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SUBSTANCE MISUSE AMONG SEXUAL AND GENDER MINORITIES: THE ROLE OF EVERYDAY DISCRIMINATION AND IDENTITY

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INTRODUCTION

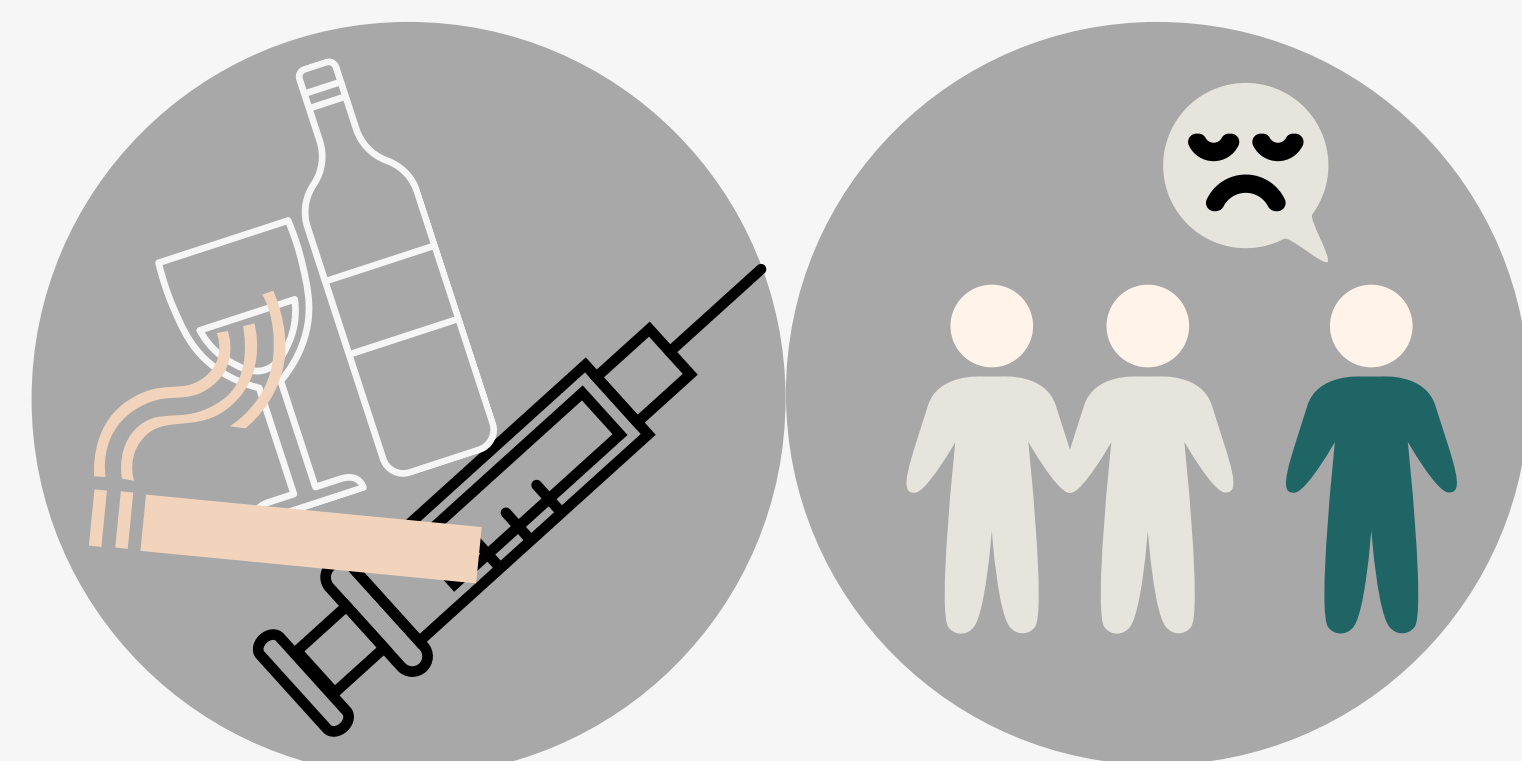
Sexual Gender minorities (SGMs) frequently experience high rates of identity-based discrimination, harassment, stigma, and microaggressions. Compared to the general population, SGMs experience disproportionate rates of emotional, social, and physical abuse, stalking, and intimate partner violence (Jackson et al., 2019; Stray et al., 2021; Steel Fisher et al., 2019; Edwards et al., 2022; Vasquez et al., 2021). These minority stressors can impact overall health, resulting in health disparities such as increased odds of mental health and substance use disorders (Anzani et al., 2021; Lee et al., 2016; Kidd et al., 2022; Fish et al., 2021; Newcomb et al., 2020; Anzani et al., 2021). Several studies have found that SGMs are more likely to use illicit drugs such as opioids, tranquilizers, and heroin (Medley et al., 2016; NIDA, 2021; Schuler et al., 2019). Current literature also suggests a significant association between minority stressors and the likelihood of using substances (Barger et al., 2021; Lee et al., 2016; Fish et al., 2021).

OBJECTIVE

Understand the association between everyday discrimination and substance misuse within the SGM community



RESULTS/FINDINGS



- Everyday discrimination by SGM identities was significant for alcohol misuse, over-the-counter drug misuse, and heroin use

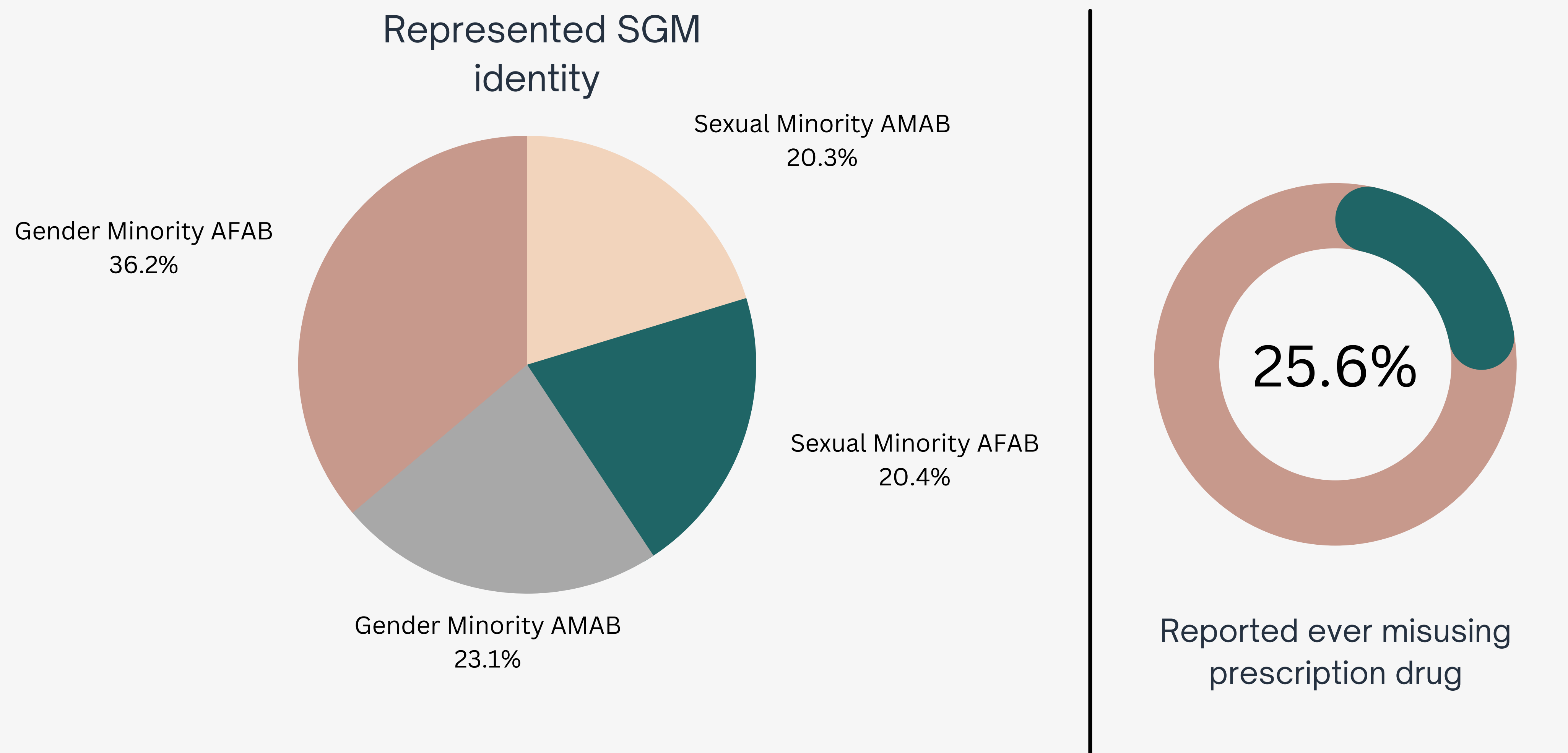


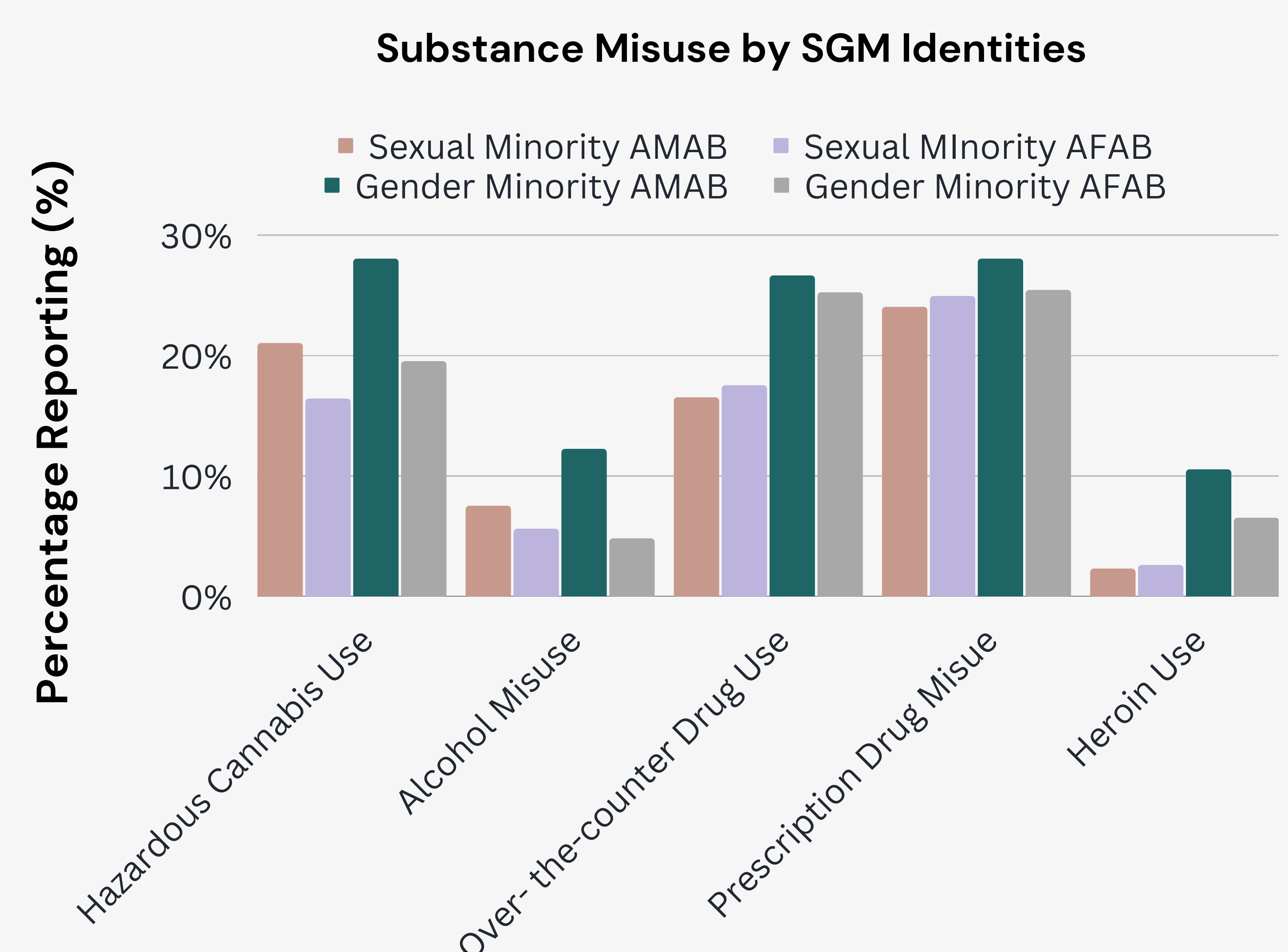
FIGURE 1. Adjusted Odds of Substance Misuse with Each One-Unit Increase in Everyday Discrimination Score

SUBSTANCE MISUSE	AOR	95% CI
Hazardous Cannabis Use	1.03	1.02, 1.05
Alcohol Misuse	1.06	1.04, 1.09
Over-The-Counter Drug Misuse	1.05	1.03, 1.07
Prescription Drug Misuse	1.05	1.04, 1.07
Heroin Misuse	1.10	1.07, 1.13

- With each one-unit increase in everyday discrimination, each substance showed a significant increase in odds, with Heroin having the highest, with a 10% increase.

- The association between everyday discrimination and substance misuse was stronger among gender minorities, particularly for AMAB

FIGURE 2. Prevalence of substance misuse by sexual and gender minority (SGM) identity; AMAB=assigned male at birth; AFAB=assigned female at birth



METHODOLOGY

This cross-sectional study recruited 1,316 SGM individuals on Reddit to complete a web-based survey using Qualtrics between February and March 2022

CONCLUSION

Substance misuse varied by SGM identity. Everyday discrimination was associated with substance misuse, but there was heterogeneity in this relationship by SGM identity and substance. Substance abuse treatment and prevention among SGMs should consider heterogeneity by SGM identity and substance.

