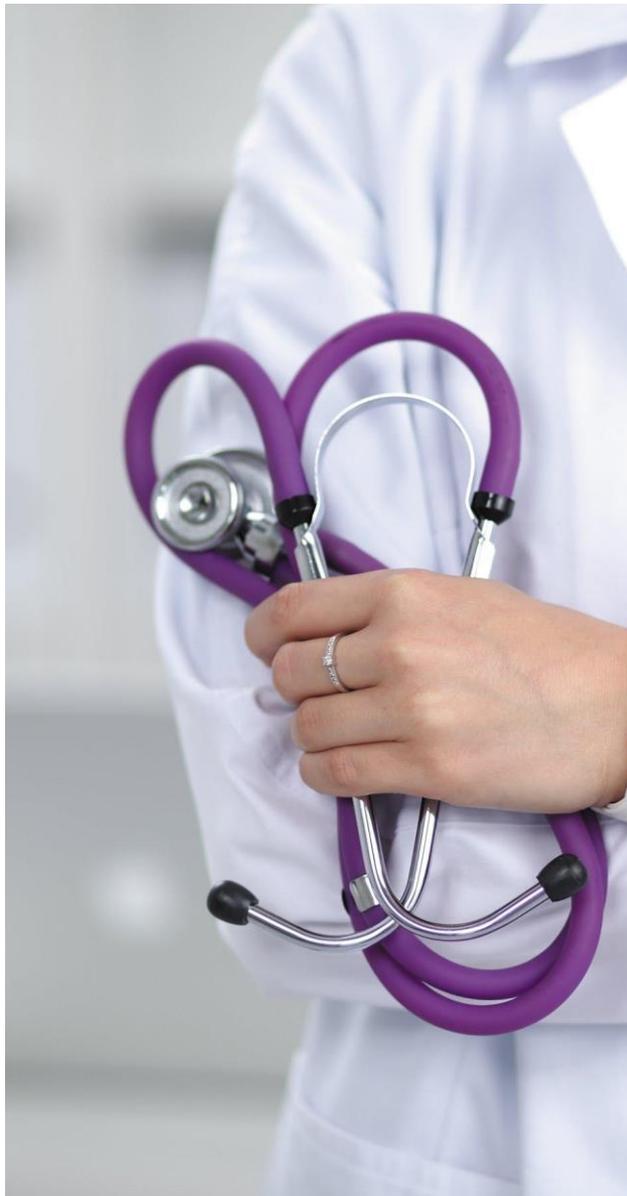


DocLIST

Health Professionals Newsletter



Welcome to the third edition of DocLIST Health Professionals Newsletter

DocLIST is an online list of doctors, dentists and mental health professionals recommended by lesbian, bisexual, same sex attracted and queer women in Australia. It is a project of the Australian Lesbian Medical Association (ALMA). This newsletter highlights recent journal articles and resources on a range of topics relevant to the health of lesbian bisexual queer (LBQ) women.

In this edition we focus on mental health discussing a couple of articles addressing the mental health of lesbian gay bisexual transgender / gender diverse (LGBT) people as well as the LGBTI Health Alliance's snapshot of Mental Health and Suicide Prevention Statistics for Lesbian Gay Bisexual Transgender / gender diverse and Intersex (LGBTI) people.

We also feature an important article about what intersex people need from doctors, and we encourage our readers to read the resources in our new section on health care for intersex people found at www.doclist.com.au/health-professionals

Feedback and suggestions for articles which may be of interest for future editions can be sent to the DocLIST team at alma@doclist.com.au

Dr Sarah Burrowes
DocLIST Coordinator, Editor



*From the Literature



The intersex flag, designed by Morgan Carpenter

Rural and Remote Health 2020;20:5448,
doi:10.22605/RRH5448

Virtually caring: a qualitative study of internet-based mental health services for LGBT young adults in rural Australia

Bowman S, Easpaig B, Fox R.

<https://www.rrh.org.au/journal/article/5448>

Online technologies have the potential to overcome health access barriers, but little was known for young LGBT rural Australians. This interview-based qualitative study revealed difficulties locating the right care and a variation in views about how online services should be delivered. The authors recommended that internet-based mental healthcare providers should work closely with LGBT and youth communities in rural areas to develop appropriate client-centred services.

O&G magazine, Summer 2018

What do intersex people need from doctors?

Carpenter M.

<https://www.ogmagazine.org.au/20/4-20/what-do-intersex-people-need-from-doctors>

This article was written by Morgan Carpenter, a bioethicist, advocate and consultant on bodily diversity issues. It explores a range of issues faced by intersex people in the medical, identity, legal and human rights domains. It explores the history of medical and surgical treatments being performed on intersex children and the achievements of human rights advocates in spurring on governments and medical organisations to recommend the deferral of medical interventions such as 'normalising' cosmetic genital surgery until people are able to fully participate in decision making. The article explores concepts of avoiding 'othering', stigma, and the importance of individual self-determination.

Statistics Canada, Catalogue no.82-003-X. Health Reports Vol 30:3-10, November 2019

Sexual orientation and complete mental health

Gilmour H.

<https://www150.statcan.gc.ca/n1/en/pub/82-003-x/2019011/article/00001-eng.pdf?st=6TujzhUs>

This statistical study from Canada examined the concept of complete mental health, which combines the presence of positive mental health and the absence of mental disorder, in men and women aged 15 and older who self-identified as lesbian, gay, bisexual or heterosexual in the 2016 Canadian Community Health Survey. Complete mental health was defined as the presence of flourishing mental health together with the absence of any self-report mental illness in the previous 12 months. In 2015, about 153,000 Canadian women (1.1%) identified as lesbian and 299,000 (2.2%) as bisexual. The likelihood of complete mental health was not significantly different for lesbian women (63%) than for heterosexual women (72%) but bisexual women (38%) had significantly lower odds of complete mental health than either of the other groups. Flourishing mental health was reported by 81% of heterosexual women compared with 76% of lesbian women and 59% of bisexual women. This very large study highlights the poorer mental health of bisexual individuals, but also provides some context, reporting on flourishing mental health as well as disorders.

Womens Health (Lond) 2020; 16:1-8, doi: 10.1177%2F1745506519899820

Healthcare experiences of urban young adult lesbians

Griffin M, Jaiswal J, Krytusa D, Krause K, Kapadia F, Halkitis P.

This cross-sectional study explored the healthcare experiences of 100 young adult (18-29 years) lesbians in New York City, including having a primary care provider, health insurance, foregone care (care needed but not accessed), knowledge of where to obtain Pap testing and STI testing. Nearly three quarters (73%) had a primary healthcare provider, and 54% had experienced a sexual healthcare need over their lifetime. Disclosure of sexual orientation to a provider (reported by 51%) improved knowledge of where to access Pap testing, while disclosure to friends and family improved knowledge of where to access STI testing. Given that this was a US-based population, as expected there was a strong relationship between being employed and having health insurance with less foregone care. The authors suggest that financial subsidies that lower the cost of health insurance cover may help improve healthcare access among young adult lesbians.





*Resource of the month

LGBTI National LGBTI Health Alliance Snapshot of Mental Health and Suicide Prevention Statistics for LGBTI People

February 2020

<https://lgbtihealth.org.au/wp-content/uploads/2020/02/2020-Snapshot-of-Mental-Health-and-Suicide-Prevention-Statistics-for-LGBTI-People-LGBTI-Health-Alliance.pdf>

Although many lesbian, gay, bisexual, transgender and intersex (LGBTI) Australians live healthy and happy lives, research has demonstrated that a disproportionate number experience poorer mental health outcomes and have higher risk of suicidal behaviours than their peers. These health outcomes are directly related to experiences of stigma, prejudice, discrimination and abuse on the basis of being LGBTI. This document aims to provide a snapshot of what is known of the current mental health and wellbeing outcomes of LGBTI people in Australia.

