

# Factors Associated with Medical Mistrust Among Sexual and Gender Minority Youth

By Afiya Sajwani, BA; Sarah W. Whitton, PhD; Gregory Swann, MS; and Michael E. Newcomb, PhD

## INTRODUCTION

- Medical mistrust (MM) = tendency to distrust medical professionals and systems due to direct or vicarious experiences of marginalization.
- MM is associated with health disparities.
- Little is known about MM among transgender and non-binary (TNB) youth who experience greater health disparities compared to their cisgender peers.
- Hypothesis: Two theoretical frameworks will predict MM: (1) exposure to health services and self-perceptions of health. (2) minority stressors and resilience factors.

## METHODS

- Measures: Demographics, SGM-specific MM.
- Framework 1 with all participants: Recent STI testing and perceptions of physical health.
- Framework 1 with TNB participants: Recent STI testing, history of gender-affirming hormones, and perceptions of physical health.
- Framework 2: Victimization, internalized stigma, social support, and resilience
- Analysis: Hierarchical multiple linear regressions used to test two frameworks

## RESULTS

- Participants: N=421; Ages 18-33 years (M=22.4, SD=3.5), 27% White, 136 TNB; all designated female at birth
- Table 1 shows results of Framework 1 with all participants. Table 2 shows results of Framework 1 with only TNB participants.
- Table 3 shows results from Framework 2.

## DISCUSSION

- Greater engagement with healthcare services with poor perceived physical health resulted in higher MM.
- Distal (instead of proximal) minority stressors were associated with MM (e.g., victimization and lack of family support).
- Both individual and structural approaches are needed to target MM, specifically among Black and TNB youth.

Black, transgender, and non-binary youth reported greater medical mistrust than cisgender sexual minority youth.

Other factors predicting medical mistrust:

- Higher perceived physical health and recent STI Testing
- Higher victimization and less family support

## CONTACT THE AUTHOR

- Twitter: @afiyasajwani
- Email: [afiya-sajwani@northwestern.edu](mailto:afiya-sajwani@northwestern.edu)

## TABLES

Table 1: Exposure to Health Services and Self-perceptions of Physical Health (Framework 1) With All Participants.

	Estimate	SE	t-value
<i>Intercept</i>	3.224	0.236	13.671***
<i>STI Testing</i>	0.004	0.002	1.916^
<i>Perceived Physical Health</i>	-0.016	0.005	-3.496***
<i>TNB Identity</i>	0.414	0.073	5.642***
<i>Race/Ethnicity - Asian</i>	-0.197	0.157	-1.253
<i>Race/Ethnicity - Black</i>	0.250	0.087	2.883**
<i>Race/Ethnicity - Latine</i>	0.058	0.092	0.628
<i>Race/Ethnicity - Multi-racial</i>	0.133	0.142	0.941
<i>Race/Ethnicity - Other</i>	-0.298	0.247	-1.203
$R^2=.14, F(8, 404)=8.32, p<.000$			
*** = $p<0.000$ , ** = $p<0.001$ , ^ = $p<0.1$			

Table 2: Exposure to Health Services and Self-perceptions of Physical Health (Framework 1) with TNB Youth Only.

	Estimate	SE	t-value
<i>Intercept</i>	4.017	0.377	10.66***
<i>STI Testing</i>	0.006	0.003	2.091*
<i>Perceived Physical Health</i>	-0.022	0.008	-2.842**
<i>History of GAH</i>	0.031	0.122	0.253
<i>Race/Ethnicity - Asian</i>	-0.340	0.194	-1.748^
<i>Race/Ethnicity - Black</i>	-0.016	0.151	-0.107
<i>Race/Ethnicity - Latine</i>	-0.093	0.141	-0.656
<i>Race/Ethnicity - Multi-racial</i>	0.280	0.217	1.288
<i>Race/Ethnicity - Other</i>	-1.257	0.453	-2.776
$R^2=.18, F(8, 127)=3.41, p<.01$			
*** = $p<0.000$ , ** = $p<0.001$ , ^ = $p<0.1$			

Table 3: Minority Stress and Resilience (Framework 2) With All Participants.

	Estimate	SE	t-value
<i>Intercept</i>	2.851	0.244	11.70***
<i>Victimization</i>	0.377	0.155	2.433*
<i>Internalized Stigma</i>	0.027	0.068	0.399
<i>Resilience</i>	-0.008	0.005	-1.665^
<i>Support from Family</i>	-0.064	0.024	-2.676**
<i>Support from Friends</i>	0.009	0.031	0.289
<i>Support from Partner</i>	0.0004	0.027	0.013
<i>TNB Identity</i>	0.411	0.075	5.496***
<i>Race/Ethnicity - Asian</i>	-0.170	0.160	-1.064
<i>Race/Ethnicity - Black</i>	0.231	0.891	2.598**
<i>Race/Ethnicity - Latine</i>	-0.075	0.094	0.805
<i>Race/Ethnicity - Multi-racial</i>	0.083	0.145	0.568
<i>Race/Ethnicity - Other</i>	-0.115	0.245	-0.469
$R^2 = .15, F(12, 399) = 5.963, p < .000$			
*** = $p < 0.000$ , ** = $p < 0.001$ , * = $p < 0.05$ , ^ = $p < 0.1$			