

# LGBTQ-affirmative Cognitive Behavior Therapy: From Theory to Trials to Community Implementation

**John Pachankis, PhD**  
Yale School of Public Health

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# Overview

- Theory
- Trials
- Community Implementation



# Stigma and Mental Health

## State of the Science

Probability surveys

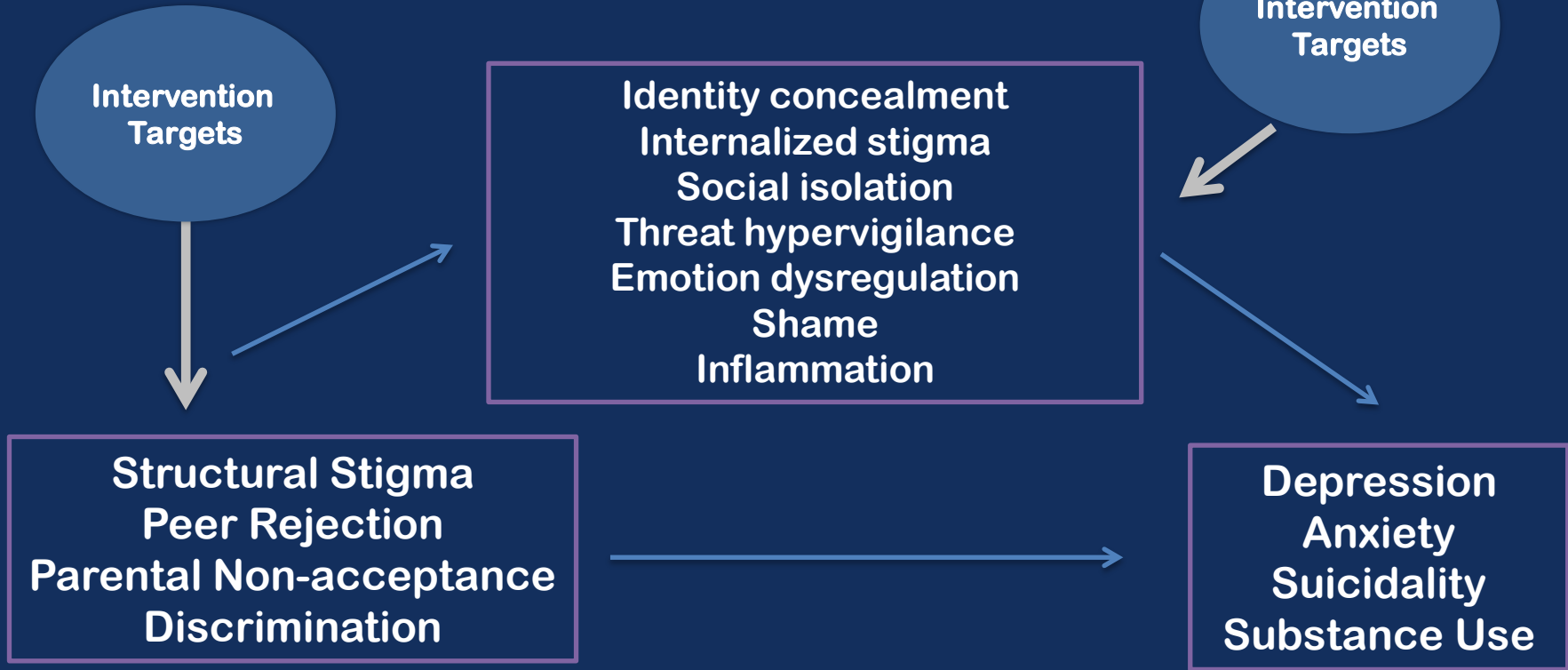
Prospective cohort studies

Lab-based experiments

fMRI and EEG measurements



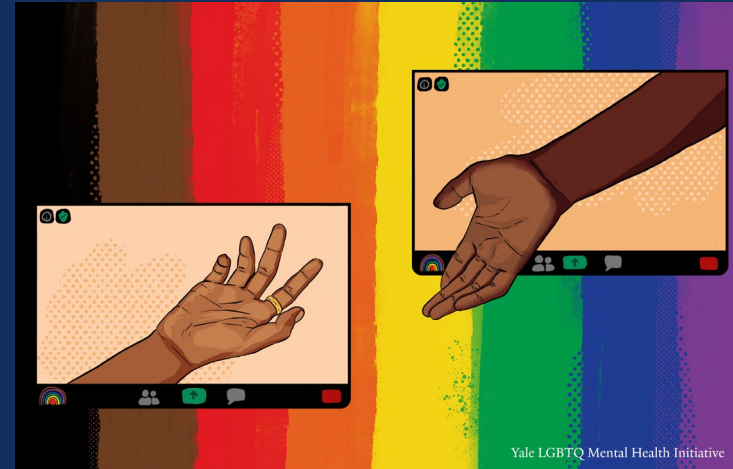
# Intervention Targets

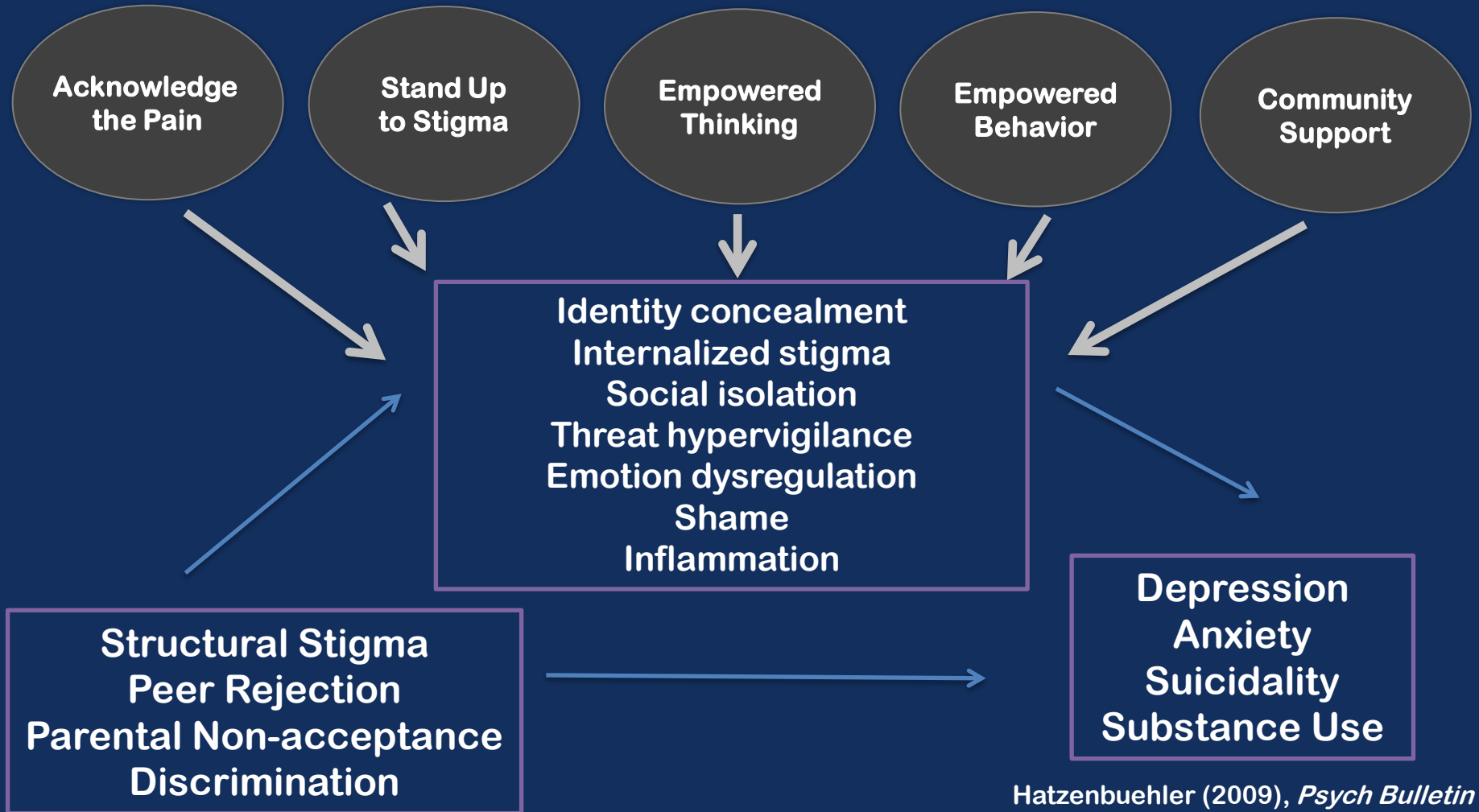


Meyer (2003), *Psych Bulletin*; Hatzenbuehler (2009), *Psych Bulletin*; Pachankis et al. (2020), *Psych Bulletin*; Bränström et al. (in press), *J Psychopathology Clin Science*; Clark et al. (in press). *Clinical Psychological Science*; Hollinsheid et al. (in press), *Clinical Psychological Science*; Seager van Dyk (in prep); Bränström et al. (under review)

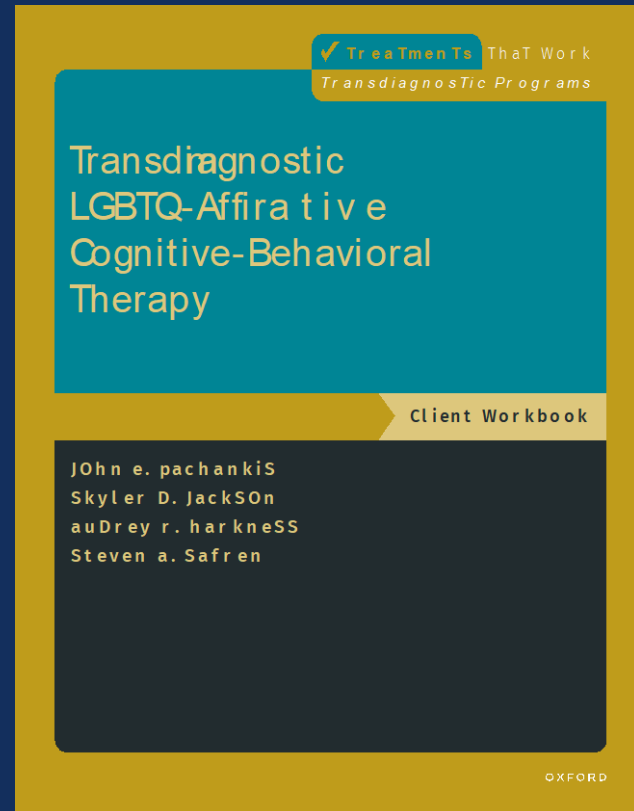
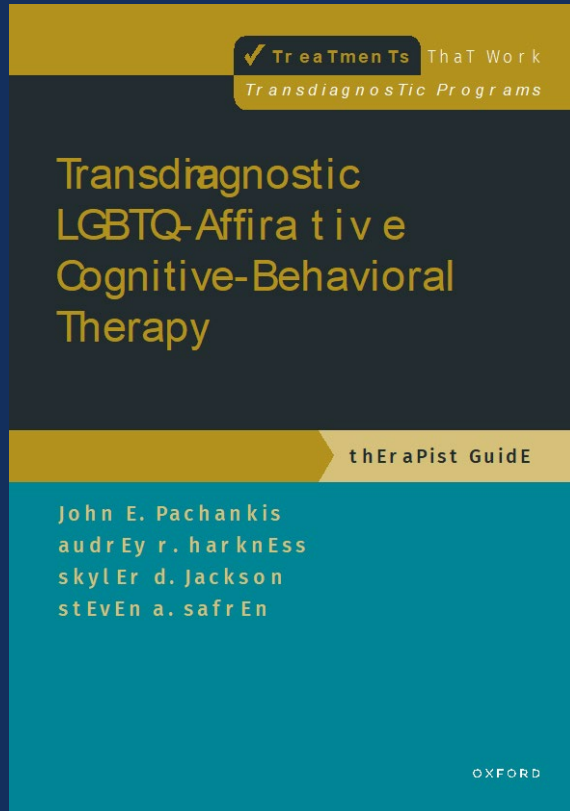
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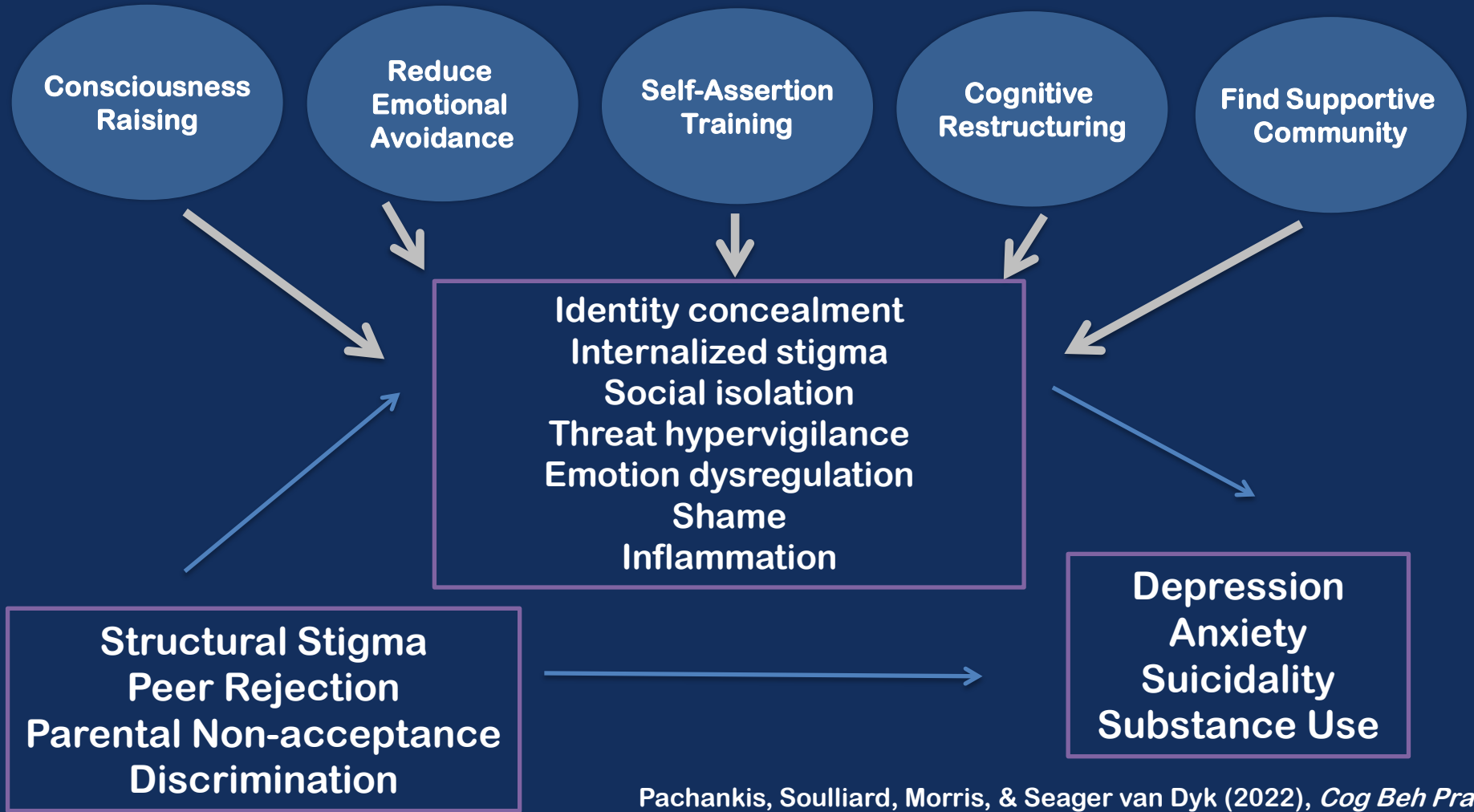




# LGBTQ-affirmative CBT

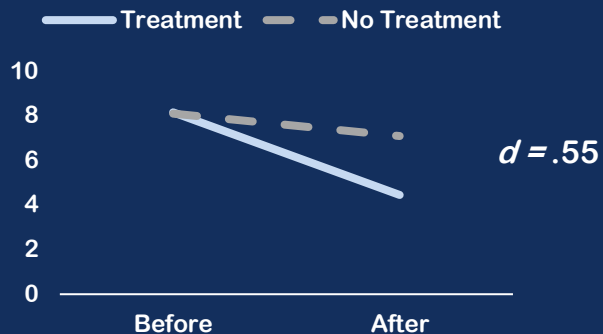




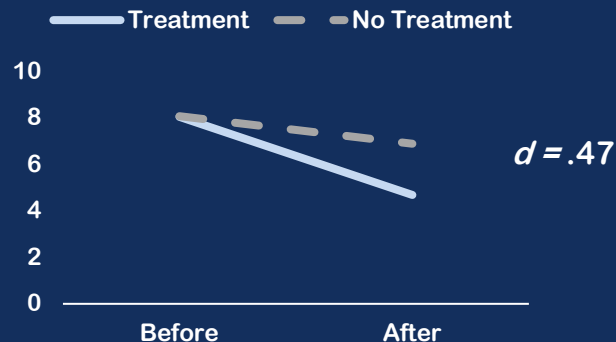


# Does LGBTQ-affirmative CBT Work Better Than Waitlist?

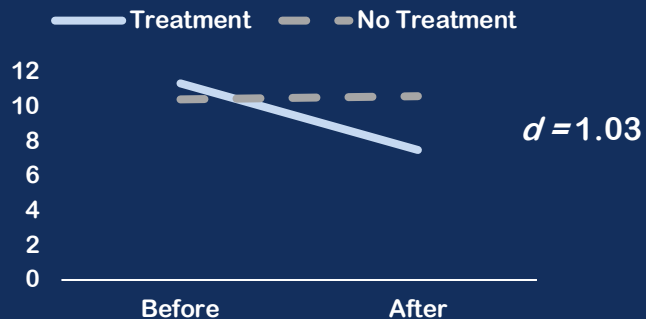
## Depression



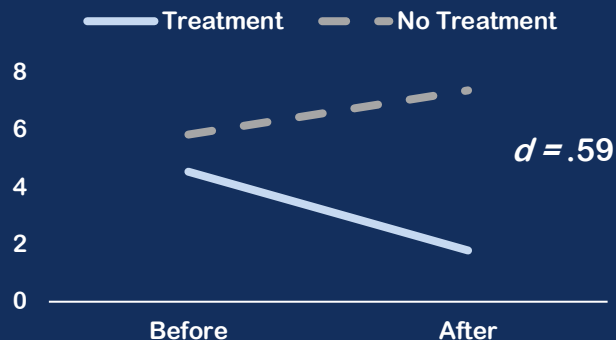
## Anxiety



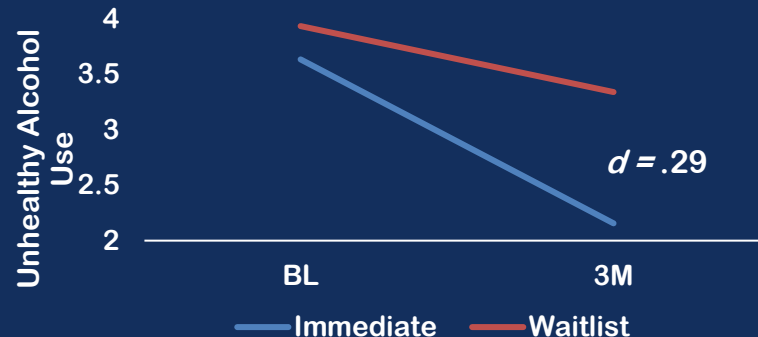
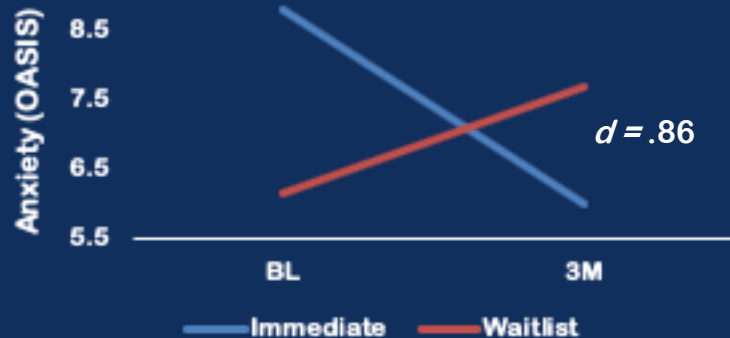
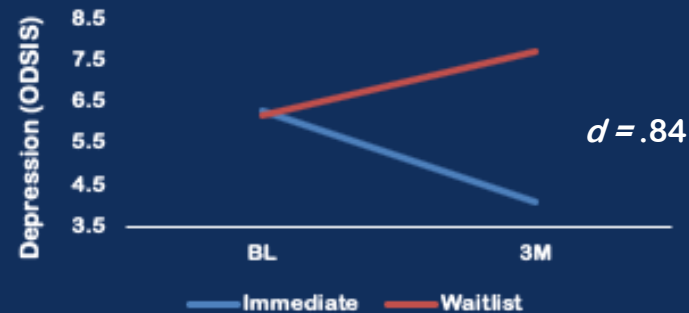
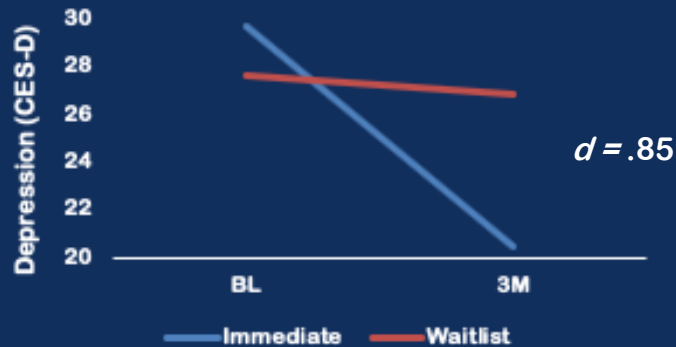
## Alcohol Use



## Condomless Sex

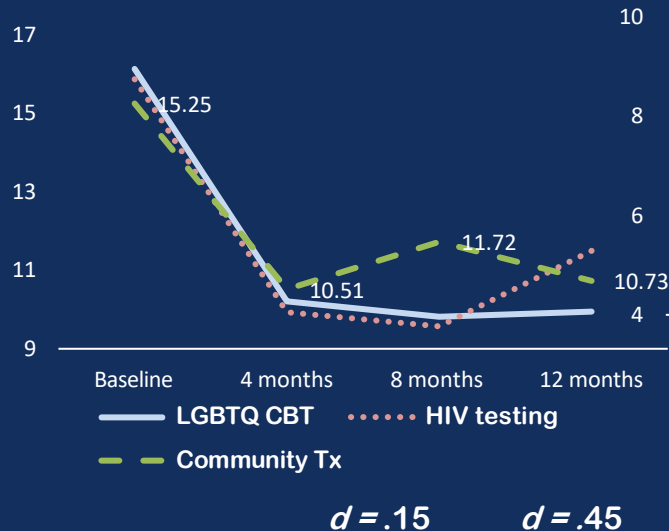


# Does LGBTQ-affirmative CBT Work Better Than Waitlist?

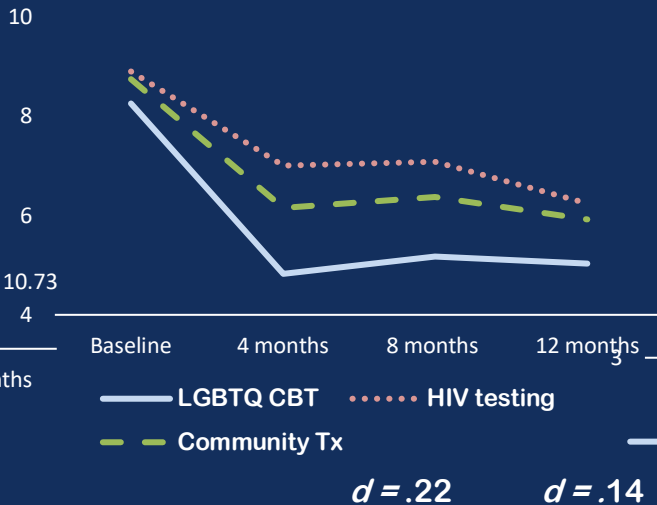


# Does LGBTQ-affirmative CBT Work Better Than Existing Interventions?

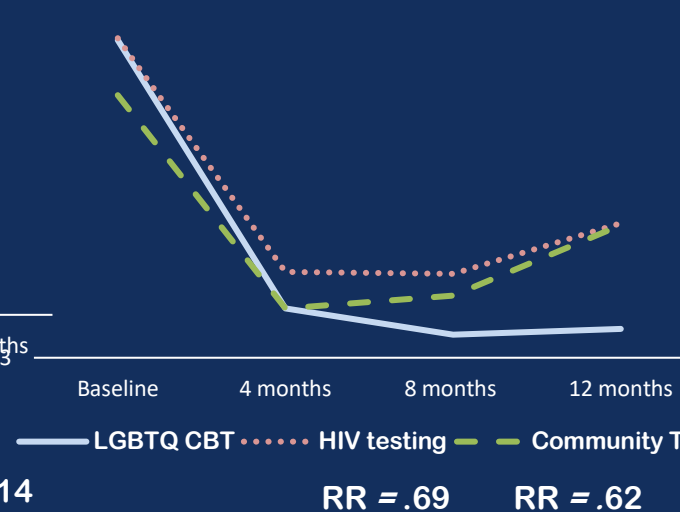
## Depression (HAMD)



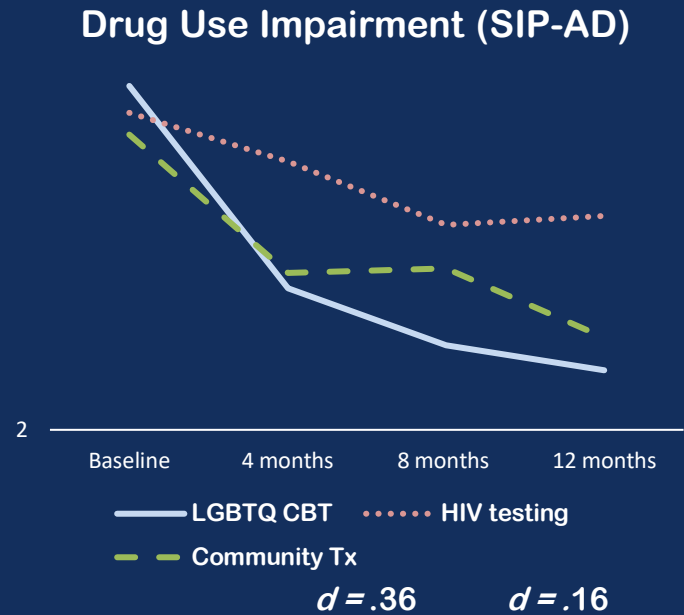
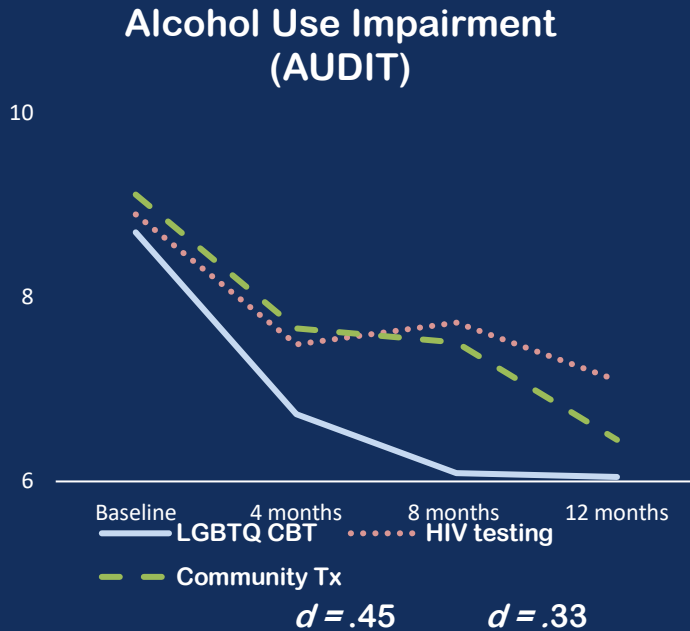
## Anxiety (OASIS)



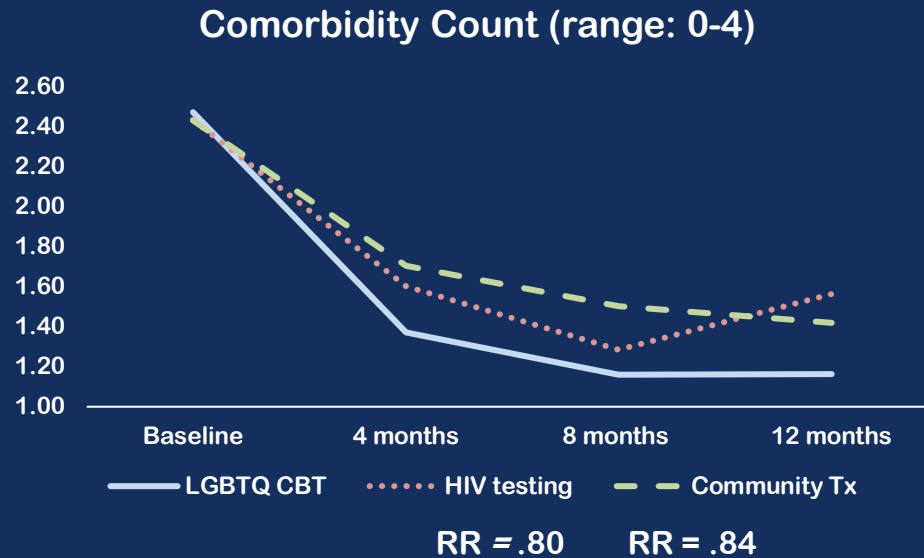
## HIV Transmission Risk Behavior (Count)



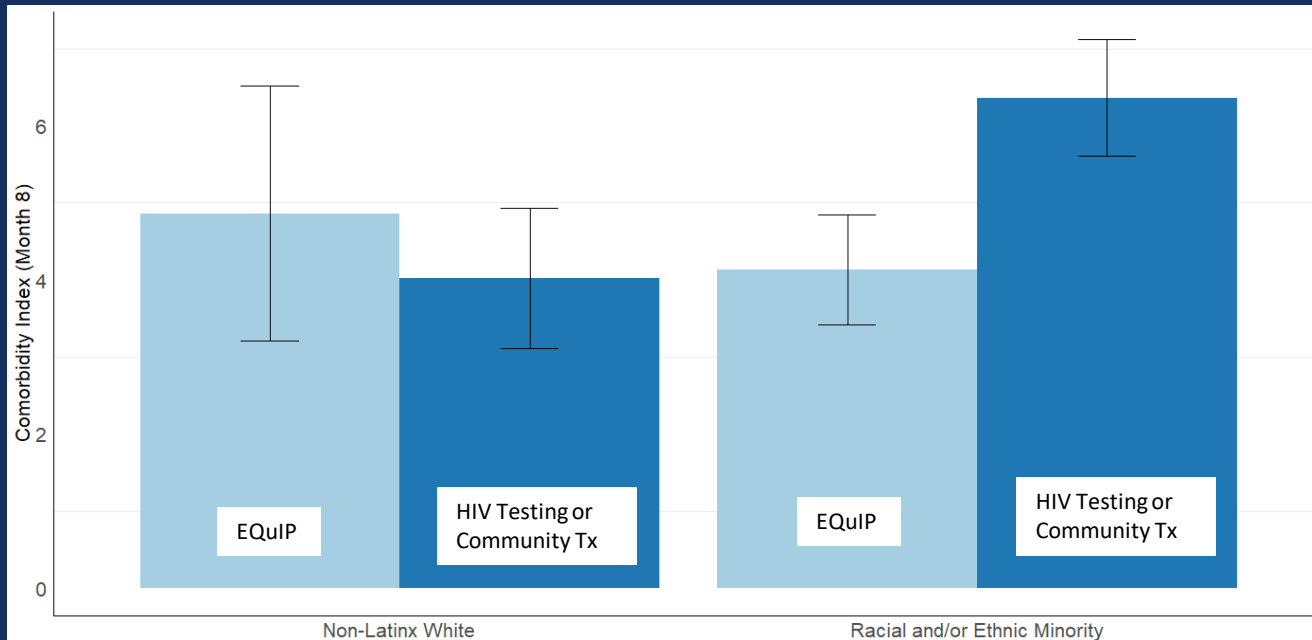
# Does LGBTQ-affirmative CBT Work Better Than Existing Interventions?



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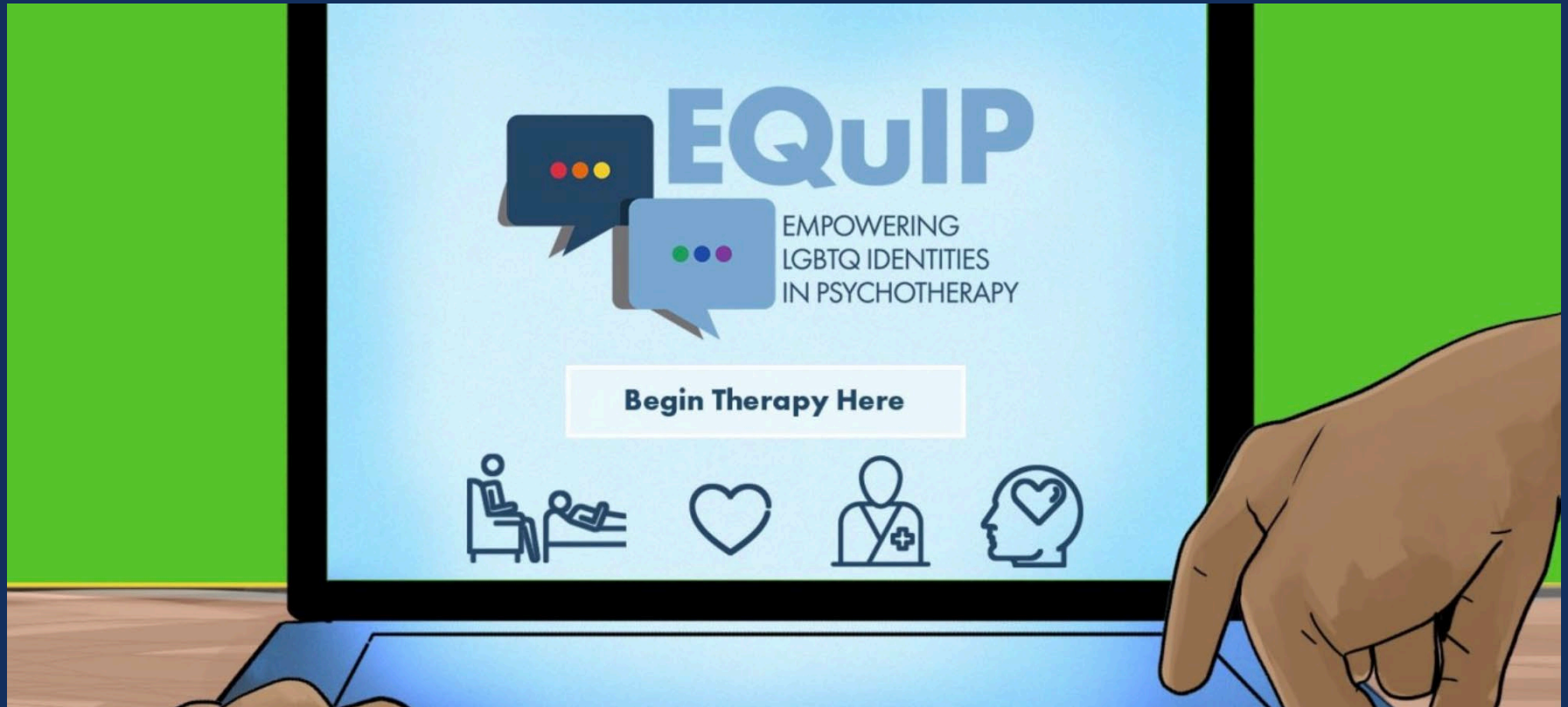
# Does LGBTQ-affirmative CBT Work Better Than Existing Interventions?



$d = 0.22, p = .39$

$d = 0.71, p < .001$

# Can LGBTQ-affirmative CBT Be More Efficient?





# Can LGBTQ-affirmative CBT Be More Efficient?

Interested in EQUiP? Take a 5 minute eligibility survey

Take our survey



## Meet our study therapists:



**Skyler Jackson, PhD**

Postdoctoral Fellow

Dr. Skyler Jackson's research focuses on the ways individuals' social identities (e.g., race, gender, sexual orientation) shape their everyday lives and influence health and well-being. In particular, he is interested in how experiences of stigma—if not adequately coped with—...

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**Faithlynn Morris, MA**

Faithlynn Morris is a third year doctoral student in LLU Post's clinical psychology program. Her clinical interests include forensic psychology, trauma, and working with marginalized populations. She joined the lab in February 2019 as a clinical research fellow.

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**Zachary Rawlings, MA, LPC**

Zach holds a Master's Degree in Clinical Mental Health Counseling and is a Licensed Professional Counselor. He currently resides in New York City where he works for an eating disorder treatment center and is completing his doctorate in clinical psychology. Prior to ...

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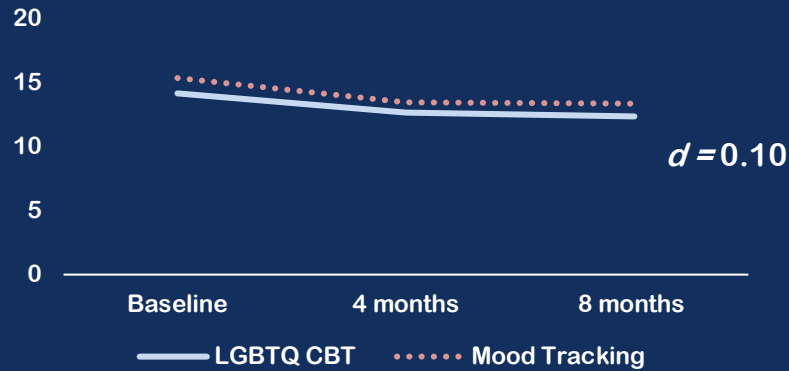
**Jillian Scheer, PhD**

Postdoctoral Fellow

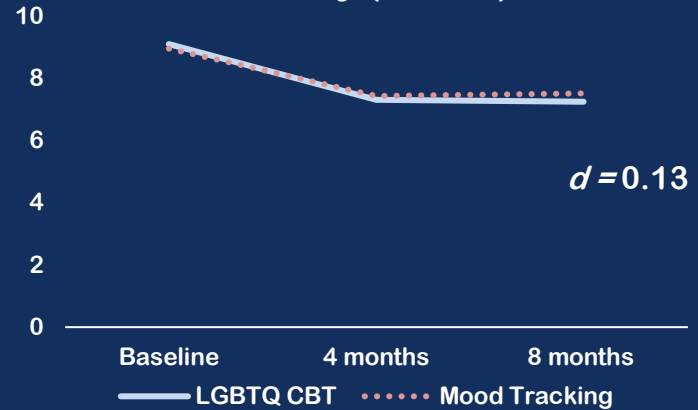
Dr. Jillian Scheer's research broadly focuses on understanding and addressing the co-occurring epidemics (i.e., syndemics such as physical and sexual violence exposure, posttraumatic stress disorder, substance use) facing sexual and gender minority (SGM) individuals. Dr. ...

# Can LGBTQ-affirmative CBT Be More Efficient?

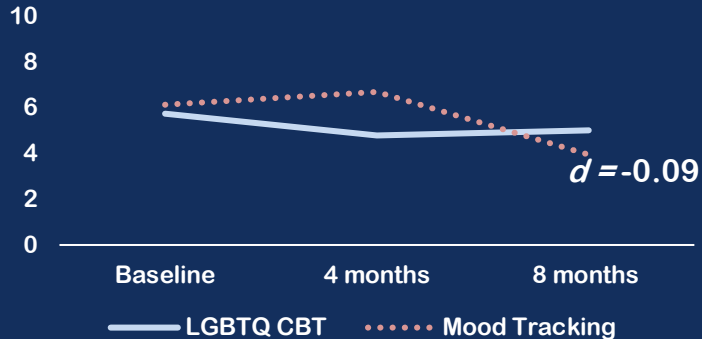
## Depression (CESD)



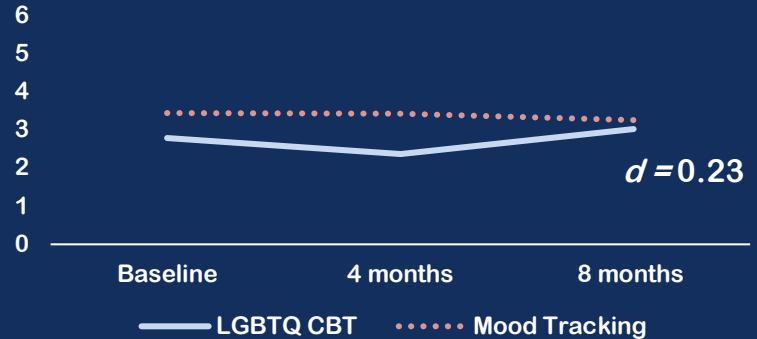
## Anxiety (OASIS)



## Suicidality (SIDAS)

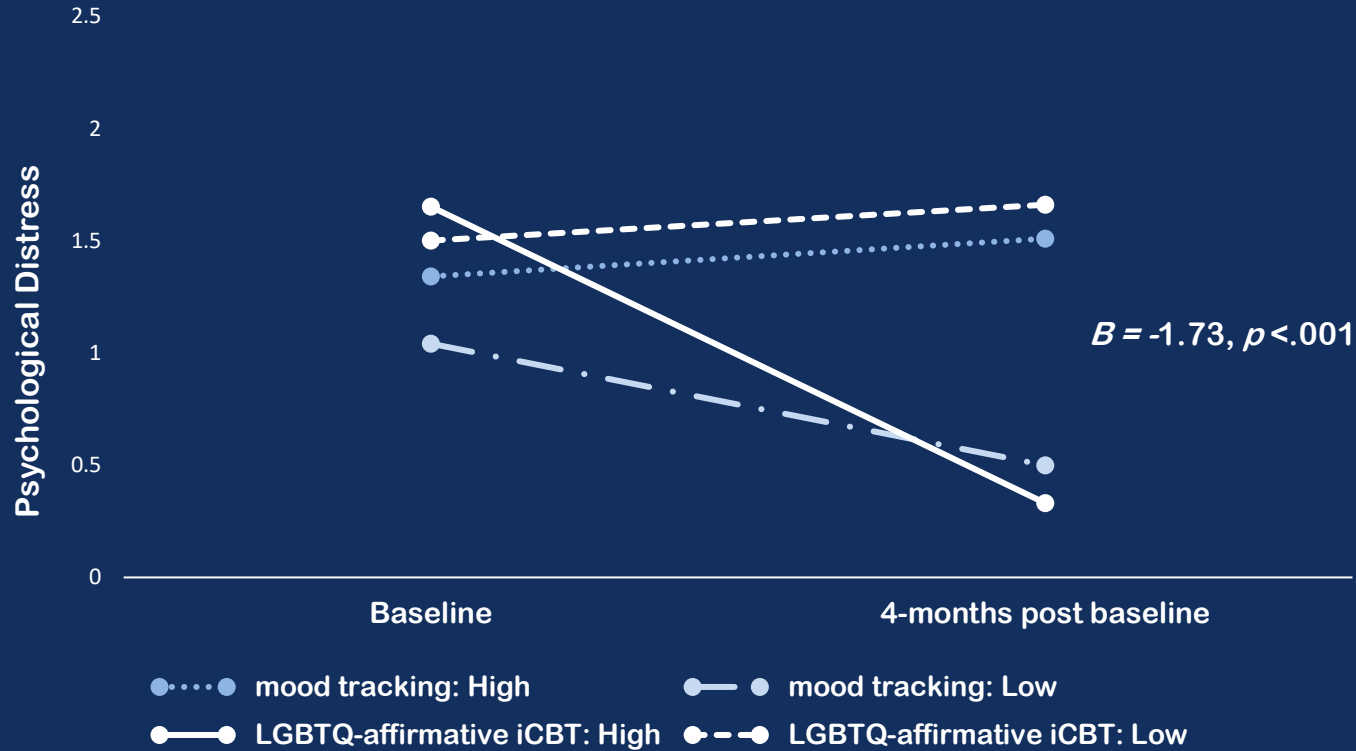


## Alcohol Use (AUDIT)



# Can LGBTQ-affirmative CBT Be More Efficient?

## Efficacy Moderation By Structural Stigma



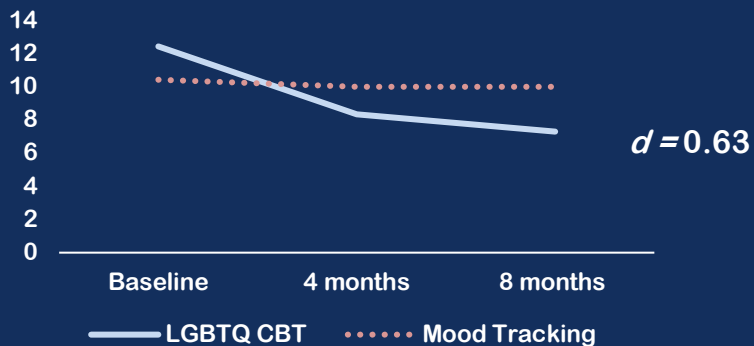
# Can LGBTQ-affirmative CBT Be More Efficient?

**CHINESE  
ESTEEM  
iCBT**

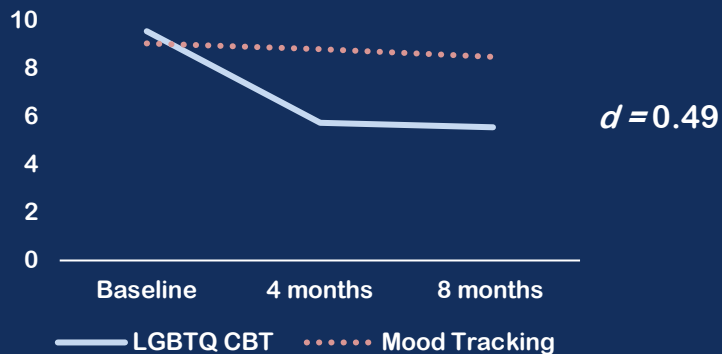


# Can LGBTQ-affirmative CBT Be More Efficient?

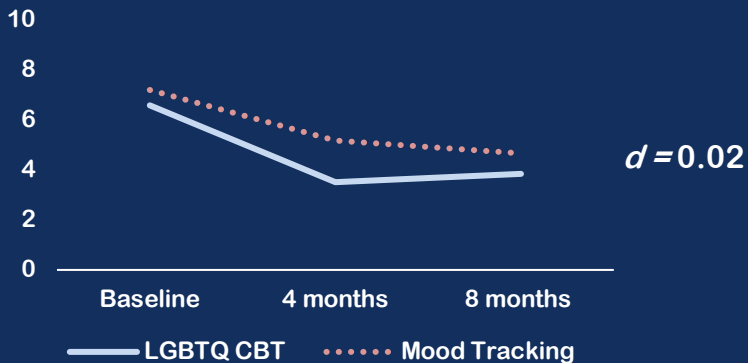
## Depression (PHQ)



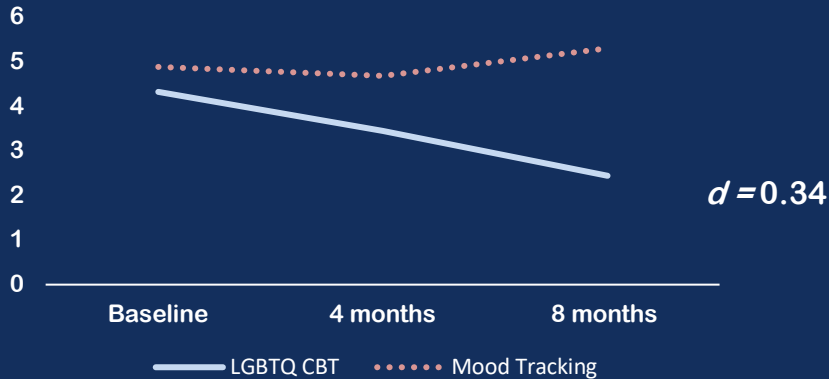
## Anxiety (GAD)



## Suicidality (SIDAS)



## Alcohol Use (AUDIT)



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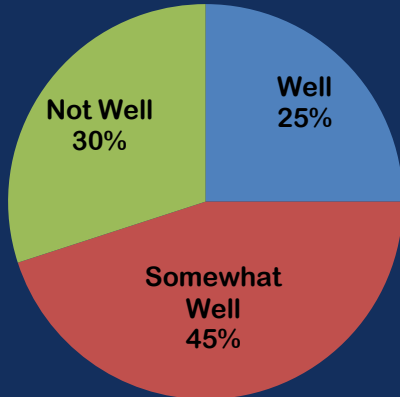


# Are LGBTQ Community Centers an Ideal Implementation Site?

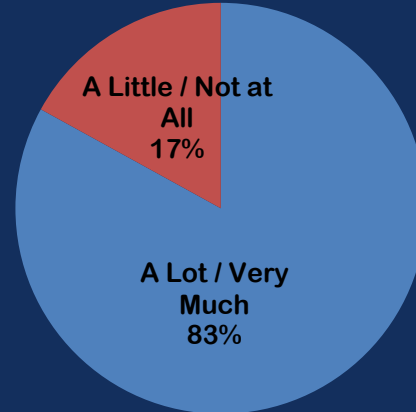
- 300+ centers in US
- 40% provide mental health services
- Care for 30,000 people per year
- 85% have 1-10 mental health providers



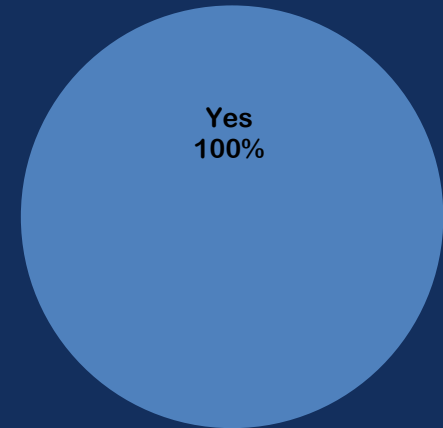
How well does your center meet mental health needs of local LGBTQ community?



How much would your staff benefit from training in LGBTQ-affirmative CBT?



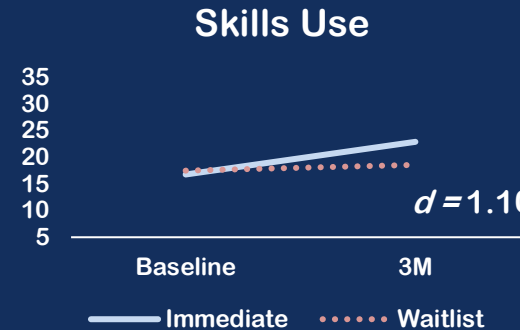
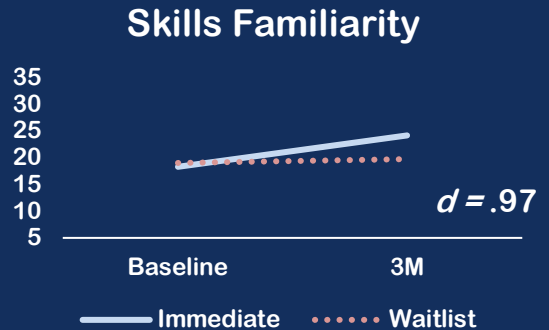
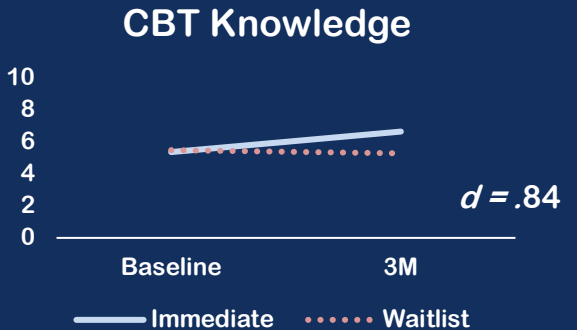
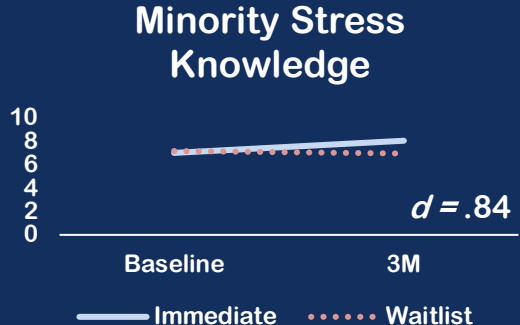
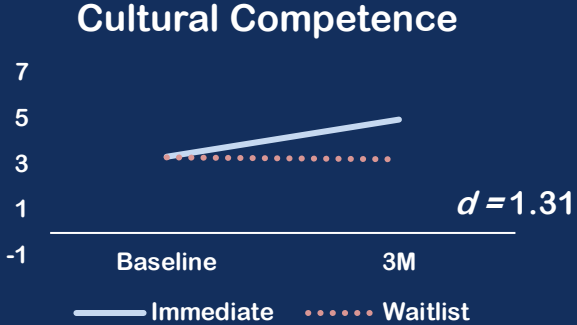
Would the administration support training in LGBTQ-affirmative CBT?







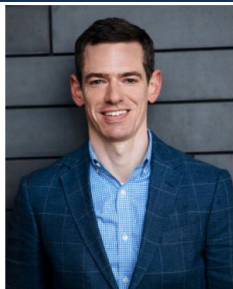
# Can Providers Be Trained to Deliver LGBTQ-affirmative CBT?



# Conclusion



# Yale LGBTQ Mental Health Initiative



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**Tony Maiolatesi, BA**

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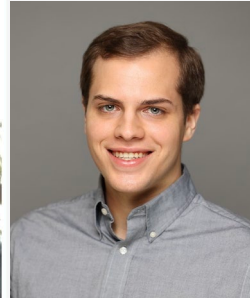
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# Acknowledgments

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Jillian Scheer, Ph.D. (Syracuse)

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