Key Health Inequities in Bisexual Populations

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Psychological/Behavioral Bi Health Disparities

Mood disorders (e.g., depression)
  Anxiety
  Suicidality
  Well being

Substance use & dependence
  HIV and other STIs

(Blosnich, et al., 2016; Bostwick, et al., 2010; Feinstein & Dyar, 2017; Jeffries, 2014; McCabe, et al., 2009)
Physical Bi Health Disparities

High cholesterol
High blood pressure
Gastrointestinal conditions (e.g., ulcer)
Hepatic (liver) disease
Arthritis
Obesity
Number of physical health conditions
Health quality of life

(Dyar, et al., 2019 ; Katz-Wise, Mereish, & Woulfe, 2017)
What Explains Bi Health Disparities?

- Distal stressors
  - Anti-bisexual experiences
  - Structural stigma
- Proximal stressors
  - Internalized stigma
  - Identity concealment
  - Rejection sensitivity
- Mediators
  - Emotion dysregulation
  - Isolation
  - Vicarious trauma
  - Loneliness

Minority Stress Theory

How to Reduce Bi Health Disparities

Increase coping skills
Increase social support
Reduce internalized binegativity
Increase bi positive events
Increase protective factors
Promote resilience
Barriers to Reducing Bi Health Disparities

Identifying and reaching target audience
Provider attitudes and lack of knowledge
Limited bi-inclusivity in LGBTQ organizations
Binegativity in heterosexual and L/G communities
Limited intervention research on bi-specific interventions or with bi-specific samples
Panel Discussion

• What research findings or approaches stand out to you as particularly informative in conceptualizing bisexual health disparities, their causes, and their outcomes?

• What theories do you find most helpful in explaining bisexual health disparities and undergirding interventions to alleviate bisexual health disparities?

• What are the most crucial research questions to address regarding bisexual health disparities?

• What variables should researchers target in efforts to alleviate bisexual health disparities?

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