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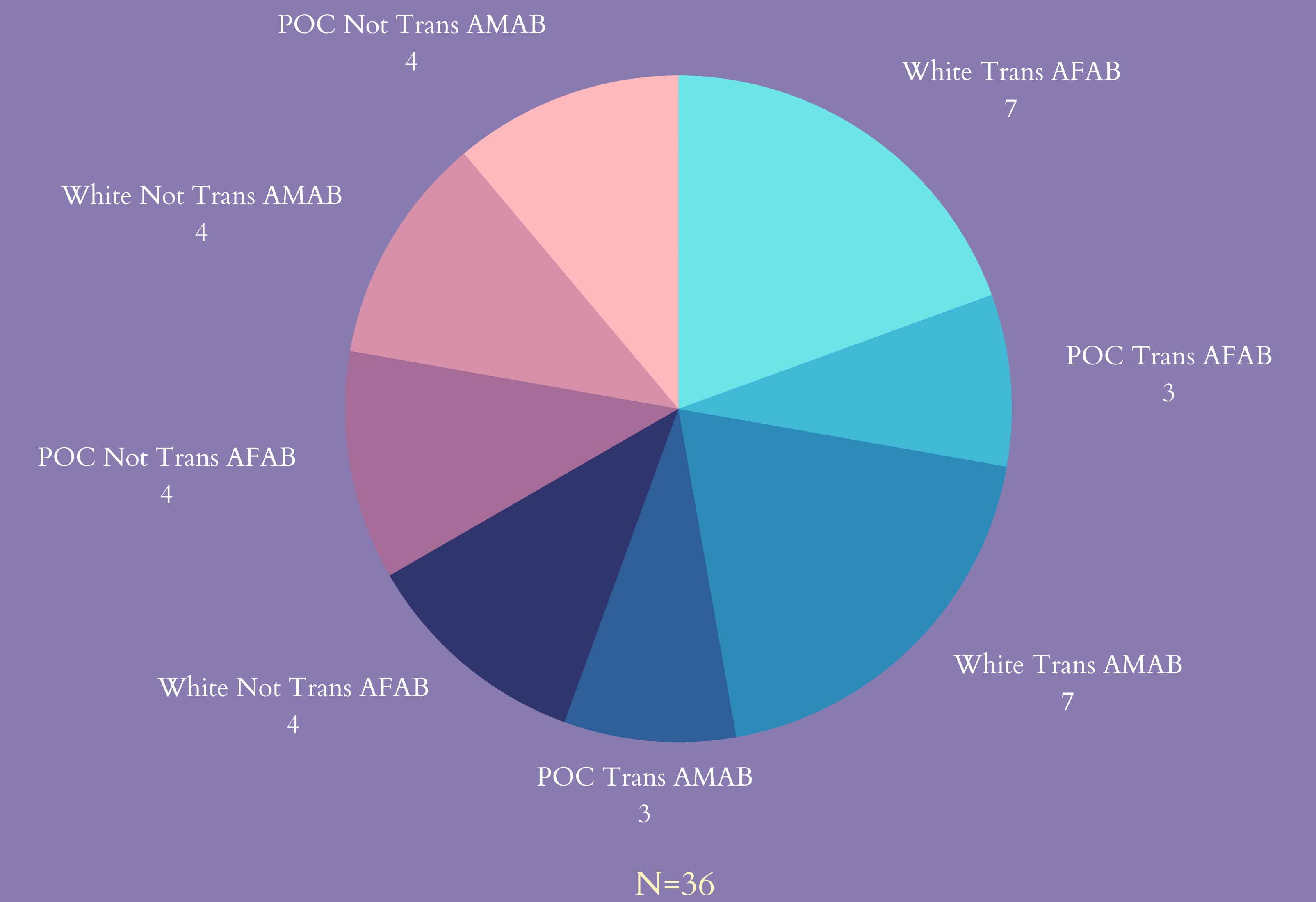
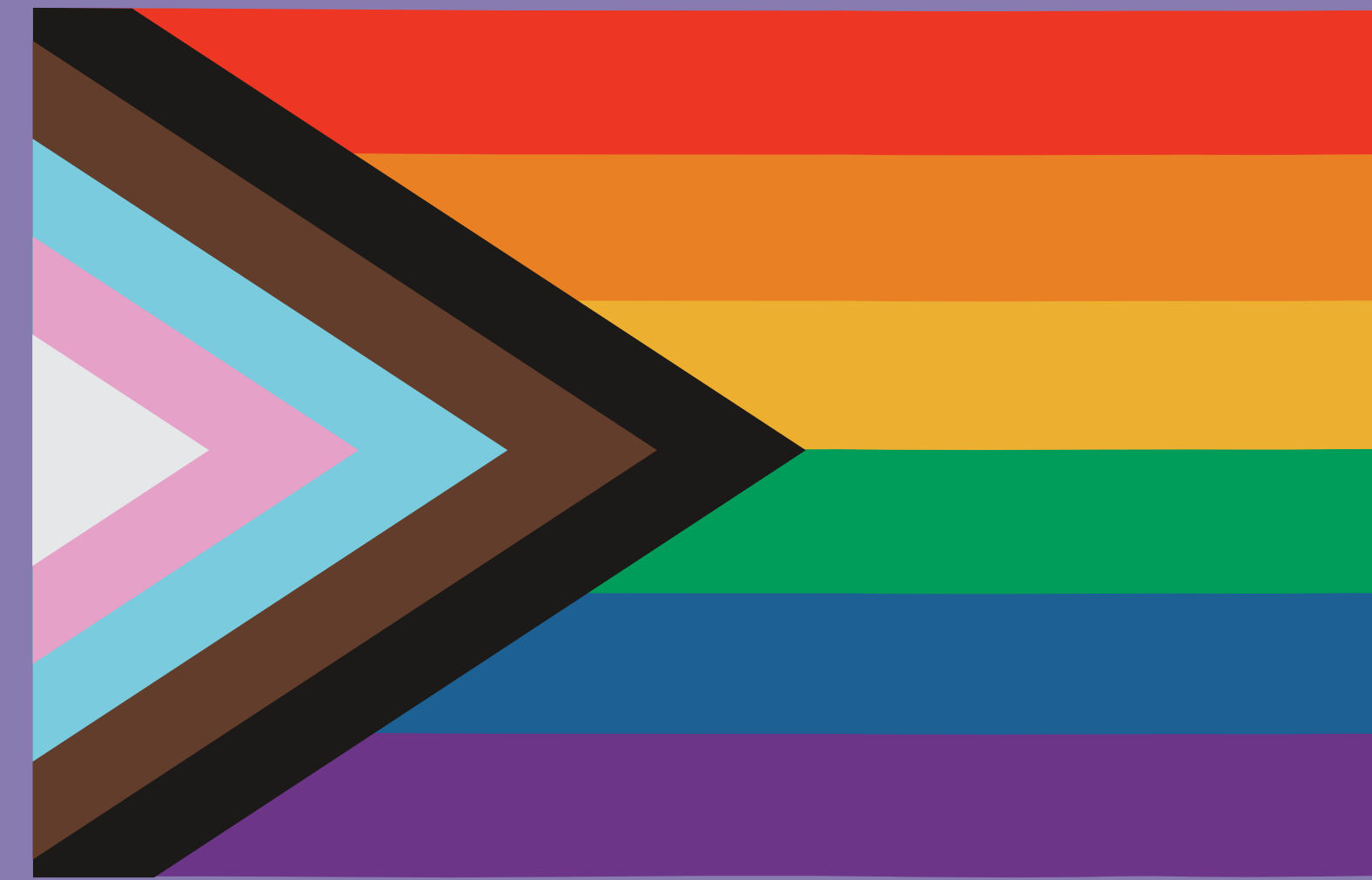
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# Transcending Boundaries: A Qualitative Exploration of Healthcare Experiences among Sexual and Gender Minorities

## Authors

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## Affiliations



## Introduction

Sexual and gender minorities (SGMs) face a multitude of systemic barriers when navigating the healthcare system, such as discrimination and inequity (Ayhan et al., 2019; Kattari et al., 2015; Howard et al., 2019). There is currently a gap in the literature regarding the healthcare experiences of SGMs.

## Objective

This study seeks to:

- Understand the lived experiences of SGMs when accessing healthcare
- Understand the lived experiences of intersecting SGM and racial/ethnic minority identities
- Inform future practice

## Methodology

- IRB approved Health of Sexual and Gender Minorities Study
- Eight, 90-minute Zoom focus groups
- N=36
- March-June 2022
- Recruitment:
  - Recruited via Reddit
  - SGM adults living in the US
- Focus groups categorized by:
  - Sex assigned at birth
    - Assigned Male at Birth (AMAB)
    - Assigned Female at Birth (AFAB)
  - Transgender identity
    - Transgender
    - Not-Transgender
  - Race/Ethnicity
    - White
    - Black, Indigenous, Person of Color



## Results

### Positive Healthcare Themes

- Affirming Healthcare Providers
- Affirming Auxiliary Staff
- Affirming Healthcare Centers
- Access to Gender Affirming Care
- Inclusive Paperwork/Forms

### Positive Mental Health Themes

- Affirming Experience w/ MHCP
- MHCP Representation
- LGBTQIA+ Signage

### Negative Healthcare Themes

- Access Barriers
- Need for Gender Affirming Care
- Invasive Medical Care
- Non-Affirming HCP
- Non-Inclusive Paperwork/Forms

### Negative Mental Health Themes

- Access Barriers
- MHCP Dismissal of Pt's Identity
- MHCP Pathologizing Pt's Identity
- MHCP Lacking Education
- Burden on Pt to Educate MHCP

## Conclusion

FG participants report feeling that their concerns weren't taken seriously, having assumptions made about their identity, having their identity pathologized, being deadnamed, being misgendered, and facing barriers when attempting to access affirming healthcare of any kind. These findings suggest a significant need for healthcare providers to receive training on providing affirming care to SGM patients, and for healthcare systems to implement policies and practices that support equitable access to healthcare for SGM individuals.



### Key

SGM - Sexual and Gender Minorities  
MH - Mental Healthcare  
HC - Healthcare  
MHCP - Mental Healthcare Provider  
HCP - Healthcare Provider  
AMAB - Assigned Male at Birth  
AFAB - Assigned Female at Birth  
GAC - Gender Affirming Care

## References



## Handout

