Pre-Conference Workshop II (full-day)

Date: Tuesday, May 26, 2020

Time: 8:30 am – 5:30 pm

Towards a Queer Prevention Science: Strategies for Meaningfully and Ethically Including LGBTQ+ People in Prevention Science Research and Interventions (To register select: LGBTQ+ People in Prevention)

Underwritten by: NIH/Office of Disease Prevention

Organizer: Robert Marx, PhD, San Jose State University

Presenters:
- Robert Marx, PhD, San Jose State University
- Jessica N. Fish, University of Maryland
- Nicholas J. Parr, MS, MPH, University of Oregon
- Hardian Thamrin, BA, Arizona State University

Description:

Recent research has demonstrated the dearth of prevention strategies developed for and implemented with sexual and gender minority (SGM) youth (Coulter et al., 2019) and older adults (Fredricksen-Goldsen et al., 2017), including those who identify as lesbian, gay, bisexual, transgender, or queer (LGBTQ+). At the same time, research on prevention programs has frequently failed to consider the differential outcomes for SGM participants, even though health disparities are well documented. As the field continues to focus on the importance of context and achieving health equity, prevention scientists are uniquely positioned to develop, implement, and evaluate interventions that target—or at minimum include and measure—SGM individuals, which will aid in the examination of differential experiences within universal prevention programs.

In order to lead the field forward, prevention scientists need a strong understanding of the contextual factors that contribute to SGM-related health disparities, culturally competent methods for enhancing participating of SGM individuals their research, and nuanced approaches to study design that more comprehensively assess factors relevant to the wellbeing SGM people. To that end, this workshop will provide prevention scientists with the foundational knowledge to begin to meaningfully and ethically include SGM individuals in their research and interventions. The workshop will begin with a strong theoretical grounding in the contexts and environments that shape SGM individuals’ experiences and observed health disparities. This foundation will inform the methodological discussions to follow, which will center on research design, including the ethical recruitment of SGM participants the selection of appropriate demographic measures.
that more fully capture SGM identities, and the inclusion of measures that assess for risk and protective factors and outcomes conceptually rooted in minority stress theory. We will also overview key considerations related to adaptation and design of interventions serving SGM populations. Discussion activities throughout the workshop will be interlinked and will guide participants through real-world applications of workshop topics including study recruitment and measure selection.

Specific Learning Objectives:

This workshop will increase prevention scientists’ capacity to:

1. Use appropriate language to describe SGM identities and the heterogeneity of experiences within this population.
2. Incorporate minority stress theory, resilience, and other foundational frameworks into their intervention and research design.
3. Include SGM participants in research in ways that affirm identities and illuminate the nuance of their experiences.
4. Engage in research design that employs ethical recruitment techniques, includes appropriate demographic measures, and operationalizes key constructs informed by theory.

Target Audience:

This workshop is geared towards prevention scientists at all career stages who want to deepen their understanding of SGM issues, capture SGM populations’ experiences more fully and accurately, and gain an awareness of best practices for starting or continuing this important work.

Materials for Audience:

Participants will receive:

- a glossary and primer on pertinent terms for working with SGM populations
- an annotated bibliography of relevant theoretical and methodological articles
- a directory of SGM-focused researchers and students describing their specific areas of research for reference and potential consultation and/or collaboration
- an aggregated list of funding opportunities and NIH priorities related to SGM populations

Presenters:

Dr. Robert Marx is a child and adolescent development scholar whose community-engaged research and practice focus on reframing dominant visions of queer young people, so that they are no longer viewed as deviant, damaged, or at-risk, but rather as the gifted, complex people
they are. He deploys a variety of qualitative and quantitative research methods, including critical youth participatory action research and meta-analysis, to better understand and promote marginalized youth’s development. As a former high school English teacher, he approaches this work from the intersection of educational studies, developmental psychology, and critical pedagogy, and his work encourages young people to see themselves as producers of knowledge and as change agents. His current work focuses on the development of resilience and sources of strength for LGBTQIA+ youth of color and on gender and sexuality alliances (GSAs) as a site for intervention and prevention for queer adolescents.

**Dr. Jessica Fish** is a human development and family science scholar whose research focuses on the health and well-being of sexual and gender minority (i.e., lesbian/gay, bisexual, and transgender) people and their families. Broadly, Dr. Fish studies the sociocultural and interpersonal factors that shape the development and health of sexual and gender minority youth and adults. Her overarching goal is to identify modifiable factors that contribute to sexual and gender minority health disparities in order to inform developmentally-sensitive policies, programs, and prevention strategies that promote the health of sexual and gender minority people across the life course.

**Nicholas J. Parr**, MS, MPH, is a doctoral candidate in Prevention Science at the University of Oregon. His primary research focus is the measurement and attenuation of effects of chronic minority stressors on sexual and gender minority (SGM) individuals, particularly youth and young adults. Specific research interests and topics within this domain include the effects of identity nonaffirmation microaggressions on SGM persons, in particular transgender individuals; body image concern, body dysmorphia, and eating disorder etiology and intervention among SGM men; mental health and suicidality outcomes of thwarted belonging and social disconnection among SGM youth; and advanced methods in assessment of body concern, social connectedness, and minority-specific psychosocial stressors (e.g., ecological momentary assessment, latent variable modeling). Prior to the Prevention Science PhD program, Nicholas served as a senior analyst at a national public health organization in Washington, DC, where he led development, implementation, and evaluation of multistate programs focused on health outcomes for racial and ethnic minority and SGM individuals and communities. In this position, he conducted extensive technical assistance and training curricula development and delivery, and facilitated in-person and online communities of practice.

**Hardian Thamrin** is a second-year graduate student in the Clinical Psychology program at Arizona State University, working under the mentorship of Drs. Nancy Gonzales and Armando Pina. His interest foci are on developing, adapting and implementing feasible and scalable interventions for hard-to-reach, underserved communities, with an emphasis in ethnic minority youth, LGBTQ+ youth, and international populations. His current work includes evaluating a brief substance abuse prevention program for Title I schools, as well as examining the intersection of religion, sexual minority status, and depressive symptoms in sexual minority Latinx youth.
Outline of Workshop:

I. Introduction
   A. Agenda and expectations for the day
   B. Speaker introduction: each speaker will share a brief vignette from their research to contextualize the workshop and illuminate possibilities

II. Theoretical Grounding
   A. Definitions of terminology
      1. Sexual orientation
      2. Gender identity and expression
      3. Understanding the variety of SGM identities and heterogeneity of experiences
   B. Minority Stress Theory (Meyer, 2003) and the role of context in shaping health behavior [Case Studies 1 and 2 - hands-on discussion]
      1. Health disparities for SGM individuals
      2. Proximal stressors [internalized homo/transphobia, concealment of identity, rejection sensitivity]
      3. Distal stressors [interpersonal prejudice and discrimination, social rejection, microaggressions, structural and institutional discrimination]
      4. Describe how these processes vary across different SGM identities, by intersections with other minority identities (e.g., race/ethnicity), and among gender minority populations
   C. SGM risk and resilience factors
      1. Coping strategies and social support
      2. Attributes of supportive and adverse school, home, and community environments

III. Research Design
   A. Participant recruitment and retention [Case Study 3 - hands-on discussion]
      1. Ethical recruitment of SGM individuals
      2. Considerations of historical distrust, reciprocity and mutual benefit from participation
      3. Appropriate incentivization
      4. Practical organizational considerations (e.g., staff training, respectful language, intake forms, all gender restrooms, visible symbols showing support for community)
   B. Measurement selection [Case Study 4 - hands-on discussion]
      1. Accurately capturing SGM identities in quantitative and qualitative research
      2. Meaningfully capturing context, risk factors, and resilience
         a) Informative variables to include
b) Importance of capturing environmental determinants and culturally-relevant constructs (depending on the study target population)

C. Intervention selection
   1. Describe existing prevention-related evidence-based practices and interventions for SGM individuals and remaining gaps
   2. Key considerations in adapting existing interventions or developing new interventions

IV. Next Steps
   A. Declaration of intentions: participants will identify immediate ways they can incorporate their knowledge into their work and will plan for longer range research projects
   B. Wrap up

Role of the Presenters:

All four presenters bring practical applied experience as prevention science researchers who work with vulnerable communities, specifically SGM individuals. Each will share their own work with a brief vignette that highlights the importance of thoughtful and intentional inclusion of SGM individuals, as well as the challenges that may accompany this work.

Robert Marx will facilitate the pre-conference workshop, ensuring that the day is filled with engaged, active learning activities that draw on his expertise as a former high school teacher and from the many workshops he has led about SGM experiences. He will ensure that the vignettes, activities, and materials are designed to optimize learning and meet the pre-conference objectives. He will also serve as a timekeeper to make sure that the pre-conference workshop uses the day efficiently and effectively. Because he has conducted several studies that recruited trans and gender non-conforming youth of color, he will be the primary lead for the discussion of participant recruitment and retention, and will provide case studies and vignettes drawn from his own experience.

Jessica Fish brings considerable expertise in research design and methodologies working with SGM participants, and she will provide important insight on measurement selection and intervention selection, drawn from her real-world, applied experience in the field. Moreover, she will ensure that the connection between the theoretical frame from the morning and the research design discussion in the afternoon is clear, drawing connections between the theories that drive this work and the practical decisions that must be made as researchers design studies. She will provide case studies drawn from her own experience and work with SGM participants.
Nicholas Parr will provide the theoretical expertise necessary to meaningfully incorporate minority stress theory into prevention science work and will bring case studies and vignettes that draw on his own experience and research with SGM individuals. He will be the primary lead on the theoretical grounding in the morning, ensuring that it balances a discussion of overarching theories with practical, real-world examples from the field.

Hardian Thamrin will offer cutting-edge knowledge of SGM risk and resilience factors and will draw on his own work on intersectional identities in supporting the morning’s theoretical grounding. He will also take the lead on compiling the annotated bibliography and other materials that pre-conference workshop attendees will receive.