

European evidence on the health of LGBTI+ youth:

A two-phased landscape and research gap study

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Stigma and Resilience
Among Vulnerable
Youth Centre



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National LGBTI+ Youth Strategy 2018-2020

- **Goal 3:** Develop the research and data environment to better understand the lives of LGBTI+ young people
- **Objective 15:** Enhance the quality of LGBTI+ data and commission research to ensure evidence-informed policy and service delivery

Aims of this study

- **Exploring what research has been done** in Ireland and across Europe with LGBTI+ young people
- **Identifying research and data gaps** that need to be addressed

Method

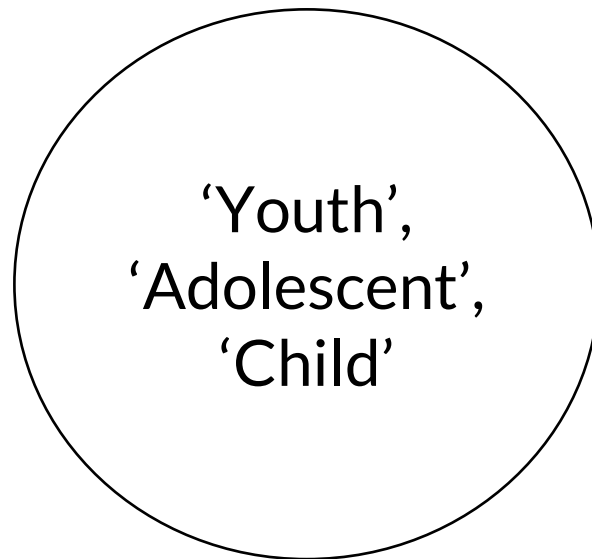
- A **scoping review** approach
- **Five strategies:** database searches, online search, 'pearl-growing', contacting stakeholders, contacting international colleagues
- **Five sources:** national/international, peer-reviewed/'grey' literature and data
- Review by **International Expert** Professor Elizabeth M. Saewyc, UBC
- Pre-registered **Study Protocol:** <https://osf.io/46q8f>

Database and online search: 4,603 records found



Keywords: sexual orientation, biological sex and gender identity

+



Keywords: age group

+



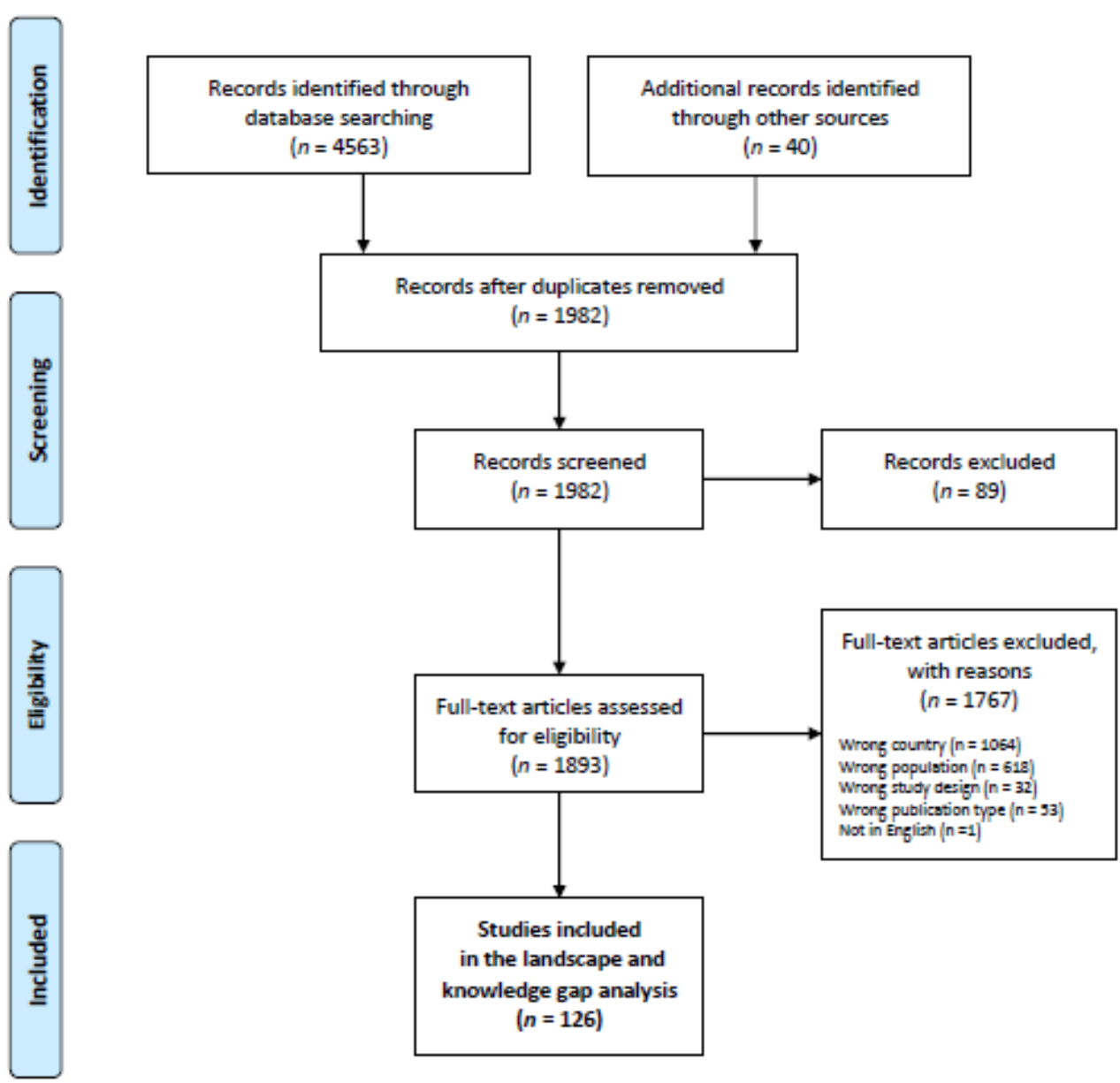
Keywords relevant to the *Better Outcomes Brighter Futures* framework

Screening

Inclusion criteria

- English language
- Individual studies within Europe; reviews without geographical boundaries
- Studies between 2000-2019, data between 2010-2019
- Most participants aged 26 or younger

After cleaning and screening the records, **126** were included in the analysis



Multi-dimensional analysis

	1a: Landscape Analysis, first phase: Review of existing Irish and international research, evidence and data	1b: Landscape Analysis, second phase: Identifying data sources and indicators; recording high quality data and indicators	2: Knowledge Gap Analysis
1. National published literature	<ul style="list-style-type: none"> • Strategy of identification • Source 	<ul style="list-style-type: none"> • Aim • Research question(s) 	<ul style="list-style-type: none"> • Research gap(s) • Strength • Quality • Applicability to Irish context, specifically the <i>LGBTI+ National Youth Strategy 2018-2020</i> • Overall evaluation • Recommendations
2. National grey or unpublished literature	<ul style="list-style-type: none"> • Data or publication • Type of study • Design 	<ul style="list-style-type: none"> • Research hypothesis(es) • Sample • Gender / Sexual Minority characteristics 	
3. International published literature	<ul style="list-style-type: none"> • Type of publication • Title • Author(s) • Affiliation of authors 	<ul style="list-style-type: none"> • Independent variables • Dependent variables • Methods of statistical / qualitative analysis • Main findings • Practical implications • Policy implications • Conclusions • Relevance to the LGBTI+ NYS • Evidence level: according to CEBM and MMAT/AACODS classifications 	
4. International grey or unpublished literature	<ul style="list-style-type: none"> • Corresponding author's availability • Venue published • Metadata repository • DOI • Other identifier(s) 		
5. National or International datasets	Relevant points from 1 and 2 above plus metadata, hyperlinks, availability, data documentation, applicability assessment and quality indicators as agreed.		

Findings

- A **varied research landscape**, with some objectives of the LGBTI+ National Youth Strategy well-covered and others largely understudied
- Large variety in the **scope, aim, sample, method, variables, results** and **implications**
- **Relevance** to Ireland and the **quality** of evidence varied

Figure 1. Density map of research on LGBTI+ youth across the LGBTI+ National Youth Strategy Goals and Objectives

Index – level of representation

Very poor	Poor	Quite poor	Some	Fair	Quite high	High	Very high
(1.0–2.78%)	(2.79–4.55%)	(4.56–6.33%)	(6.34–8.10%)	(8.11–9.88%)	(9.89–11.65%)	(11.66–13.43%)	(13.44–15.20%)

GOAL 1: Create a safe, supportive and inclusive environment for LGBTI+ young people

Objective 1: Create a more supportive and inclusive environment for LGBTI+ young people in formal education settings (15.2%)	Objective 2: Create safe environments for LGBTI+ young people (14.2%)	Objective 3: Make all youth services more inclusive of LGBTI+ young people and provide accessible LGBTI+ youth services nationally (5.9%)
Objective 4: Ensure equal employment opportunity and an inclusive work environment for LGBTI+ young people (2.4%)	Objective 5: Provide a more supportive and inclusive environment that encourages positive LGBTI+ representation and participation in culture, society, and sport, and reduces LGBTI+ stigma (9.6%)	Objective 6: Expand and develop supports to parents and families of LGBTI+ young people (4.7%)
Objective 7: Provide capacity building measures among service providers to improve their understanding of, and ability to engage with, LGBTI+ young people (9.4%)	Objective 8: Address gaps in current legislation and policies, and ensure inclusion of LGBTI+ young people in future legislation and policy development (3.3%)	Objective 9: Address fragmentation in funding and support networking of organisations to work collaboratively (1.2%)
	Objective 10: Provide an inclusive physical environment for transgender and intersex young people (4.7%)	

GOAL 2: Improve the physical, mental and sexual health of LGBTI+ young people

Objective 11: Respond effectively to the mental health needs of LGBTI+ young people (11.4%)	Objective 12: Strengthen sexual health services and education to respond to the needs of LGBTI+ young people, including in the area of sexual consent (4.3%)	Objective 13: Improve the physical and mental health of transgender young people (8.3%)	Objective 14: Improve the understanding of, and the response to, the physical and mental health needs of intersex young people (2.2%)
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GOAL 3: Develop the research and data environment to better understand the lives of LGBTI+ young people

Objective 15: Enhance the quality of LGBTI+ data and commission research to ensure evidence-informed policy and service delivery (3.3%)
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‘Heatmap’



Objective 4: Ensure equal employment opportunity and an inclusive work environment for LGBTI+ young people (2.4%)

- Most Sexual and Gender Minority youth **do not report problems** in the workplace due to their SGM status
- **Finding a job is more difficult** for Gender Minority youth, and they report more **discrimination** than cisgender youth

Gaps:

- Little evidence (especially **cross-cultural research**)
- Results **conflicting** with studies on U. S. adults



Objective 2: Create safe environments for LGBTI+ young people (14.2%)

- **Discrimination, bullying, victimisation, violence, and abuse**, and not only because of their sexuality or gender but on **other grounds** also
- Many youth **do not report** these incidents, and even if they do, teachers often do not **intervene** (feeling **unprepared**)

Gaps:

- Research on perceived safety is mostly limited to educational venues

Recommendations for research

- Community sampling – the issue of **parental consent**
- **Comparisons** between SGM and non-minority youth
- Low proportions of SGM youth – **oversampling** or other innovative data collection and analytic techniques
- Analyses **beyond descriptive** statistics
- Additionality, intersectionality, **multiple marginalisation**
- **Interventions** and their efficacy

Limitations and strengths

- Only studies in **English**
- Lack of **global coverage**
- **Time range**
- Some outputs **may have not been identified**

- **Comprehensive** overview and multi-dimensional analysis of European research between 2000–2019
- Addressing **strategic priorities**

Work in progress

- **LGBTI+ inclusive** birth-registered sex, gender identity and sexual orientation questions
- **Sexual health** indicators in SGM and non-minority youth
- Gender and age **non-response** analysis
- **Case-control** matching



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Thank you

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Download the report from: <https://tinyurl.com/lgbtilandscapereport>