

Trauma en población LGBTTTIQ+



Dra. Blanca Olivia Villarroel Higareda
Médica Sexóloga

Blanca Olivia Villarroel Higareda



- **Maestría en Terapia sexual y de pareja**
- **Maestría en Sexualidad y Equidad de Género**
- **Especialización en psicoterapia sexual**
- **Especialidad en terapia de pareja**
- **Múltiples cursos en prevención de abuso sexual infantil, y sexualidad infantil/ adolescente**
- **Experiencia como médica de Servicios Amigables de Secretaría de Salud Jalisco (Salud sexual adolescente)**
- **Experiencia en área de atención a personas que viven con VIH**
- **Maestrante del Máster Universitario en Sexología Médica de la Universidad Europea del Atlántico**
- **Miembro del colegio de posgraduados en Sexología A.C**
- **Jefa de la Unidad de medicina sexual del Hospital General de Occidente**

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?



JITPPP
GDL
2025



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)

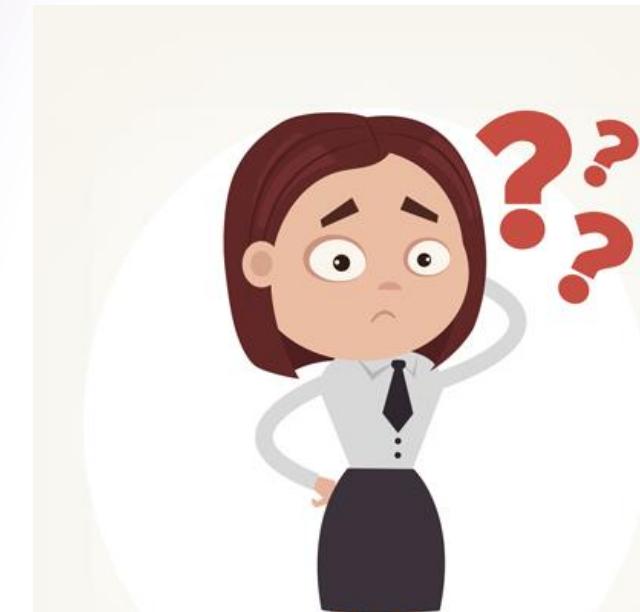


12 países que condenan la conducta homosexual con la pena de muerte



Actuamos por los derechos humanos
en todo el mundo

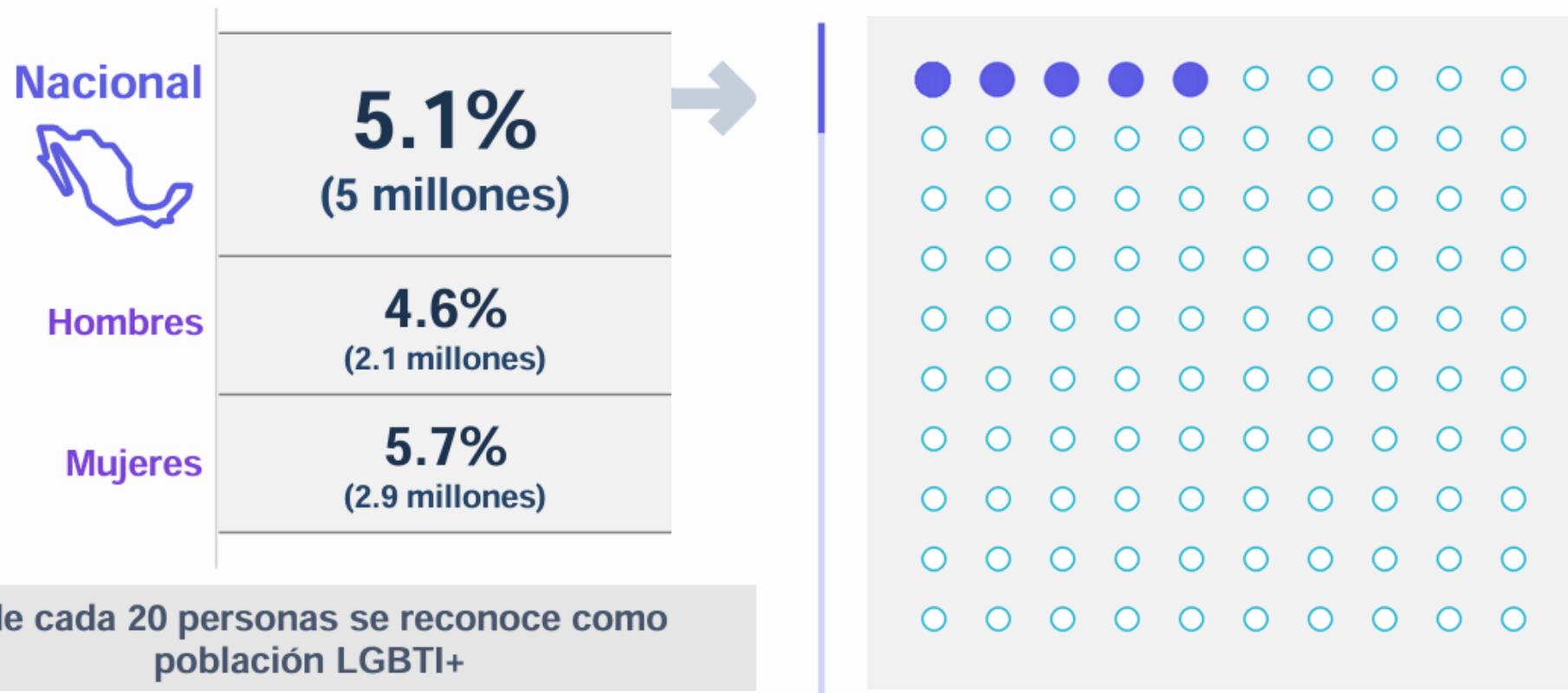
- Las **personas transgénero** son víctimas preferenciales de crímenes de odio
- Desde 2008 hasta septiembre de 2024, el Observatorio de Personas Trans Asesinadas (TGEU) ha documentado 5.040 asesinatos de personas trans y de género diverso en todo el mundo
- Casi tres cuartas partes (73%) de todos los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



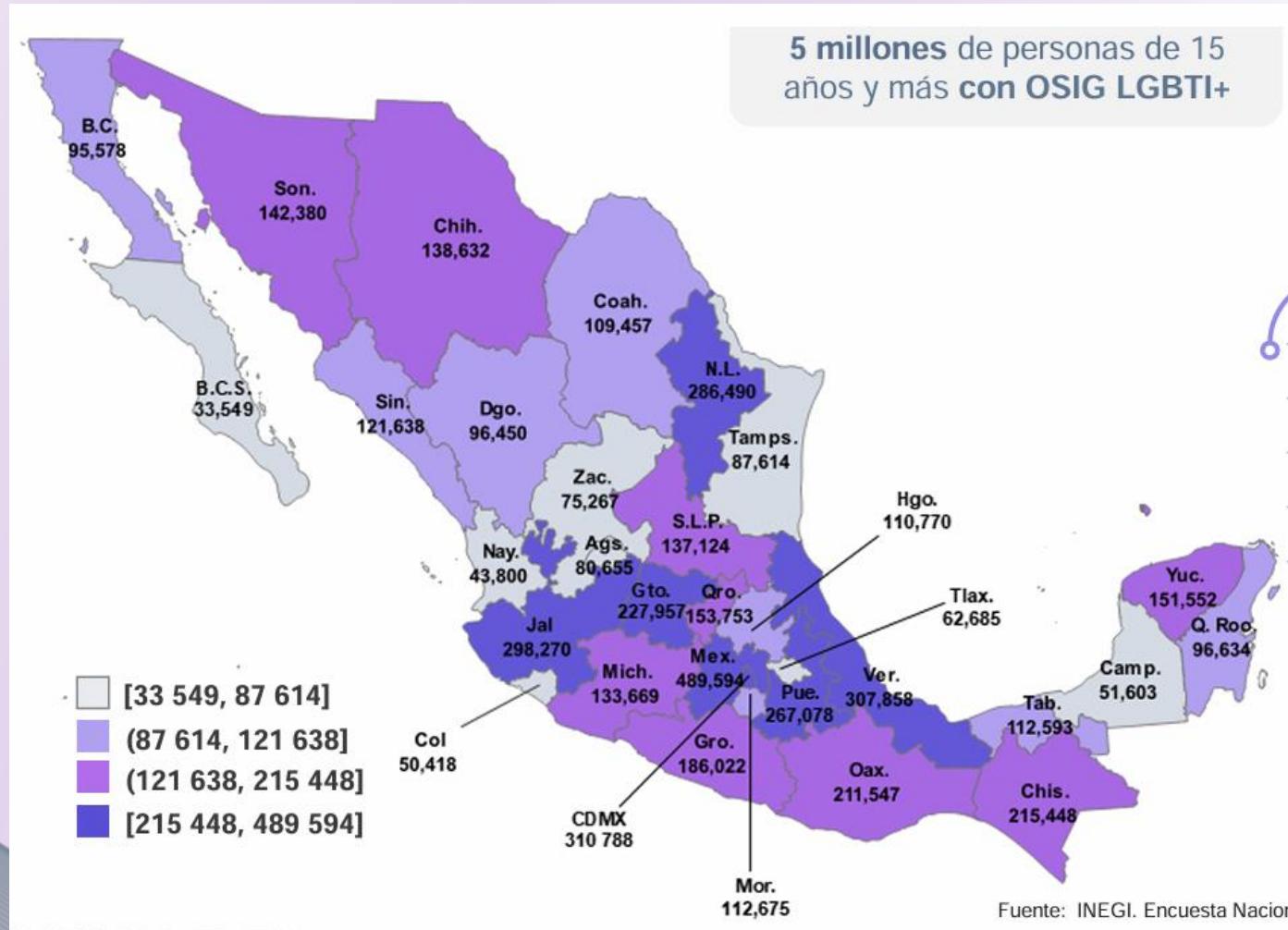
- El 94% de las víctimas fueron mujeres trans o personas trans femeninas y la gran mayoría, racializadas.
- A nivel mundial, casi la mitad (46%) de las personas trans asesinadas (cuya ocupación se conocía) eran trabajadoras sexuales



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



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



5 Entidades con mayor monto

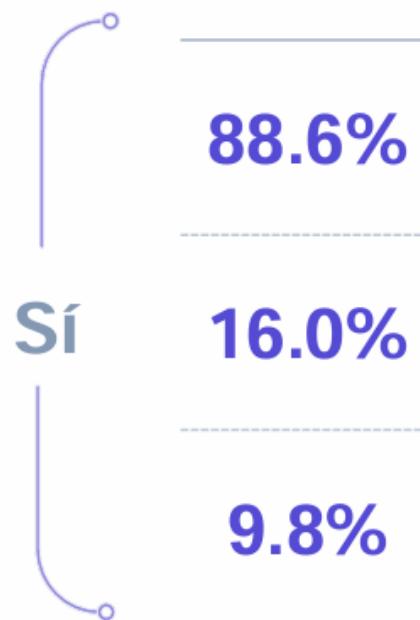
- 490 mil** Estado de México
- 311 mil** Ciudad de México
- 308 mil** Veracruz
- 298 mil** Jalisco
- 286 mil** Nuevo León

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)

le aceptó, respetó o respaldó?

83.5%

se molestó con usted, le agredió u ofendió, le dejó de hablar o corrió de su casa?

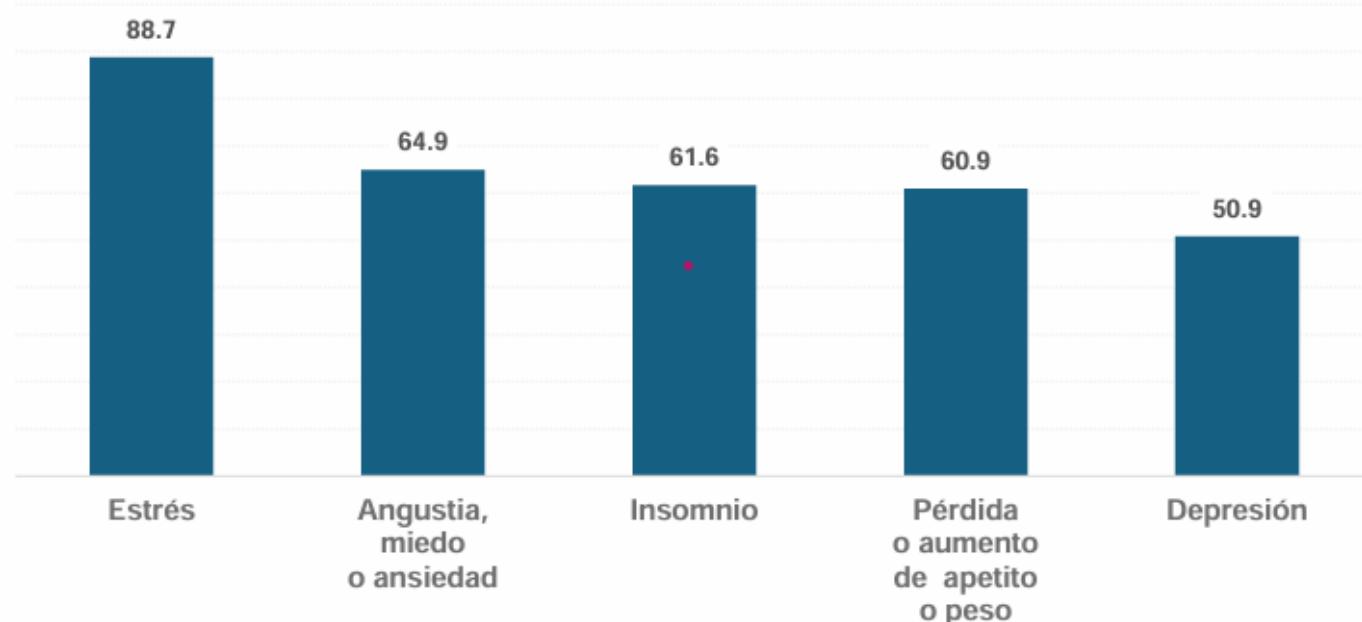
22.2%

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).

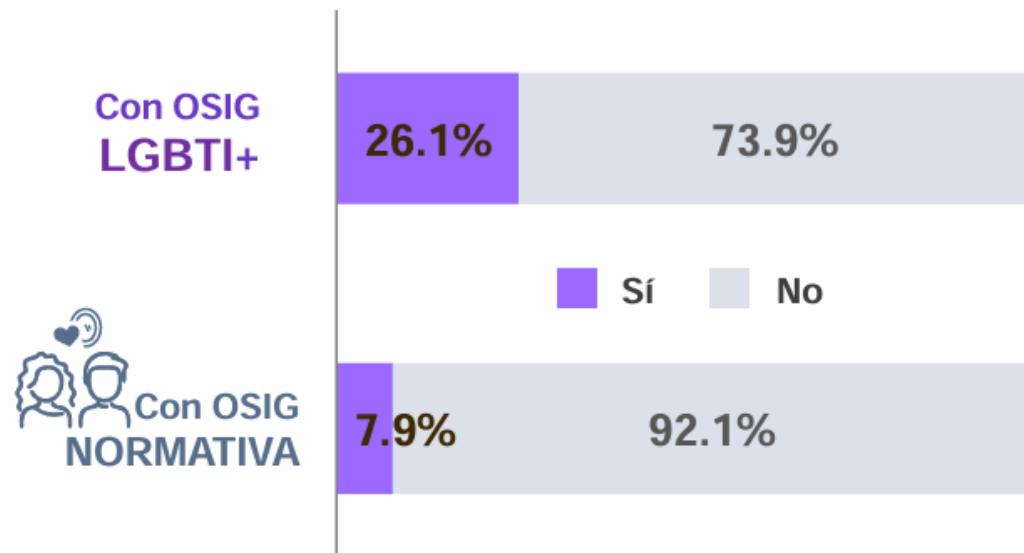
Gráfica 5
**POBLACIÓN DE 15 AÑOS Y MÁS LGTBI+, SEGÚN TIPO DE PROBLEMAS EMOCIONALES
EN LOS ÚLTIMOS 12 MESES**
2021
(distribución porcentual)



Fuente: INEGI. ENDISEG 2021.

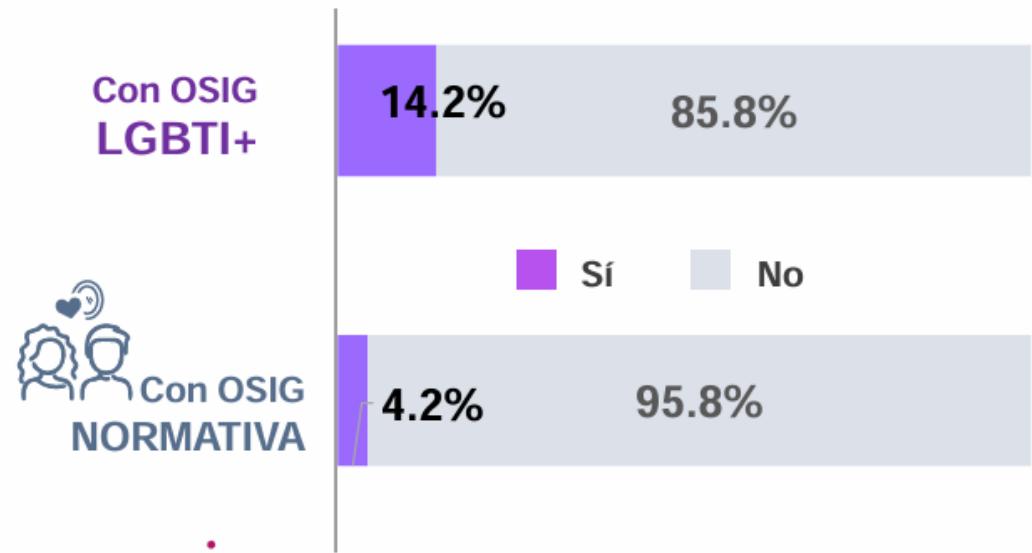
¿Alguna vez ha pensado en suicidarse?

(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.

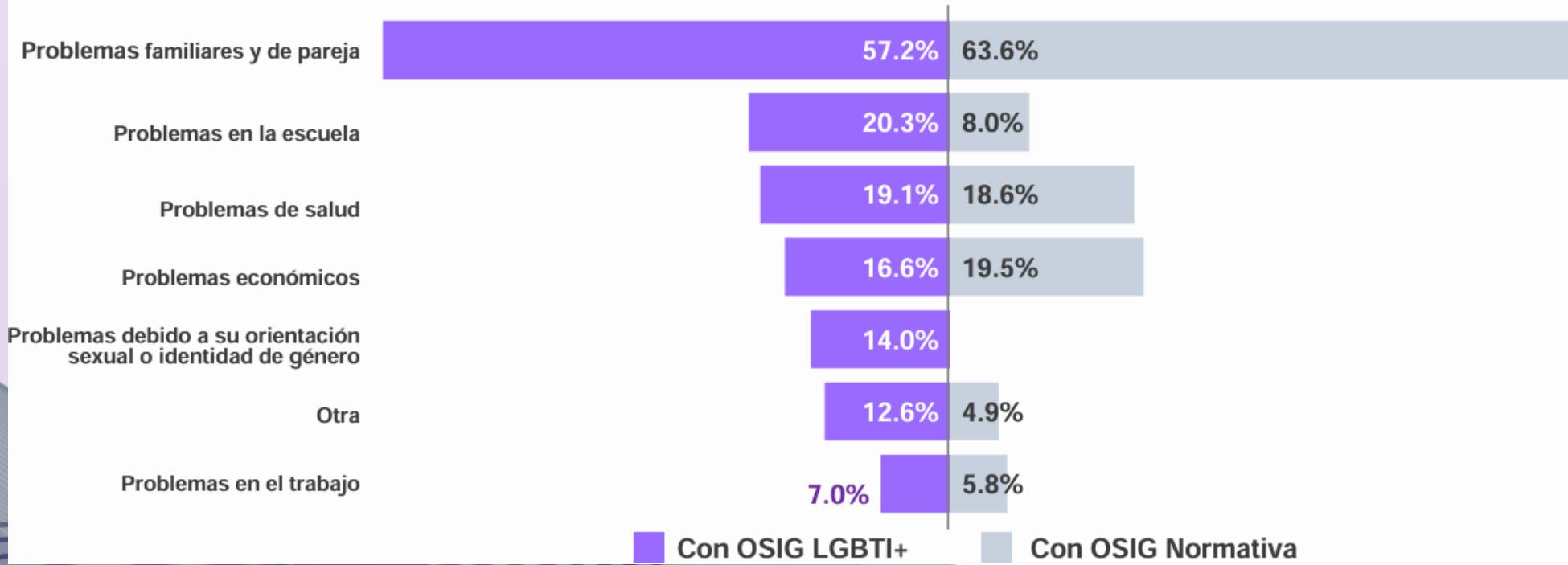
28.7% del total de población LGBTI+



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...



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

Diversidad desde el enfoque interseccional



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



Trauma: Avances e incógnitas

JITPPP
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 LGBTTTIQ+

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



© 2021 American Psychological Association
ISSN: 1541-1559

Psychological Services

<https://doi.org/10.1037/ser0000540>

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

Jill S. Levenson¹, Shelley L. Craig², and Ashley Austin¹

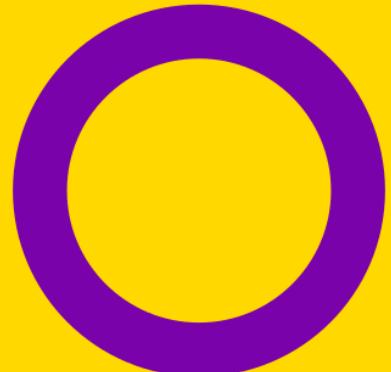
¹ School of Social Work, Barry University

² Factor-Inwentash Faculty of Social Work, University of Toronto



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



Journal of Behavioral Medicine, 2023, XX, 1–8
<https://doi.org/10.1093/abm/kaad047>
Advance access publication 25 August 2023

Regular Article

OXFORD

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

Jeremy C. Wang, MPH¹ · Katharine B. Dalke, MD² · Rahul Nachnani³ · Arlene B. Baratz, MD⁴ · Jason D. Flatt, PhD⁵

¹School of Medicine, University of California, San Francisco, San Francisco, CA, USA

²Department of Psychiatry and Behavioral Health, Penn State Milton S. Hershey Medical Center, Penn State College of Medicine, Hershey, PA, USA

³Department of Pharmacology, Penn State College of Medicine, Hershey, PA, USA

⁴InterConnect Support Group, Chicago, IL, USA

⁵Department of Social & Behavioral Sciences, University of Nevada, Las Vegas, Las Vegas, NV, USA

Jeremy C. Wang
Jeremy.wang@ucsf.edu

LETTER TO THE EDITOR

OPEN ACCESS 

Sex and gender considerations in cross-cultural traumatic stress studies

Rachel Langevin  ^a, Sophie Beaudette ^a, Dany Laure Wadji ^a, Sara Abou Chabake ^b, Carolina Gonzalez  ^c, Dan Jenkins  ^d, Safa Kemal Kaptan  ^e, Jessica Lambert ^f, Tilahun Belete Mossie  ^g and Rosario Spencer  ^h

^aDepartment of Educational and Counselling Psychology, McGill University, Montreal, Canada; ^bDepartment of Psychology, Université de Montréal, Montreal, Canada; ^cSchool of Psychology and Wellbeing, University of Southern Queensland, Ipswich, Australia; ^dInstitute for Life Course Health Research, Stellenbosch University Tygerberg Campus, Cape Town, South Africa; ^eDepartment of Psychology, Boğaziçi University Bebek, İstanbul, Türkiye; ^fInternational Programmes, DIGNITY, Copenhagen, Denmark; ^gDepartment of Psychiatry, College of Medicine and Health Sciences, Bahir Dar University, Bahir Dar city, Ethiopia; ^hFaculty of Psychology, Ta





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

Adeline W. Berry ^a, Surya Monro ^b

^a Marie Curie Research Fellow, University of Huddersfield, Huddersfield, UK. Correspondence: a.berry2@hud.ac.uk

^b Professor of Sociology and Social Policy, University of Huddersfield, Huddersfield, UK

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





Journal of Child & Adolescent Trauma (2023) 16:173–182
<https://doi.org/10.1007/s40653-022-00475-0>

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

Accepted: 29 July 2022 / Published online: 19 August 2022
© The Author(s), under exclusive licence to Springer Nature Switzerland AG 2022



Original Article

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

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.

American Journal of Men's Health
May-June 1–22
© The Author(s) 2023
Article reuse guidelines:
sagepub.com/journals-permissions
DOI: [10.1177/15579883231176646](https://doi.org/10.1177/15579883231176646)
journals.sagepub.com/home/jmh





HHS Public Access

Author manuscript

J Trauma Stress. Author manuscript; available in PMC 2024 December 01.

Published in final edited form as:

J Trauma Stress. 2023 December ; 36(6): 1031–1043. doi:10.1002/jts.22970.

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

Carter E. Bedford,

Aoife M. Trotter,

Miracle Potter,

Norman B. Schmidt

Department of Psychology, Florida State University, Tallahassee, Florida, USA

Published in final edited form as:

J Gay Lesbian Ment Health. 2023 ; 27(4): 483–502. doi:10.1080/19359705.2022.2072036.



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

Corey E. Flanders, Ph.D.¹, Lesley A. Tarasoff, Ph.D.², Nicole VanKim, Ph.D.³

¹Department of Psychology and Education, Mount Holyoke College, 50 College St., South Hadley, MA 01075. (413) 538-2052.

²Department of Health and Society, University of Toronto Scarborough, Toronto, ON

³Department of Biostatistics and Epidemiology, University of Massachusetts Amherst, Amherst, MA

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

L. Longna,
Kunal Deb,
Vishal Nagar,
Rumelia Ray

*Departments Psychiatry,
Lokopriya Gopinath Bordoloi
Regional Institute of Mental
Health, Tezpur, Assam, India*

Received: 9 August 2021 | Accepted: 23 January 2022

DOI: 10.1111/acps.13405

META-ANALYSIS

Acta Psychiatrica Scandinavica

WILEY

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

Charlotte Wittgens^{1,2}  | Mirjam M. Fischer³ | Pichit Buspavanich^{4,5,6} |
Sabrina Theobald¹ | Katinka Schweizer^{1,2} | Sebastian Trautmann^{1,2}





International Journal of Drug Policy 97 (2021) 103333



Contents lists available at ScienceDirect

International Journal of Drug Policy

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



Research paper

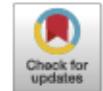
Exploring the role of trauma in underpinning sexualised drug use ('chemsex') among gay, bisexual and other men who have sex with men in Singapore

Rayner Kay Jin Tan ^{a,b,*}, Krish Phua ^b, Alaric Tan ^b, David Chong Jin Gan ^b,
Lai Peng Priscilla Ho ^c, Eleanor J Ong ^b, Maha Yewtuck See ^b

^a Saw Swee Hock School of Public Health, National University of Singapore, 12 Science Drive 2, Tahir Foundation Building #10-01, 117549, Singapore

^b The Greenhouse Community Services Limited, 531A Upper Cross Street #04-98 Hong Lim Complex, 051531, Singapore

^c Care and Counselling, Tan Tock Seng Hospital, 11 Jalan Tan Tock Seng, Singapore 308433, Singapore



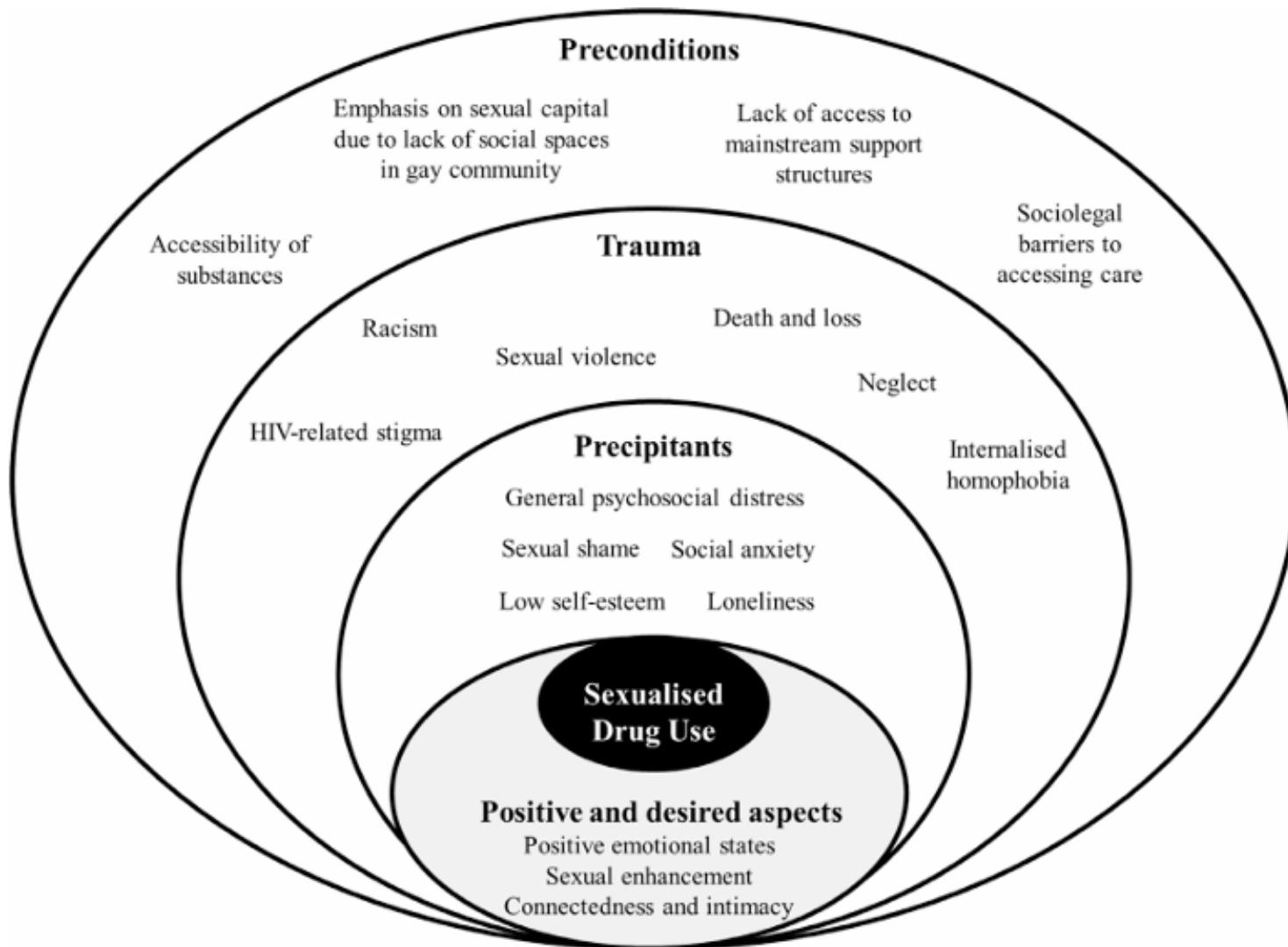


Fig. 1. Trauma-informed framework for sexualised drug use among substance use treatment-experienced gay, bisexual and other men who have sex with men in Singapore.



Received: 9 March 2023 | Accepted: 7 November 2023

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

Sasha Bailey¹  | Nicola Newton¹ | Yael Perry² | Cristyn Davies³ |
Ashleigh Lin^{4,5} | Jennifer L. Marino^{6,7,8} | Rachel S. Skinner³ | Lucinda Grummitt¹ |
Emma Barrett¹

Original Article

Cite this article: Marchi M, Travascio A, Uberti D, De Micheli E, Grenzi P, Arcolin E, Pingani L, Ferrari S, Galeazzi GM (2023). Post-traumatic stress disorder among LGBTQ people: a systematic review and meta-analysis. *Epidemiology and Psychiatric Sciences* **32**, e44, 1–10. <https://doi.org/10.1017/S2045796023000586>

Received: 19 January 2023

Revised: 15 June 2023

Accepted: 10 June 2023

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}

¹Department of Biomedical, Metabolic and Neural Sciences, University of Modena and Reggio Emilia, Modena, Italy and ²Dipartimento ad Attività Integrata di Salute Mentale e Dipendenze Patologiche, Azienda USL-IRCCS di Reggio Emilia, Reggio Emilia, Italy

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.



REVIEW ARTICLE

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

Olivier Lépine, BSc , Pascale Brillon, PhD  and Sarah Lebel, BSc 

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

Received 14 May 2022

Revised 18 April 2023

Accepted 14 July 2023



LGBTQ+ FAMILY: AN INTERDISCIPLINARY JOURNAL
2023, VOL. 19, NO. 2, 175–185
<https://doi.org/10.1080/27703371.2023.2167760>



Taylor & Francis
Taylor & Francis Group

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

Hanna Grundström^{a,b}, Anna Malmquist^c, Amanda Karlsson^b and Katri Nieminens^a

^aDepartment of Obstetrics and Gynecology in Norrköping, and Department of Biomedical and Clinical Sciences, Linköping University, Linköping, Sweden; ^bDepartment of Health, Medicine and Caring Sciences, Linköping University, Linköping, Sweden; ^cDepartment of Behavioral Sciences and Learning, Linköping University, Linköping, Sweden

Salud y diversidad

Tensiones actuales



JITPP
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 ?

Lynch, Shrehan & Davies, Laura & Ahmed, D. & McBean, Laura. (2022). Complicity, trauma, love: an exploration of the experiences of LGBTQIA+ members from physical education spaces. *Sport, Education and Society*. 28. 1-17. 10.1080/13573322.2022.2141216.



JPP
GDL
2025

Fotografía Villaruel Marcha del Orgullo, Gdl.



**Dra Blanca Olivia
Villarroel**



blancaolivia9



dra.villarroelhigareda@gmail.com