

Trauma en población LGBTTTIQ+



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Personal de salud en la patologización- despatologización de la diversidad sexual



Foucault dice de este hecho: “Si el personaje del médico puede aislar la locura no es porque la conozca sino porque la domina”, y agrega “el médico ha sido en el Asilo desde un principio Padre y Juez, Familia y Ley, e interpreta los viejos ritos de Orden, Autoridad y Castigo”.



En 1974, la APA confirmó oficialmente su decisión de eliminar la Homosexualidad del DSM II

1990, la Organización Mundial de la Salud (OMS) se plegó a la iniciativa de excluir la homosexualidad de la Clasificación Internacional de Enfermedades y otros Problemas de Salud (OMS, 1992) (OPS, 2006). Así, la décima versión de esta clasificación (C.I.E. – 10), eliminó definitivamente a la homosexualidad de sus manuales



De acuerdo con cifras oficiales del Instituto Nacional de Estadística y Geografía (INEGI), medio millón de jóvenes han pasado por estas prácticas y 4 de cada 10 viven terapias de conversión; sometidos a maltratos como golpes, humillaciones, tortura y hasta abusos sexuales.



¿Minorías Sexuales?





Según datos de la Asociación Internacional de Lesbianas, Gays, Bisexuales, Trans e Intersex(ILGA, por sus siglas en inglés), 64 Estados miembros de la ONU todavía criminalizan los actos sexuales consensuales entre personas adultas del mismo sexo (63 por disposiciones legales explícitas y 1 de facto)



12 países que condenan la conducta homosexual con la pena de muerte



Actuamos por los derechos humanos
en todo el mundo

- Las **personas transgénero** son víctimas preferenciales de crímenes de odio
- Desde 2008 hasta septiembre de 2024, el Observatorio de Personas Trans Asesinadas (TGEU) ha documentado 5.040 asesinatos de personas trans y de género diverso en todo el mundo
- Casi tres cuartas partes (73%) de todos los asesinatos reportados se cometieron en América Latina y el Caribe



- El 94% de las víctimas fueron mujeres trans o personas trans femeninas y la gran mayoría, racializadas.
- A nivel mundial, casi la mitad (46%) de las personas trans asesinadas (cuya ocupación se conocía) eran trabajadoras sexuales



Total estimado de población que se identifica como LGBTI+ (Porcentaje)

Nacional



5.1%
(5 millones)



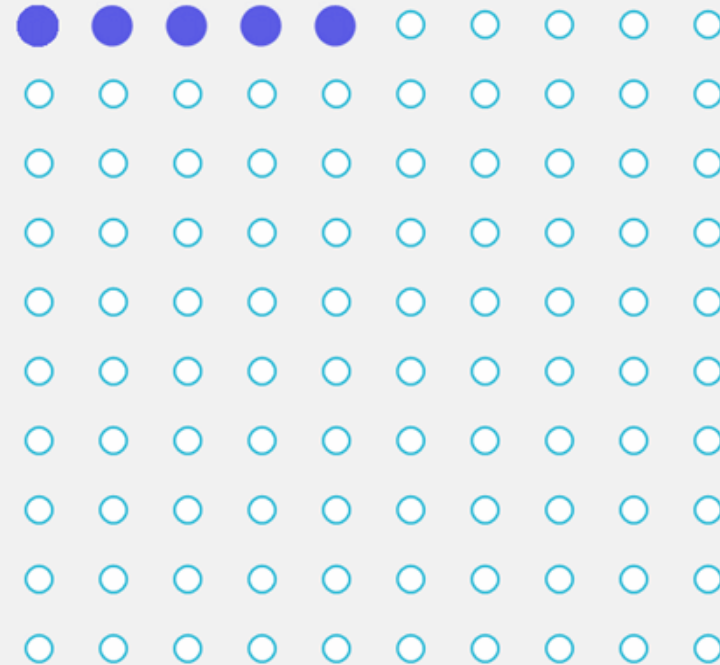
Hombres

4.6%
(2.1 millones)

Mujeres

5.7%
(2.9 millones)

1 de cada 20 personas se reconoce como
población LGBTI+

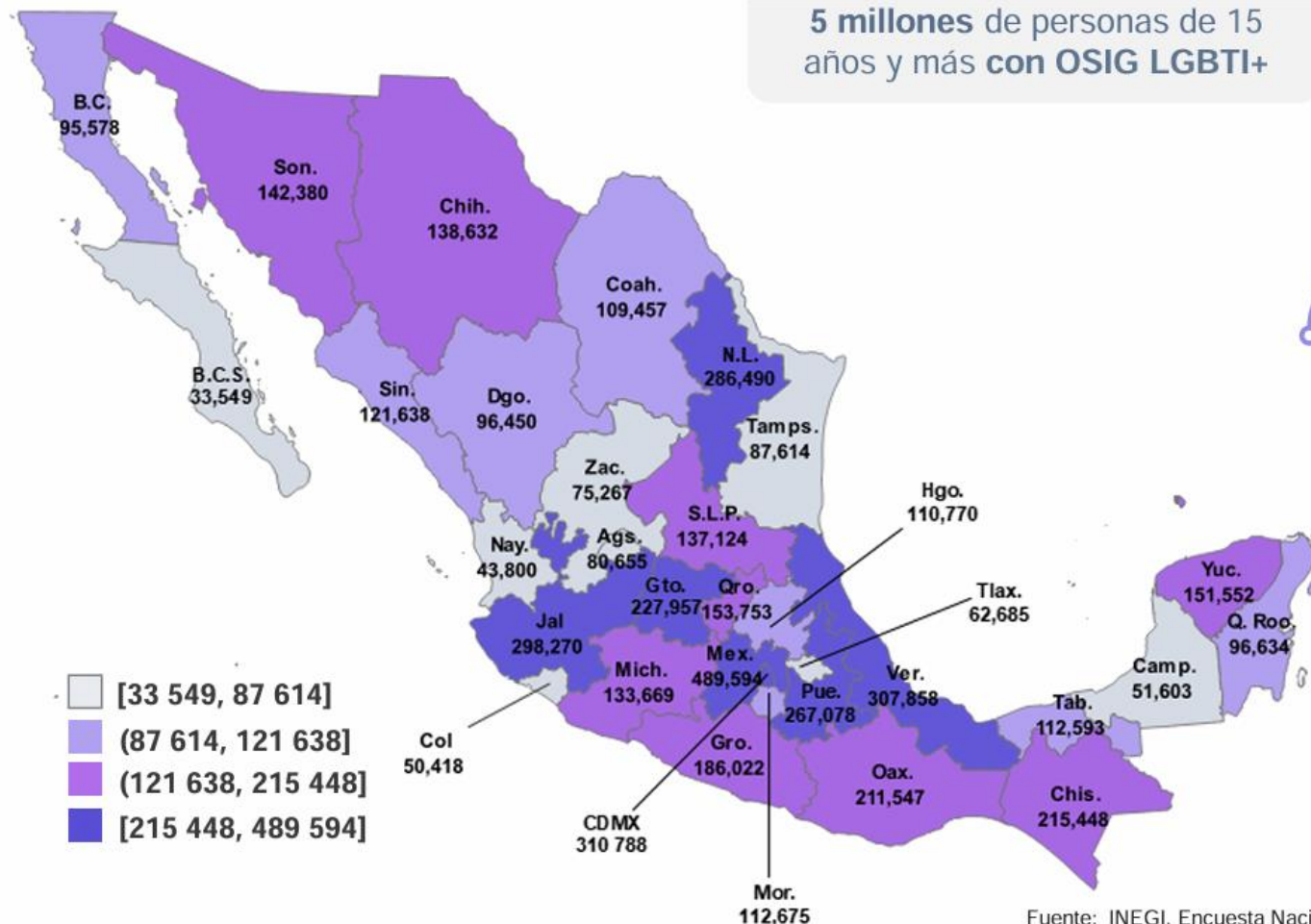


Fuente: INEGI. Encuesta Nacional sobre Diversidad Sexual y de Género (ENDISEG), 2021

5 millones de personas de 15 años y más **con OSIG LGBTI+**

5 Entidades con mayor monto

490 mil	Estado de México
311 mil	Ciudad de México
308 mil	Veracruz
298 mil	Jalisco
286 mil	Nuevo León



Fuente: INEGI. Encuesta Nacional sobre Diversidad Sexual y de Género (ENDISEG), 2021.

Fuente: INEGI. Encuesta Nacional sobre Diversidad Sexual y de Género (ENDISEG), 2021

Cuando sus padres se enteraron de su orientación, ¿alguno de ellos...

(Porcentaje)

Cuando sus padres se enteraron que usted se considera (hombre, mujer, ni hombre ni mujer, tanto hombre como

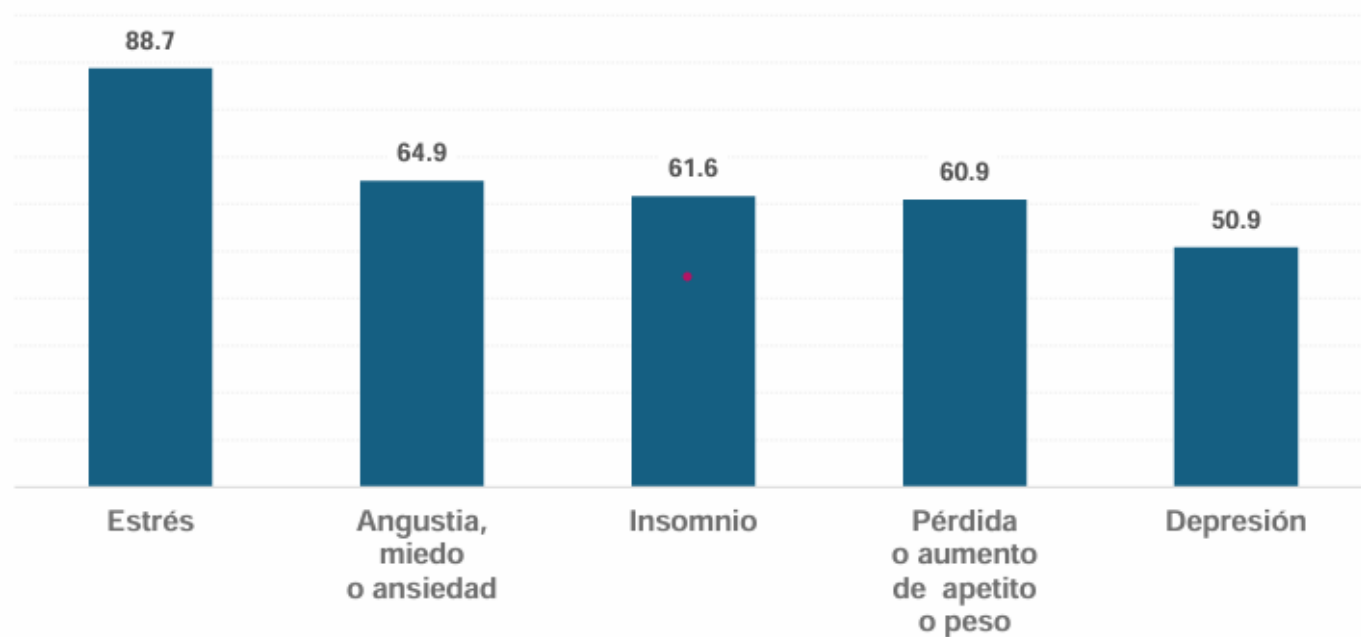
mujer, de otro género) **¿alguno de ellos...**

(Porcentaje)

Sí	88.6%	le aceptó, respetó o respaldó?	83.5%	Sí
	16.0%	se molestó con usted, le agredió u ofendió, le dejó de hablar o corrió de su casa?	22.2%	
	9.8%	le obligó a asistir con un psicólogo, médico, autoridad religiosa u otra persona o institución con el fin de corregirle?	13.9%	

En esta población, 88.7 % indicó tener problemas de estrés; 64.9 %, de angustia, miedo o ansiedad; 61.6 %, de insomnio; 60.9 %, de pérdida o aumento de apetito o peso y 50.9 %, de depresión (ver gráfica 5).

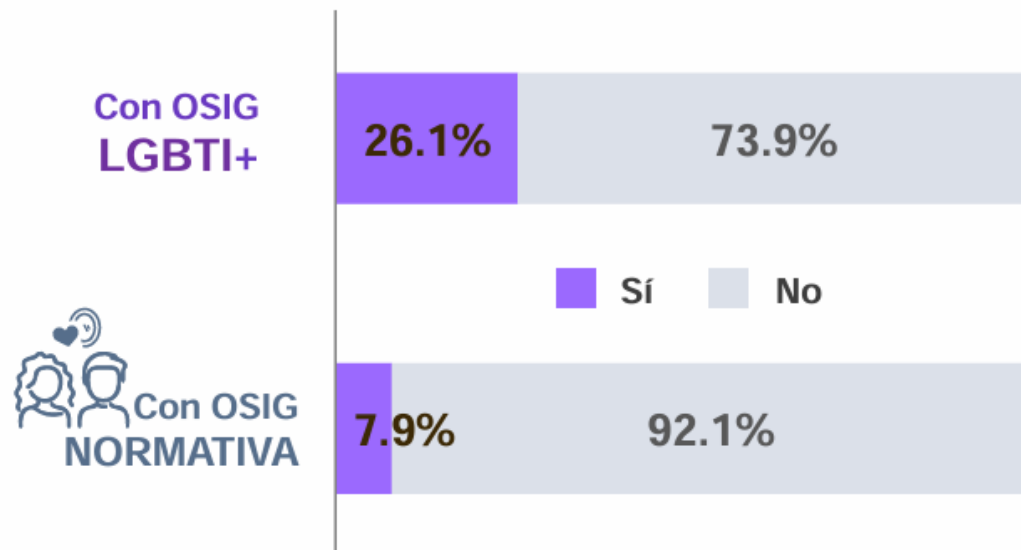
Gráfica 5
POBLACIÓN DE 15 AÑOS Y MÁS LGBTI+, SEGÚN TIPO DE PROBLEMAS EMOCIONALES
EN LOS ÚLTIMOS 12 MESES
2021
(distribución porcentual)



Fuente: INEGI. ENDISEG 2021.

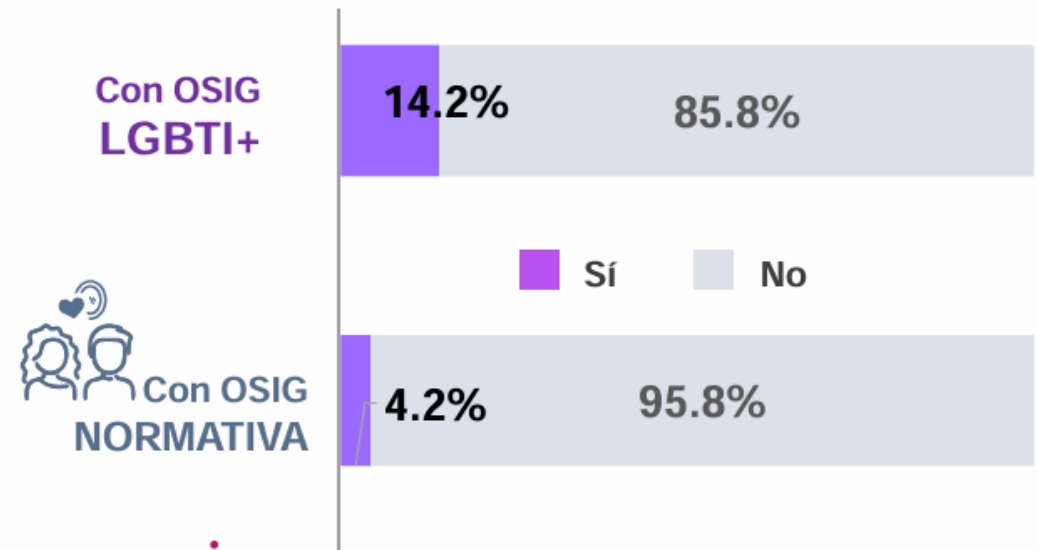
¿Alguna vez ha pensado en suicidarse?

(Distribución porcentual)



¿Alguna vez intentó hacerlo?

(Distribución porcentual)



Fuente: INEGI. Encuesta Nacional sobre Diversidad Sexual y de Género (ENDISEG), 2021



1.4 millones de personas de 15 años y más
LGBTI+ con idea o intento de suicidio.

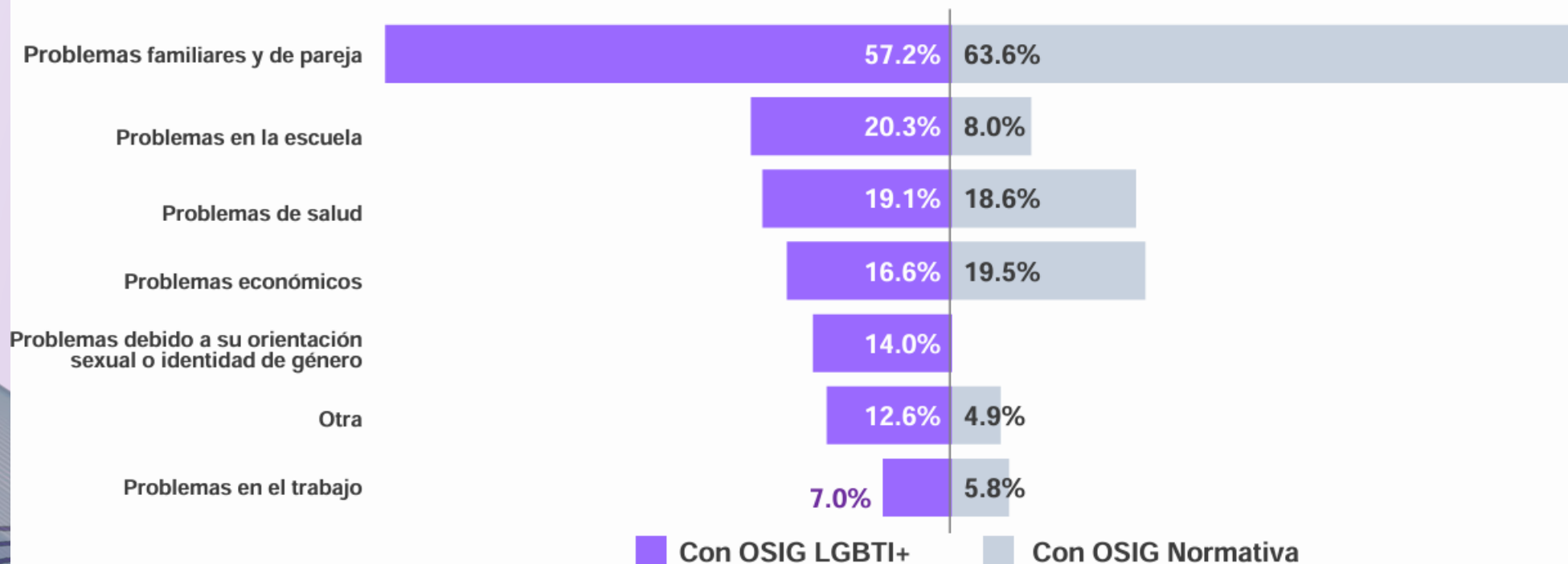
28.7% del total de población LGBTI+



8.2 millones de personas de 15 años y más, no
LGBTI+ con idea o intento de suicidio.

8.9% del total de la población no LGBTI+

¿Esto se debió principalmente a...



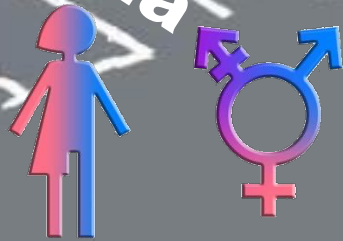
Diversidad desde el enfoque interseccional

ILPP
GDL
2025



Una persona transgénero envuelta con una bandera trans. © Getty Images

Transfobia



Regionalismo



Clasismo



Racismo



Homofobia



Trauma: Avances e incógnitas

ILPP
GDL
2025



Pareja y Familia

Adopción homoparental

Matrimonios forzados hacia la heterosexualidad

Violencia íntima

Social

Espacios Educativos

**Grupos específicos: Grupos religiosos,
Centros de conversión, Grupos militares,
etc.**

Trabajo sexual

Migración

Construcción del estándar corporal

El “Clóset de la población LGBTTTTIQ+”

Salud física y mental general

**Discriminación por personal que otorga
atención en salud**

**Violencia sexual (Factores de riesgo y acceso
a atención)**

**Diversidad sexual y otros diagnósticos de
salud mental**

Chemsex

Exposición por grupo de edad

Riesgo de diferentes comorbilidades, ej. ITS

Trauma-Informed and Affirmative Mental Health Practices With LGBTQ+ Clients

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People with diverse sexual orientations, gender identities, and gender expression are at greater risk for trauma, discrimination, and victimization than heterosexual and cisgender populations. Trauma-informed care (TIC) provides a framework for providing lesbian, gay, bisexual, transgender, queer/questioning (LGBTQ+) mental health services. Substance Abuse and Mental Health Services Administration (SAMHSA)'s principles of TIC guide practitioners to create safety, trust, transparency, collaboration, and empowerment in helping relationships, and to ensure that services have cultural and gender relevance. This article first explores the role of trauma in contributing to behavioral health concerns presented by LGBTQ+ clients. The application of TIC to mental health counseling and social services for LGBTQ+ clients will then be described, with specific suggestions for translating TIC principles into affirmative practice. Through the lens of trauma, clinicians can improve clinical case conceptualization and effective treatment strategies for LGBTQ+ clients.

Keywords: trauma, trauma-informed care, LGBTQ+, therapy, counseling





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Regular Article

OXFORD

Medical Mistrust Mediates the Relationship Between Nonconsensual Intersex Surgery and Healthcare Avoidance Among Intersex Adults

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LETTER TO THE EDITOR



Sex and gender considerations in cross-cultural traumatic stress studies

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Ageing in obscurity: a critical literature review regarding older intersex people

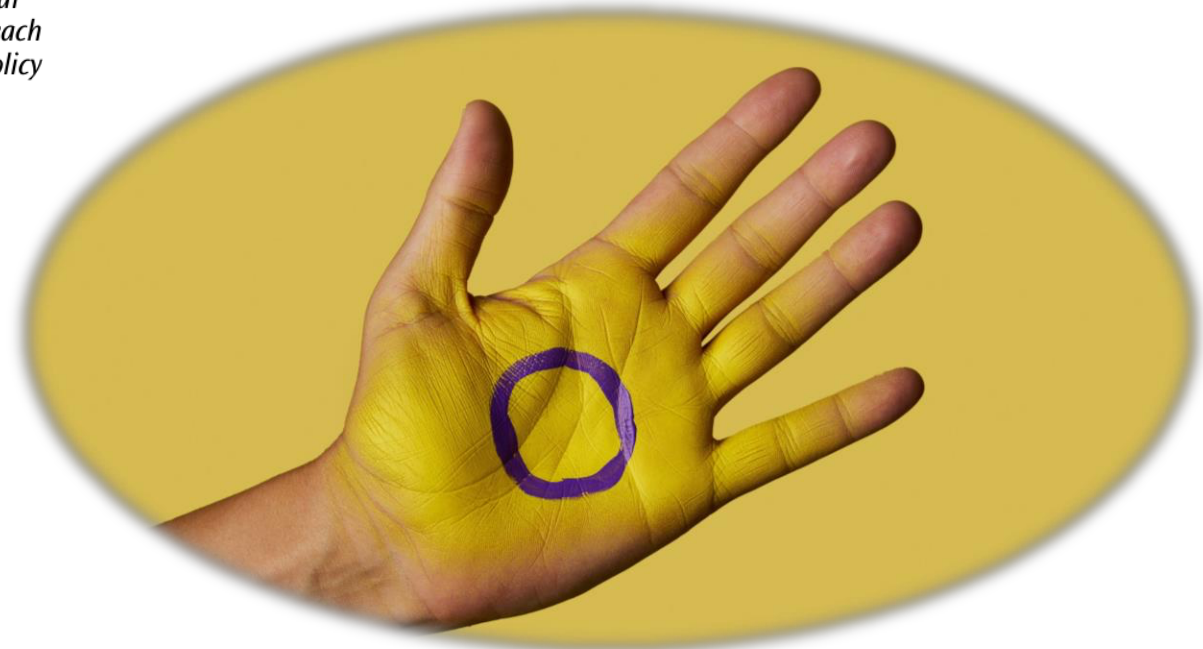
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Abstract: *Intersex people experience a range of human rights abuses, including non-consensual, irreversible medical interventions on minors. These abuses have lifelong effects, yet little is known about older intersex people. People in this diverse group face multiple marginalisations and erasures across different policy and practice arenas. This article reviews literature about intersex issues, drawing out materials relevant to older intersex people using an historically grounded approach. It focuses on the key issues affecting older intersex people living in a range of countries in the global North, as harmful medical practices originated in this region. Based on existing evidence, we found a pressing need for medical reform including a cessation of harmful medical practices and the development of appropriate healthcare that centres the needs and wishes of each intersex person. As intersex issues are currently heavily erased in most countries, research, cross-sectoral policy and practice work, and awareness-raising are all needed. DOI: [10.1080/26410397.2022.2136027](https://doi.org/10.1080/26410397.2022.2136027)*

Keywords: ageing, intersex, healthcare, ethics, sex, gender, medicine, human rights, culture





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ORIGINAL ARTICLE

Is Trauma Exposure More Harmful for Sexual Minority Youth? Differences in Trauma-Suicide Associations in a Nationally Representative Sample of U.S. Youth and Implications for Suicide Prevention

Émilie M. Ellis¹  · Allan Tate¹

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Original Article

Mental Health Disparities Among Homosexual Men and Minorities: A Systematic Review

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May-June 1–22
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Muhammad Hadi Malik¹, Shahid Iqbal², Muhammad Noman³,
Zouina Sarfraz⁴ , Azza Sarfraz⁵, and Shabbir Mustafa⁵

Abstract

Mental health disparities in sexual minorities, particularly homosexual and bisexual men, are a significant public health concern. This study examines six key themes: general psychiatric issues, health services, minority stress, trauma and PTSD, substance and drug misuse, and suicidal ideation. The aim is to provide a comprehensive synthesis of the evidence, identify potential intervention and prevention strategies, and address knowledge gaps in understanding the unique experiences of homosexual and bisexual men. Reported as per the PRISMA Statement 2020 guidelines, PubMed, PsycINFO, Web of Science, and Scopus were searched until February 15, 2023, with no language restrictions. A combination of the following keywords and MeSH terms was used: homosexual, bisexual, gay, men who have sex with men, mental health, psychiatric disorders, health disparities, sexual minorities, anxiety, depression, minority, stress, trauma, substance, drug misuse, and/or suicidality. Out of 1,971 studies located through database searching, 28 were included in this study pooling a total of 199,082 participants from the United States, the United Kingdom, Australia, China, Canada, Germany, the Netherlands, Israel, Switzerland, and Russia. Thematic findings of all the studies were tabulated and thereby synthesized. Addressing mental health disparities in gay, bisexual men, and sexual minorities requires evidence-based, comprehensive approaches, culturally competent care, accessible services, targeted prevention strategies, community-based support, public awareness, routine screenings, and research collaboration. This inclusive, research-informed approach can effectively reduce mental health issues and enable optimal well-being in these populations.



HHS Public Access

Author manuscript

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Minority stress and mental health in lesbian, gay, bisexual, transgender, and queer survivors of sexual assault

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Sexual Violence and Mental Health among Young Bi+ and Lesbian Women and Gender Minoritized People

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Abstract

Introduction—Sexual minoritized people report worse mental health and are at risk of sexual violence compared to their heterosexual peers.

Method—We conducted a survey to explore sexual stigma, sexual violence, and mental health among 326 bi+ and lesbian women and gender minoritized people age 18–25.

Results—Mental health did not differ by sexual identity; sexual stigma and violence were associated with negative mental health symptoms, as were identifying as BIPOC, as trans or nonbinary, or having less formal education.

Conclusion—Sexual stigma and violence are related to mental health among young bi+ and lesbian women and gender minoritized people.



A Cross-sectional Study on the Perceived Stress and Coping Strategies and Their Correlation in the Homosexual and Bisexual Community in North-East India

Abstract

Background: Homosexuality and bisexuality have long been prevalent in all parts of the world including India. Many efforts have been put to destigmatize and to make the lives of these people better, and it is no longer considered pathological in the diagnostic systems. Still, they experience higher stigma, discrimination, marginalization, violence, and trauma throughout their lives. Thus, research is needed to evaluate the level of stress and how they cope with it. **Objectives:** The objectives were to study the sociodemographic profiles of the participants and to explore the stress-coping skills among lesbians, gays, and bisexuals. **Methods:** It was a cross-sectional descriptive study with a sample size of 50, including 18-year and older homosexual and bisexual participants, with the employment of a snowball sampling technique. A semi-structured sociodemographic pro forma, Klein Sexual Orientation Grid, Perceived Stress Scale (PSS), and Brief Coping with Problem Experienced scales were applied. **Results:** The mean age of participants was 23.620 ± 3.630 . There were 36 (72%) gay, 8 (16%) lesbian, and 6 (12%) bisexual participants. On estimation of stress, 15 (30%) participants had low stress, 27 (54%) had moderate stress, and 8 (16%) participants had high levels of stress. Among coping strategies, the highest mean was for self-distraction (5.70 ± 1.51), followed by acceptance (5.32 ± 1.20). A significant positive correlation between the PSS scores was found with self-blame and avoidant coping strategies. **Conclusion:** People with homosexual and bisexual orientation are likely to experience higher levels of stress, so it becomes vital to have more research in this field.

Keywords: Bisexual, coping, homosexual, perceived stress

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META-ANALYSIS

Acta Psychiatrica Scandinavica

WILEY

Mental health in people with minority sexual orientations: A meta-analysis of population-based studies

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Sabrina Theobald¹ | Katinka Schweizer^{1,2} | Sebastian Trautmann^{1,2}





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International Journal of Drug Policy

journal homepage: www.elsevier.com/locate/drugpo



Research paper

Exploring the role of trauma in underpinning sexualised drug use ('chemsex') among gay, bisexual and other men who have sex with men in Singapore

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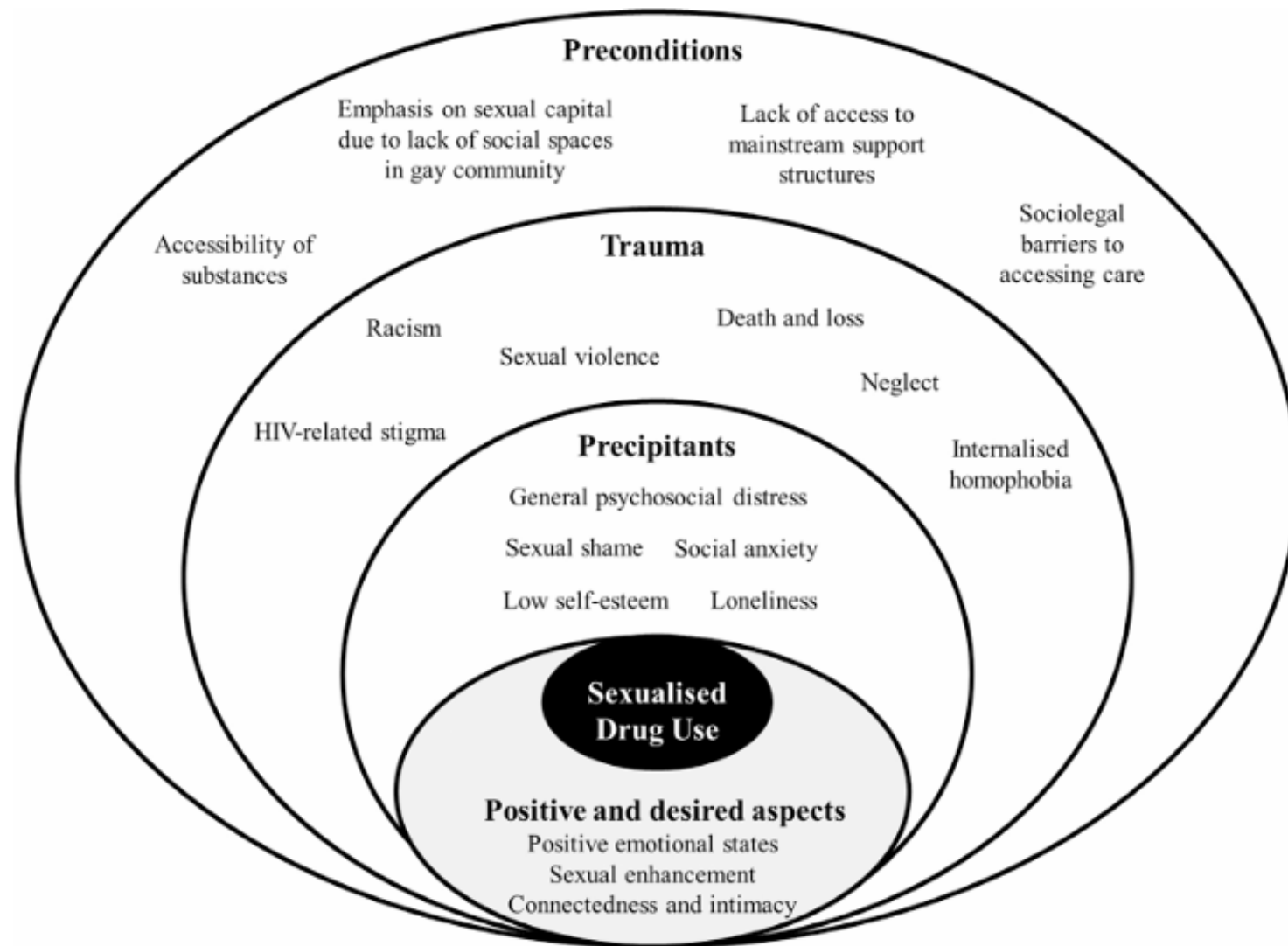


Fig. 1. Trauma-informed framework for sexualised drug use among substance use treatment-experienced gay, bisexual and other men who have sex with men in Singapore.



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DOI: 10.1002/jad.12274

RESEARCH ARTICLE



 Foundation for PSA WILEY

Minority stressors, traumatic events, and associations with mental health and school climate among gender and sexuality diverse young people in Australia: Findings from a nationally representative cohort study

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Epidemiology and Psychiatric Sciences

cambridge.org/eps

Original Article



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Post-traumatic stress disorder among LGBTQ people: a systematic review and meta-analysis

Mattia Marchi^{1,2} , Antonio Travascio¹, Daniele Uberti¹, Edoardo De Micheli¹, Pietro Grenzi¹, Elisa Arcolin², Luca Pingani^{1,2} , Silvia Ferrari^{1,2} and Gian M. Galeazzi^{1,2}

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Abstract

Aims. Lesbian, gay, bisexual, transgender and queer people (LGBTQ) are at increased risk of traumatization. This systematic review aimed to summarize data regarding the risk of post-traumatic stress disorder (PTSD) for LGBTQ people and their subgroups.



JOURNAL OF GAY & LESBIAN MENTAL HEALTH
<https://doi.org/10.1080/19359705.2023.2239740>

 **Routledge**
Taylor & Francis Group



REVIEW ARTICLE



Interpersonal trauma in gay men: A systematic review of post-aggression risk and protective factors for PTSD

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Research Laboratory, Trauma et Résilience, Psychology Department, Université du Québec à Montréal, Canada

ABSTRACT

Introduction: This systematic review synthesizes research on post-aggression factors influencing the PTSD symptoms of gay male victims of physical or sexual aggression.

Method: Four databases with specific key words were systematically searched. Articles published between 1973 and 2022 focusing on adult gay men, PTSD symptoms, sexual or physical aggression experiences and post-aggression factors were included. Risks of bias and study characteristics were examined for cross-sectional studies.

Results: The search led to the inclusion of 26 articles containing five domains of post-aggression factors significantly associated with PTSD, i.e., cognitive, social, coping strategies, emotional and gay identity.

Conclusion: Clinical implications are discussed.

ARTICLE HISTORY

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 OPEN ACCESS



Previous Trauma Exposure and Its Associations with Fear of Childbirth and Quality of Life among Pregnant Lesbian, Bisexual, Transgender, and Queer People and Their Partners

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Salud y diversidad

Tensiones actuales

WPP
GDL
2025



Salud y diversidad

Tensiones actuales



- **Patologización/Despatologización**
- **Desmitificar autoritarismo del personal de salud**
- **Ideología de género**
- **Desinformación/Información: Redes sociales**
- **No binarismos**





Figure 2. The brick wall allegory

**La alegoría del muro de ladrillo
¿Cerramos alguna vez el círculo del
trauma o es el trauma el que se
cierra sobre nosotros ?**




**Pride GDL
2025**



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