



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.^{1–3} 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).^{4,5}

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

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Social Support Physical Health Unders

Howard S. Friedman



Social Support Physical Health Unders:

Social Support and Physical Health Bert N. Uchino, 2004-01-01 This book will change the way we understand the future of our planet It is both alarming and hopeful James Gustave Speth renowned as a visionary environmentalist leader warns that in spite of all the international negotiations and agreements of the past two decades efforts to protect Earth's environment are not succeeding Still he says the challenges are not insurmountable He offers comprehensive viable new strategies for dealing with environmental threats around the world The author explains why current approaches to critical global environmental problems climate change biodiversity loss deterioration of marine environments deforestation water shortages and others don't work He offers intriguing insights into why we have been able to address domestic environmental threats with some success while largely failing at the international level Setting forth eight specific steps to a sustainable future Speth convincingly argues that dramatically different government and citizen action are now urgent If ever a book could be described as essential this is it

Biopsychosocial Assessment in Clinical Health Psychology Frank Andrasik, Jeffrey L. Goodie, Alan L. Peterson, 2015-01-05 Filling a key need this practical volume provides state of the art approaches and tools for evaluating both health related behaviors and psychosocial aspects of medical illness The book begins by presenting a comprehensive biopsychosocial assessment framework Evidence based strategies are described for assessing such key lifestyle factors as tobacco use alcohol and other drugs physical activity and social support Behavioral cognitive and emotional issues associated with a range of specific medical conditions including cancer cardiovascular disease diabetes chronic pain and others are addressed Chapters on assessment of specific populations cover pediatric patients older adults ethnic racial minority groups organ transplant and bariatric surgery patients and primary care

Handbook of Behavioral Medicine Andrew Steptoe, 2010-09-27 Behavioral medicine emerged in the 1970s as the interdisciplinary field concerned with the integration of behavioral psychosocial and biomedical science knowledge relevant to the understanding of health and illness and the application of this knowledge to prevention diagnosis treatment and rehabilitation Recent years have witnessed an enormous diversification of behavioral medicine with new sciences such as genetics life course epidemiology and new technologies such as neuroimaging coming into play This book brings together such new developments by providing an up to date compendium of methods and applications drawn from the broad range of behavioral medicine research and practice The book is divided into 10 sections that address key fields in behavioral medicine Each section begins with one or two methodological or conceptual chapters followed by contributions that address substantive topics within that field Major health problems such as cardiovascular disease cancer HIV AIDs and obesity are explored from multiple perspectives The aim is to present behavioral medicine as an integrative discipline involving diverse methodologies and paradigms that converge on health and well being

Social Support, Well-being, and Teacher Development Bick-har LAM, 2018-12-19 This book uses social support as a central theme to provide a sound underpinning for guiding teachers to play more

supportive roles in schools It comprises a series of empirical studies that address the psychological processes involved in feeling supported and providing support and which demonstrate how students and teachers well being can be enhanced through learning and teaching in the classroom The distinction between teachers who are caring mentors and those who simply impart knowledge has attracted considerable interest among researchers however in the twenty first century education seems to be playing a more restricted role due to the predominant focus on performance outcomes This book addresses and identifies teachers expanding role in education It describes various types of support that teachers can offer students and which serve to enhance a range of learning outcomes Further it provides evidence suggesting that teachers commitment to learner development is a prerequisite for a satisfying teaching career and that teachers knowledge skills and ability to provide social support in the classroom form a pathway of professional learning that can take their teaching expertise to a higher level Lastly the book offers policymakers suggestions on how to rekindle social support in an increasingly globalised setting in which people are becoming more and more disconnected Given its multidisciplinary approach the book is a unique contribution within its subject area and will be of interest to practitioners in education and beyond

Lifestyle in Heart Health and Disease Ronald Ross Watson, Sherma Zibadi, 2018-01-18 Lifestyle and Heart Health and Disease provides a comprehensive evaluation of lifestyle factors that modify heart function and structure It includes coverage of a wide range of lifestyle factors including physical activity alcohol tobacco drugs of abuse nutrition and psychosocial factors The book clearly presents the scientific evaluation of published research relating to general responses by scientists physicians and patients along with new research on the role of lifestyle in the prevention amelioration and causation of cardiac remodeling and disease Explains the pathogenic mechanisms of cardiovascular diseases and the targets of therapy Presents methods contained within the book that can be applied to the diagnosis of heart disease Contains a concise summary with recommendations for actions and conclusions Provides a one stop shopping synopsis of key ideas associated with many aspects of lifestyle

Understanding Korean Americans' Mental Health Sung Seek Moon, Haein Son, Anderson Sungmin Yoon, 2021-07-12 The Korean American community is one of the major Asian ethnic subgroups in the United States Though considered among one of the model minority groups excelling academically and professionally members in this community are plagued by unaddressed mental health obstacles In Understanding Korean Americans Mental Health A Guide to Culturally Competent Practices Program Developments and Policies the editors Anderson Sungmin Yoon Sung Seek Moon and Haein Son examine a variety of mental health issues in the Korean American community including depression suicide substance abuse and trauma and convincingly connect these challenges to cultural stigma and racial prejudice The editors argue that this population and its mental health needs are neglected by current approaches in mainstream mental health services Alarminglly the very cultural values that help make up the Korean American community are contributing to its members reluctance to seek care counting both familial and communal shame among the most

pressing culprits This book supports these claims with statistical realities and seeks to gather the relatively scarce research that does exist on this topic to underscore the heightened prevalence of mental health issues among Korean Americans and the contributors make recommendations for more culturally competent practices program developments and policies

Understanding and promoting factors which affect healthy ageing: Physical Activity, Sleep Patterns and nutritional habits Stevo Popovic,Radenko M. Matic,Juel Jarani , David Paar,2024-09-26 A few clear factors are associated with living longer and healthier such as higher levels of physical activity good sleep patterns and proper nutrition However despite all the advances that have been made to increase the general population s physical activity improve their sleep patterns and boost their nutritional habits there is still a lot to be done This Research Topic aims to address the topic of healthy ageing and will consider manuscripts focused on the effects of improving these factors in all ages from childhood to old age We are mainly interested in questions of broader interventions at the individual home settings group school work and gerontology settings and societal level community based settings We also welcome papers investigating the short and long term effects of environmental factors on physical changes in children working and old age populations and their development Correlational and survey studies examining the issues mentioned above are welcome **Cambridge Handbook of Psychology, Health and Medicine** Carrie D. Llewellyn,Susan Ayers,Chris McManus,Stanton Newman,Keith J. Petrie,Tracey A. Revenson,John Weinman,2019-05-16 This third edition of the much acclaimed Cambridge Handbook of Psychology Health and Medicine offers a fully up to date comprehensive accessible one stop resource for doctors health care professionals mental health care professionals such as psychologists counsellors specialist nurses academics researchers and students specializing in health across all these fields The new streamlined structure of the book features brief section overviews summarising the state of the art of knowledge on the topic to make the information easier to find The encyclopaedic aspects of the Handbook have been retained all the entries as well as the extensive references have been updated Retaining all the virtues of the original this edition is expanded with a range of new topics such as the effects of conflict and war on health and wellbeing advancements in assisted reproduction technology e health interventions patient reported outcome measures health behaviour change interventions and implementing changes into health care practice **Exploring the Connection Between Mind and Body - Understanding How Mental and Physical Health Are Intertwined** Namaskar Books,2024-11-18 Unlock the secrets to a healthier more balanced life with Exploring the Connection Between Mind and Body Understanding How Mental and Physical Health Are Intertwined This enlightening book explores the powerful link between mental and physical health and how one can significantly impact the other What if the key to better health lies in understanding how your mind and body work together This book delves into the science behind this connection offering insights into how mental well being can improve physical health and vice versa But here s the truth Mental and physical health are inseparable and understanding their interconnectedness is the first step to achieving true wellness Whether you re

seeking to manage stress boost energy or improve overall health this book provides practical strategies and techniques to help you cultivate both mental and physical strength Learn how to integrate mindfulness exercise nutrition and mental health practices into a holistic approach to well being With actionable advice and real life examples you ll discover how small changes can have a profound impact on both your mind and body Are you ready to create a healthier more balanced life Open Exploring the Connection Between Mind and Body and discover how the power of mind body harmony can transform your health Embrace the mind body connection and take your health to new heights This book is your guide to achieving lasting wellness Start your journey to better health today Purchase Exploring the Connection Between Mind and Body now and experience the benefits of a balanced mind and body *Health Psychology* Edward P. Sarafino, Timothy W. Smith, David B. King, Anita De Longis, 2020-07-27 The second Canadian edition of *Health Psychology Biopsychosocial Interactions* integrates multidisciplinary research and theory to help students understand the complex connections between psychology and health This comprehensive yet accessible textbook covers the biopsychosocial factors that impact human health and wellness placing particular emphasis on the distinctive characteristics of the Canadian health care system the issues and challenges unique to Canadian culture and the most recent Canadian research in the field of health psychology Clear student friendly chapters examine topics such as coping with stress and illness lifestyles for enhancing health and preventing illness managing pain and discomfort getting medical treatment and living with chronic illness This fully revised second edition features the latest available data and research from across Canada and around the world New and expanded chapters explore psychosocial factors in aging and dying legalized marijuana use in Canada the link between inflammation and depression Canadian psychosocial models of pain recent Medical Assistance in Dying MAiD legislation weight control eating disorders and exercise and much more Throughout the text updated illustrative examples cross cultural references and real world cases reinforce key points and strengthen student comprehension retention and interest *Cognitive and Mental Health Improvement Under- and Post-COVID-19 - Volume II* Gabriele Nibbio, Chong Chen, Yuka Kotozaki, 2025-04-07 This Research Topic is a part of a collection on the topic of Cognitive and Mental Health Improvement Under and Post COVID 19 An increasing body of research suggests that the COVID 19 pandemic has worsened global mental health and caused more cognitive impairments Whereas the COVID 19 pandemic is still ongoing in some regions it is expected to be ending for most regions in the very near future From a psychological psychiatric and public mental health perspective it is of vital importance to conduct effective and efficient interventions to promote cognitive and mental health for they not only are essential for us to cope with the ongoing pandemic but also necessary for us to rebuild a better world post the pandemic Not to say that a healthy cognitive and mental health state is at the core of human wellbeing and deserves its own place From previous studies and everyday practices we already know that regular exercise appropriate sleep nutritious diet close social ties connection with nature mindfulness among others help improve cognition and boost mental health However the optimal regimen for

each specific cognitive and mental health outcome for a specific population including both those of healthy and clinical is unclear and remain to be identified Furthermore the underlying psychological physiological and neurobiological mechanisms through which each activity or intervention improves cognition and promotes mental health are to be clarified

Understanding the Fundamentals of Psychiatry Mr. Rohit Manglik, 2024-07-30 Covering diagnostic criteria clinical cases treatment protocols and mental health models this book is ideal for learners beginning their journey in psychiatric practice

Later-Life Social Support and Service Provision in Diverse and Vulnerable Populations Janet M. Wilmoth, Merrill D. Silverstein, 2017-06-26 Later Life Social Support and Service Provision in Diverse and Vulnerable Populations offers current multidisciplinary perspectives on social support and service provision to older Americans The chapters trace how our understanding of social support among older adults has developed over the past 40 years and explore current gerontological research in the area They consider how informal care arrangements articulate with formal long term care policies and programs to provide support to the diverse population of older Americans They also emphasize heterogeneity in the composition of support networks particularly in relation to gender sexual orientation race ethnicity and immigrant status Collectively the chapters provide insight into the complexity of older adults' social support networks that can be used to improve the services provided to caregivers and care recipients as well as the policies that promote high quality support to people of all ages who are in need of assistance

Understanding Psychosocial Adjustment to Chronic Illness and Disability Fong Chan, Elizabeth Da Silva Cardoso, Julie Chronister, Julie A. Chronister, 2009-06-16 Rehabilitation practitioners face the difficult task of helping clients adjust to chronic illness or disability This can be a long and trying process for both practitioner and client With this handbook however practitioners and students can gain a wealth of insight into the critical issues clients face daily This book presents the dominant theories models and evidence based techniques necessary to help the psychosocial adjustment of chronically ill or disabled persons Each chapter is written from an evidence based practice EBP perspective and explores how important issues i.e. social stigma social support sexuality family depression and substance abuse affect persons adjusting to chronic illness and disability Key features include A review of psychopharmacological treatment options for depression anxiety and other disorders coinciding with rehabilitation The effect of rehabilitation on the family including key family intervention strategies Strategies for using positive psychology and motivational interviewing in rehabilitation Multiculturalism and the effect of culture on the adjustment process Ancillary materials including an instructor's manual with a syllabus examination items PowerPoint presentation and answers to class exercises By incorporating research based knowledge into clinical rehabilitation practice health care professionals can ensure that people with chronic illness and disability receive only the best treatment

Assessment in Health Psychology Yael Benyamini, Marie Johnston, Evangelos C. Karademas, 2017-06-12 Assessment in Health Psychology presents and discusses the best and most appropriate assessment methods and instruments for all specific areas that are central for health psychologists It also

describes the conceptual and methodological bases for assessment in health psychology as well the most important current issues and recent progress in methods A unique feature of this book which brings together leading authorities on health psychology assessment is its emphasis on the bidirectional link between theory and practice Assessment in Health Psychology is addressed to masters and doctoral students in health psychology to all those who teach health psychology to researchers from other disciplines including clinical psychology health promotion and public health as well as to health policy makers and other healthcare practitioners This latest volume in the series Psychological Assessment Science and Practice provides a thorough and authoritative record of the best available assessment tools and methods in health psychology making it an invaluable resource both for students and academics as well as for practitioners in their daily work Handbook of the Sociology of Mental Health Carol S. Aneshensel, Jo C. Phelan, Alex Bierman, 2012-07-16 This second edition of the Handbook of the Sociology of Mental Health features theory driven reviews of recent research with a comprehensive approach to the investigation of the ways in which society shapes the mental health of its members and the lives of those who have been diagnosed as having a mental illness The award winning Handbook is distinctive in its focus on how the organization and functioning of society influences the occurrence of mental disorder and its consequences A core issue that runs throughout the text concerns the differential distribution of mental illness across various social strata defined by status characteristics such as gender race ethnicity socioeconomic status and age The contributions to this volume shed light on the social cultural and economic factors that explain why some social groups have an elevated risk of disorder They also address the social repercussions of mental disorder for individuals including stigmatization within the larger society and for their families and social networks The second edition of this seminal volume includes substantial updates to previous chapters as well as seven new chapters on The Individual's Experience of Mental Illness The Medicalization of Mental Illness Age Aging and Mental Health Religion and Mental Health Neighborhoods and Mental Health Mental Health and the Law and Public Beliefs about Mental Illness Advances in the Understanding of the Affective and Cognitive Effects of Physical Activity, Exercise, and Sports Chong Chen, Yasuhiro Mochizuki, Filipe Manuel Clemente, 2024-03-22 An increasing body of research suggests that physical activity exercise and sports enhance a wide range of cognitive and affective wellbeing including attention executive functions memory and learning creativity stress resilience and mental health Engaging in regular physical activity has also been associated with a reduced risk of many neurological and psychiatric disorders notably dementia major depressive disorders and anxiety disorders However firstly it is still unclear what kind of physical activity exercise and sports conducted on how long a timescale brings maximal benefits to a specific outcome for a specific population Secondly how findings reported so far can be incorporated into daily practice by the general public and in educational neurological and psychiatric contexts remain unaddressed Thirdly the underlying psychological physiological and neurobiological mechanisms through which physical activity exercise and sports promote cognitive and affective wellbeing remain to be clarified Several potential

mechanisms have been proposed including the activation of the prefrontal cortices and the dopamine and serotonin neurotransmission the release of neurotrophins the enhancement of neural plasticity and neurogenesis and the decrease of neuroinflammation and oxidative stress *Positive Psychology in Everyday Life* Margarida Pocinho, Soraia Garcês, Daniela Popa, 2022-06-28 **Understanding Forgiveness and Addiction** Jon R. Webb, 2021-05-30 This book integrates and synthesizes numerous empirically supported positive psychological constructs and psychotherapeutic theories to help understand addiction and facilitate recovery through the lens of forgiveness Proposing forgiveness as an alternative and critical tool to understanding the process of addiction and recovery whether in the context of substance use compulsive behavior and or suicidal behavior the book discusses multiple theoretical points of view regarding the process of forgiveness Additionally foundational theories underlying the process of recovery the psychological and spiritual nature of forgiveness and the nature of the association of forgiveness with health all receive detailed coverage Considerable attention is also paid to the extant empirical support for the association of forgiveness with addiction and recovery The text s comprehensive integration of theory research and clinical application including guidelines regarding forgiveness as a treatment for recovery from addiction provide a roadmap forward for addiction counselors and other recovery specialists **The Oxford Handbook of Health Psychology** Howard S. Friedman, 2014-02 The Oxford Handbook of Health Psychology brings together preeminent experts to provide a comprehensive view of key concepts tools and findings of this rapidly expanding core discipline

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