General References Regarding Health, Well-Being, & Spirituality for LGBT Individuals


Life. Three Rivers Press.


Lesbian, gay, bisexual, and transgender (LGBTQ+) patients have historically been an underserved community with unique health needs. National research has shown that lesbian, gay, bisexual, and transgender (LGBT) patients are at increased risk for substandard, insensitive, or even abusive care due to stigmatization. This has led to a number of inequalities in the delivery and quality of healthcare to members of this group, which include: Patients are more likely to delay needed regular medical care. LGBT individuals are more likely to be dependent on alcohol, tobacco, or drugs. Primary Care. General preventive health, screening for disease including cancer and infectious disease, immunizations, and counseling related to healthy behaviors. It has been well-documented that LGBT individuals have certain poorer health behaviors compared to heterosexual/cisgender peers (e.g., lesbian and bisexual women are more likely to smoke) and worse access to care [13â€“15]. Research into men who have sex with men likewise has documented risky health behaviors (e.g., smoking and not being HIV-tested) and having more restricted access to care [16, 17]. Skewness and kurtosis coefficients were calculated for the primary variables under scrutiny (anxiety, depression, self-esteem, satisfaction with life, and number of self-reported health conditions). In terms of the main analyses, first, the rates of health care access and health conditions in the sample were calculated.