

# DocLIST

## Health Professionals Newsletter



### Welcome to the first 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).

A recent survey of health professionals listed on DocLIST identified that many within the group would like regular updates on topics relating to health and health care for lesbian bisexual and queer (LBQ) women. There was also interest in topics relating to transgender and gender diverse (TGD) people's health care (noting that some TGD people identify as lesbian, bisexual or queer women).

In each newsletter the DocLIST team will present a short list of very brief descriptions of recent journal articles on topics related to LBQ women's health. We also present the Resource of the Month, which will usually be selected from the wide range of resources listed on the health professionals page of the DocLIST website found at [www.doclist.com.au/health-professionals](http://www.doclist.com.au/health-professionals). We hope you find the newsletter engaging and useful in your practice. 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](mailto:alma@doclist.com.au)

**Dr Sarah Burrowes**

**DocLIST Coordinator, Editor**



# \*From the Literature



J Res Adolesc. 2019 Feb 13. doi: 10.1111/jora.12488. [Epub ahead of print]

## Evidence of Diverse Identities in a Large National Sample of Sexual and Gender Minority Adolescents.

Watson RJ, Wheldon CW, Puhl RM.

<https://www.ncbi.nlm.nih.gov/pubmed/30758906>

Lesbian, gay and transgender are no longer adequate words to describe a large proportion of LGBTIQ young people. In a recent US study over 17,000 adolescents reported 26 distinct sexual and gender identities (SOGI) and 24% of them utilised 'non-traditional' SOGI labels such as 'pansexual' and 'non-binary'.

Aust J Gen Pract. 2019 Mar;48(3):138-144.

## Bisexual mental health: Findings from the 'Who I Am' study.

Taylor J, Power J, Smith E, Rathbone M.

<https://www.ncbi.nlm.nih.gov/pubmed/31256471>

This cross-sectional survey was completed by 2651 adults living in Australia who had bisexual attraction, identity and/or experience. Significantly higher psychological distress in this sample was predicted by higher levels of internalised biphobia, being in a heterosexual relationship and having a less supportive partner. The authors note that general practitioners may be less familiar with the specific health needs of bisexual people. This is the largest study of bisexual Australians to date and provides detailed information about the relationships between bisexual life experiences and poor mental health.

British Journal of General Practice. 2018 May 16. doi: 10.3399/bjgpopen18X101565

## Health service use by same-sex attracted Australian women for alcohol and mental health issues

McNair R, Pennay A, Hughes T, Love S, Valpiet J, Lubman D

<https://www.ncbi.nlm.nih.gov/pubmed/30564720>

Disclosing sexual identity to a regular, trusted GP correlated with improved utilisation of alcohol and mental health treatment for SSAW. Reports of alcohol treatment were very low. Only 41.1% of participants with service need had utilised mental health and alcohol treatment. Significant access barriers included not feeling ready for help, and previous negative experiences related to sexual identity. The benefits of seeking help for alcohol use, and of accessing LGBT-inclusive GPs to do so, should be promoted to SSAW.



Cult Health Sex. 2019 Feb 7:1-15. doi: 10.1080/13691058.2019.1568577

## **Service provider recognition of the significance of animal companionship among trans and cisgender women of diverse sexualities.**

Fraser H, Bartholomaeus C, Riggs DW, Taylor N, Rosenberg S

<https://www.ncbi.nlm.nih.gov/pubmed/30727823>

The authors conducted qualitative interviews with 19 trans and cisgender women of diverse sexualities in Australia who reported having significant relationships with animal companions. In this article they explore the benefits of healthcare providers (e.g. doctors, counsellors) recognising the potential significance of interspecies companionship for the health of trans and cisgender women of diverse sexualities. Suggestions are offered in relation to how providers might think about service provision which is both inclusive of all women and takes into account close connections with animal companions.





# \*Resource of the month

## **Lesbian Bisexual and Queer Women's Health: A Guide for GPs**

Ruth McNair

Medicine Today April 2019 Volume 20 No. 4

<https://medicinetoday.com.au/system/files/pdf/MT2019-04-033-McNAIR.pdf>

This article explores LBQ women's health from the perspectives of biologically determined health issues, socially determined health issues, and minority intersection health issues. The list of 26 references explores a wide range of health issues relating to LBQ women's health. The article provides useful perspectives not only for general practitioners but for a range of health professionals. It is necessary to register (free of charge) on the Medicine Today website to read the article.

