

# 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

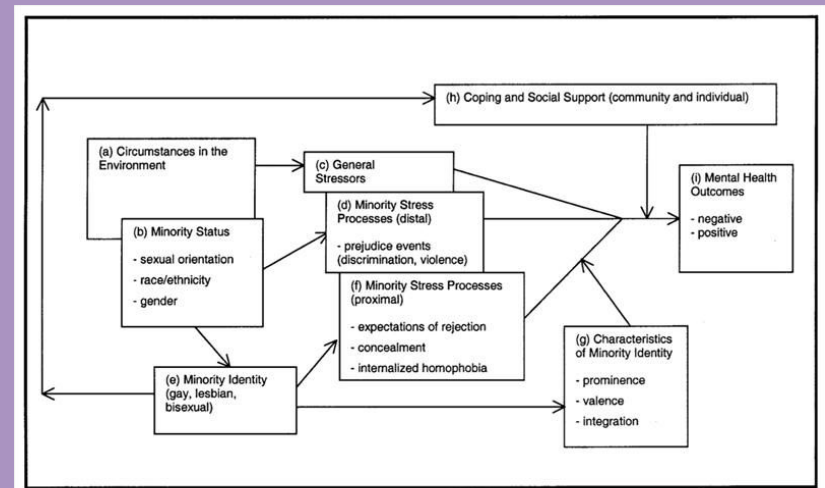
Number of physical health conditions

Health quality of life

# 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



**Figure 1.**  
Minority stress processes in lesbian, gay, and bisexual populations.

(Hatzenbuehler, 2014; Katz-Wise, Mereish, & Woulfe, 2017; Mereish, Katz-Wise, & Woulfe, 2017; Meyer, 2003; Pachankis, et al., 2015; Rogers, et al., 2017; Vencill, et al., 2017)

# 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?
- Tania Israel
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