



# Examining Racial and Ethnic Differences in Sexual Minority Adolescents’ Outness to Family, Friends, and Primary Care Providers

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- Acronyms
- SMA – Sexual Minority Adolescents
  - PCP – Primary Care Provider

Introduction

- Lower levels of acceptance of sexual minorities within some communities of color may make it more difficult for Hispanic/Latinx and Black SMAs to disclose their sexuality to family and others.<sup>1,2</sup>
- Limited research has explored whether similar racial and ethnic differences affect SMAs’ openness with PCPs about their sexuality or how healthcare-related factors influence disclosure in these groups.<sup>3</sup>

- Aim 1:** Examine how SMAs’ race/ethnicity relates to their outness to family/friends and their report of PCPs’ awareness of their sexuality
- Aim 2:** For Black, Hispanic/Latinx, and White SMAs, examine how healthcare factors relate to PCPs awareness of SMAs sexuality

- Methods
- Participants completed a 10–15-minute online survey about their sexuality and a recent primary care visit, including questions about:
    - Outness to Family/Friends (Outness Inventory<sup>4</sup>)
    - PCP Awareness of their Sexuality (Sexual Identity and Sexual Attraction)
    - Healthcare Factors (if PCP wore LGBTQ+ Inclusive Badge, if PCP asked about Sexuality, if SMA had alone time with PCP)
  - Ordered Logistic regressions examining associations between:
    - Race/Ethnicity, Outness to Family/Friends, PCP Awareness of Sexuality, Healthcare Factors

Table 1: Sample Demographics

Participant Characteristics		n = 62	%
Race / Ethnicity	Black	29	47%
	White	19	31%
	Hispanic/Latinx	14	23%
	Asian	3	5%
Gender Identity	Male	16	25%
	Female	40	62%
	Non-Binary	7	11%
	Not Sure	2	3%
Sex assigned at Birth	Female	52	80%
	Male	13	20%
Age	14	3	5%
	15	16	25%
	16	19	29%
	17	27	22%

## Results

Table 2: Race/Ethnicity Associations with Outness to Family/Friends and PCP Awareness of Sexuality

	Outness to:				PCP Awareness of:	
	Caregivers	Siblings	Peers	Heterosexual Friends	Identity	Attraction
	Coefficient (95% CI)	Coefficient (95% CI)	Coefficient (95% CI)	Coefficient (95% CI)	Coefficient (95% CI)	Coefficient (95% CI)
White	Ref.	Ref.	Ref.	Ref.	Ref.	Ref.
Black	-0.51 (-1.55, 0.54)	-0.61 (-1.66, 0.44)	0.31 (-0.72, 1.32)	-0.26 (-1.28, 0.77)	0.36 (-0.77, 1.49)	1.09 (-0.07, 2.24)
Latinx/ Hispanic	-1.27 <sup>1</sup> (-2.56, 0.02)	-1.54* (-2.86, -0.21)	-1.52* (-2.83, -0.21)	-2.17* (-3.47, -0.87)	-0.57 (-1.85, 0.71)	0.00 (-1.25, 1.25)

Note. \*p < .05, <sup>1</sup>not statistically significant but may reflect a trend (p = .053)

- Being Hispanic/Latinx was negatively associated with being out to siblings, peers and friends.
- Race/ethnicity was not associated with differences in PCPs’ awareness of sexuality.

### Key for Figure 1

Rating	Number
Definitely does not know	1
Might know, rarely discussed	2
Probably knows, never discussed	3
Probably knows, rarely discussed	4
Definitely knows, rarely discussed	5
Definitely knows, sometimes discussed	6
Definitely knows, openly discussed	7

Figure 1: Outness to Family/Friends in Hispanic/Latinx vs White SMAs

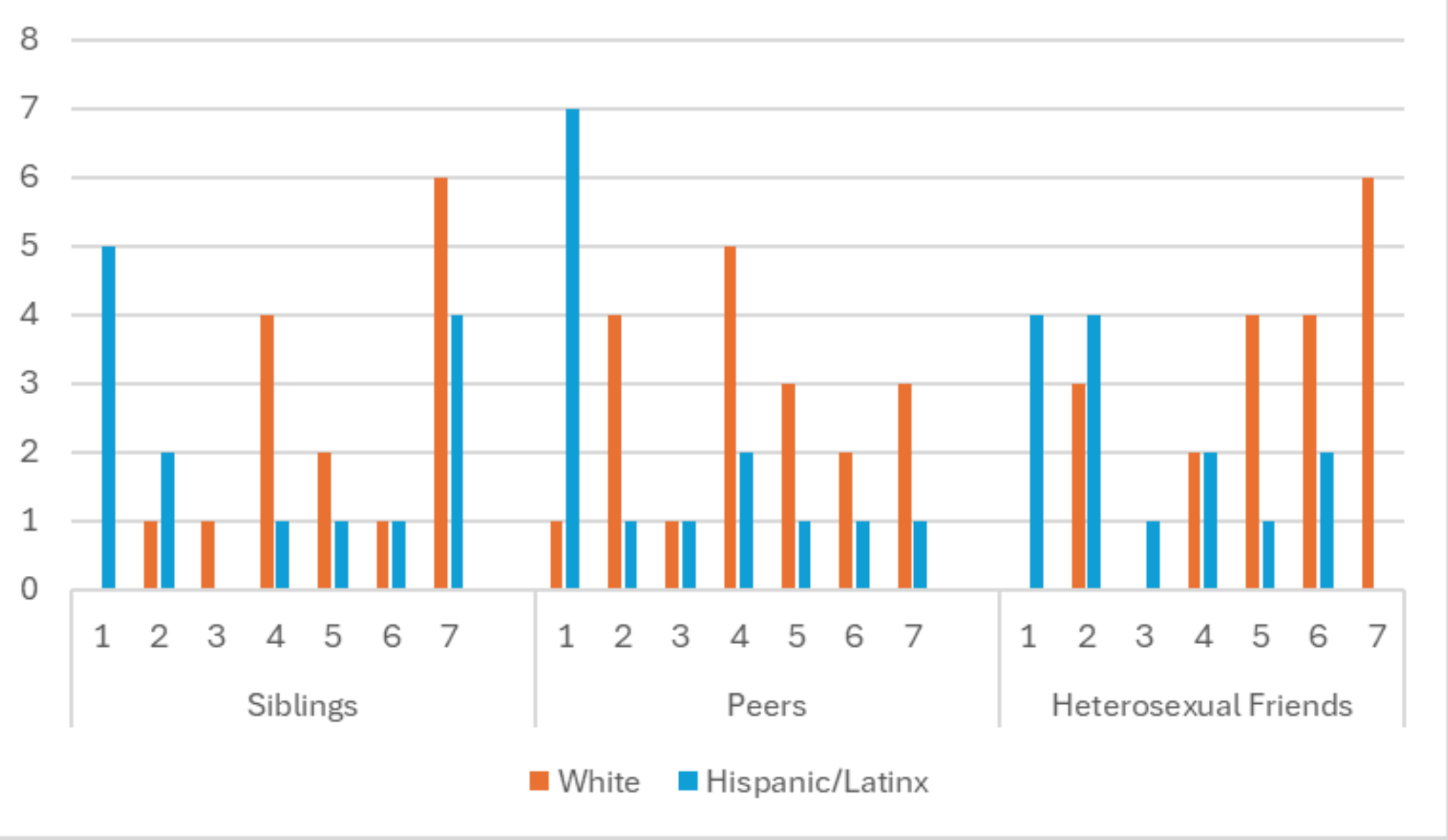


Table 3: Associations between Healthcare Factors and PCP Awareness

		PCP Awareness of Identity		PCP Awareness of Attraction	
		Coefficient (95% CI)	95% CI	Coefficient (95% CI)	95% CI
LGBTQ+ Inclusive PCP Badge (badge vs. no badge)	White	-0.37	-2.98, 2.24	0.25	-2.13, 2.62
	Black	-0.88	-3.24, 1.48	-0.08	-2.26, 2.09
	Latinx/Hispanic	2.00	-0.52, 4.51	1.30	-1.03, 3.64
PCP Asked about Sexuality (asked vs. did not ask <sup>a</sup> )	White	2.39*	0.40, 4.39	1.99*	0.05, 3.93
	Black	2.65*	0.80, 4.50	2.87	1.06, 4.67
	Latinx/Hispanic	2.39*	0.30, 4.48	2.01*	0.08, 3.94
Alone time with PCP (had alone time vs. did not <sup>a</sup> )	White	2.56*	0.40, 4.70	2.15	-0.31, 4.61
	Black	2.67*	0.81, 4.53	1.80	-0.01, 3.61
	Latinx/Hispanic	2.95*	0.38, 5.53	2.15	-0.31, 4.62

Note. <sup>a</sup> Denotes reference group. \*p < .05.

- For Hispanic/Latinx, Black and White SMAs:
- Having alone time with PCP increased awareness of sexual identity
  - When PCP asked about sexuality, SMAs were more likely to report their PCP was aware of their sexual identity *and* their sexual attraction

## Clinical Implications

- Hispanic/Latinx SMAs may face greater barriers to disclosing their sexuality to siblings, peers, and friends.
- Despite these challenges, Hispanic/Latinx and Black SMAs appear to be just as likely as White SMAs to be out to their primary care providers (PCPs).
- For Hispanic/Latinx and Black SMAs, the following healthcare practices may support disclosure to PCPs:
  - Ensuring that adolescents have alone time with their PCP
  - PCPs asking detailed and inclusive questions about sexuality

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