



# Social Support and Mental Health Among Transgender and Nonbinary Youth in Quebec

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## Abstract

**Purpose:** Transgender and nonbinary (TNB) youth face elevated levels of discrimination, stigma, mental health disorders, and suicidality when compared with their cisgender counterparts. Family and school support may mitigate some of the effects of the stressors facing TNB youth. This study aimed to better understand the impact of each of these sources of support on TNB youths' mental health and wellbeing.

**Methods:** We used data collected between 2018 and 2019 as part of the Canadian Trans Youth Health Survey, a bilingual online survey to measure social support, physical health, and mental health in a sample of 220 TNB youth aged 14–25 living in Québec, Canada. We examined the relationships among different sources of support, and mental health and wellbeing outcomes using logistic regression. Analyses were conducted on the full sample and according to linguistic groups (French and English).

**Results:** Participants reported high levels of mental health symptoms, self-harm, and suicidality, and mental health symptoms were higher in the English-speaking group ( $p = 0.005$ ). In models controlling for age, family connectedness was associated with good/excellent self-reported mental health (odds ratio [OR] = 2.62,  $p = 0.001$ ) and lower odds of having considered suicide (OR = 0.49,  $p = 0.003$ ) or attempted suicide (OR = 0.43,  $p = 0.002$ ), whereas school connectedness was associated with higher odds of good/very good/excellent general (OR = 2.42,  $p = 0.013$ ) and good/excellent mental (OR = 2.45,  $p = 0.045$ ) health.

**Conclusion:** Family and school support present consistent associations with TNB youths' health and may constitute key areas for intervention for those supporting them.

**Keywords:** mental health, nonbinary, Québec, social support, transgender, youth

## Introduction

THE LITERATURE ON THE HEALTH and wellbeing of transgender and nonbinary (TNB) youth (i.e., youth whose gender does not align with their sex assigned at birth) is growing fast and it is already well-established that this group faces increased levels of stigma, discrimination, and

barriers in access to health services compared with cisgender youth.<sup>1–3</sup> It has been suggested that this may at least in part be a reflection of cultural norms around gender, transphobia, and cisnormativity (the assumption of and construction of society around cisgender identities).<sup>4,5</sup>

These realities are reflected in TNB youth experiencing poorer mental health outcomes such as high rates of suicidal

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## **Table of Contents Social Support Physical Health Unders**

1. Understanding the eBook Social Support Physical Health Unders
  - The Rise of Digital Reading Social Support Physical Health Unders
  - Advantages of eBooks Over Traditional Books
2. Identifying Social Support Physical Health Unders
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Social Support Physical Health Unders
  - User-Friendly Interface
4. Exploring eBook Recommendations from Social Support Physical Health Unders
  - Personalized Recommendations
  - Social Support Physical Health Unders User Reviews and Ratings
  - Social Support Physical Health Unders and Bestseller Lists
5. Accessing Social Support Physical Health Unders Free and Paid eBooks
  - Social Support Physical Health Unders Public Domain eBooks
  - Social Support Physical Health Unders eBook Subscription Services
  - Social Support Physical Health Unders Budget-Friendly Options
6. Navigating Social Support Physical Health Unders eBook Formats

- ePub, PDF, MOBI, and More
- Social Support Physical Health Unders Compatibility with Devices
- Social Support Physical Health Unders Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Social Support Physical Health Unders
  - Highlighting and Note-Taking Social Support Physical Health Unders
  - Interactive Elements Social Support Physical Health Unders
- 8. Staying Engaged with Social Support Physical Health Unders
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Social Support Physical Health Unders
- 9. Balancing eBooks and Physical Books Social Support Physical Health Unders
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Social Support Physical Health Unders
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Social Support Physical Health Unders
  - Setting Reading Goals Social Support Physical Health Unders
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Social Support Physical Health Unders
  - Fact-Checking eBook Content of Social Support Physical Health Unders
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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