



## **INTERNATIONAL INTERNSHIPS:**

### **FOM INTERNATIONAL PROGRAMS IN SPAIN (MADRID/TOLEDO)**

**Internship type:** Discrimination, Risk and Resilience in LGBTQAI+ Individuals

**Internship name:** Research on Adolescent Depression (RAD) Lab – Madrid Program

**Supervisor:** Bonnie Klimes-Dougan, Ph.D., LP, Teaching Professor of Psychology at the University of Minnesota and co-director of the Research on Adolescent (RAD) Lab

**Internship language:** English

**Number of interns:** 10

**Location:** FOM Madrid

**Website:** [RadLab.umn.edu](http://RadLab.umn.edu)

#### **Summary:**

You will attend a 3-month internship at the FOM Madrid Site as an external satellite of the RAD lab from the University of Minnesota.

The general themes of my lab are to consider distress, depression, and despair (nonsuicidal self-injury and suicide risk) to help understand and help youth who are struggling.

While some of these broader aims will be relevant, this summer the lab will focus on one group of individuals who are at the highest risk of suicide.

Young adults who identify as LGBTQAI+ represent a group that is at elevated risk for self-harm and suicide attempts. This risk likely stems from the ongoing experiences of discrimination and marginalization that come with living in a society characterized by intolerance. These experiences collectively referred to as “minority stress” over time may erode the instinctive drive for self-protection, raising the risk for self-harm. While we know that stress is processed in the brain and the body, little research has examined the biological underpinnings of stress in individuals who hold these identities, particularly during adolescence and young adulthood, a developmental phase in which biological processes are undergoing development and which is notable for higher rates of suicide.

**Activities:** In this internship, we will learn about how discrimination and marginalization varies around different parts of the US and around the world for LGBTQAI+ youth. Specifically, we will take this opportunity to learn about how different regions of Spain are more and less accepting toward those who hold LGBTQAI+ identities. We will be conducting observations, informal interviews, and focus groups. Students will have access to several different data sets that focus on discrimination, risk, and resilience in adolescents and young adults to identify a research question of interest, based on theory and past research formulate hypotheses, and



test these hypotheses with the data. Students will present these findings at the end of this internship and will have the opportunity to present their findings at an undergraduate conference when they return to their home universities.

**Requirements:** No prerequisites are required.