

Structural effects on LGBTQ+ mental health

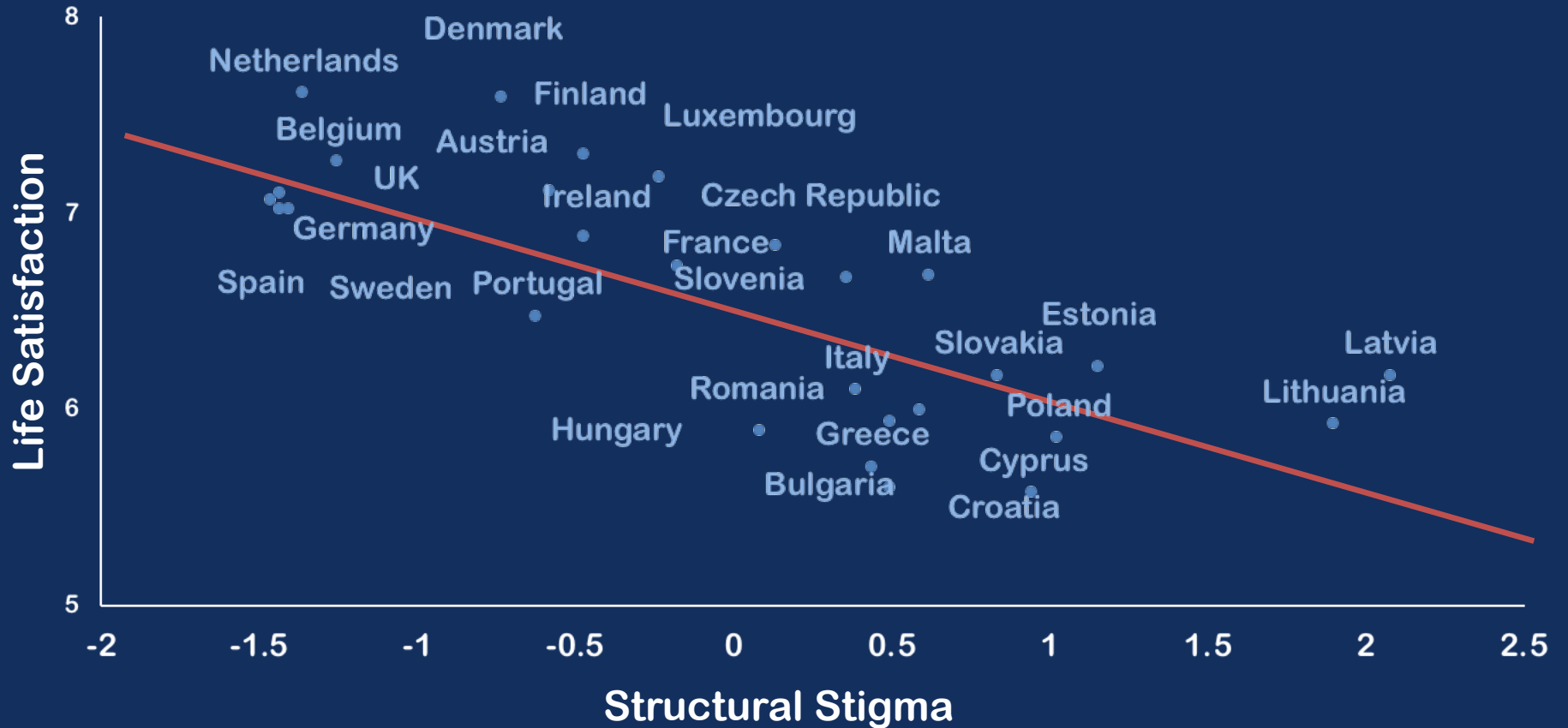
John Pachankis, PhD
Susan Dwight Bliss Associate Professor

Structural Stigma

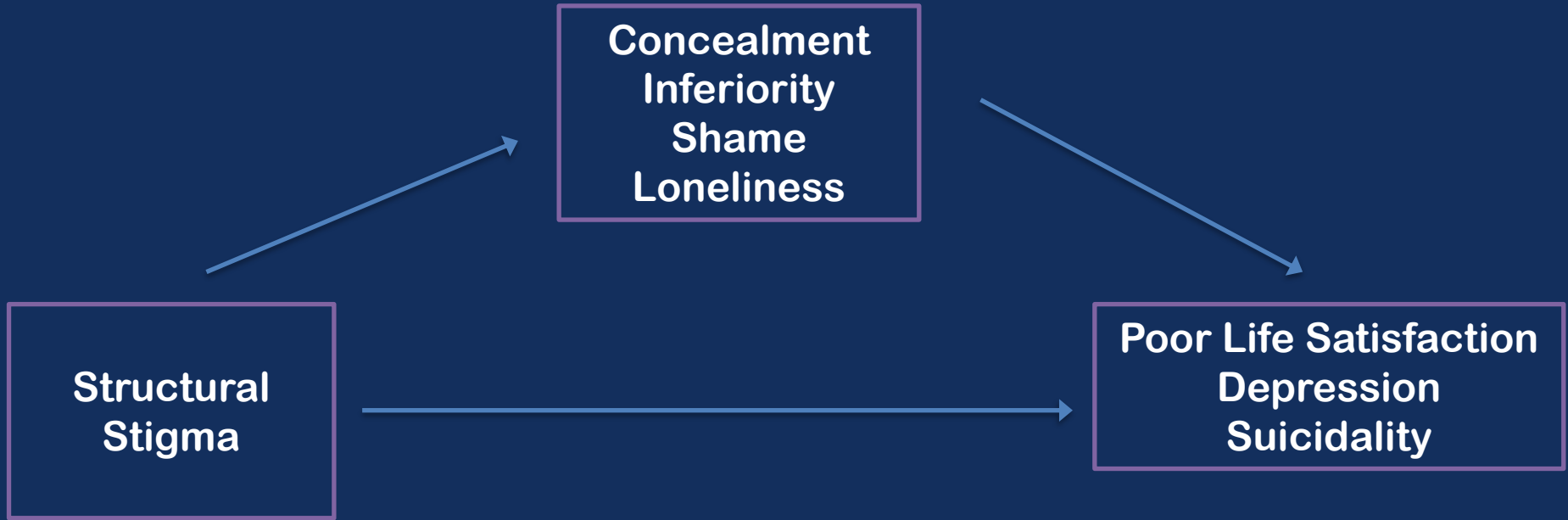
- “societal-level conditions, cultural norms, and institutional practices that constrain the opportunities, resources, and wellbeing for stigmatized populations”

Hatzenbuehler & Link (2014)

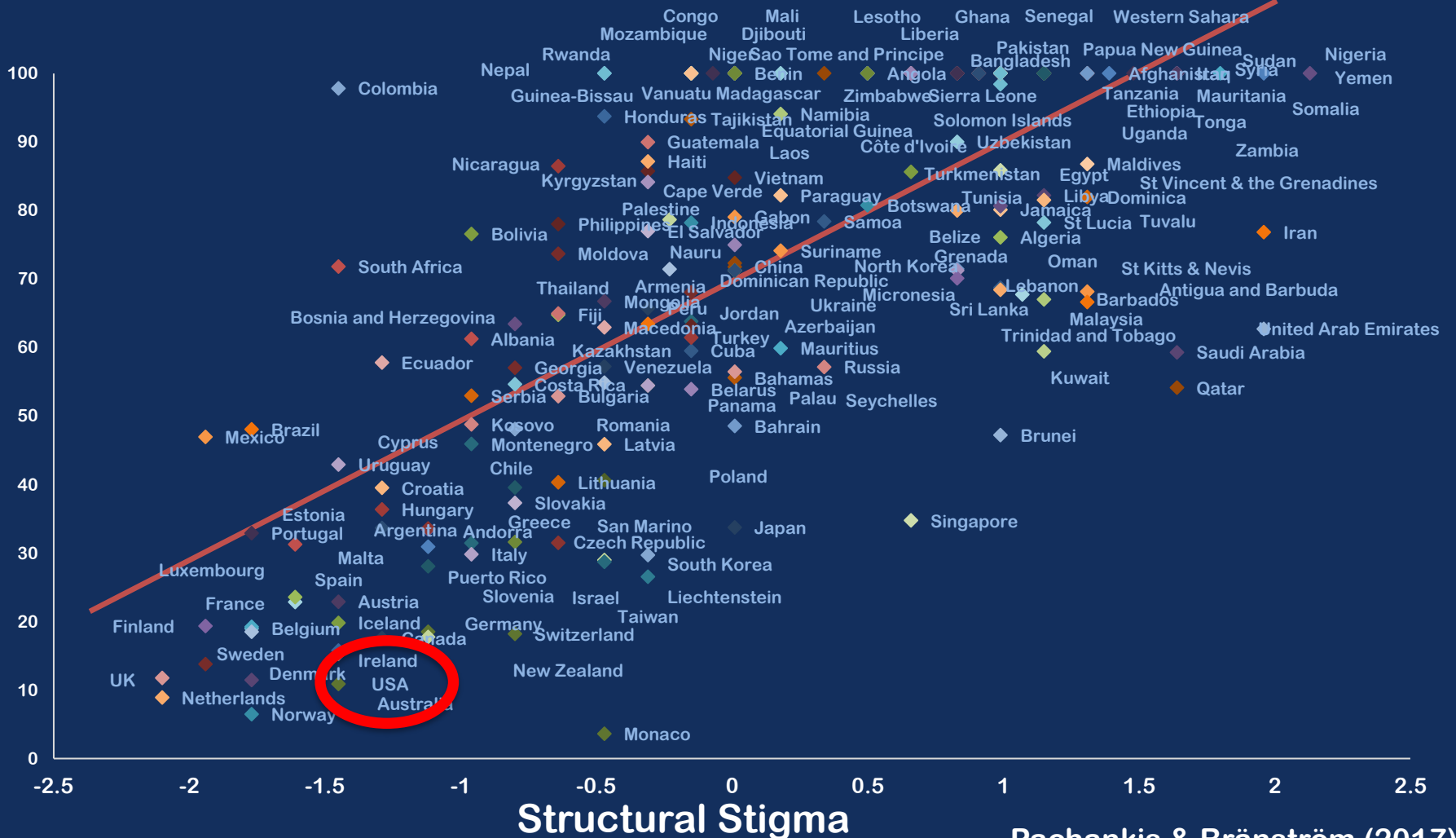
Structural Stigma and Mental Health



Structural Stigma and Mental Health

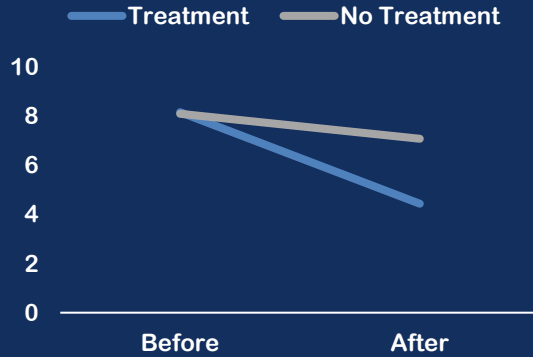


% concealed from all or most

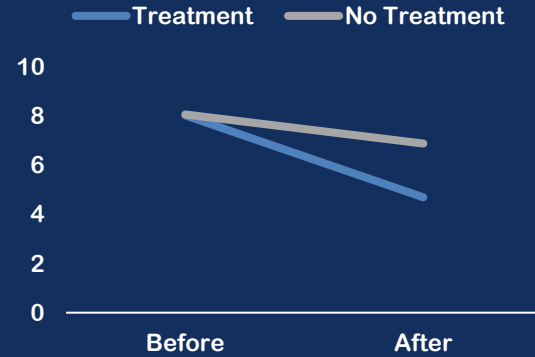


LGBTQ-affirmative Cognitive Behavioral Therapy

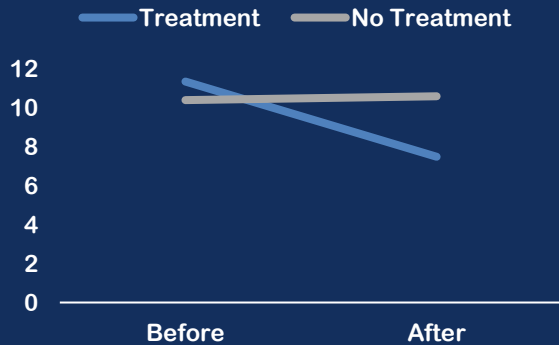
Depression



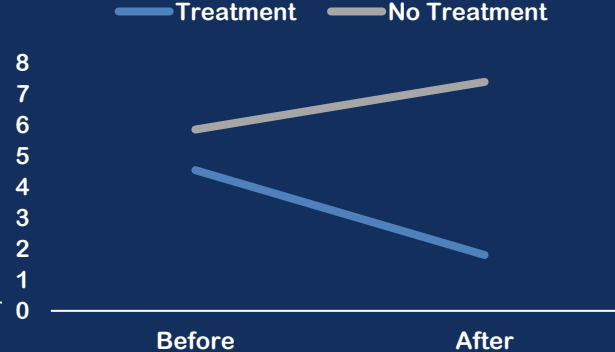
Anxiety

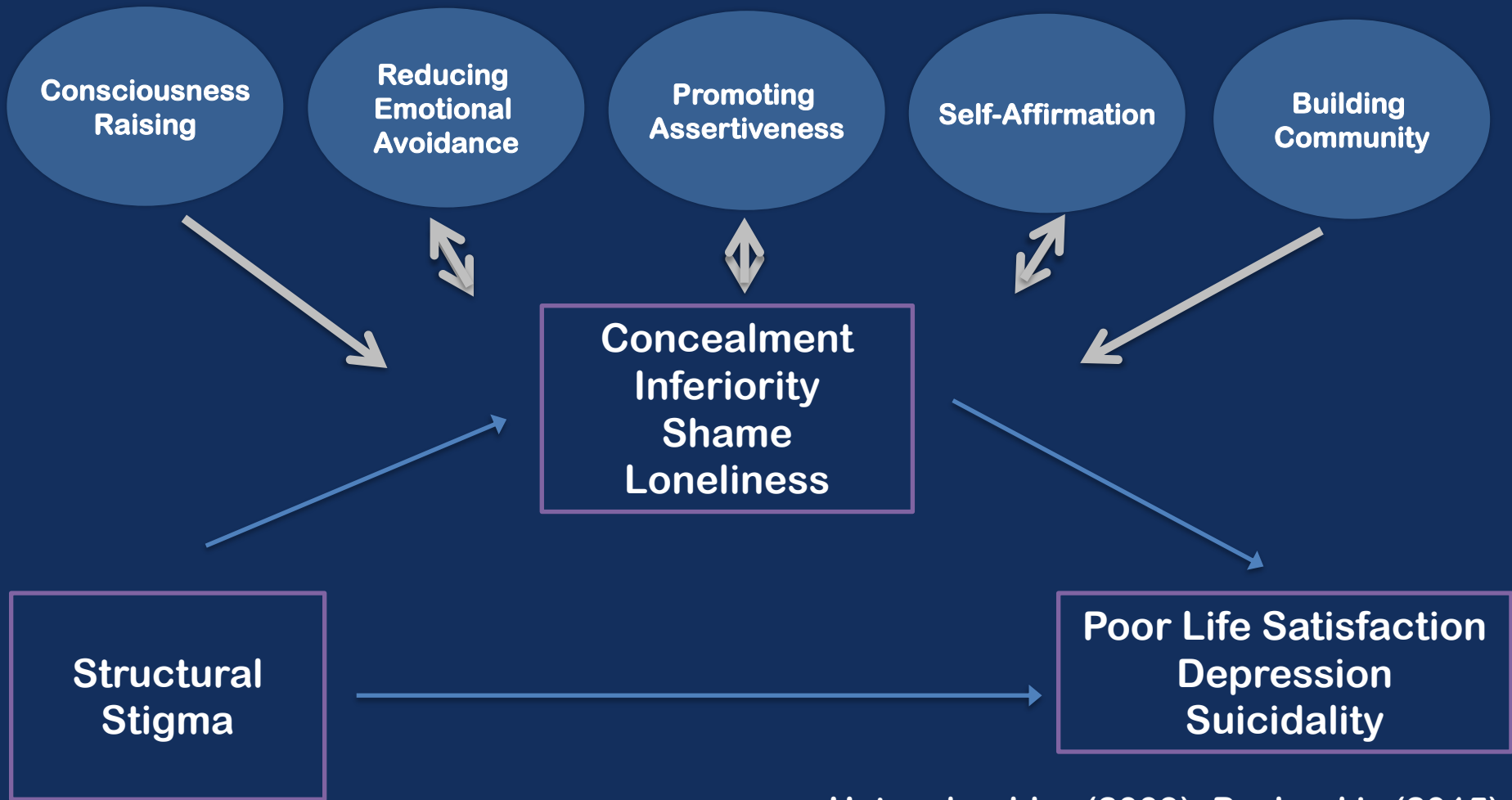


Alcohol Use

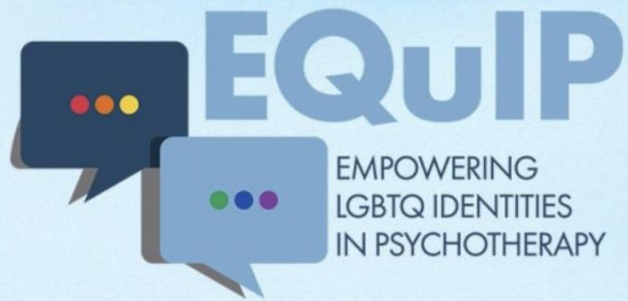


Condomless Sex





Hatzenbuehler (2009); Pachankis (2015)

The logo features the word "EQUIP" in a large, blue, sans-serif font. To its left are two speech bubbles: a dark blue one with three colored dots (red, orange, yellow) and a light blue one with three colored dots (green, blue, purple).

EQUIP

EMPOWERING
LGBTQ IDENTITIES
IN PSYCHOTHERAPY

Begin Therapy Here





INTERSECTIONALITY AND BLACK LGBTQ+ HEALTH

MADINA AGENOR, SCD, MPH

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INTERSECTIONALITY

“The most general statement of our politics at the present time would be that we are actively committed to struggling against **racial, sexual, heterosexual, and class oppression** and see as our particular task the development of integrated analysis and practice based upon the fact that the major **systems of oppression are interlocking**. The synthesis of these oppressions creates the conditions of our lives.”

Combahee River Collective Statement, *1977*

RESEARCH ARTICLE

Open Access



Health and healthcare disparities among U.S. women and men at the intersection of sexual orientation and race/ethnicity: a nationally representative cross-sectional study

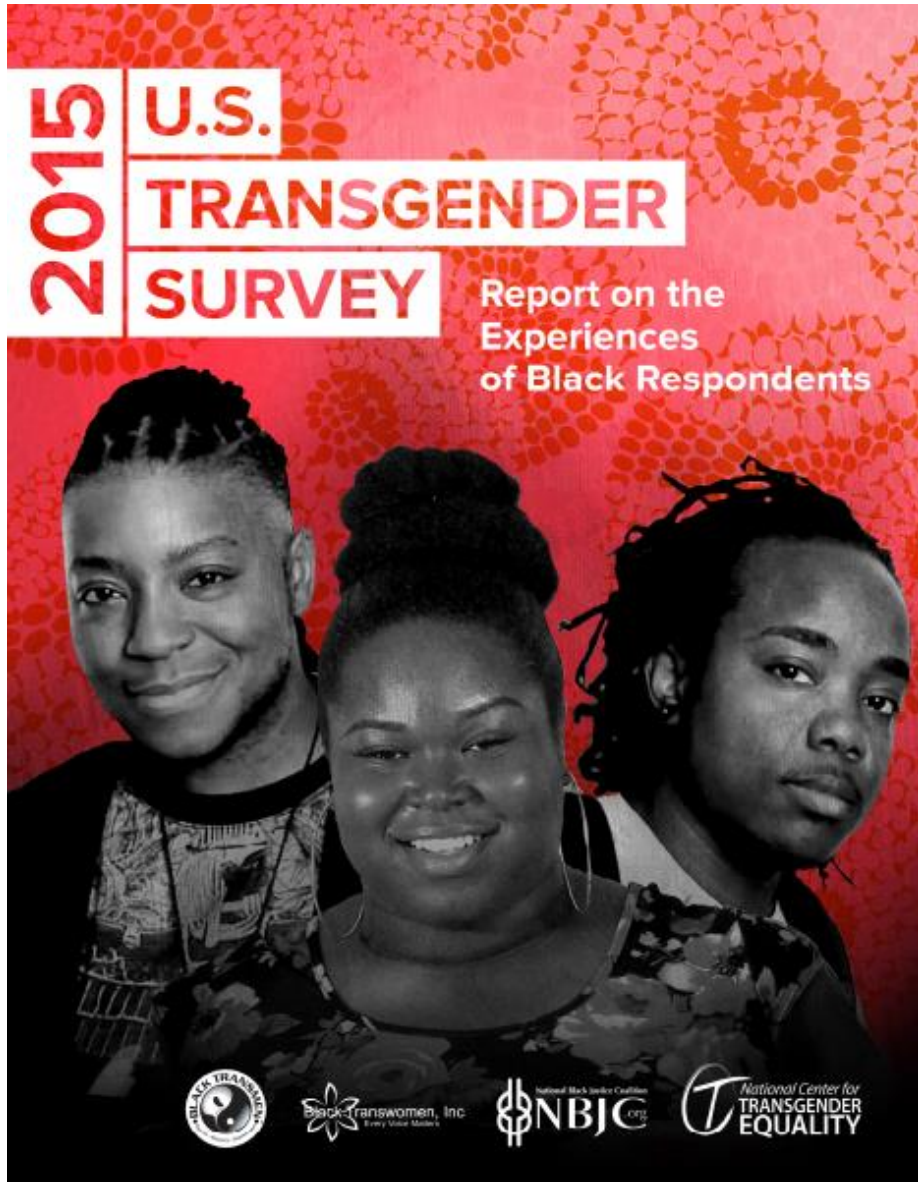
Mai-Han Trinh¹, Madina Agénor², S. Bryn Austin^{2,3} and Chandra L. Jackson^{4*}

■ Black lesbian and bisexual women

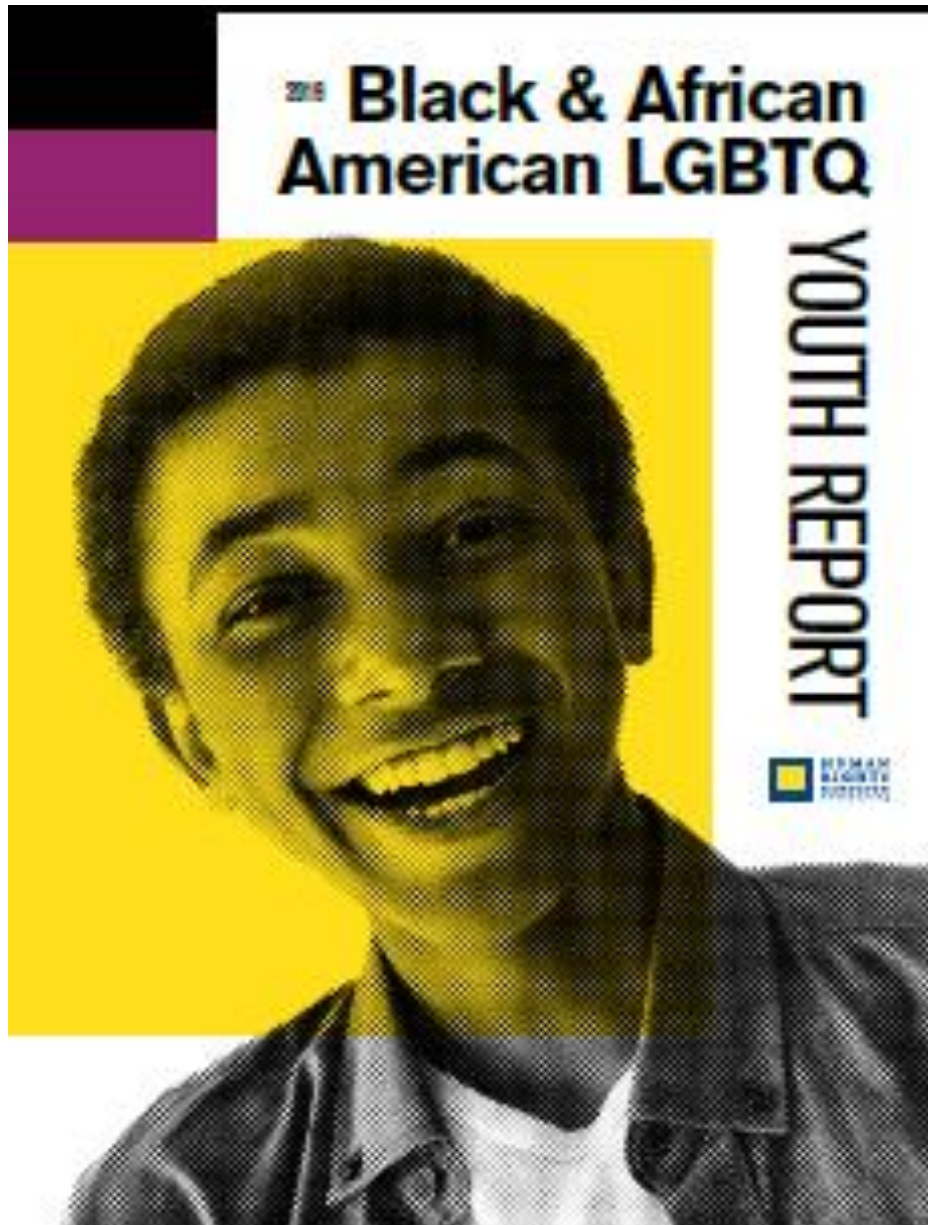
- Higher smoking, heavy drinking, stroke, sadness, depression vs. Black heterosexual women
- Higher short sleep, overweight/obesity, hypertension, stroke, sadness, depression vs. White heterosexual women

■ Black gay and bisexual men

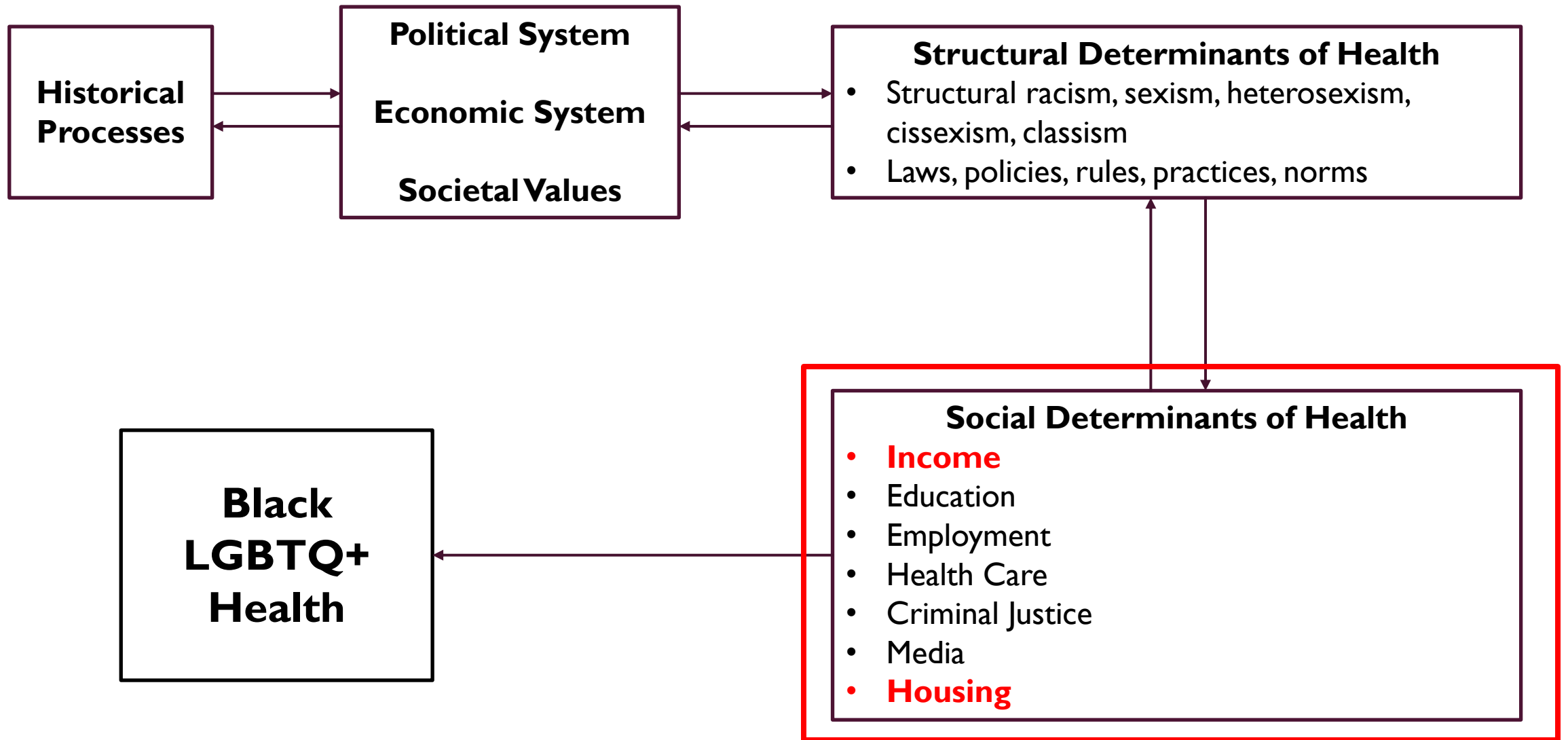
- Higher drinking, sadness vs. Black and White heterosexual men



- **HIV**
 - 6.7% among all Black respondents
 - 19% among Black transgender women
- **Psychological distress**
 - 41% among all Black respondents
- **Suicidal thoughts and behaviors**
 - 47% among all Black respondents
- **Sexual victimization**
 - 53% among all Black respondents

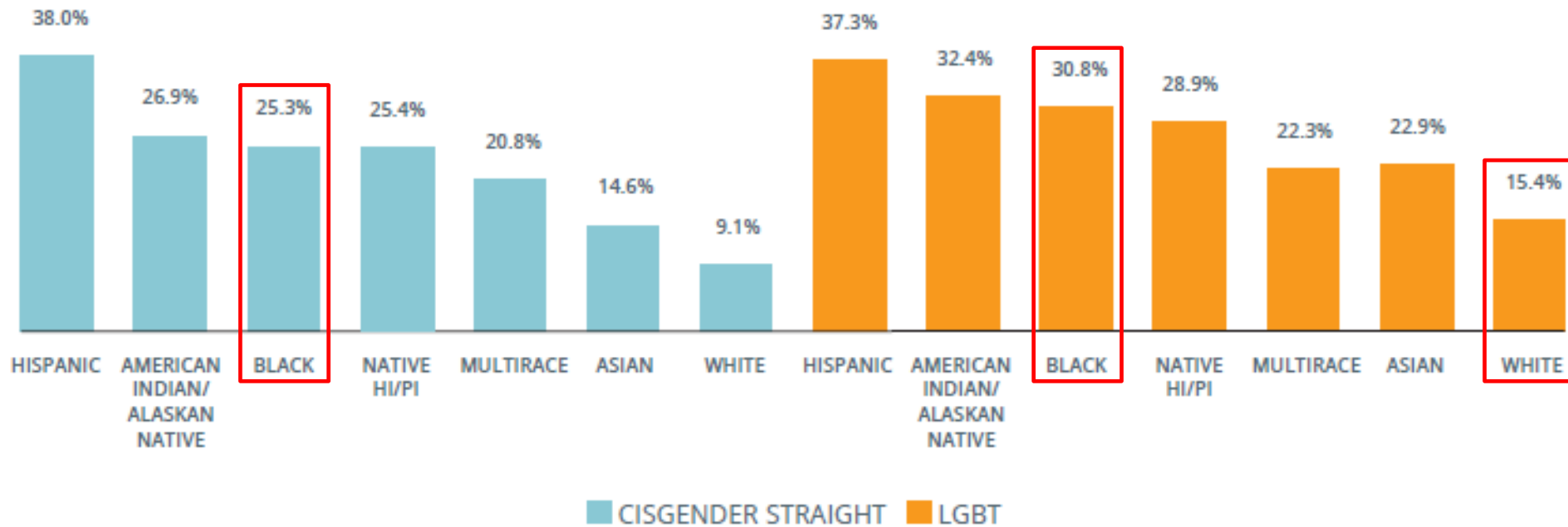


- **Problems sleeping**
 - 90% among all Black respondents
- **Stress**
 - 80% among all Black respondents
- **Depression**
 - 80% among all Black respondents
- **Hopelessness**
 - 71% among all Black respondents
- **Anxiety**
 - 80% among all Black respondents



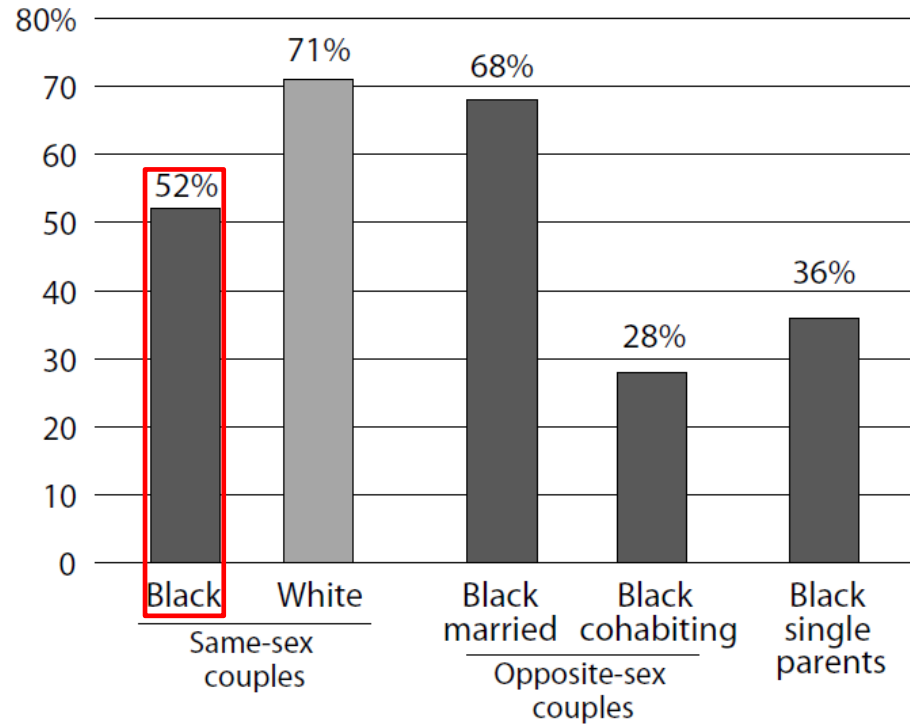
POVERTY AMONG BLACK LGBTQ+ PEOPLE

Figure 6. Poverty rates comparing LGBT and cisgender straight people by race and ethnicity



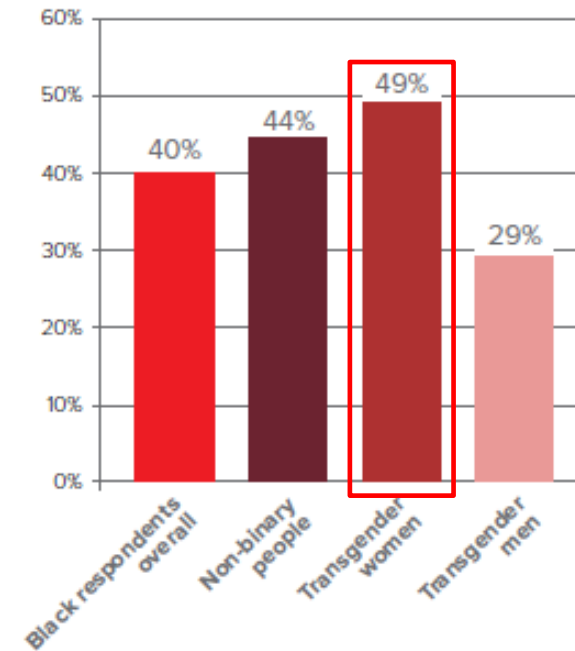
HOUSING AMONG BLACK LGBTQ+ PEOPLE

Figure 7: Home ownership

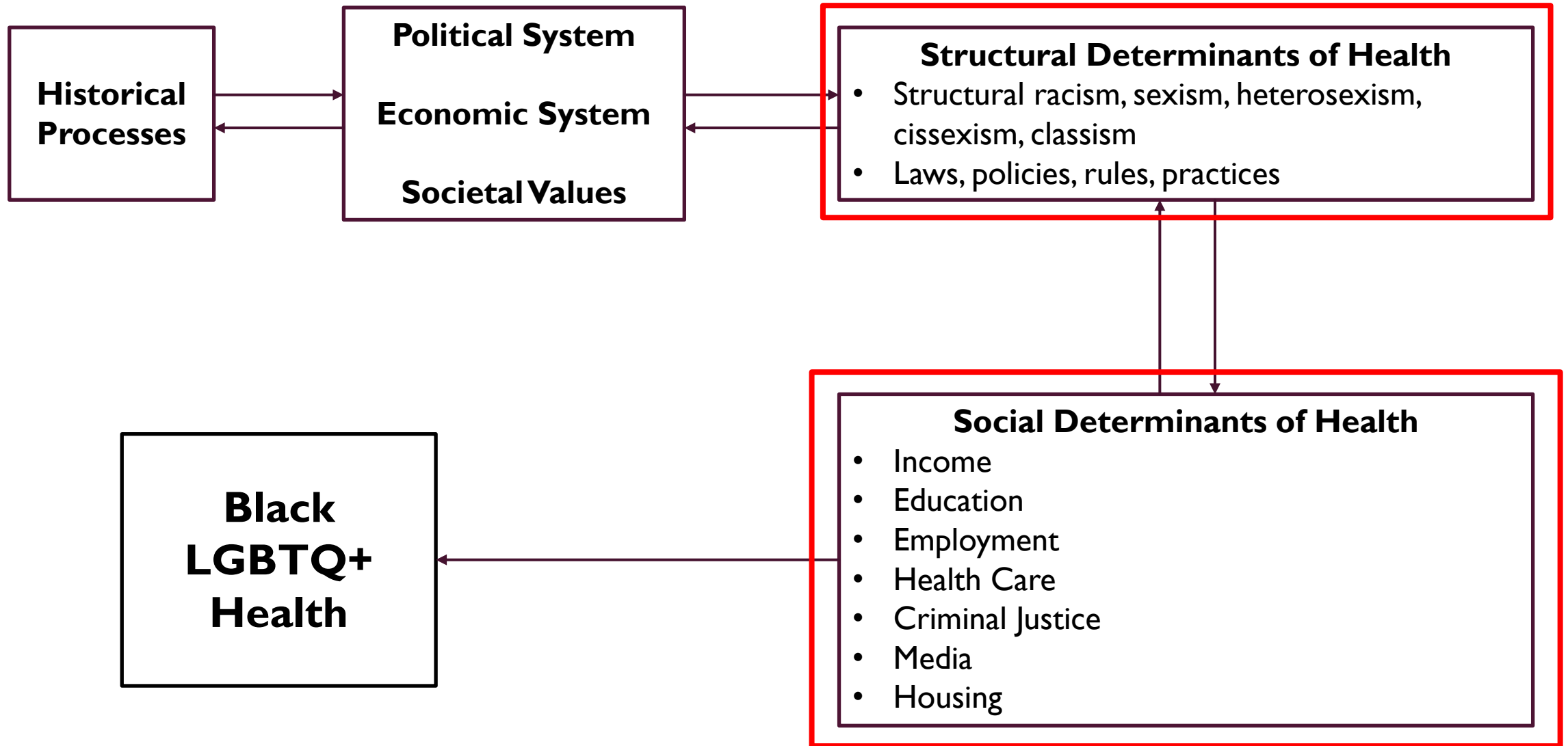


Source: Dang A, Frazer S. Black same-sex households in the United States. National Gay and Lesbian Task Force. 2005.

Figure 16: Housing discrimination or instability in the past year due to being transgender (by gender)



Source: James et al. 2015 U.S. Transgender Survey: Report on the experiences of Black respondents. National Center for Transgender Equality. 2017.



Questions?

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SOCIAL DETERMINANTS OF BLACK LGBTQ+ HEALTH

■ Education

- College completion: **Black LGBT people** (23%) < Black non-LGBT people (26%); **Black transgender people** (26%) < White transgender people (51%)
- School-based victimization among **Black LGBTQ+ students**: sexual orientation (65.1%), gender expression (57.2%), race/ethnicity (51.9%)

■ Employment

- Unemployment: **Black LGBT people** (15%) > Black non-LGBT adults (12%)
- Loss of job because transgender: **Black transgender people** (32%) > White transgender people (24%)

■ Income

- Annual median household income: **Black female** (-\$21,000) and **male** (-\$23,000) **same-sex couples** < White female and male same-sex couples; **Black female same-sex couples** (-\$10,000) < Black male same-sex couples and different-sex couples
- Poverty: **Black LGBT people** (30.8%) > White LGBT people (15.4%) and Black non-LGBT people (25.3%); Black cisgender bisexual women (39.7%) > Black transgender people (38.5%) > Black cisgender lesbian women (31%) > Black cisgender bisexual men (20%) > Black cisgender gay men (17%)

SOCIAL DETERMINANTS OF BLACK LGBTQ+ HEALTH (CONT.)

■ Health Care

- Health insurance: **Black same-sex couples** (74%) < Black different-sex couples (86%); **Black transgender people** (69%) < White transgender people (83%)
- Discrimination in health care: 34% of Black transgender people had at least one negative health care experience in the past year

■ Housing

- Home ownership: **Black female** (50%) and **male** (54%) **same-sex couples** < Black different-sex couples (68%)
- Lifetime homelessness: 42% of **Black transgender people**

■ Incarceration

- **Black transgender people** (47%) > White transgender people (12%)
- Of the 300,000 LGBT youth arrested and/or detained each year, 60% are **Black or Latinx**

■ Policing

- **Black transgender people** reported being verbally harassed (22% vs. 17%) and physically (12% vs. 2%) and sexually assaulted (6% vs. 2%) by law enforcement officers > White transgender people

STRUCTURAL DETERMINANTS OF BLACK LGBTQ+ HEALTH

- **Structural heterosexism and cissexism**

- ❑ Same-sex marriage laws
- ❑ HIV criminalization laws
- ❑ Non-discrimination laws
- ❑ Hate crime laws
- ❑ Religious refusal laws
- ❑ Adoption and parenting laws

- **Structural racism**

- ❑ Criminal justice laws and practices
- ❑ Racial residential segregation
- ❑ Civil rights laws
- ❑ Non-discrimination laws
- ❑ Hate crime laws