

Poster Number

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Bridging Perspectives: A Multidisciplinary Team's Approach to Understanding Childhood Adversity and LGBTQ+ Health Outcomes

Paltin, D.^{1*} Patel, H.,² Bell, T. R.,² Askew, A. J.,¹ Abrams, M.,² Minassian, A.,² Schneeberger, A. R.²¹ SDSU/UC San Diego Joint Doctoral Program in Clinical Psychology² UC San Diego, School of Medicine, Department of Psychiatry

Background

The LGBTQ+ Working Group is a faction of the Equity, Diversity & Inclusion (EDI) Action Council, within the Psychiatry Department of the UCSD School of Medicine.

An LGBTQA+ Team: The LGBTQ+ Working Group combines expertise of doctoral psychology trainees, psychiatry resident, post-doctoral research associates, licensed mental and medical health professionals from across the Psychiatry Department, united by shared identities and passion for LGBTQ+ health topics.

Childhood adversity is associated with various health outcomes, including psychiatric symptoms, physical illnesses, substance misuse, and experiences of victimization. LGBTQ+ individuals face a heightened risk of experiencing childhood adversity and endure a higher prevalence of these outcomes compared to their heterosexual/cisgender counterparts.

In 2014, co-author Dr. Schneeberger published a systematic review on health outcomes among LGBTQ+ adults who experienced severe childhood events. This team set out to update this foundational review.

Objectives

1. Examine the collaborative approach of a multidisciplinary research team (the LGBTQ+ Working Group).
2. Demonstrate applications of the Working Group to investigate complex research questions in LGBTQ+ health within an academic/medical setting.
3. Characterize the impact of childhood adversity on mental health among LGBTQ+ adults.

Methods

Formation of the LGBTQ+ Working Group: an interdisciplinary department-wide team of volunteers who are committed to addressing LGBTQ+ issues within the University

- 2 doctoral clinical psychology trainees, 1 psychiatry resident, 2 postdoctoral associates, 1 clinical psychologist, 1 psychiatrist.

Monthly project meetings with whole team and bi-weekly small group meetings.

Delegation of project responsibilities based on area of expertise, skillset, and capacity. Roles are flexible.

S.E.A.R.C.H.E.R.S. for the Basics of Conducting a Systematic Review

S: Specify the Research Question

- Senior authors invited junior authors to update the original systematic review

E: Establish Inclusion/Exclusion Criteria

- Iteratively developed the inclusion/exclusion criteria

A: Assemble Comprehensive Literature Search

- Conducted a comprehensive literature search through University library resources

R: Review and Screen Methodically

- Screened and selected texts using Rayyan and Endnote

C: Collect and Extract Data

- Extracted data related to childhood adversities and health outcomes

H: Hone in on Study Quality

- Conducted quality assessments using AXIS tool

E: Execute Data Synthesis and Meta-analysis

R: Recognize and Address Bias

- Assess and address potential publication bias by searching for unpublished studies or gray literature

S: Stay updated and Revise as Necessary

The LGBTQ+ Working Group provides a scientific hub for integrating clinical insights, academic rigor, and advocacy for addressing LGBTQ+ issues in academia.

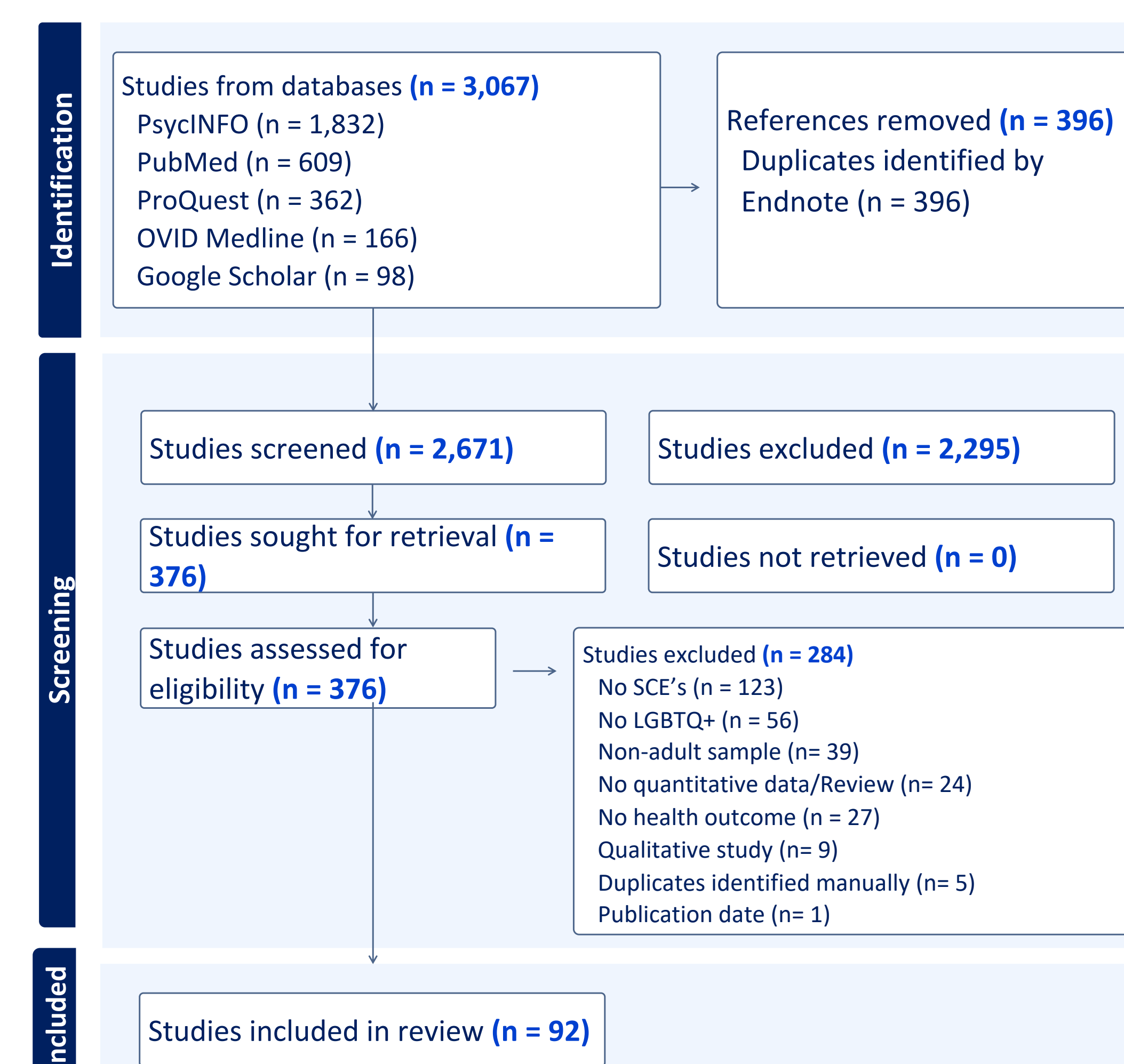
Dafna Paltin
dpaltin@health.ucsd.edu

  @PaltinD



Results

PRISMA



Primary Health Outcomes of Severe Childhood Adversity

Primary Health Outcome Themes	Examples	N (papers)
Psychiatric Symptoms	Depression, Anxiety, PTSD	35
Suicide and Self Harm	Non-suicidal self injury, suicidal ideation, attempts	21
HIV Risk Behaviors and other Sexual Behaviors	STI/STD's, sexual violence, condomless sex	17
Substance Use Disorder/Misuse	Problematic substance use, illicit and licit substance use	12
Other	Physical Health/Obesity Healthcare Avoidance Intimate Partner Violence	7

Note: Primary health outcome themes are not mutually exclusive.

The team's diversity promoted discussion of multiple perspectives, clinical and research considerations, lived/insider experiences, and alternative explanations during monthly meetings.

Discussion & Conclusions

This systematic review showcases the team's methodological approach and underscores the importance of involving an **interprofessional, diverse team in addressing complex research questions about marginalized groups.**

Findings from the systematic review will contribute to a more nuanced understanding of **factors that shape mental and physical health outcomes for LGBTQ+ adults.**

This project offers a **replicable model** for other institutions interested in undertaking similar research endeavors.

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