	82.4	-1.2	89.8	88.7	-1.1	5.9	7.0
Women 70 and over	87.7	87.1	-0.5	90.6	91.2	0.6	2.9	2.6
LGBT Woman	63.4	61.6	-1.8	67.4	68.5	1.1	3.8	8.0
Men under 60	18.8	22.7	3.9	13.7	15.9	2.2	-5.4	-5.8
Men 60 and over	13.6	16.0	2.4	13.4	11.9	-1.5	1.5	-2.1
Men 70 and over	13.4	14.9	1.5	12.9	10.8	-2.2	0.5	-1.3
LGBT Men	27.6	33.6	6.0	27.2	23.8	-3.4	0.3	-8.7

Distribution of Gender Role Strain Measure



# Cognitive Measures

- Three measures from the Woodcock-Johnson battery: number series test, picture vocabulary and verbal analogies
- Population normalized scores for each (so, mean of 50)
- Measure looks at change from first to last measure

Cognitive Test Metrics, by group

	Initial Number Series	Initial Picture Vocab	Initial Verbal Analogies	Final Number Series	Final Picture Vocab	Final Verbal Analogies	Number Series Change	Picture Vocab Change	Verbal Analogies Change
Women under 60	49.8	47.3	49.9	50.0	49.8	51.9	0.0	-0.3	1.5
Women 60 and over	49.4	53.6	50.0	48.8	53.7	50.1	-1.0	-0.7	0.0
Women 70 and over	49.2	54.4	49.4	48.3	53.7	48.8	-1.5	-0.9	-0.2
LGBT Women	49.6	49.3	51.0	49.9	51.6	52.0	0.3	-0.3	0.7
Men under 60	53.5	49.6	51.4	53.6	52.6	53.0	0.2	-0.3	0.7
Men 60 and over	53.3	55.9	50.8	52.6	56.3	51.0	-1.1	-0.8	-0.1
Men 70 and over	53.0	56.3	50.4	50.9	56.2	49.5	-2.1	-0.9	-0.8
LGBT Men	52.8	53.3	53.0	52.3	55.5	54.9	-0.2	-0.6	0.5

# Models of Change in Cognitive Scores

- Separate linear and decile-based models of gender identity strain
- Controls for age, education, marital status, race/ethnicity and self-rated health
- Biggest predictor for all is the initial result (strong tendencies towards reversion to the mean)
- Lack of a significant interaction effect between age and gender identity strain implies a threshold effect
- Controls for SOGI minority status cut sample size, but don't have any effect

## Linear Models of Change in Scores

	Number Series Test			Picture Vocab			Verbal Analogies		
	2389			2371			2378		
	0.15			0.25			0.03		
N R2	Coef	Std Error	t	Coef	Std Error	t	Coef	Std Error	t
Initial Gender Role Strain (Abs)	<b>-0.03</b>	<b>0.01</b>	<b>-3.29</b>	-0.02	0.01	-1.86	<b>-0.02</b>	<b>0.01</b>	<b>-2.54</b>
Sex	0.84	0.50	1.66	-0.50	0.48	-1.06	0.49	0.47	1.04
Masculinity/Femininity Placement	0.00	0.01	-0.11	-0.01	0.01	-1.12	0.01	0.01	0.85
Initial Age	<b>-0.04</b>	<b>0.01</b>	<b>-4.25</b>	<b>-0.08</b>	<b>0.01</b>	<b>-8.83</b>	<b>-0.05</b>	<b>0.01</b>	<b>-5.78</b>
Education	<b>0.63</b>	<b>0.07</b>	<b>9.38</b>	<b>0.34</b>	<b>0.06</b>	<b>5.42</b>	<b>0.09</b>	<b>0.06</b>	<b>1.52</b>
Married?	0.18	0.29	0.64	0.19	0.27	0.69	0.01	0.27	0.05
Initial Test Results	<b>-0.33</b>	<b>0.02</b>	<b>-19.92</b>	<b>-0.43</b>	<b>0.02</b>	<b>-26.69</b>	0.03	0.02	1.85
<i>Race (White baseline)</i>									
Black	<b>-2.10</b>	<b>0.51</b>	<b>-4.09</b>	<b>-2.95</b>	<b>0.49</b>	<b>-6.05</b>	0.94	0.49	1.92
Native American	<b>-2.26</b>	<b>1.04</b>	<b>-2.19</b>	<b>-2.29</b>	<b>0.96</b>	<b>-2.39</b>	-1.00	0.97	-1.03
Asian	1.06	0.86	1.23	-1.00	0.81	-1.24	0.87	0.80	1.09
Hawaiian/Pacific Islander	-2.81	2.18	-1.29	-0.11	2.03	-0.05	-2.15	2.03	-1.06
Mixed	-0.61	0.65	-0.94	-0.27	0.61	-0.45	0.42	0.61	0.69
<i>Health (Excellent baseline)</i>									
Very Good	0.11	0.42	0.26	0.63	0.39	1.61	-0.03	0.39	-0.08
Good	-0.52	0.44	-1.18	0.35	0.41	0.85	0.20	0.41	0.50
Fair	-0.62	0.53	-1.15	-0.43	0.50	-0.85	1.11	0.50	2.21
Poor	-0.91	0.88	-1.03	<b>-2.55</b>	<b>0.83</b>	<b>-3.07</b>	-0.59	0.82	-0.71
Constant	12.30	1.29	9.56	23.84	1.26	18.92	0.74	1.26	0.59

# Decile Regression Results

	Number Series Test			Picture Vocab			Verbal Analogies		
	N	R2							
	2389	0.16		2371	0.25		2378	0.03	
	Coef	Std Error	t	Coef	Std Error	t	Coef	Std Error	t
<i>Gender Role Strain (0 baseline)</i>									
1	-0.05	0.51	-0.09	-0.12	0.47	-0.25	0.48	0.47	1.03
2	0.16	0.55	0.29	0.10	0.52	0.20	0.43	0.52	0.83
3-4	0.78	0.49	1.59	-0.10	0.46	-0.22	0.17	0.46	0.38
5-7	-0.13	0.50	-0.25	0.72	0.46	1.56	0.09	0.46	0.19
8-11	0.62	0.55	1.14	0.66	0.51	1.29	-0.03	0.51	-0.06
12-18	0.91	0.56	1.62	0.83	0.52	1.60	-0.27	0.52	-0.52
19-28	-0.64	0.56	-1.14	-0.40	0.53	-0.76	-0.07	0.53	-0.13
29+	<b>-1.40</b>	<b>0.53</b>	<b>-2.63</b>	<b>-0.98</b>	<b>0.50</b>	<b>-1.97</b>	<b>-1.28</b>	<b>0.50</b>	<b>-2.58</b>
Sex	0.94	0.51	1.86	-0.43	0.48	-0.90	0.53	0.47	1.11
Masculinity/Femininity Placement	0.00	0.01	0.05	-0.01	0.01	-0.99	0.01	0.01	0.92
Initial Age	<b>-0.04</b>	<b>0.01</b>	<b>-4.06</b>	<b>-0.08</b>	<b>0.01</b>	<b>-8.53</b>	<b>-0.05</b>	<b>0.01</b>	<b>-5.82</b>
Education	<b>0.62</b>	<b>0.07</b>	<b>9.24</b>	<b>0.34</b>	<b>0.06</b>	<b>5.40</b>	<b>0.09</b>	<b>0.06</b>	<b>1.52</b>
Married?	0.20	0.29	0.70	0.21	0.27	0.78	0.03	0.27	0.11
Initial Test Results	<b>-0.34</b>	<b>0.02</b>	<b>-20.02</b>	<b>-0.43</b>	<b>0.02</b>	<b>-26.88</b>	0.03	0.02	1.78
<i>Race (White baseline)</i>									
Black	<b>-2.09</b>	<b>0.51</b>	<b>-4.06</b>	<b>-2.90</b>	<b>0.49</b>	<b>-5.94</b>	0.94	0.49	1.92
Native American	<b>-2.39</b>	<b>1.04</b>	<b>-2.31</b>	<b>-2.41</b>	<b>0.96</b>	<b>-2.52</b>	-0.93	0.97	-0.96
Asian	1.02	0.86	1.19	-1.03	0.81	-1.28	0.91	0.80	1.14
Hawaiian/Pacific Islander	-2.68	2.18	-1.23	-0.06	2.03	-0.03	-1.94	2.03	-0.96
Mixed	-0.60	0.65	-0.92	-0.27	0.61	-0.45	0.43	0.61	0.72
<i>Health (Excellent baseline)</i>									
Very Good	0.11	0.42	0.25	0.62	0.39	1.58	-0.04	0.39	-0.10
Good	-0.53	0.44	-1.20	0.33	0.41	0.81	0.20	0.41	0.48
Fair	-0.66	0.54	-1.24	-0.44	0.50	-0.88	1.10	0.50	2.20
Poor	-0.87	0.88	-0.99	<b>-2.54</b>	<b>0.83</b>	<b>-3.07</b>	-0.57	0.82	-0.69
Constant	12.02	1.33	9.05	23.58	1.29	18.24	0.60	1.29	0.47

# Takeaways

- Effects of high levels of gender identity strain on cognitive decline are substantial: greater average effect than an additional ten years of age
- Effects are also stronger among the subset of older respondents
- Threshold effect implies that common low levels of gender identity strain aren't a risk factor, but high levels are
- These high levels are more common among SOGI minority individuals, but not limited to them
- Harm arising from increasing levels of strain among young people