LITERATURE REVIEW REPORT
on the indicators of inclusion and exclusion of LGBTQ+ people

Des SAVOIRS sur l'INCLUSION et l'EXCLUSION des personnes LGBTQ

UNDERSTANDING INCLUSION and EXCLUSION of LGBTQ People (UNI-LGBTQ)
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TEAM
SCIENTIFIC DIRECTION
Martin Blais, Ph. D.
Mathieu Philibert, Ph. D.
Line Chamberland, Ph. D.

Participated in different steps in producing this report:
Félix-Antoine Bergeron, B. A.
Kristina Taran, B. A.
Michele Baiocco, B. Sc.

Sports


Community and Spiritual Life


discrimination and HIV risk among men who have sex with men in New York City. American Journal of Men's Health, 10(6), 505-514.


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CONTEXT

Despite benefiting from certain formal legal protections, lesbian, gay, bisexual, trans and queer people, as well as gender and sexual minorities (LGBTQ+) living in Quebec are still faced with experiences of exclusion and discrimination, and different sub-groups will face this discrimination in different ways.

In fact, they experience their own unique dynamics of inclusion and exclusion in many spheres of their lives important to their ability to thrive; namely work and their main social networks.

The family a couple creates with the arrival of children, in addition to so-called “chosen families,” which are made up in different ways of members of the family of origin, friends and ex-partners who form an intimate group offering safety, trust and reciprocity of support among each other; and the social network, that is, close relationships that produce a feeling of belonging and recognition and offer an exchange of assistance and resources of all kinds. These networks take on a variety of configurations and also include community spaces.

The UNIE-LGBTQ Research Partnership Project - Survey Component will make it possible to document the experiences of inclusion and exclusion of LGBTQ+ people living in Quebec. This objective will be achieved through a vast bilingual survey conducted online with respondents from all regions of Quebec. We will document the experiences of inclusion and exclusion or non-recognition faced by LGBTQ+ people in the principle spheres of their lives important to their ability to thrive, namely family, work and their main social networks.

In addition to this survey, we are providing a synthesis of relevant academic data published between 2007 and 2017 on the experiences of inclusion and exclusion, including prejudices, discrimination and victimization which LGBTQ+ people may experience in different areas of their lives.

Health and Social Services


Macapagal, K., Bhatia, R., & Greene, G. J. (2016). Differences in healthcare access, use, and experiences within a community sample of racially diverse lesbian, gay, bisexual, transgender, and questioning emerging adults. LGBT Health, 3(6), 434–442.


Access to Housing


DATA SOURCES

The data included in this report comes from a review of academic articles published between 2007 and 2017, and reviewed by peers to guarantee their credibility. The bibliographic search permitted us to identify close to 13,000 articles based on relevant keywords and inclusion criteria. Articles deemed irrelevant have been eliminated, whether after a close reading of the article’s title, abstract or full text. With this process, we were able to identify a total of 211 articles, 76 of which provided data for the meta-analytic synthesis.

Examples of keywords used to search for relevant articles (all of the keywords were used in English and French)

- Social exclusion
- EXCLUSION
- Stigma
- Bullying
- Victimization
- Discrimination
- Social participation
- Positive climate
- INCLUSION
- Inclusive policies
- Protection of rights
- Feeling safe
- Sexual diversity
- Same-sex couples
- SEXUAL ORIENTATION
- Sexual minority(ies)
- Homosexuality
- Lesbian woman
- Gay man
- Bisexuality; LG
- Non-binary
- Genderqueer
- GENDER; TRANS AND NON-BINARY
- LIFE EXPERIENCES
- Transsexual
- Transgender
- Transidentity
- Neighbourhood
- Residential instability
- Health services
- AREAS OF LIFE
- School; Sports; Recreation
- Health services
- Residence

Inclusion Criteria

- Presenting data collected among LGBTQ+ people over 15 years old
- Presenting the indicators of inclusion and exclusion and their prevalence
- Published in an academic journal (with a peer review committee)
- Published between 2007 and 2017


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Summary of the studies included in the meta-analytic synthesis

<table>
<thead>
<tr>
<th>Areas</th>
<th>Number of studies synthesized</th>
<th>Sample Size (including heterosexual and gender participants for comparative purposes, depending on the case)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family of Origin</td>
<td>13</td>
<td>min = 37, max = 3,458, total = 7,422</td>
</tr>
<tr>
<td>Housing</td>
<td>13</td>
<td>min = 66, max = 6,456, total = 26,245</td>
</tr>
<tr>
<td>Health and Social Services</td>
<td>20</td>
<td>min = 64, max = 6,456, total = 26,245</td>
</tr>
<tr>
<td>Work</td>
<td>22</td>
<td>min = 119, max = 7,884, total = 30,402</td>
</tr>
<tr>
<td>Neighbourhood</td>
<td>5</td>
<td>min = 51, max = 730, total = 1,901</td>
</tr>
<tr>
<td>Sports</td>
<td>2</td>
<td>min = 76, max = 1,209, total = 1,285</td>
</tr>
<tr>
<td>Education</td>
<td>15</td>
<td>min = 7, max = 7,040, total = 21,543</td>
</tr>
</tbody>
</table>

Notes: Min: size of the smallest included sample; Max.: size of the biggest included sample; Total: sum of participants in all included samples.

DATA EXTRACTION AND SYNTHESIS

For each of the areas of interest, we have carried out a meta-analytic synthesis of the available studies. We have also sometimes reported portions pulled directly from the studies without any other transformation, such as in the case of community and spiritual life, an area that did not include enough relevant studies to integrate into a meta-analysis. When a number of studies reported data on the same phenomenon, they were aggregated in order to reduce all of the available information to a single number (an aggregated proportion) which enabled us to simplify the presentation. Depending on the area, between 2 and 22 studies have been synthesized, which has made it possible for us to collect responses from 1,285 to 30,402 people. The number of LGBTQ+ participants in the sample of the studies varies from 670 to 22,768.

The majority of the data presented here are averages of the data reported in all of the relevant studies. These averages are considered to be more reliable than studies taken individually. There is a limit, however, to this reliability as different factors limit the comparability of studies used for the same average, such as margins of error, variations in the composition of samples (the characteristics of respondents) or even variations in the means of collecting data (for example, methods of recruiting participants or questionnaires used). Finally, we like to emphasize that the aggregated averages for each of the areas of interest, we have carried out a meta-analytic synthesis of the available studies. We have also sometimes reported portions pulled directly from the studies without any other transformation, such as in the case of community and spiritual life, an area that did not include enough relevant studies to integrate into a meta-analysis. When a number of studies reported data on the same phenomenon, they were aggregated in order to reduce all of the available information to a single number (an aggregated proportion) which enabled us to simplify the presentation. Depending on the area, between 2 and 22 studies have been synthesized, which has made it possible for us to collect responses from 1,285 to 30,402 people. The number of LGBTQ+ participants in the sample of the studies varies from 670 to 22,768.

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do not take into account the fact that the data came from different countries, where forms of inclusion and exclusion vary given the laws and norms that can influence how LGBTQ+ people are treated by institutions and the public.

It’s possible to have an idea of the precision of these averages by calculating confidence intervals. Confidence intervals show two values and the true value probably (19 times out of 20) lies between these two values. The smaller the confidence interval’s range, the more the average can be considered precise and reliable. On the other hand, the larger the confidence interval’s range, the less the average can be considered precise and reliable.

Take the following data, taken from the health and social services synthesis, as an example.

The number 26.1% means that on average, in all of the studies reviewed on unmet health needs, 26.1% (that is, a bit more than a quarter) of LGBTQ+ respondents reported having needs left unmet.

The values between square brackets indicate the range of the confidence interval. In this example, without the information enabling us to be more precise, we can assert that it is very probable that the true average lies between 21.5% and 30.8%.


REFERENCES

Relationships with Family of Origin


AREAS OF LIFE REVIEWED

1. Relationships with Family of Origin

- 72.1% [64.3–79.8%] of LGBTQ people have revealed their sexual orientation or gender identity to a member of their family
- 55.8% [31.7–79.9%] of LGBTQ people who are afraid to reveal their sexual orientation or gender identity to their family
- 52.7% [40.2–65.2%] of LGBTQ people who have received support from their family
- 20.1% say they have a family who recognizes and is sensitized to their reality
- 20% report receiving emotional support from their family
- 19.1% of trans people report receiving financial support during their transition

2. Victims of Transphobia

- 4.8% have experienced transphobia in the past year
- 6.5% have experienced transphobia in the past 5 years
- 20.1% have experienced transphobia in the past 10 years

3. Social Support

- 35.7% have received emotional support from their family
- 30.2% have received financial support from their family
- 25.1% have received social support from their family

4. Mental Health

- 30% report feeling sad or depressed in the past year
- 20% report feeling anxious in the past year

5. Well-being

- 75% report feeling well-being in the past year
- 50% report feeling well-being in the past 5 years
- 25% report feeling well-being in the past 10 years
58.9% of LGBTQ people have experienced the rejection of a same-sex partner by their family

46.7% [36.1-57.3%] say they have experienced rejection from their family

32.7% [21.2-44.3%] say they have experienced physical, verbal or sexual violence

26% report having had conversion therapy suggested to or forced on them by their parents

21.4% [9.1-30.9%] have had to break ties with their family of origin

9.6% report ending their relationship on the basis of their family’s opinion

… because of their LGBTQ+ identity

58% of LGBTQ youth do not reveal their sexual orientation to their religious community.

60% of LGBTQ youth report conflicts after revealing their sexual orientation to their religious community.

Very few LGBTQ youth report openly defining themselves as both LGBTQ and religious.

54% Never

37% Sometimes

9% Always

For more information on the Understanding Inclusion and Exclusion of LGBTQ People (UNIE-LGBTQ) Project of the Chaire de recherche sur l’homophobie at the Université du Québec à Montréal (UQAM):

savie-lgbtq.uqam.ca

UNIE-LGBTQ research was made possible thanks to financing from the Social Sciences and Humanities Research Council (SSHRC) and contributions from partners and organizations associated with the UNIE-LGBTQ project.
These non-inclusive environments make athletes more reluctant to reveal their sexual orientation to their sports team. 

- 53% of lesbian women have revealed their sexual orientation.
- 48% of gay and bisexual men have revealed theirs.

≈ 1 heterosexual athlete in 5 (19.7%) reports disagreeing with guidelines put in place to protect LGBTQ athletes.

LGBTQ people report feeling uncomfortable revealing their sexual orientation or gender identity in their educational environment.

- 32.1% [21.6-42.6%] of LGBTQ people are afraid for their safety.
- 29.8% [24.6-35.1%] of LGBTQ people have experienced harassment, bullying and discriminatory treatment at school.
- 26% of LGBTQ people report not knowing a trusted adult at school.
- 25% of adult trans people have been denied access to the bathroom matching their gender identity while at university.
- 21% of adult trans people have been denied access to university residences appropriate for their gender.
Some educational settings are not open to sexual diversity and the plurality of genders.

44.6% [24.1-65.2%] of LGBTQ people report:
- the presence of LGBTQ support groups,
- inclusive anti-bullying policies,
- the presence of a curriculum including sexual diversity and the plurality of genders.

≈ 1 LGBTQ person in 3 reports participating:
- in LGBTQ events,
- support groups,
- trainings on LGBTQ realities.

≈ 1 support group in 2 is active in their school.

1 person in 3 (30.3%) is reticent of the idea of LGBTQ support groups in their educational institution.

39.5% [21.0-58.0%] of LGBTQ people report a heterosexist, intolerant or even hostile environment to sexual diversity and the plurality of genders.

39.2% [21.7-56.8%] of LGBTQ people do not feel comfortable revealing their sexual orientation or gender identity in their educational institution.

LGBTQ people are confronted with heterosexist environments when playing sports.

79.7% of student athletes report homophobic comments in their sports team.

12% of LGB people report experiencing homophobia or discrimination in their team.

Gay and bisexual men report more discrimination than lesbian or bisexual women.
LITERATURE REVIEW REPORT

Sports

LGB people report a lower participation in sports than heterosexual people.

- Participation in all forms of sports activities
  - LGB: 62.7% (55.4-70.1%)
  - General population: 72% (64.4-79.6%)

- Participation in competitive sports clubs or intense sports activities
  - LGB: 23%
  - General population: 37%

Work

Access to employment and an impeded career path because of prejudices in regards to sexual orientation, gender identity or trans or non-binary life experiences.

- Hiring: 12.3% (8.3-16.3%)
  - report being discouraged to apply for a position or being ruled out of the hiring process

- Carrying out functions: 9.7% (6.1-13.2%)
  - report colleagues refusing to work with them, having limited access to clients, not being referred to patients and being denied training

- Evaluation: 10.9% (8.9-12.9%)
  - report receiving an evaluation that was unfair or unfounded or having a promotion refused

- Lay-off: 10.3% (6.9-13.7%)
  - report being laid off

... because of their LGBTQ identity
LITERATURE REVIEW REPORT

LGBTQ people are faced with an intimidating work climate.

- **Verbal harassment** (offensive jokes, negative comments) **42.4%** [33.5-51.3%]
- **Inappropriate questions** about their sexuality or personal life **38.9%** [29.4-48.4%]
- **Rumours** calling into doubt their skills and reputation **25.4%** [11.8-39.0%]
- **Suggestions** to remain discrete **17%** [12.8-21.2%]
- **Sexual harassment** **12%** [6.3-17.8%]

40.1% [30.6-49.6%] of people report having witnessed discrimination towards an LGBTQ person at work.

Importance of specific spaces

- 88.7% [81.3-96.1%] report feeling safe in their neighbourhood and in LGBTQ bars
- 80% of gay men report feeling a strong attachment to the LGBTQ community
LGBTQ people consider their neighbourhood to be not very inclusive.

Few households with same-sex partners
Negative public opinion towards diversity
Few inclusive policies
Few inclusive groups in schools

12% of LGBTQ people consider their neighbourhood to be not very open to diversity

Access to Housing

LGBTQ people experience discrimination in access to housing.

Have experienced discrimination when trying to find housing

Have not been allowed to move in because they are LGBTQ
Received positive responses and been invited to visit the dwelling.

- General population: 43.3% [29.9-56.7%]
- LGBTQ: 40.9% [28.6-53.1%]
  - Lesbian women: 43.7% [26.3-61.0%]
  - Gay Men: 38.1% [20.8-55.4%]

12% of young gay men between the ages of 18 and 29 in urban areas have experienced residential instability in the past month.

Of hate crimes are committed against LGBTQ people:
- Serious assaults: 25.5%
- Serious armed assaults: 22%
- Threats: 22%

LGBTQ people experience violence where they live.
Neighbourhood

LGBTQ people experience stigmatization, discrimination and harassment where they live.

- Verbal bullying: 34%
- Discrimination in institutions: 24%
- Cyberbullying: 17%

29.4% [20.9-37.9%] of LGBTQ people experience discrimination and bullying in their neighbourhood.

Trans and non-binary people have faced unfair treatment and strategies to discourage them from accessing a dwelling.

- They have been asked to pay higher prices.
- They have been invited to see fewer rooms in the dwelling to rent.
- Fewer financial incentives are suggested to them.
- Attempts are made to discourage them from renting by presenting an unfavourable image.
- 11% of trans or non-binary people have been evicted from their dwellings.
Health and Social Services

- **67.7%** [58.9-76.5%] consider health and social services to be inclusive and satisfactory
- **21%** [16.4-25.6%] have been treated unfairly

- **61.5%** [58.3-64.7%] have revealed their sexual orientation, gender identity or their trans or non-binary life experiences to be comfortable discussing with health professionals

The intolerant climate in health and social services leads some LGBTQ people to neglecting their health needs.

- **21%** [16.4-25.6%] have been treated unfairly
- **16.7%** [11.1-22.2%] report the climate of health services is not very welcoming and tolerant to sexual diversity
- **17.2%** [5.8-28.6%] have been denied care by health professionals
- **17.7%** [8.9-26.3%] have reported putting off the use of health and social services because of worries about reactions and attitudes of health care professionals
- **26.1%** [21.5-30.8%] report having health needs not met... because of their LGBTQ identity