WEBVTT

00:00:00.000 --> 00:00:03.420 For the for the invitation to be here today,

00:00:03.420 --> 00:00:07.218 to just speak to you all in the Department

00:00:07.218 --> 00:00:11.030 of Psychiatry about this increasingly

00:00:11.030 --> 00:00:14.318 important and increasingly visible.

00:00:14.320 --> 00:00:17.953 Topic and that is how to go about

00:00:17.953 --> 00:00:20.900 providing care to our LGBTQ clients and

00:00:20.983 --> 00:00:24.879 patients and how we can do that and

00:00:24.879 --> 00:00:26.901 scientifically informed evidence based

00:00:26.901 --> 00:00:30.160 ways and the mental health that you

00:00:30.160 --> 00:00:32.680 can say crisis affecting LGBTQ people

00:00:32.680 --> 00:00:35.498 and populations is one of the the the

00:00:35.498 --> 00:00:37.533 most pressing concerns of the LGBTQ

00:00:37.533 --> 00:00:40.293 community in the US and around the world.

00:00:40.300 --> 00:00:42.660 So it's really an honor and and and

NOTE Confidence: 0.920179124444445

00:00:42.660 --> 00:00:44.959 and often feels like an imperative.

NOTE Confidence: 0.920179124444445

00:00:44.960 --> 00:00:48.490 To to do this work to figure out how we

NOTE Confidence: 0.920179124444445

00:00:48.589 --> 00:00:52.300 can do do do best by our LGBTQ clientele.

NOTE Confidence: 0.920179124444445

00:00:52.300 --> 00:00:57.090 The the challenge the.

NOTE Confidence: 0.920179124444445

00:00:57.090 --> 00:00:59.130 Unity is quite simply defined,

NOTE Confidence: 0.920179124444445

00:00:59.130 --> 00:01:01.354 and it's that LGBTQ people represent one of

NOTE Confidence: 0.920179124444445

00:01:01.354 --> 00:01:03.489 the highest risk groups of any population.

NOTE Confidence: 0.920179124444445

00:01:03.490 --> 00:01:05.338 Risk groups for depression,

NOTE Confidence: 0.920179124444445

00:01:05.338 --> 00:01:07.102 anxiety, substance use problems,

NOTE Confidence: 0.920179124444445

00:01:07.102 --> 00:01:07.970 and suicidality.

NOTE Confidence: 0.920179124444445

00:01:07.970 --> 00:01:10.728 And now that we have high quality,

NOTE Confidence: 0.920179124444445

00:01:10.730 --> 00:01:11.837 nationally representative datasets

NOTE Confidence: 0.920179124444445

00:01:11.837 --> 00:01:13.682 that actually assess sex orientation

NOTE Confidence: 0.920179124444445

00:01:13.682 --> 00:01:14.880 and gender identity,

NOTE Confidence: 0.920179124444445

00:01:14.880 --> 00:01:16.218 diverse gender identities,

NOTE Confidence: 0.920179124444445

00:01:16.218 --> 00:01:18.448 something we didn't have until

NOTE Confidence: 0.920179124444445

00:01:18.448 --> 00:01:19.930 until surprisingly recently,

NOTE Confidence: 0.920179124444445

00:01:19.930 --> 00:01:21.520 we know that study after study

NOTE Confidence: 0.920179124444445

00:01:21.520 --> 00:01:23.000 has shown that LGBTQ people,

NOTE Confidence: 0.920179124444445

00:01:23.000 --> 00:01:25.177 or at least twice greater risk of

NOTE Confidence: 0.920179124444445

00:01:25.177 --> 00:01:27.190 of these mental health outcomes.

NOTE Confidence: 0.920179124444445

00:01:27.190 --> 00:01:28.818 And heterosexual cisgender populations.

NOTE Confidence: 0.920179124444445

00:01:28.818 --> 00:01:31.260 We also know that this disparity

NOTE Confidence: 0.920179124444445

00:01:31.325 --> 00:01:33.587 largely persists across the life course.

NOTE Confidence: 0.920179124444445

00:01:33.590 --> 00:01:35.018 This is true in nearly eight every

NOTE Confidence: 0.920179124444445

00:01:35.018 --> 00:01:36.442 data set in every country in

NOTE Confidence: 0.920179124444445

00:01:36.442 --> 00:01:37.717 which this has been examined,

NOTE Confidence: 0.920179124444445

00:01:37.720 --> 00:01:39.742 although most of these datasets are

NOTE Confidence: 0.920179124444445

00:01:39.742 --> 00:01:42.480 are are in more Westernized context.

NOTE Confidence: 0.920179124444445

00:01:42.480 --> 00:01:43.878 I want to address this challenge

NOTE Confidence: 0.920179124444445

00:01:43.878 --> 00:01:45.140 today in two broad parts.

NOTE Confidence: 0.920179124444445

00:01:45.140 --> 00:01:45.714 The first,

NOTE Confidence: 0.920179124444445

00:01:45.714 --> 00:01:47.436 we'll focus on the theoretical causes

NOTE Confidence: 0.920179124444445

00:01:47.436 --> 00:01:49.479 of this disparity and the second we'll

NOTE Confidence: 0.920179124444445

00:01:49.479 --> 00:01:51.295 focus on on on potential solutions

NOTE Confidence: 0.920179124444445

00:01:51.295 --> 00:01:53.040 to this disparity largely through

NOTE Confidence: 0.920179124444445

00:01:53.040 --> 00:01:54.903 research taking place at Yale.

NOTE Confidence: 0.920179124444445

00:01:54.903 --> 00:01:57.218 It's involving clinical trials and.

NOTE Confidence: 0.920179124444445

00:01:57.220 --> 00:02:00.676 Imitation science of of of LGBTQ

NOTE Confidence: 0.920179124444445

00:02:00.676 --> 00:02:02.980 affirmative cognitive behavioral therapy.

NOTE Confidence: 0.920179124444445

00:02:02.980 --> 00:02:05.374 Which is the first evidence based

NOTE Confidence: 0.920179124444445

00:02:05.374 --> 00:02:07.471 treatments developed by and for

NOTE Confidence: 0.920179124444445

00:02:07.471 --> 00:02:09.199 LGBTQ people's mental health.

NOTE Confidence: 0.920179124444445

00:02:09.200 --> 00:02:10.866 So we know that the most plausible

NOTE Confidence: 0.920179124444445

00:02:10.866 --> 00:02:12.338 cause of the mental health

NOTE Confidence: 0.920179124444445

00:02:12.338 --> 00:02:13.738 disparities affecting LGBTQ people

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NOTE Confidence: 0.920179124444445

00:02:13.738 --> 00:02:15.600 is not biological or genetic.

NOTE Confidence: 0.920179124444445

00:02:15.600 --> 00:02:17.840 Is is is some people have argued,

NOTE Confidence: 0.920179124444445

00:02:17.840 --> 00:02:20.138 but rather probably stigma or simply

NOTE Confidence: 0.920179124444445

00:02:20.138 --> 00:02:22.052 the societal conditions that lead

NOTE Confidence: 0.920179124444445

00:02:22.052 --> 00:02:23.960 some people to be actively devalued

NOTE Confidence: 0.920179124444445

00:02:23.960 --> 00:02:26.040 and have less power than others.

NOTE Confidence: 0.920179124444445

00:02:26.040 --> 00:02:28.546 2 prominent types of stigma that we

NOTE Confidence: 0.920179124444445

00:02:28.546 --> 00:02:30.906 can consider are the discriminatory

NOTE Confidence: 0.920179124444445

00:02:30.906 --> 00:02:33.338 societal structures that surround.

NOTE Confidence: 0.920179124444445

00:02:33.340 --> 00:02:35.600 Many minoritized groups called

NOTE Confidence: 0.920179124444445

00:02:35.600 --> 00:02:36.730 structural stigma.

NOTE Confidence: 0.920179124444445

00:02:36.730 --> 00:02:39.558 And also the stressful kind of more

NOTE Confidence: 0.920179124444445

00:02:39.558 --> 00:02:42.034 daily encounters with stigma that that

NOTE Confidence: 0.920179124444445

00:02:42.034 --> 00:02:43.944 happened in our interactions with

NOTE Confidence: 0.920179124444445

00:02:43.944 --> 00:02:45.470 other people, including strangers,

NOTE Confidence: 0.920179124444445

00:02:45.470 --> 00:02:46.230 peers, coworkers,

NOTE Confidence: 0.920179124444445

00:02:46.230 --> 00:02:48.510 and even prominently in the in

NOTE Confidence: 0.920179124444445

00:02:48.571 --> 00:02:49.946 the case of LGBTQ people,

NOTE Confidence: 0.920179124444445

00:02:49.950 --> 00:02:51.140 even from their own families.

NOTE Confidence: 0.920179124444445

00:02:51.140 --> 00:02:53.150 We'll call this interpersonal stigma,

NOTE Confidence: 0.920179124444445

00:02:53.150 --> 00:02:54.650 but we'll start with structural stigma,

NOTE Confidence: 0.920179124444445

00:02:54.650 --> 00:02:56.690 which is defined as unjust laws,

NOTE Confidence: 0.920179124444445

00:02:56.690 --> 00:02:57.053 policies,

NOTE Confidence: 0.920179124444445

00:02:57.053 --> 00:02:58.868 and community attitudes that deny

NOTE Confidence: 0.920179124444445

00:02:58.868 --> 00:03:01.434 or fail to protect the equal rights

NOTE Confidence: 0.920179124444445

00:03:01.434 --> 00:03:02.487 of the stigmatized.

NOTE Confidence: 0.920179124444445

00:03:02.490 --> 00:03:03.240 Until recently,

NOTE Confidence: 0.920179124444445

00:03:03.240 --> 00:03:03.615 though,

NOTE Confidence: 0.920179124444445

00:03:03.615 --> 00:03:05.490 structural stigma has been difficult

NOTE Confidence: 0.920179124444445

00:03:05.490 --> 00:03:08.036 to measure because it requires a few things.

NOTE Confidence: 0.920179124444445

00:03:08.040 --> 00:03:09.650 One is that you have large samples

NOTE Confidence: 0.920179124444445

00:03:09.650 --> 00:03:10.930 of the LGBTQ population,

NOTE Confidence: 0.920179124444445

00:03:10.930 --> 00:03:13.072 which as I said earlier have

NOTE Confidence: 0.920179124444445

00:03:13.072 --> 00:03:14.500 been have been relatively

NOTE Confidence: 0.873631484285714

00:03:14.571 --> 00:03:15.627 hard to come by.

NOTE Confidence: 0.873631484285714

00:03:15.630 --> 00:03:18.668 We also need the LGBTQ sample to

NOTE Confidence: 0.873631484285714

00:03:18.668 --> 00:03:22.090 have been recruited from from from

NOTE Confidence: 0.873631484285714

00:03:22.090 --> 00:03:24.806 geographically diverse structural context.

NOTE Confidence: 0.873631484285714

00:03:24.810 --> 00:03:27.001 You know most of our our studies

NOTE Confidence: 0.873631484285714

00:03:27.001 --> 00:03:28.314 especially with minoritized populations

NOTE Confidence: 0.873631484285714

00:03:28.314 --> 00:03:30.505 come from like 1 context like one

NOTE Confidence: 0.873631484285714

00:03:30.505 --> 00:03:32.462 community like New Haven or one college

NOTE Confidence: 0.873631484285714

00:03:32.462 --> 00:03:34.338 like Yale without much structural

NOTE Confidence: 0.873631484285714

00:03:34.338 --> 00:03:37.530 diversity and in the in the surroundings.

NOTE Confidence: 0.873631484285714

00:03:37.530 --> 00:03:39.504 And so we need to study the

NOTE Confidence: 0.873631484285714

00:03:39.504 --> 00:03:40.350 influence structural stigma,

NOTE Confidence: 0.873631484285714

00:03:40.350 --> 00:03:42.474 we need context with diverse structures

00:03:42.474 --> 00:03:45.385 and we also need an approach to

00:03:45.385 --> 00:03:46.810 quantifying structural stigma,

00:03:46.810 --> 00:03:48.820 those laws and policies that

00:03:48.820 --> 00:03:50.026 surround TQ people.

00:03:50.030 --> 00:03:52.094 Such a quantitative index might look

00:03:52.094 --> 00:03:54.701 like this where you can sum each

00:03:54.701 --> 00:03:56.249 country's present each country.

00:03:56.250 --> 00:03:58.266 I said, because I'll talk about

00:03:58.266 --> 00:03:59.610 doing this internationally first.

00:03:59.610 --> 00:04:02.154 You can send each country's presence

00:04:02.154 --> 00:04:03.850 or absence of discriminatory

00:04:03.921 --> 00:04:05.745 criminalizing laws and policies

00:04:05.745 --> 00:04:07.370 and also the those countries.

00:04:07.370 --> 00:04:10.448 Protective laws and policies and this

00:04:10.448 --> 00:04:13.044 objective approach to measuring stigma

NOTE Confidence: 0.873631484285714

00:04:13.044 --> 00:04:15.316 and also overcomes the limitations

NOTE Confidence: 0.873631484285714

00:04:15.316 --> 00:04:17.506 are more commonly used subjective

NOTE Confidence: 0.873631484285714

00:04:17.506 --> 00:04:19.745 measurements of stigma which we know

NOTE Confidence: 0.873631484285714

00:04:19.745 --> 00:04:22.030 are subject to the same source or to

NOTE Confidence: 0.873631484285714

00:04:22.030 --> 00:04:23.990 self report bias in which two people

NOTE Confidence: 0.873631484285714

00:04:23.990 --> 00:04:25.928 can have very different experiences

NOTE Confidence: 0.873631484285714

00:04:25.928 --> 00:04:28.118 of the same discriminatory event.

NOTE Confidence: 0.873631484285714

00:04:28.120 --> 00:04:30.205 Using an objective measure of

NOTE Confidence: 0.873631484285714

00:04:30.205 --> 00:04:31.873 structural stigma also overcomes

NOTE Confidence: 0.873631484285714

00:04:31.873 --> 00:04:33.707 limitations of same source reporting

NOTE Confidence: 0.873631484285714

00:04:33.707 --> 00:04:35.397 bias whereby the predictor and

NOTE Confidence: 0.873631484285714

00:04:35.397 --> 00:04:37.379 this case stigma and the outcome.

NOTE Confidence: 0.873631484285714

00:04:37.380 --> 00:04:39.030 Were measured using the same approach

NOTE Confidence: 0.873631484285714

00:04:39.030 --> 00:04:40.735 by asking people the perceptions of

NOTE Confidence: 0.873631484285714

00:04:40.735 --> 00:04:42.688 stigma and in their own mental health,

NOTE Confidence: 0.873631484285714

00:04:42.690 --> 00:04:44.030 which can produce artificially

NOTE Confidence: 0.873631484285714

00:04:44.030 --> 00:04:45.705 inflated estimates of the associations

NOTE Confidence: 0.873631484285714

00:04:45.705 --> 00:04:46.650 between those things.

NOTE Confidence: 0.873631484285714

00:04:46.650 --> 00:04:48.186 But using a quantitative,

NOTE Confidence: 0.873631484285714

00:04:48.186 --> 00:04:49.722 objective assessment of structural

NOTE Confidence: 0.873631484285714

00:04:49.722 --> 00:04:51.605 stigma like this overcomes at

NOTE Confidence: 0.873631484285714

00:04:51.605 --> 00:04:53.009 least those two limitations.

NOTE Confidence: 0.873631484285714

00:04:53.010 --> 00:04:55.730 So such an index can then be applied

NOTE Confidence: 0.873631484285714

00:04:55.730 --> 00:04:57.840 to suitable data opportunities.

NOTE Confidence: 0.873631484285714

00:04:57.840 --> 00:05:00.856 The EU LGBT survey and and also the

NOTE Confidence: 0.873631484285714

00:05:00.856 --> 00:05:03.856 European men who have sex with men

NOTE Confidence: 0.873631484285714

00:05:03.856 --> 00:05:06.016 Internet survey represent the two

NOTE Confidence: 0.873631484285714

00:05:06.102 --> 00:05:08.616 largest in terms of sample size.

NOTE Confidence: 0.873631484285714

00:05:08.620 --> 00:05:12.790 Datasets ever collected the LGBTQ

NOTE Confidence: 0.873631484285714

00:05:12.790 --> 00:05:15.162 population these datasets allow

NOTE Confidence: 0.873631484285714

00:05:15.162 --> 00:05:18.127 because they span such diverse

NOTE Confidence: 0.873631484285714

00:05:18.130 --> 00:05:19.890 context from countries like like

NOTE Confidence: 0.873631484285714

00:05:19.890 --> 00:05:22.370 Sweden and where I am right now,

NOTE Confidence: 0.873631484285714

00:05:22.370 --> 00:05:25.210 having about the lowest stigma,

NOTE Confidence: 0.873631484285714

00:05:25.210 --> 00:05:26.818 structural stigma towards LGBTQ

NOTE Confidence: 0.873631484285714

00:05:26.818 --> 00:05:29.230 people possible being at the vanguard

NOTE Confidence: 0.873631484285714

00:05:29.294 --> 00:05:31.373 of LGBT rights kind of right next

NOTE Confidence: 0.873631484285714

00:05:31.373 --> 00:05:33.785 door to countries like like like

NOTE Confidence: 0.873631484285714

00:05:33.785 --> 00:05:36.310 Romania or Hungary or Poland,

NOTE Confidence: 0.873631484285714

00:05:36.310 --> 00:05:38.260 which are some of the most

NOTE Confidence: 0.873631484285714

00:05:38.260 --> 00:05:38.910 stigmatizing countries.

NOTE Confidence: 0.873631484285714

00:05:38.910 --> 00:05:39.720 In the EU,

NOTE Confidence: 0.873631484285714

00:05:39.720 --> 00:05:41.340 where same sex marriage isn't allowed,

NOTE Confidence: 0.873631484285714

00:05:41.340 --> 00:05:43.296 where where you can't update your

NOTE Confidence: 0.873631484285714

00:05:43.296 --> 00:05:44.600 gender identity on unofficial

NOTE Confidence: 0.873631484285714

00:05:44.655 --> 00:05:46.260 documents and things like this,

NOTE Confidence: 0.873631484285714

00:05:46.260 --> 00:05:48.644 so you have this patchwork of of a

NOTE Confidence: 0.873631484285714

00:05:48.644 --> 00:05:51.018 very diverse kind of structural context,

NOTE Confidence: 0.873631484285714

00:05:51.020 --> 00:05:52.385 really sitting right next to each other.

NOTE Confidence: 0.873631484285714

00:05:52.390 --> 00:05:54.610 And importantly, we have data.

NOTE Confidence: 0.779159325384615

00:05:57.910 --> 00:05:59.680 The populations living in those

NOTE Confidence: 0.779159325384615

00:05:59.680 --> 00:06:01.890 countries and in these datasets we

NOTE Confidence: 0.779159325384615

00:06:01.890 --> 00:06:03.775 see a strong association between

NOTE Confidence: 0.779159325384615

00:06:03.775 --> 00:06:05.283 country level structural stigma

NOTE Confidence: 0.779159325384615

00:06:05.342 --> 00:06:07.196 with this countries on the right,

NOTE Confidence: 0.779159325384615

00:06:07.200 --> 00:06:08.750 countries like Lebanon and Belarus,

NOTE Confidence: 0.779159325384615

00:06:08.750 --> 00:06:10.880 Ukraine being very high in

NOTE Confidence: 0.779159325384615

00:06:10.880 --> 00:06:12.584 terms of structural stigma,

NOTE Confidence: 0.779159325384615

00:06:12.590 --> 00:06:13.510 which countries on the left,

NOTE Confidence: 0.779159325384615

00:06:13.510 --> 00:06:14.497 countries like Netherlands,

NOTE Confidence: 0.779159325384615

00:06:14.497 --> 00:06:15.813 Denmark, Austria being very

NOTE Confidence: 0.779159325384615

00:06:15.813 --> 00:06:17.700 low on the on on that index,

NOTE Confidence: 0.779159325384615

00:06:17.700 --> 00:06:20.640 you see across that a strong linear

NOTE Confidence: 0.779159325384615

00:06:20.640 --> 00:06:22.924 association between the prevalence of

NOTE Confidence: 0.779159325384615

00:06:22.924 --> 00:06:25.756 of depression and the LGBTQ population.

NOTE Confidence: 0.779159325384615

00:06:25.760 --> 00:06:26.825 And structural stigma.

NOTE Confidence: 0.779159325384615

00:06:26.825 --> 00:06:28.955 Now these estimates are even controlling

NOTE Confidence: 0.779159325384615

00:06:28.955 --> 00:06:30.726 for average country level depression

NOTE Confidence: 0.779159325384615

00:06:30.726 --> 00:06:32.760 where people in in Lebanon have

NOTE Confidence: 0.779159325384615

00:06:32.821 --> 00:06:34.663 higher higher risk of depression in

NOTE Confidence: 0.779159325384615

00:06:34.663 --> 00:06:36.814 general than people in the Netherlands.

NOTE Confidence: 0.779159325384615

00:06:36.814 --> 00:06:39.099 Even over and above that

NOTE Confidence: 0.779159325384615

00:06:39.099 --> 00:06:41.570 you see that LGBT people.

NOTE Confidence: 0.779159325384615

00:06:41.570 --> 00:06:43.952 Um, risk of depression is um

NOTE Confidence: 0.779159325384615

00:06:43.952 --> 00:06:46.672 is is a strong linear function

NOTE Confidence: 0.779159325384615

00:06:46.672 --> 00:06:49.786 of of of the structural legal

NOTE Confidence: 0.779159325384615

00:06:49.790 --> 00:06:53.978 policy climate surrounding them.

NOTE Confidence: 0.779159325384615

00:06:53.980 --> 00:06:55.756 This is the same is true of suicidality,

NOTE Confidence: 0.779159325384615

00:06:55.760 --> 00:06:58.160 with about 15% of LGBTQ people

NOTE Confidence: 0.779159325384615

00:06:58.160 --> 00:06:59.760 in the Netherlands reporting

NOTE Confidence: 0.779159325384615

00:06:59.831 --> 00:07:02.069 past year suicidality on the PHQ,

NOTE Confidence: 0.779159325384615

00:07:02.070 --> 00:07:03.972 where's twice that percent of LGBTQ

NOTE Confidence: 0.779159325384615

00:07:03.972 --> 00:07:06.101 people report past year suicidality and

NOTE Confidence: 0.779159325384615

00:07:06.101 --> 00:07:07.713 more structurally stigmatizing context

NOTE Confidence: 0.779159325384615

00:07:07.713 --> 00:07:10.240 like like Belarus or North Macedonia.

NOTE Confidence: 0.779159325384615

00:07:10.240 --> 00:07:13.957 Again, this is over and above the fact that,

NOTE Confidence: 0.779159325384615

00:07:13.960 --> 00:07:15.252 that, that, that, that,

NOTE Confidence: 0.779159325384615

00:07:15.252 --> 00:07:16.867 that there's a higher prevalence,

NOTE Confidence: 0.779159325384615

00:07:16.870 --> 00:07:17.486 the depression,

NOTE Confidence: 0.779159325384615

00:07:17.486 --> 00:07:19.950 and in the general population and some of

NOTE Confidence: 0.779159325384615

00:07:20.007 --> 00:07:22.437 those more structurally stigmatizing context.

NOTE Confidence: 0.779159325384615

00:07:22.440 --> 00:07:23.904 So now I'll present.

NOTE Confidence: 0.779159325384615

00:07:23.904 --> 00:07:25.368 Evidence that interpersonal stigma,

NOTE Confidence: 0.779159325384615

00:07:25.370 --> 00:07:27.198 including interpersonal interactions with

NOTE Confidence: 0.779159325384615

00:07:27.198 --> 00:07:30.850 parents and peers due to ones LGBTQ status,

NOTE Confidence: 0.779159325384615

00:07:30.850 --> 00:07:34.105 predict the mental health outcomes known to

NOTE Confidence: 0.779159325384615

00:07:34.105 --> 00:07:36.390 just disproportionately affect LGBTQ people.

NOTE Confidence: 0.779159325384615

00:07:36.390 --> 00:07:38.460 Now the search for these interpersonal

NOTE Confidence: 0.779159325384615

00:07:38.460 --> 00:07:41.139 forms of stigma has to start early because

NOTE Confidence: 0.779159325384615

00:07:41.139 --> 00:07:43.571 we know that many young LGBTQ people

NOTE Confidence: 0.779159325384615

00:07:43.571 --> 00:07:45.619 experience mental health challenges.

NOTE Confidence: 0.779159325384615

00:07:45.620 --> 00:07:49.076 But how young and how much LGBTQ people?

NOTE Confidence: 0.779159325384615

00:07:49.080 --> 00:07:50.481 Young people disproportionately

NOTE Confidence: 0.779159325384615

00:07:50.481 --> 00:07:52.816 experience mental health challenges like

NOTE Confidence: 0.779159325384615

00:07:52.816 --> 00:07:54.619 depression compared to heterosexual,

NOTE Confidence: 0.779159325384615

00:07:54.620 --> 00:07:55.862 cisgender young people?

NOTE Confidence: 0.779159325384615

00:07:55.862 --> 00:07:57.518 It's still relatively unclear,

NOTE Confidence: 0.779159325384615

00:07:57.520 --> 00:07:59.970 largely because of the challenges of studying

NOTE Confidence: 0.779159325384615

15

00:07:59.970 --> 00:08:02.059 these topics among very young people.

NOTE Confidence: 0.779159325384615

00:08:02.060 --> 00:08:04.780 So my colleague Dan Klein at SUNY Stony

NOTE Confidence: 0.779159325384615

00:08:04.780 --> 00:08:06.801 Brook has been prospectively following

NOTE Confidence: 0.779159325384615

00:08:06.801 --> 00:08:10.155 a group of about 600 youth since they

NOTE Confidence: 0.779159325384615

00:08:10.155 --> 00:08:12.522 were aged 3 on Long Island, New York.

NOTE Confidence: 0.779159325384615

00:08:12.522 --> 00:08:14.370 The study started when I was in Graduate

NOTE Confidence: 0.779159325384615

00:08:14.417 --> 00:08:16.449 School at Stony Brook and every three years.

NOTE Confidence: 0.779159325384615

00:08:16.450 --> 00:08:17.224 Match that time,

NOTE Confidence: 0.779159325384615

00:08:17.224 --> 00:08:19.030 the the youth and their parents and

NOTE Confidence: 0.779159325384615

00:08:19.083 --> 00:08:21.067 teachers completed numerous assessments,

NOTE Confidence: 0.779159325384615

00:08:21.070 --> 00:08:22.699 including interviews including

NOTE Confidence: 0.779159325384615

00:08:22.699 --> 00:08:26.260 EG of you know of, of,

NOTE Confidence: 0.779159325384615

00:08:26.260 --> 00:08:27.940 of, of.

NOTE Confidence: 0.779159325384615

00:08:27.940 --> 00:08:29.596 Developmental and temperamental precursors

NOTE Confidence: 0.779159325384615

00:08:29.596 --> 00:08:32.080 to depression and then depression itself.

NOTE Confidence: 0.779159325384615

00:08:32.080 --> 00:08:34.296 As the kids aged a few years ago,

NOTE Confidence: 0.779159325384615

00:08:34.300 --> 00:08:36.302 we received support from NIH to to

NOTE Confidence: 0.779159325384615

00:08:36.302 --> 00:08:38.787 to study the timing and causes of

NOTE Confidence: 0.779159325384615

00:08:38.787 --> 00:08:40.737 the sexual orientation disparity and

NOTE Confidence: 0.779159325384615

00:08:40.737 --> 00:08:43.016 mental health problems in the sample.

NOTE Confidence: 0.779159325384615

00:08:43.020 --> 00:08:45.244 We started by asking the youth at age

NOTE Confidence: 0.779159325384615

00:08:45.244 --> 00:08:47.726 15 what gender they were attracted to.

NOTE Confidence: 0.779159325384615

00:08:47.730 --> 00:08:49.938 This allowed us to assess who

NOTE Confidence: 0.779159325384615

00:08:49.938 --> 00:08:52.640 probably is was being gay or bisexual,

NOTE Confidence: 0.779159325384615

00:08:52.640 --> 00:08:54.110 at least in terms of the gender

NOTE Confidence: 0.779159325384615

00:08:54.110 --> 00:08:55.805 or genders to which they reported

NOTE Confidence: 0.779159325384615

00:08:55.805 --> 00:08:56.479 being attracted,

NOTE Confidence: 0.779159325384615

00:08:56.480 --> 00:08:59.160 and in that sample about 11% of the youth.

NOTE Confidence: 0.779159325384615

00:08:59.160 --> 00:09:00.960 Did report same gender attractions and

NOTE Confidence: 0.779159325384615

00:09:00.960 --> 00:09:02.988 in their lives they had experienced

NOTE Confidence: 0.779159325384615

00:09:02.988 --> 00:09:04.653 a steep relative increase in

NOTE Confidence: 0.779159325384615

17

00:09:04.714 --> 00:09:06.434 depression and compared to other

NOTE Confidence: 0.779159325384615

00:09:06.434 --> 00:09:08.154 gender attractive youth from a

NOTE Confidence: 0.788086075555556

00:09:08.160 --> 00:09:10.650 pretty early age, with that disparity

NOTE Confidence: 0.788086075555556

00:09:10.650 --> 00:09:12.870 becoming quite pronounced by by

NOTE Confidence: 0.788086075555556

00:09:12.870 --> 00:09:15.780 by middle school and high school.

NOTE Confidence: 0.788086075555556

00:09:15.780 --> 00:09:17.172 By high school, we also see

NOTE Confidence: 0.788086075555556

00:09:17.172 --> 00:09:18.890 that many more of the youth

NOTE Confidence: 0.788086075555556

00:09:18.890 --> 00:09:20.366 recorded same gender attractions,

NOTE Confidence: 0.788086075555556

00:09:20.370 --> 00:09:21.585 reported poor relationships

NOTE Confidence: 0.788086075555556

00:09:21.585 --> 00:09:22.800 with their parents,

NOTE Confidence: 0.788086075555556

00:09:22.800 --> 00:09:24.380 and reported more bullying compared

NOTE Confidence: 0.788086075555556

00:09:24.380 --> 00:09:26.289 to youth through reported only being

NOTE Confidence: 0.788086075555556

00:09:26.289 --> 00:09:28.214 attracted to the other the other gender.

NOTE Confidence: 0.788086075555556

00:09:28.220 --> 00:09:30.638 In fact, the association between sexual

NOTE Confidence: 0.788086075555556

00:09:30.638 --> 00:09:33.147 orientation and age 15 depression was

NOTE Confidence: 0.788086075555556

00:09:33.147 --> 00:09:35.643 significantly mediated by age 12 exposure

18

NOTE Confidence: 0.788086075555556

00:09:35.643 --> 00:09:38.152 to poor relationships with parents and

NOTE Confidence: 0.788086075555556

00:09:38.152 --> 00:09:41.260 to exposure to to bullying from their peers.

NOTE Confidence: 0.788086075555556

00:09:41.260 --> 00:09:43.675 So results like this highlight the potential

NOTE Confidence: 0.788086075555556

00:09:43.675 --> 00:09:45.699 role of interpersonal stigma from.

NOTE Confidence: 0.788086075555556

00:09:45.700 --> 00:09:46.096 From,

NOTE Confidence: 0.788086075555556

00:09:46.096 --> 00:09:48.868 from parents and peers and LGBTQ peoples.

NOTE Confidence: 0.788086075555556

00:09:48.870 --> 00:09:51.050 Disproportionate exposure of depression.

NOTE Confidence: 0.788086075555556

00:09:51.050 --> 00:09:53.775 So these findings regarding structural

NOTE Confidence: 0.788086075555556

00:09:53.775 --> 00:09:55.980 stigma and interpersonal stigma,

NOTE Confidence: 0.788086075555556

00:09:55.980 --> 00:09:59.060 of which I just presented some some

NOTE Confidence: 0.788086075555556

00:09:59.060 --> 00:10:01.224 more recent analysis of of many,

NOTE Confidence: 0.788086075555556

00:10:01.224 --> 00:10:03.150 support the basic tenets of what's

NOTE Confidence: 0.788086075555556

00:10:03.211 --> 00:10:05.076 known as minority stress theory.

NOTE Confidence: 0.788086075555556

00:10:05.080 --> 00:10:07.200 Minority stress theory suggests that

NOTE Confidence: 0.788086075555556

00:10:07.200 --> 00:10:10.279 the causes of the sexual and gender

NOTE Confidence: 0.788086075555556

00:10:10.279 --> 00:10:12.615 minority disparity in mental health and

NOTE Confidence: 0.788086075555556

00:10:12.615 --> 00:10:15.321 related outcomes is a function of LGBTQ

NOTE Confidence: 0.788086075555556

00:10:15.321 --> 00:10:17.559 people's greater exposure to to stigma.

NOTE Confidence: 0.788086075555556

00:10:17.560 --> 00:10:19.284 Structural stigma interpersonal stigma,

NOTE Confidence: 0.788086075555556

00:10:19.284 --> 00:10:22.340 another key part of minority stress theory.

NOTE Confidence: 0.788086075555556

00:10:22.340 --> 00:10:24.363 Is that these forms of stigma give

NOTE Confidence: 0.788086075555556

00:10:24.363 --> 00:10:26.434 rise to minority stress reactions that

NOTE Confidence: 0.788086075555556

00:10:26.434 --> 00:10:28.714 serve as mediators of the association

NOTE Confidence: 0.788086075555556

00:10:28.714 --> 00:10:30.856 between stigma and poor mental health.

NOTE Confidence: 0.788086075555556

00:10:30.860 --> 00:10:32.948 But what's the minority stress reaction?

NOTE Confidence: 0.788086075555556

00:10:32.950 --> 00:10:33.239 Well,

NOTE Confidence: 0.788086075555556

00:10:33.239 --> 00:10:34.973 one of the reactions that I've

NOTE Confidence: 0.788086075555556

00:10:34.973 --> 00:10:37.460 spent a good deal of time studying

NOTE Confidence: 0.788086075555556

00:10:37.460 --> 00:10:38.624 is identity concealment.

NOTE Confidence: 0.788086075555556

00:10:38.630 --> 00:10:40.965 So because they possess a

NOTE Confidence: 0.788086075555556

00:10:40.965 --> 00:10:42.366 relatively concealable stigma,

NOTE Confidence: 0.788086075555556

00:10:42.370 --> 00:10:44.116 LGBT people face the choice of

NOTE Confidence: 0.788086075555556

00:10:44.116 --> 00:10:45.890 whether or not to come out.

NOTE Confidence: 0.788086075555556

00:10:45.890 --> 00:10:48.265 And although models of stigma

NOTE Confidence: 0.788086075555556

00:10:48.265 --> 00:10:50.165 concealment suggest that the

NOTE Confidence: 0.788086075555556

00:10:50.165 --> 00:10:52.608 environment should ultimately determine.

NOTE Confidence: 0.788086075555556

00:10:52.610 --> 00:10:54.986 An LGBTQ persons person.

NOTE Confidence: 0.788086075555556

00:10:54.986 --> 00:10:55.580 So.

NOTE Confidence: 0.7873545675

00:10:58.630 --> 00:11:01.286 Or or cost of concealment versus coming out.

NOTE Confidence: 0.7873545675

00:11:01.290 --> 00:11:02.745 Very few studies have have

NOTE Confidence: 0.7873545675

00:11:02.745 --> 00:11:03.909 actually examined the environment.

NOTE Confidence: 0.7873545675

00:11:03.910 --> 00:11:06.367 Is A is A is a determinant of concealment.

NOTE Confidence: 0.7873545675

00:11:06.370 --> 00:11:08.372 So using the same large cross country

NOTE Confidence: 0.7873545675

00:11:08.372 --> 00:11:10.750 EU data set that I mentioned earlier,

NOTE Confidence: 0.7873545675

00:11:10.750 --> 00:11:12.894 we found that in countries like the UK

NOTE Confidence: 0.7873545675

00:11:12.894 --> 00:11:14.828 that scored low on structural stigma,

NOTE Confidence: 0.7873545675

21

00:11:14.830 --> 00:11:16.630 the vast majority like 90%

NOTE Confidence: 0.7873545675

00:11:16.630 --> 00:11:18.970 of LGBTQ people are out.

NOTE Confidence: 0.7873545675

00:11:18.970 --> 00:11:20.370 In countries like Romania that

NOTE Confidence: 0.7873545675

00:11:20.370 --> 00:11:21.770 scored higher on this index,

NOTE Confidence: 0.7873545675

00:11:21.770 --> 00:11:22.935 the majority of section minority

NOTE Confidence: 0.7873545675

00:11:22.935 --> 00:11:24.420 people are actually in the closet.

NOTE Confidence: 0.7873545675

00:11:24.420 --> 00:11:25.883 They say that they've told very few

NOTE Confidence: 0.7873545675

00:11:25.883 --> 00:11:27.706 people are or know people in their lives.

NOTE Confidence: 0.7873545675

00:11:27.710 --> 00:11:29.978 With their LGBTQ and and again you

NOTE Confidence: 0.7873545675

00:11:29.978 --> 00:11:32.221 see a strong linear association

NOTE Confidence: 0.7873545675

00:11:32.221 --> 00:11:34.260 between between really how LGBTQ

NOTE Confidence: 0.7873545675

00:11:34.260 --> 00:11:35.700 people live their lives.

NOTE Confidence: 0.7873545675

00:11:35.700 --> 00:11:38.248 I mean this isn't you know this

NOTE Confidence: 0.7873545675

00:11:38.248 --> 00:11:40.560 isn't abstract this this is you know

NOTE Confidence: 0.7873545675

00:11:40.560 --> 00:11:42.918 consuming is something that that that

NOTE Confidence: 0.7873545675

00:11:42.918 --> 00:11:44.967 that affects the day-to-day decisions

00:11:44.967 --> 00:11:47.052 the day-to-day self presentation how

00:11:47.052 --> 00:11:49.588 what people share what they choose

00:11:49.588 --> 00:11:51.826 to silence within themselves and we

00:11:51.826 --> 00:11:54.017 know that the concealment can not only

00:11:54.017 --> 00:11:56.406 take a mental health toll especially.

00:11:56.410 --> 00:11:58.546 Didn't see one about a personally

00:11:58.546 --> 00:11:59.970 important aspect of oneself.

00:11:59.970 --> 00:12:00.726 And again,

00:12:00.726 --> 00:12:02.994 you have you have people living

00:12:02.994 --> 00:12:05.376 basically right next door to each other.

00:12:05.380 --> 00:12:07.288 Um, depending, you know,

00:12:07.288 --> 00:12:09.580 countries like like countries like

00:12:09.580 --> 00:12:12.160 Sweden being right next door to,

00:12:12.160 --> 00:12:12.533 to,

00:12:12.533 --> 00:12:14.398 to countries like Russia or

00:12:14.398 --> 00:12:15.517 Ukraine or Belarus,

NOTE Confidence: 0.7873545675

00:12:15.520 --> 00:12:17.266 where the the lived experience of

NOTE Confidence: 0.7873545675

00:12:17.266 --> 00:12:19.445 LGBTQ people in terms of this one

NOTE Confidence: 0.7873545675

00:12:19.445 --> 00:12:20.717 factor concealment looks very,

NOTE Confidence: 0.7873545675

00:12:20.720 --> 00:12:22.988 very different with them with with,

NOTE Confidence: 0.7873545675

00:12:22.990 --> 00:12:25.800 with actually concomitant impacts on,

NOTE Confidence: 0.7873545675

00:12:25.800 --> 00:12:26.691 on mental health.

NOTE Confidence: 0.7873545675

00:12:26.691 --> 00:12:28.770 Because in fact we see that the

NOTE Confidence: 0.7873545675

00:12:28.831 --> 00:12:30.376 association between structural

NOTE Confidence: 0.7873545675

00:12:30.376 --> 00:12:32.951 stigma and outcomes like suicidality

NOTE Confidence: 0.7873545675

00:12:32.951 --> 00:12:34.719 are significantly mediated by

NOTE Confidence: 0.7873545675

00:12:34.719 --> 00:12:36.404 by how much people conceal.

NOTE Confidence: 0.7873545675

00:12:36.410 --> 00:12:39.623 The same is true for internalized stigma

NOTE Confidence: 0.7873545675

00:12:39.623 --> 00:12:42.727 or the direction of negative societal

NOTE Confidence: 0.7873545675

00:12:42.727 --> 00:12:46.003 attitudes towards the towards the South.

NOTE Confidence: 0.7873545675

00:12:46.010 --> 00:12:48.498 So this is like responding to to question

NOTE Confidence: 0.7873545675

00:12:48.498 --> 00:12:50.808 like I wish I could be straight,

NOTE Confidence: 0.7873545675

00:12:50.810 --> 00:12:53.074 if I could take a pill to to

NOTE Confidence: 0.7873545675

00:12:53.074 --> 00:12:54.230 be heterosexual I would.

NOTE Confidence: 0.7873545675

00:12:54.230 --> 00:12:56.302 That's the type of items that that

NOTE Confidence: 0.7873545675

00:12:56.302 --> 00:12:57.530 indicate internalized stigma and

NOTE Confidence: 0.7873545675

00:12:57.530 --> 00:12:59.252 again you see a similar association

NOTE Confidence: 0.7873545675

00:12:59.252 --> 00:13:00.419 between country level structural

NOTE Confidence: 0.7873545675

00:13:00.419 --> 00:13:01.967 stigma and that type in that

NOTE Confidence: 0.7873545675

00:13:01.967 --> 00:13:04.184 type of outcome and a similar

NOTE Confidence: 0.7873545675

00:13:04.184 --> 00:13:05.618 mediation mediation association.

NOTE Confidence: 0.7873545675

00:13:05.620 --> 00:13:07.400 I mean structural stigma,

NOTE Confidence: 0.7873545675

00:13:07.400 --> 00:13:09.625 internalized stigma and and outcomes

NOTE Confidence: 0.7873545675

00:13:09.625 --> 00:13:11.668 like depression and anxiety.

NOTE Confidence: 0.7873545675

00:13:11.670 --> 00:13:15.180 So the final minority stress reaction

NOTE Confidence: 0.7873545675

00:13:15.180 --> 00:13:17.558 that that that we've examined

NOTE Confidence: 0.7873545675

00:13:17.558 --> 00:13:19.346 is called rejection sensitivity.

NOTE Confidence: 0.7873545675

00:13:19.350 --> 00:13:21.235 So rejection sensitivity is the

NOTE Confidence: 0.7873545675

00:13:21.235 --> 00:13:22.743 tendency to anxiously expect

NOTE Confidence: 0.7873545675

00:13:22.743 --> 00:13:25.143 and severely react to rejection

NOTE Confidence: 0.7873545675

00:13:25.143 --> 00:13:26.610 among stigmatized populations.

NOTE Confidence: 0.7873545675

00:13:26.610 --> 00:13:28.522 Rejection sensitivity is understood

NOTE Confidence: 0.7873545675

00:13:28.522 --> 00:13:30.912 to be an interpersonal schema

NOTE Confidence: 0.7873545675

00:13:30.912 --> 00:13:33.314 that emerges and upon repeated

NOTE Confidence: 0.7873545675

00:13:33.314 --> 00:13:35.629 exposure to stigma based rejection.

NOTE Confidence: 0.7873545675

00:13:35.630 --> 00:13:37.620 And we studied sexual orientation

NOTE Confidence: 0.7873545675

00:13:37.620 --> 00:13:38.814 differences and rejection

NOTE Confidence: 0.7873545675

00:13:38.814 --> 00:13:39.940 sensitivity in that,

NOTE Confidence: 0.7873545675

00:13:39.940 --> 00:13:41.440 in that longitudinal study from

NOTE Confidence: 0.7873545675

00:13:41.440 --> 00:13:43.400 Stony Brook that I mentioned earlier,

NOTE Confidence: 0.7873545675

00:13:43.400 --> 00:13:45.913 the the the 500 or so youth

NOTE Confidence: 0.7873545675

00:13:45.913 --> 00:13:47.938 on Long Island at age 15,

NOTE Confidence: 0.7873545675

00:13:47.940 --> 00:13:49.260 those youth completed a

NOTE Confidence: 0.7873545675

00:13:49.260 --> 00:13:50.580 game called Island Getaway.

NOTE Confidence: 0.7873545675

00:13:50.580 --> 00:13:53.036 It's like based on the TV show Survivor,

NOTE Confidence: 0.7873545675

00:13:53.040 --> 00:13:55.020 whereby participants are told they're

NOTE Confidence: 0.7873545675

00:13:55.020 --> 00:13:57.000 traveling through the Hawaiian Islands,

NOTE Confidence: 0.7873545675

00:13:57.000 --> 00:14:00.780 they share a little about themselves.

NOTE Confidence: 0.7873545675

00:14:00.780 --> 00:14:02.810 And then are voted on by their

NOTE Confidence: 0.7873545675

00:14:02.810 --> 00:14:03.680 peers as they

NOTE Confidence: 0.857031035333333

00:14:03.745 --> 00:14:05.917 themselves vote for the peers that

NOTE Confidence: 0.857031035333333

00:14:05.917 --> 00:14:08.186 they want to proceed or kick off

NOTE Confidence: 0.857031035333333

00:14:08.186 --> 00:14:10.293 and to to move to the next island.

NOTE Confidence: 0.857031035333333

00:14:10.293 --> 00:14:12.411 Unbeknownst to the participant and the

NOTE Confidence: 0.857031035333333

00:14:12.411 --> 00:14:14.838 other kids were all computer generated,

NOTE Confidence: 0.857031035333333

00:14:14.840 --> 00:14:16.408 but there was a good cover story

NOTE Confidence: 0.857031035333333

00:14:16.408 --> 00:14:17.948 and that the kids would believe

NOTE Confidence: 0.857031035333333

27

00:14:17.948 --> 00:14:19.574 that there were other kids and

NOTE Confidence: 0.857031035333333

00:14:19.580 --> 00:14:21.659 completing the task at the same time.

NOTE Confidence: 0.857031035333333

00:14:21.660 --> 00:14:25.236 So our primary behavioral outcome was,

NOTE Confidence: 0.857031035333333

00:14:25.240 --> 00:14:25.888 was ingratiation,

NOTE Confidence: 0.857031035333333

00:14:25.888 --> 00:14:28.156 namely how many of the peers who

NOTE Confidence: 0.857031035333333

00:14:28.156 --> 00:14:30.040 had rejected the participant.

NOTE Confidence: 0.857031035333333

00:14:30.040 --> 00:14:31.560 Did the participant nonetheless

NOTE Confidence: 0.857031035333333

00:14:31.560 --> 00:14:34.741 vote to to stay on for the next

NOTE Confidence: 0.857031035333333

00:14:34.741 --> 00:14:36.816 round through the Hawaiian Islands

NOTE Confidence: 0.857031035333333

00:14:36.816 --> 00:14:39.049 and this Island getaway task?

NOTE Confidence: 0.857031035333333

00:14:39.050 --> 00:14:41.031 And what we found was that sexual

NOTE Confidence: 0.857031035333333

00:14:41.031 --> 00:14:43.488 minority youth did in fact display more

NOTE Confidence: 0.857031035333333

00:14:43.488 --> 00:14:45.423 ingratiation than their heterosexual peers.

NOTE Confidence: 0.857031035333333

00:14:45.430 --> 00:14:48.094 And this ingratiation is a behavioral

NOTE Confidence: 0.857031035333333

00:14:48.094 --> 00:14:49.870 marker of rejection sensitivity.

NOTE Confidence: 0.857031035333333

00:14:49.870 --> 00:14:52.170 During the island getaway task,

NOTE Confidence: 0.857031035333333

00:14:52.170 --> 00:14:54.110 EG data were also recorded,

NOTE Confidence: 0.857031035333333

00:14:54.110 --> 00:14:56.090 which also allowed us to

NOTE Confidence: 0.857031035333333

00:14:56.090 --> 00:14:58.070 to collect an ERP data.

NOTE Confidence: 0.857031035333333

00:14:58.070 --> 00:14:59.134 We are particularly interested

NOTE Confidence: 0.857031035333333

00:14:59.134 --> 00:15:00.464 in an ERP that measures.

NOTE Confidence: 0.857031035333333

00:15:00.470 --> 00:15:02.610 Individual differences in neural

NOTE Confidence: 0.857031035333333

00:15:02.610 --> 00:15:05.285 reactivity to rewarding stimuli as

NOTE Confidence: 0.857031035333333

00:15:05.285 --> 00:15:07.914 opposed to to neutral or punishing

NOTE Confidence: 0.857031035333333

00:15:07.914 --> 00:15:10.288 stimuli to study sexual orientation

NOTE Confidence: 0.857031035333333

00:15:10.288 --> 00:15:12.748 differences in this reward positivity

NOTE Confidence: 0.857031035333333

00:15:12.748 --> 00:15:15.505 or rupee average ERP's were calculated

NOTE Confidence: 0.857031035333333

00:15:15.505 --> 00:15:17.580 across both the acceptance and

NOTE Confidence: 0.857031035333333

00:15:17.580 --> 00:15:19.568 rejection conditions after about 300

NOTE Confidence: 0.857031035333333

00:15:19.568 --> 00:15:21.388 milliseconds and after after the

NOTE Confidence: 0.857031035333333

00:15:21.388 --> 00:15:23.388 social feedback was given where it

NOTE Confidence: 0.857031035333333

00:15:23.388 --> 00:15:25.200 was maximal in the overall sample.

NOTE Confidence: 0.857031035333333

00:15:25.200 --> 00:15:27.400 The top panel shows the mean data from

NOTE Confidence: 0.857031035333333

00:15:27.400 --> 00:15:28.860 the heterosexual participants in the

NOTE Confidence: 0.857031035333333

00:15:28.860 --> 00:15:31.110 bottom panel shows the mean data from the.

NOTE Confidence: 0.857031035333333

00:15:31.110 --> 00:15:33.054 Sexual minority participants

NOTE Confidence: 0.857031035333333

00:15:33.054 --> 00:15:36.942 and the line in red indicates.

NOTE Confidence: 0.857031035333333

00:15:36.950 --> 00:15:40.051 The line and red indicates the responses

NOTE Confidence: 0.857031035333333

00:15:40.051 --> 00:15:42.926 to to neural responses to rejection

NOTE Confidence: 0.857031035333333

00:15:42.926 --> 00:15:45.836 and the line in green indicates

NOTE Confidence: 0.857031035333333

00:15:45.836 --> 00:15:48.670 ERP responses to to acceptance.

NOTE Confidence: 0.857031035333333

00:15:48.670 --> 00:15:50.294 And what you see is that there was

NOTE Confidence: 0.857031035333333

00:15:50.294 --> 00:15:52.174 a trend towards a small sexual

NOTE Confidence: 0.857031035333333

00:15:52.174 --> 00:15:53.590 orientation difference such that

NOTE Confidence: 0.857031035333333

00:15:53.590 --> 00:15:55.030 sexual minorities showed showed.

NOTE Confidence: 0.620557373333333

00:15:57.850 --> 00:15:59.245 Response positive feedback,

NOTE Confidence: 0.620557373333333

00:15:59.245 --> 00:16:00.640 which other research,

30

NOTE Confidence: 0.620557373333333

00:16:00.640 --> 00:16:02.160 including research using this sample,

NOTE Confidence: 0.620557373333333

00:16:02.160 --> 00:16:04.036 has shown to be predictive of of

NOTE Confidence: 0.620557373333333

00:16:04.036 --> 00:16:05.480 the development of depression.

NOTE Confidence: 0.620557373333333

00:16:05.480 --> 00:16:07.200 Importantly, this main effect was

NOTE Confidence: 0.620557373333333

00:16:07.200 --> 00:16:09.336 qualified by an interaction with parental

NOTE Confidence: 0.620557373333333

00:16:09.336 --> 00:16:11.466 support such that the sex orientation

NOTE Confidence: 0.620557373333333

00:16:11.466 --> 00:16:13.579 difference and repeat wasn't significant.

NOTE Confidence: 0.620557373333333

00:16:13.580 --> 00:16:16.596 It averaged or high levels of family support,

NOTE Confidence: 0.620557373333333

00:16:16.600 --> 00:16:18.080 but but was only significant

NOTE Confidence: 0.620557373333333

00:16:18.080 --> 00:16:19.560 low levels of family support.

NOTE Confidence: 0.620557373333333

00:16:19.560 --> 00:16:20.332 Now, unfortunately,

NOTE Confidence: 0.620557373333333

00:16:20.332 --> 00:16:21.876 as I showed earlier,

NOTE Confidence: 0.620557373333333

00:16:21.880 --> 00:16:24.856 LGBT youth are much less likely

NOTE Confidence: 0.620557373333333

00:16:24.856 --> 00:16:25.848 and consistently.

NOTE Confidence: 0.620557373333333

00:16:25.850 --> 00:16:29.154 More likely to report and poor parental

NOTE Confidence: 0.620557373333333

00:16:29.154 --> 00:16:32.388 lack of parental support in their lives,

NOTE Confidence: 0.620557373333333

00:16:32.390 --> 00:16:34.874 which which is unfortunate given given

NOTE Confidence: 0.620557373333333

00:16:34.874 --> 00:16:37.429 the known importance of parental support

NOTE Confidence: 0.620557373333333

00:16:37.429 --> 00:16:39.913 as a buffer against against depression

NOTE Confidence: 0.620557373333333

00:16:39.913 --> 00:16:42.887 and an evidence here suggests through

NOTE Confidence: 0.620557373333333

00:16:42.887 --> 00:16:45.482 mechanisms that might drive depression.

NOTE Confidence: 0.620557373333333

00:16:45.490 --> 00:16:46.282 So overall,

NOTE Confidence: 0.620557373333333

00:16:46.282 --> 00:16:49.054 the results that I just reviewed support

NOTE Confidence: 0.620557373333333

00:16:49.054 --> 00:16:51.929 the tenants of minority stress theory.

NOTE Confidence: 0.620557373333333

00:16:51.930 --> 00:16:54.390 You have structural and interpersonal forms

NOTE Confidence: 0.620557373333333

00:16:54.390 --> 00:16:57.060 of stigma being strongly associated with.

NOTE Confidence: 0.620557373333333

00:16:57.060 --> 00:16:59.223 Or mental health and you have this

NOTE Confidence: 0.620557373333333

00:16:59.223 --> 00:17:00.998 association being mediated by minority

NOTE Confidence: 0.620557373333333

00:17:00.998 --> 00:17:02.988 stress reactions like identity concealment,

NOTE Confidence: 0.620557373333333

00:17:02.990 --> 00:17:04.110 internalized stigma,

NOTE Confidence: 0.620557373333333

00:17:04.110 --> 00:17:06.350 rejection sensitivity that lead

NOTE Confidence: 0.620557373333333

00:17:06.350 --> 00:17:08.590 LGBTQ people to respectively,

NOTE Confidence: 0.620557373333333

00:17:08.590 --> 00:17:09.990 hide their true selves,

NOTE Confidence: 0.620557373333333

00:17:09.990 --> 00:17:11.390 feel ashamed and expect,

NOTE Confidence: 0.620557373333333

00:17:11.390 --> 00:17:13.775 and anxiously expect and poorly

NOTE Confidence: 0.620557373333333

00:17:13.775 --> 00:17:15.206 react to rejection.

NOTE Confidence: 0.620557373333333

00:17:15.210 --> 00:17:17.498 At the same time,

NOTE Confidence: 0.620557373333333

00:17:17.498 --> 00:17:19.786 because these reactions all

NOTE Confidence: 0.620557373333333

00:17:19.786 --> 00:17:21.341 represent cognitive, affective,

NOTE Confidence: 0.620557373333333

00:17:21.341 --> 00:17:23.807 and behavioral reactions within the person,

NOTE Confidence: 0.620557373333333

00:17:23.810 --> 00:17:26.610 these reactions at least can be affirmatively

NOTE Confidence: 0.620557373333333

00:17:26.610 --> 00:17:27.810 addressed through psychotherapy.

NOTE Confidence: 0.620557373333333

00:17:27.810 --> 00:17:29.180 Even if the broad structures,

NOTE Confidence: 0.620557373333333

00:17:29.180 --> 00:17:31.260 or even if if people's

NOTE Confidence: 0.620557373333333

00:17:31.260 --> 00:17:32.924 day-to-day interactions can't be,

NOTE Confidence: 0.620557373333333

00:17:32.930 --> 00:17:34.510 can't be easily changed,

NOTE Confidence: 0.620557373333333

00:17:34.510 --> 00:17:35.695 get until recently,

NOTE Confidence: 0.620557373333333

00:17:35.700 --> 00:17:37.795 no empirically supported mental health

NOTE Confidence: 0.620557373333333

00:17:37.795 --> 00:17:40.353 treatment had been created to address

NOTE Confidence: 0.620557373333333

00:17:40.353 --> 00:17:42.723 these reactions and and examined in

NOTE Confidence: 0.620557373333333

00:17:42.723 --> 00:17:45.079 RCT specifically for LGBTQ individuals.

NOTE Confidence: 0.620557373333333

00:17:45.080 --> 00:17:45.760 So therefore,

NOTE Confidence: 0.620557373333333

00:17:45.760 --> 00:17:47.460 over the past several years,

NOTE Confidence: 0.620557373333333

00:17:47.460 --> 00:17:49.164 our team here at Yale has been in

NOTE Confidence: 0.620557373333333

00:17:49.164 --> 00:17:50.821 the process of developing and testing

NOTE Confidence: 0.620557373333333

00:17:50.821 --> 00:17:52.291 the efficacy of an intervention

NOTE Confidence: 0.620557373333333

00:17:52.291 --> 00:17:53.705 that affirmatively responds to

NOTE Confidence: 0.620557373333333

00:17:53.705 --> 00:17:55.485 stigma and addresses minority stress

NOTE Confidence: 0.620557373333333

00:17:55.485 --> 00:17:58.360 reactions to improve mental health.

NOTE Confidence: 0.620557373333333

00:17:58.360 --> 00:17:59.800 So to create such a treatment,

NOTE Confidence: 0.620557373333333

00:17:59.800 --> 00:18:01.410 we interviewed numerous mental health

NOTE Confidence: 0.620557373333333

00:18:01.410 --> 00:18:02.698 professionals around the country,

NOTE Confidence: 0.620557373333333

00:18:02.700 --> 00:18:04.460 people who spent their entire

NOTE Confidence: 0.620557373333333

00:18:04.460 --> 00:18:06.220 careers working with LGBTQ people.

NOTE Confidence: 0.620557373333333

00:18:06.220 --> 00:18:09.161 We asked them how we should adapt CBT,

NOTE Confidence: 0.620557373333333

00:18:09.161 --> 00:18:11.485 just standard cognitive behavior

NOTE Confidence: 0.620557373333333

00:18:11.485 --> 00:18:14.979 therapy to best support LGBTQ people

NOTE Confidence: 0.620557373333333

00:18:14.979 --> 00:18:17.991 and ability to to to adaptively

NOTE Confidence: 0.620557373333333

00:18:17.991 --> 00:18:20.200 respond to minority stress.

NOTE Confidence: 0.620557373333333

00:18:20.200 --> 00:18:22.768 We also interviewed many dozen LGBTQ

NOTE Confidence: 0.620557373333333

00:18:22.768 --> 00:18:25.212 people who themselves were were

NOTE Confidence: 0.620557373333333

00:18:25.212 --> 00:18:27.198 currently experiencing depression,

NOTE Confidence: 0.620557373333333

00:18:27.200 --> 00:18:30.040 anxiety, suicidality, and substance use.

NOTE Confidence: 0.620557373333333

00:18:30.040 --> 00:18:33.288 And and and we packaged all those that

NOTE Confidence: 0.620557373333333

00:18:33.288 --> 00:18:37.365 kind of qualitative and expert input into a.

NOTE Confidence: 0.620557373333333

00:18:37.370 --> 00:18:39.778 Into a CBT treatment manual that that

NOTE Confidence: 0.620557373333333

00:18:39.778 --> 00:18:41.848 provides LGBTQ people with the tools

NOTE Confidence: 0.620557373333333

35

00:18:41.848 --> 00:18:43.804 to understand and challenge the ways

NOTE Confidence: 0.620557373333333

00:18:43.804 --> 00:18:46.129 that minority stress impacts their lives.

NOTE Confidence: 0.620557373333333

00:18:46.129 --> 00:18:48.247 And they're in their mental health.

NOTE Confidence: 0.620557373333333

00:18:48.250 --> 00:18:50.015 So the mental health professionals

NOTE Confidence: 0.620557373333333

00:18:50.015 --> 00:18:52.210 told us about the way they've

NOTE Confidence: 0.620557373333333

00:18:52.210 --> 00:18:54.422 seen LGBTQ people grow past the

NOTE Confidence: 0.620557373333333

00:18:54.422 --> 00:18:56.654 painful lessons of stigma by first

NOTE Confidence: 0.620557373333333

00:18:56.654 --> 00:18:58.390 acknowledging the existence of stigma,

NOTE Confidence: 0.620557373333333

00:18:58.390 --> 00:19:00.791 kind of raising their awareness of the

NOTE Confidence: 0.620557373333333

00:19:00.791 --> 00:19:03.224 fact that stigma is is a reality and

NOTE Confidence: 0.620557373333333

00:19:03.224 --> 00:19:05.491 that that that that has to be coped

NOTE Confidence: 0.620557373333333

00:19:05.491 --> 00:19:07.500 with in the lives of LGBTQ people.

NOTE Confidence: 0.620557373333333

00:19:07.500 --> 00:19:09.165 Learning skills for standing up

NOTE Confidence: 0.620557373333333

00:19:09.165 --> 00:19:11.365 to stigma is kind of insidious

NOTE Confidence: 0.620557373333333

00:19:11.365 --> 00:19:12.760 and harmful impact.

NOTE Confidence: 0.620557373333333

00:19:12.760 --> 00:19:14.812 But within within oneself,

NOTE Confidence: 0.620557373333333

00:19:14.812 --> 00:19:17.890 learning it how stigma can can

NOTE Confidence: 0.73916674375

00:19:17.985 --> 00:19:21.585 shape biases like internalized internalized

NOTE Confidence: 0.73916674375

00:19:21.585 --> 00:19:23.942 **** negativity or internalized transphobia,

NOTE Confidence: 0.73916674375

00:19:23.942 --> 00:19:26.390 leading people to believe that they're

NOTE Confidence: 0.73916674375

00:19:26.443 --> 00:19:28.638 inferior to heterosexual cisgender people,

NOTE Confidence: 0.73916674375

00:19:28.640 --> 00:19:30.992 leading people to kind of chronically

NOTE Confidence: 0.73916674375

00:19:30.992 --> 00:19:33.252 anxiously expect rejection even, you know,

NOTE Confidence: 0.73916674375

00:19:33.252 --> 00:19:35.328 in their in their close relationships

NOTE Confidence: 0.73916674375

00:19:35.328 --> 00:19:37.979 or even even among other LGBTQ people.

NOTE Confidence: 0.73916674375

00:19:37.980 --> 00:19:39.684 Um, learning new empowered.

NOTE Confidence: 0.73916674375

00:19:39.684 --> 00:19:42.100 Um, ways of of of behaving

NOTE Confidence: 0.73916674375

00:19:42.100 --> 00:19:43.761 and finding support, meaning,

NOTE Confidence: 0.73916674375

00:19:43.761 --> 00:19:46.066 and purpose, including from within

NOTE Confidence: 0.73916674375

00:19:46.066 --> 00:19:48.749 the LGBTQ community as they do so.

NOTE Confidence: 0.73916674375

00:19:48.750 --> 00:19:50.274 So like I said,

NOTE Confidence: 0.73916674375

00:19:50.274 --> 00:19:52.179 we packaged that expertise that

NOTE Confidence: 0.73916674375

00:19:52.179 --> 00:19:54.215 that qualitative feedback into

NOTE Confidence: 0.73916674375

00:19:54.215 --> 00:19:57.377 into a treatment package and LGBTQ

NOTE Confidence: 0.73916674375

00:19:57.377 --> 00:19:59.229 affirmative CBT quite simply,

NOTE Confidence: 0.73916674375

00:19:59.230 --> 00:20:01.294 and then tested the treatment success

NOTE Confidence: 0.73916674375

00:20:01.294 --> 00:20:03.489 and an initial randomized control trial.

NOTE Confidence: 0.73916674375

00:20:03.490 --> 00:20:04.610 And keep in mind,

NOTE Confidence: 0.73916674375

00:20:04.610 --> 00:20:05.730 until this research no.

NOTE Confidence: 0.73916674375

00:20:05.730 --> 00:20:07.613 Despite the the fact that LGBT people

NOTE Confidence: 0.73916674375

00:20:07.613 --> 00:20:10.074 are one of the highest risk groups for

NOTE Confidence: 0.73916674375

00:20:10.074 --> 00:20:11.753 for these mental health challenges,

NOTE Confidence: 0.73916674375

00:20:11.753 --> 00:20:13.768 no mental health treatment for

NOTE Confidence: 0.73916674375

00:20:13.768 --> 00:20:15.962 LGBTQ people had ever been tested

NOTE Confidence: 0.73916674375

00:20:15.962 --> 00:20:18.310 in an RCT to see if it worked so.

NOTE Confidence: 0.73916674375

00:20:18.310 --> 00:20:19.990 Unfortunately don't have time to go

NOTE Confidence: 0.73916674375

00:20:19.990 --> 00:20:22.153 into the the exact content of the

NOTE Confidence: 0.73916674375

00:20:22.153 --> 00:20:24.055 treatment but I'll I'll I'll summarize

NOTE Confidence: 0.73916674375

00:20:24.118 --> 00:20:26.379 by saying that it's guided by a

NOTE Confidence: 0.73916674375

00:20:26.379 --> 00:20:27.989 personally tailored minority stress

NOTE Confidence: 0.73916674375

00:20:27.989 --> 00:20:30.545 case conceptualization that specifies

NOTE Confidence: 0.73916674375

00:20:30.545 --> 00:20:33.101 techniques for addressing various

NOTE Confidence: 0.73916674375

00:20:33.101 --> 00:20:35.496 minority stressors that that LGBTQ

NOTE Confidence: 0.73916674375

00:20:35.496 --> 00:20:38.466 people might be facing and then and

NOTE Confidence: 0.73916674375

00:20:38.466 --> 00:20:42.114 and and then provides a set of of.

NOTE Confidence: 0.73916674375

00:20:42.120 --> 00:20:43.616 The principles and techniques,

NOTE Confidence: 0.73916674375

00:20:43.616 --> 00:20:46.377 both based in CBT and the integration

NOTE Confidence: 0.73916674375

00:20:46.377 --> 00:20:49.065 of CBT with minority stress theory,

NOTE Confidence: 0.73916674375

00:20:49.070 --> 00:20:50.900 that help LGBT people raise

NOTE Confidence: 0.73916674375

00:20:50.900 --> 00:20:53.205 awareness of the existence of early

NOTE Confidence: 0.73916674375

00:20:53.205 --> 00:20:55.240 and ongoing sources of minority.

NOTE Confidence: 0.763773344

00:20:58.690 --> 00:21:00.870 That help LGBTQ people reduce

NOTE Confidence: 0.763773344

00:21:00.870 --> 00:21:03.050 characteristic ways of avoiding the

NOTE Confidence: 0.763773344

00:21:03.127 --> 00:21:05.947 emotional consequences of minority stress,

NOTE Confidence: 0.763773344

00:21:05.950 --> 00:21:08.682 such as drinking alcohol use, self harm

NOTE Confidence: 0.763773344

00:21:08.682 --> 00:21:11.238 and other forms of emotional numbing,

NOTE Confidence: 0.763773344

00:21:11.240 --> 00:21:13.335 asserting oneself against the emotional

NOTE Confidence: 0.763773344

00:21:13.335 --> 00:21:15.430 consequences of minority stress to

NOTE Confidence: 0.763773344

00:21:15.488 --> 00:21:17.468 break social withdrawal tendencies.

NOTE Confidence: 0.763773344

00:21:17.470 --> 00:21:21.120 Reworking. Internalized.

NOTE Confidence: 0.763773344

00:21:21.120 --> 00:21:23.265 Umm, homophobic, biphobic,

NOTE Confidence: 0.763773344

00:21:23.265 --> 00:21:26.125 transphobic, and cultural ideologies.

NOTE Confidence: 0.763773344

00:21:26.130 --> 00:21:28.370 Importantly, not challenging the veracity

NOTE Confidence: 0.763773344

00:21:28.370 --> 00:21:31.070 of of discrimination in the world,

NOTE Confidence: 0.763773344

00:21:31.070 --> 00:21:32.880 but instead challenging the veracity

NOTE Confidence: 0.763773344

00:21:32.880 --> 00:21:35.012 of their internalization that one is

NOTE Confidence: 0.763773344

00:21:35.012 --> 00:21:36.867 rejectable or that one is not lovable,

NOTE Confidence: 0.763773344

00:21:36.870 --> 00:21:40.209 or that one is inferior to to to others.

NOTE Confidence: 0.763773344

00:21:40.210 --> 00:21:42.075 And then intentionally building and

NOTE Confidence: 0.763773344

00:21:42.075 --> 00:21:45.070 drawing on cues of of social safety and

NOTE Confidence: 0.763773344

00:21:45.070 --> 00:21:47.541 and and and and and people's worlds,

NOTE Confidence: 0.763773344

00:21:47.550 --> 00:21:49.345 including from within the LGBT

NOTE Confidence: 0.763773344

00:21:49.345 --> 00:21:51.140 community and the broader community.

NOTE Confidence: 0.763773344

00:21:51.140 --> 00:21:53.815 So this this treatment overall

NOTE Confidence: 0.763773344

00:21:53.815 --> 00:21:55.955 teaches people these cognitive,

NOTE Confidence: 0.763773344

00:21:55.960 --> 00:21:56.428 affective,

NOTE Confidence: 0.763773344

00:21:56.428 --> 00:21:59.236 and behavioral skills to help them

NOTE Confidence: 0.763773344

00:21:59.236 --> 00:22:01.572 start overcoming the the patterns

NOTE Confidence: 0.763773344

00:22:01.572 --> 00:22:04.128 of thinking and behaving that they.

NOTE Confidence: 0.763773344

00:22:04.130 --> 00:22:06.629 People often have a root and minority

NOTE Confidence: 0.763773344

00:22:06.629 --> 00:22:09.029 stress and often are kind of have

NOTE Confidence: 0.763773344

00:22:09.029 --> 00:22:10.836 a deeply planted root that that

NOTE Confidence: 0.763773344

00:22:10.836 --> 00:22:13.020 characterizes a lot of their a lot of

NOTE Confidence: 0.763773344

00:22:13.078 --> 00:22:15.214 their behavior and that sets in a lot

NOTE Confidence: 0.763773344

00:22:15.214 --> 00:22:17.470 of their reactions to stress that can

NOTE Confidence: 0.763773344

00:22:17.470 --> 00:22:20.070 set them up for mental health risk.

NOTE Confidence: 0.763773344

00:22:20.070 --> 00:22:21.846 So in an initial weightless control

NOTE Confidence: 0.763773344

00:22:21.846 --> 00:22:23.875 trial with with 60 young game asexual

NOTE Confidence: 0.763773344

00:22:23.875 --> 00:22:26.122 men in New York City we found initial

NOTE Confidence: 0.763773344

00:22:26.122 --> 00:22:28.565 evidence for the promise of this treatment.

NOTE Confidence: 0.763773344

00:22:28.570 --> 00:22:30.858 So looking at the lines in blue which

NOTE Confidence: 0.763773344

00:22:30.858 --> 00:22:34.198 is the effect of the from having.

NOTE Confidence: 0.763773344

00:22:34.200 --> 00:22:35.826 Received the treatment compared to the

NOTE Confidence: 0.763773344

00:22:35.826 --> 00:22:37.549 lines and Gray which is the effect

NOTE Confidence: 0.763773344

00:22:37.549 --> 00:22:39.210 from from being put on a wait list.

NOTE Confidence: 0.763773344

00:22:39.210 --> 00:22:41.460 We found that the treatment helps

NOTE Confidence: 0.763773344

00:22:41.460 --> 00:22:43.831 these young gay bisexual men feel

NOTE Confidence: 0.763773344

00:22:43.831 --> 00:22:45.427 less depressed less anxious,

NOTE Confidence: 0.763773344

00:22:45.430 --> 00:22:48.349 drink less and and have safer sex

NOTE Confidence: 0.763773344

00:22:48.350 --> 00:22:50.750 at three months following the the

NOTE Confidence: 0.763773344

00:22:50.750 --> 00:22:53.469 the treatment or the the wait list.

NOTE Confidence: 0.763773344

00:22:53.470 --> 00:22:56.542 We do very similar study with 60 young

NOTE Confidence: 0.763773344

00:22:56.542 --> 00:22:58.949 sexual minority women in New York City

NOTE Confidence: 0.763773344

00:22:58.950 --> 00:23:00.654 many of whom were were transgender

NOTE Confidence: 0.763773344

00:23:00.654 --> 00:23:02.371 or gender non binary similar to

NOTE Confidence: 0.763773344

00:23:02.371 --> 00:23:04.219 the pilot study with young gay and.

NOTE Confidence: 0.763773344

00:23:04.220 --> 00:23:06.092 Sexual men we found that compared

NOTE Confidence: 0.763773344

00:23:06.092 --> 00:23:07.791 to waitlists the treatment was

NOTE Confidence: 0.763773344

00:23:07.791 --> 00:23:09.355 associated with significantly greater

NOTE Confidence: 0.763773344

00:23:09.355 --> 00:23:11.667 reductions and and and depression and

NOTE Confidence: 0.763773344

00:23:11.667 --> 00:23:13.497 anxiety and an unhealthy alcohol use.

NOTE Confidence: 0.763773344

00:23:13.500 --> 00:23:17.358 All these outcomes that that are

NOTE Confidence: 0.763773344

00:23:17.358 --> 00:23:18.644 particularly disproportionately

NOTE Confidence: 0.763773344

00:23:18.644 --> 00:23:21.758 likely to affect LGBTQ people.

NOTE Confidence: 0.763773344

00:23:21.760 --> 00:23:23.614 We then asked whether this treatment

NOTE Confidence: 0.763773344

00:23:23.614 --> 00:23:25.253 might be more efficacious than

NOTE Confidence: 0.763773344

00:23:25.253 --> 00:23:26.998 existing treatments for LGBTQ people.

NOTE Confidence: 0.763773344

00:23:27.000 --> 00:23:30.104 So in a trial with 254 young gay and

NOTE Confidence: 0.763773344

00:23:30.104 --> 00:23:32.299 bisexual men in Miami and in New York City,

NOTE Confidence: 0.763773344

00:23:32.300 --> 00:23:34.385 we compared this LGBTQ affirmative

NOTE Confidence: 0.763773344

00:23:34.385 --> 00:23:36.871 CBT to supportive counseling in the

NOTE Confidence: 0.763773344

00:23:36.871 --> 00:23:38.845 community and to a single session

NOTE Confidence: 0.763773344

00:23:38.845 --> 00:23:40.719 of HIV testing and referral.

NOTE Confidence: 0.763773344

00:23:40.720 --> 00:23:43.163 That we chose HIV testing and single

NOTE Confidence: 0.763773344

00:23:43.163 --> 00:23:45.594 session HIV testing and and and referral

NOTE Confidence: 0.763773344

00:23:45.594 --> 00:23:48.008 because it's the most common way that

NOTE Confidence: 0.763773344

00:23:48.008 --> 00:23:50.210 young gay and bisexual men encounter

NOTE Confidence: 0.763773344

00:23:50.210 --> 00:23:52.242 and LGBT specific healthcare services.

NOTE Confidence: 0.763773344

00:23:52.242 --> 00:23:55.368 I'm in the US testing for HIV,

NOTE Confidence: 0.763773344

00:23:55.368 --> 00:23:56.220 that is,

NOTE Confidence: 0.763773344

00:23:56.220 --> 00:23:59.220 with the with the.

NOTE Confidence: 0.763773344

00:23:59.220 --> 00:24:02.208 In a in a in an HIV STI screening

NOTE Confidence: 0.763773344

00:24:02.208 --> 00:24:03.060 appointment takes,

NOTE Confidence: 0.763773344

00:24:03.060 --> 00:24:04.590 you know 20-30 minutes and it's

NOTE Confidence: 0.763773344

00:24:04.590 --> 00:24:06.163 and it's a frequently used service

NOTE Confidence: 0.763773344

00:24:06.163 --> 00:24:07.675 in the lives of LGBTQ people.

NOTE Confidence: 0.821262139230769

00:24:07.680 --> 00:24:08.898 But we thought we'd use that

NOTE Confidence: 0.821262139230769

00:24:08.898 --> 00:24:10.778 as a as a quite weak control.

NOTE Confidence: 0.821262139230769

00:24:10.780 --> 00:24:12.985 And what we found was that LGBTQ

NOTE Confidence: 0.821262139230769

00:24:12.985 --> 00:24:14.881 affirmative CBT was associated with

NOTE Confidence: 0.821262139230769

00:24:14.881 --> 00:24:17.087 small to moderately relative benefit

NOTE Confidence: 0.821262139230769

00:24:17.087 --> 00:24:20.076 compared to to the two other treatments.

NOTE Confidence: 0.821262139230769

00:24:20.080 --> 00:24:22.495 Effect sizes were the largest for substance

NOTE Confidence: 0.821262139230769

00:24:22.495 --> 00:24:24.838 use problems with LGBTQ affirmative CBT,

NOTE Confidence: 0.821262139230769

00:24:24.840 --> 00:24:26.028 yielding significantly greater

NOTE Confidence: 0.821262139230769

00:24:26.028 --> 00:24:28.404 impact on the substance use problems

00:24:28.404 --> 00:24:30.227 than the other two conditions.

00:24:30.230 --> 00:24:32.190 Also consistent with the trans

00:24:32.190 --> 00:24:34.150 diagnostic basis of the treatment,

00:24:34.150 --> 00:24:36.145 the targets minority stress reactions

00:24:36.145 --> 00:24:38.685 theorized to underlie all of the

00:24:38.685 --> 00:24:41.075 multiple Co occurring outcomes that

00:24:41.075 --> 00:24:42.987 disproportionately affect LGBTQ people.

00:24:42.990 --> 00:24:45.204 We also found that the treatment

00:24:45.204 --> 00:24:46.680 was associated with significantly

00:24:46.738 --> 00:24:48.686 stronger efficacy for reducing

00:24:48.686 --> 00:24:50.147 comorbidity across depression,

00:24:50.150 --> 00:24:52.388 anxiety, substance use, and HIV risk.

00:24:52.390 --> 00:24:56.730 Then the then the two comparison conditions.

00:24:56.730 --> 00:24:58.890 We then performed what's called

00:24:58.890 --> 00:25:00.618 a treatment effect heterogeneity

NOTE Confidence: 0.821262139230769

00:25:00.618 --> 00:25:02.507 analysis to identify the strongest

NOTE Confidence: 0.821262139230769

00:25:02.507 --> 00:25:04.601 moderator of set of moderators of

NOTE Confidence: 0.821262139230769

00:25:04.664 --> 00:25:06.342 LGBTQ affirmative CBT's efficacy.

NOTE Confidence: 0.821262139230769

00:25:06.342 --> 00:25:09.030 So we did this by asking the the,

NOTE Confidence: 0.821262139230769

00:25:09.030 --> 00:25:10.818 the the therapist over the the

NOTE Confidence: 0.821262139230769

00:25:10.818 --> 00:25:12.929 four or five years of this study.

NOTE Confidence: 0.821262139230769

00:25:12.930 --> 00:25:14.874 So we surveyed them at the end of the

NOTE Confidence: 0.821262139230769

00:25:14.874 --> 00:25:16.751 study to nominate any and all factors

NOTE Confidence: 0.821262139230769

00:25:16.751 --> 00:25:18.853 that they thought may have led some

NOTE Confidence: 0.821262139230769

00:25:18.853 --> 00:25:20.488 participants to benefit more from

NOTE Confidence: 0.821262139230769

00:25:20.488 --> 00:25:22.131 LGBTQ affirmative CBT than others.

NOTE Confidence: 0.821262139230769

00:25:22.131 --> 00:25:24.420 They suggested a list of 20 potential

NOTE Confidence: 0.821262139230769

00:25:24.488 --> 00:25:26.268 moderators that we then subjected

NOTE Confidence: 0.821262139230769

00:25:26.268 --> 00:25:27.336 to a machine.

NOTE Confidence: 0.821262139230769

00:25:27.340 --> 00:25:29.160 Learning approach to identify

NOTE Confidence: 0.821262139230769

00:25:29.160 --> 00:25:30.525 the top moderators.

NOTE Confidence: 0.821262139230769

00:25:30.530 --> 00:25:32.642 So we pre registered this analysis

NOTE Confidence: 0.821262139230769

00:25:32.642 --> 00:25:35.408 and with the primary outcome of our

NOTE Confidence: 0.821262139230769

00:25:35.408 --> 00:25:37.721 comorbidity count of depression, anxiety,

NOTE Confidence: 0.821262139230769

00:25:37.721 --> 00:25:41.267 HIV risk behavior and substance use.

NOTE Confidence: 0.821262139230769

00:25:41.270 --> 00:25:44.666 Only one moderator emerged as significant,

NOTE Confidence: 0.821262139230769

00:25:44.670 --> 00:25:46.178 namely race and ethnicity,

NOTE Confidence: 0.821262139230769

00:25:46.178 --> 00:25:48.440 such that Black and Latinx participants

NOTE Confidence: 0.821262139230769

00:25:48.503 --> 00:25:51.226 who compose the majority of the sample

NOTE Confidence: 0.821262139230769

00:25:51.226 --> 00:25:53.333 experience significantly more reduction in

NOTE Confidence: 0.821262139230769

00:25:53.333 --> 00:25:55.538 comorbid conditions from LGBTQ affirming.

NOTE Confidence: 0.849931375384616

00:25:59.630 --> 00:26:01.877 So we haven't been able to empirically

NOTE Confidence: 0.849931375384616

00:26:01.877 --> 00:26:03.989 identify the reasons for this moderation.

NOTE Confidence: 0.849931375384616

00:26:03.990 --> 00:26:05.340 But clinically, we noted that

NOTE Confidence: 0.849931375384616

00:26:05.340 --> 00:26:06.690 black and white Max participants

NOTE Confidence: 0.849931375384616

00:26:06.736 --> 00:26:08.146 seem more amenable to the minority

48

NOTE Confidence: 0.849931375384616

00:26:08.146 --> 00:26:09.570 stress focus of the treatment.

NOTE Confidence: 0.849931375384616

00:26:09.570 --> 00:26:10.775 Perhaps because they were they

NOTE Confidence: 0.849931375384616

00:26:10.775 --> 00:26:12.260 were better able to to draw,

NOTE Confidence: 0.849931375384616

00:26:12.260 --> 00:26:14.409 they were able to drop on the

NOTE Confidence: 0.849931375384616

00:26:14.409 --> 00:26:15.330 racial socialization experiences,

NOTE Confidence: 0.849931375384616

00:26:15.330 --> 00:26:17.935 to incorporate the minority stress

NOTE Confidence: 0.849931375384616

00:26:17.935 --> 00:26:21.024 focus of LGBTQ affirmative CPT and

NOTE Confidence: 0.849931375384616

00:26:21.024 --> 00:26:23.430 into and into into their lives,

NOTE Confidence: 0.849931375384616

00:26:23.430 --> 00:26:25.418 or perhaps perhaps because

NOTE Confidence: 0.849931375384616

00:26:25.418 --> 00:26:26.909 LGBTQ affirmative CBT.

NOTE Confidence: 0.849931375384616

00:26:26.910 --> 00:26:28.760 Addressed not only minority stress,

NOTE Confidence: 0.849931375384616

00:26:28.760 --> 00:26:29.921 sexual minority stress,

NOTE Confidence: 0.849931375384616

00:26:29.921 --> 00:26:32.630 but all identity related stress in their

NOTE Confidence: 0.849931375384616

00:26:32.694 --> 00:26:34.840 interactions and and in reality it.

NOTE Confidence: 0.849931375384616

00:26:34.840 --> 00:26:36.765 It would be hard if not impossible

NOTE Confidence: 0.849931375384616

00:26:36.765 --> 00:26:38.836 to kind of tease apart how

NOTE Confidence: 0.849931375384616

00:26:38.836 --> 00:26:40.796 people are are incorporating an

NOTE Confidence: 0.849931375384616

00:26:40.796 --> 00:26:42.379 identity focused lens of CBT.

NOTE Confidence: 0.849931375384616

00:26:42.380 --> 00:26:44.372 And separately depending on the all

NOTE Confidence: 0.849931375384616

00:26:44.372 --> 00:26:46.143 the the different social identities

NOTE Confidence: 0.849931375384616

00:26:46.143 --> 00:26:48.078 they might they might identify.

NOTE Confidence: 0.849931375384616

00:26:48.080 --> 00:26:49.492 For example the assertiveness

NOTE Confidence: 0.849931375384616

00:26:49.492 --> 00:26:51.610 practice in the treatment wouldn't be

NOTE Confidence: 0.849931375384616

00:26:51.672 --> 00:26:53.737 limited only to 1 aspect of someone's

NOTE Confidence: 0.849931375384616

00:26:53.737 --> 00:26:55.467 identity who would naturally apply

NOTE Confidence: 0.849931375384616

00:26:55.467 --> 00:26:57.427 even to racially hostile situations.

NOTE Confidence: 0.849931375384616

00:26:57.430 --> 00:26:59.250 As well.

NOTE Confidence: 0.849931375384616

00:26:59.250 --> 00:27:01.116 So we're now studying whether this

NOTE Confidence: 0.849931375384616

00:27:01.116 --> 00:27:03.128 treatment can can lend itself to to,

NOTE Confidence: 0.849931375384616

00:27:03.130 --> 00:27:05.152 to maybe even more efficient reach

NOTE Confidence: 0.849931375384616

00:27:05.152 --> 00:27:07.615 by using an asynchronous form of the

NOTE Confidence: 0.849931375384616

00:27:07.615 --> 00:27:09.365 treatment whereby LGBTQ young people,

NOTE Confidence: 0.849931375384616

00:27:09.370 --> 00:27:11.008 in this case anywhere in the US,

NOTE Confidence: 0.849931375384616

00:27:11.010 --> 00:27:13.392 can receive 1010 weeks of the

NOTE Confidence: 0.849931375384616

00:27:13.392 --> 00:27:14.980 psychoeducational content about minority

NOTE Confidence: 0.849931375384616

00:27:15.045 --> 00:27:17.432 stress and CBT and learn skills for

NOTE Confidence: 0.849931375384616

00:27:17.432 --> 00:27:18.910 addressing its emotional impact.

NOTE Confidence: 0.849931375384616

00:27:18.910 --> 00:27:20.386 They can read about this online,

NOTE Confidence: 0.849931375384616

00:27:20.390 --> 00:27:22.136 they can share their written reactions

NOTE Confidence: 0.849931375384616

00:27:22.136 --> 00:27:24.453 and try out the CBT skills through

NOTE Confidence: 0.849931375384616

00:27:24.453 --> 00:27:26.643 through homework exercises in their lives,

NOTE Confidence: 0.849931375384616

00:27:26.650 --> 00:27:28.870 and they can receive and and.

NOTE Confidence: 0.849931375384616

00:27:28.870 --> 00:27:30.875 They do receive weekly feedback

NOTE Confidence: 0.849931375384616

00:27:30.875 --> 00:27:33.140 from from the therapist this we're

NOTE Confidence: 0.849931375384616

00:27:33.140 --> 00:27:35.120 in the process of comparing this

NOTE Confidence: 0.849931375384616

00:27:35.120 --> 00:27:37.422 treatment to to to relatively weak

NOTE Confidence: 0.849931375384616

00:27:37.422 --> 00:27:39.397 control condition just simple self

NOTE Confidence: 0.849931375384616

00:27:39.397 --> 00:27:41.052 monitoring and mood and minority

NOTE Confidence: 0.849931375384616

00:27:41.052 --> 00:27:43.266 stress and then and then this will

NOTE Confidence: 0.849931375384616

00:27:43.266 --> 00:27:46.108 set us up to eventually compare this

NOTE Confidence: 0.849931375384616

00:27:46.108 --> 00:27:48.395 this perhaps more efficient way of

NOTE Confidence: 0.849931375384616

00:27:48.395 --> 00:27:50.699 delivering the treatment to to to

NOTE Confidence: 0.849931375384616

00:27:50.699 --> 00:27:52.484 perhaps the more time intensive

NOTE Confidence: 0.849931375384616

00:27:52.484 --> 00:27:54.833 standard you know kind of 50 minute

NOTE Confidence: 0.849931375384616

00:27:54.833 --> 00:27:56.964 session once a week that would and

NOTE Confidence: 0.849931375384616

00:27:56.964 --> 00:27:59.740 that we've that we've used in our other.

NOTE Confidence: 0.849931375384616

00:27:59.740 --> 00:28:02.156 This will allow us to to to weigh

NOTE Confidence: 0.849931375384616

00:28:02.156 --> 00:28:04.165 the relative benefits of this

NOTE Confidence: 0.849931375384616

00:28:04.165 --> 00:28:07.583 delivery modality capable of of

NOTE Confidence: 0.849931375384616

00:28:07.583 --> 00:28:10.106 potentially wider reach.

NOTE Confidence: 0.849931375384616

00:28:10.110 --> 00:28:12.120 So these are initial trials.

NOTE Confidence: 0.82507835

00:28:15.770 --> 00:28:19.690 Oh, wait, sorry. So, so Speaking of REACH

NOTE Confidence: 0.82507835

00:28:19.690 --> 00:28:22.185 and I now want to highlight our team's

NOTE Confidence: 0.82507835

00:28:22.185 --> 00:28:24.525 efforts to ensure the implementation of

NOTE Confidence: 0.82507835

00:28:24.525 --> 00:28:26.903 this effective treatment and our local

NOTE Confidence: 0.82507835

00:28:26.903 --> 00:28:29.590 communities and to ensure that our treatment

NOTE Confidence: 0.82507835

00:28:29.590 --> 00:28:32.250 response to the needs of those communities.

NOTE Confidence: 0.82507835

00:28:32.250 --> 00:28:34.637 So we know that that LGBTQ identities

NOTE Confidence: 0.82507835

00:28:34.637 --> 00:28:36.974 don't exist in isolation, but rather

NOTE Confidence: 0.82507835

00:28:36.974 --> 00:28:38.726 they Co occur with other identities.

NOTE Confidence: 0.82507835

00:28:38.730 --> 00:28:41.546 We also know that if current rates continue,

NOTE Confidence: 0.82507835

00:28:41.550 --> 00:28:43.142 a black gay man in the US has

NOTE Confidence: 0.82507835

00:28:43.142 --> 00:28:45.017 a one in two chance of becoming

NOTE Confidence: 0.82507835

00:28:45.017 --> 00:28:47.010 infected with HIV in his lifetime,

NOTE Confidence: 0.82507835

00:28:47.010 --> 00:28:48.138 the average Latinx.

NOTE Confidence: 0.82507835

00:28:48.138 --> 00:28:49.266 Scared bisexual man.

NOTE Confidence: 0.82507835

00:28:49.270 --> 00:28:51.430 So one in three chance of becoming infected

NOTE Confidence: 0.82507835

53

00:28:51.430 --> 00:28:53.747 with HIV in his lifetime at current rates,

NOTE Confidence: 0.82507835

00:28:53.750 --> 00:28:55.928 with the source of this disproportionate

NOTE Confidence: 0.82507835

00:28:55.928 --> 00:28:57.905 risk being solely in intersecting

NOTE Confidence: 0.82507835

00:28:57.905 --> 00:28:59.761 sources of structural discrimination

NOTE Confidence: 0.82507835

00:28:59.761 --> 00:29:02.081 towards LGBTQ people and and

NOTE Confidence: 0.82507835

00:29:02.144 --> 00:29:03.989 racism towards people of color.

NOTE Confidence: 0.82507835

00:29:03.990 --> 00:29:05.670 We also know that the fastest

NOTE Confidence: 0.82507835

00:29:05.670 --> 00:29:07.490 increases in new new incident cases

NOTE Confidence: 0.82507835

00:29:07.490 --> 00:29:09.404 of HIV are occurring among young

NOTE Confidence: 0.82507835

00:29:09.404 --> 00:29:11.591 black gay and bisexual men in small

NOTE Confidence: 0.82507835

00:29:11.591 --> 00:29:13.445 urban areas places like New Haven.

NOTE Confidence: 0.82507835

00:29:13.445 --> 00:29:16.365 So I was approached by by medical provider

NOTE Confidence: 0.82507835

00:29:16.365 --> 00:29:18.766 what one of the medical directors.

NOTE Confidence: 0.82507835

00:29:18.770 --> 00:29:20.948 Working at the Fairhaven Community Health

NOTE Confidence: 0.82507835

00:29:20.948 --> 00:29:23.218 Center and FQHC here in New Haven,

NOTE Confidence: 0.82507835

00:29:23.220 --> 00:29:25.656 who was witnessing this epidemic first hand.

NOTE Confidence: 0.82507835

00:29:25.660 --> 00:29:28.732 She reached out to me after a particularly

NOTE Confidence: 0.82507835

00:29:28.732 --> 00:29:31.900 hard month of of diagnosing several of her,

NOTE Confidence: 0.82507835

00:29:31.900 --> 00:29:34.322 her young black and white next gay

NOTE Confidence: 0.82507835

00:29:34.322 --> 00:29:36.597 patients with with HIV and said that,

NOTE Confidence: 0.82507835

00:29:36.600 --> 00:29:38.628 that that that,

NOTE Confidence: 0.82507835

00:29:38.628 --> 00:29:40.656 that she was,

NOTE Confidence: 0.82507835

00:29:40.660 --> 00:29:42.599 that she was very motivated to try

NOTE Confidence: 0.82507835

00:29:42.599 --> 00:29:44.828 to address the the kind of holistic

NOTE Confidence: 0.82507835

00:29:44.828 --> 00:29:47.145 circumstances in their lives that that set

NOTE Confidence: 0.82507835

00:29:47.145 --> 00:29:49.431 them up for this risk and she knew about.

NOTE Confidence: 0.82507835

00:29:49.440 --> 00:29:51.305 This Umm this LGBTQ affirmative

NOTE Confidence: 0.82507835

00:29:51.305 --> 00:29:53.883 CBT treatment that we had done and

NOTE Confidence: 0.82507835

00:29:53.883 --> 00:29:56.130 and asked if if we could perhaps

NOTE Confidence: 0.82507835

00:29:56.130 --> 00:29:57.957 deliver the treatment at Fair Haven

NOTE Confidence: 0.82507835

00:29:57.957 --> 00:29:59.942 do it in a group based setting.

NOTE Confidence: 0.82507835

00:29:59.942 --> 00:30:01.839 Because she had the the sense that

NOTE Confidence: 0.82507835

00:30:01.839 --> 00:30:03.565 that her patients could benefit from

NOTE Confidence: 0.82507835

00:30:03.565 --> 00:30:05.521 talking to each other to help them

NOTE Confidence: 0.82507835

00:30:05.521 --> 00:30:07.271 see that they that they weren't alone

NOTE Confidence: 0.82507835

00:30:07.271 --> 00:30:09.924 to help them see that they were going

NOTE Confidence: 0.82507835

00:30:09.924 --> 00:30:11.524 through similar struggles to build

NOTE Confidence: 0.82507835

00:30:11.524 --> 00:30:13.572 community and so and so we did that.

NOTE Confidence: 0.82507835

00:30:13.580 --> 00:30:16.080 And, and doctor Skyler Jackson,

NOTE Confidence: 0.82507835

00:30:16.080 --> 00:30:18.060 who was at the time of postdoc in my lab,

NOTE Confidence: 0.82507835

00:30:18.060 --> 00:30:20.778 now Sistant professor in our department.

NOTE Confidence: 0.82507835

00:30:20.780 --> 00:30:23.220 He he he he he brought the study.

NOTE Confidence: 0.82507835

00:30:23.220 --> 00:30:24.964 He was also one of the the therapist

NOTE Confidence: 0.82507835

00:30:24.964 --> 00:30:25.760 on the study.

NOTE Confidence: 0.82507835

00:30:25.760 --> 00:30:28.308 And then before we deliver the treatment,

NOTE Confidence: 0.82507835

00:30:28.310 --> 00:30:29.954 we interviewed about a dozen game

NOTE Confidence: 0.82507835

00:30:29.954 --> 00:30:32.076 bisexual men of color in New Haven to

NOTE Confidence: 0.82507835

00:30:32.076 --> 00:30:33.884 get a sense of their interlocking forms

NOTE Confidence: 0.82507835

00:30:33.884 --> 00:30:35.935 of stigma and how they influence their

NOTE Confidence: 0.82507835

00:30:35.935 --> 00:30:37.517 mental health, their day-to-day lives,

NOTE Confidence: 0.82507835

00:30:37.517 --> 00:30:39.820 and their sense of community and connection.

NOTE Confidence: 0.82507835

00:30:39.820 --> 00:30:41.950 We then packaged the results of

NOTE Confidence: 0.82507835

00:30:41.950 --> 00:30:43.750 those interviews into the LGBT.

NOTE Confidence: 0.82507835

00:30:43.750 --> 00:30:46.198 Affirmative CBT treatment to make sure

NOTE Confidence: 0.82507835

00:30:46.198 --> 00:30:48.618 that the therapist can be prepared

NOTE Confidence: 0.82507835

00:30:48.618 --> 00:30:51.117 and responsive to the to the unique.

NOTE Confidence: 0.82507835

00:30:51.120 --> 00:30:53.216 Challenges and and resiliencies

NOTE Confidence: 0.82507835

00:30:53.216 --> 00:30:55.969 experienced by by, by this community.

NOTE Confidence: 0.760032765714286

00:30:59.290 --> 00:31:01.061 For the treatment and this pilot study

NOTE Confidence: 0.760032765714286

00:31:01.061 --> 00:31:03.253 to to 21 black and Latino gay and

NOTE Confidence: 0.760032765714286

00:31:03.253 --> 00:31:05.060 bisexual men that they are having.

NOTE Confidence: 0.760032765714286

00:31:05.060 --> 00:31:06.929 I should say that Doctor Jackson has

NOTE Confidence: 0.760032765714286

00:31:06.929 --> 00:31:08.677 since received a K award to expand

NOTE Confidence: 0.760032765714286

00:31:08.677 --> 00:31:10.670 this work to to to similar communities.

NOTE Confidence: 0.760032765714286

00:31:10.670 --> 00:31:12.925 It's it's similar similar locales

NOTE Confidence: 0.760032765714286

00:31:12.925 --> 00:31:15.508 like in bisexual men living there

NOTE Confidence: 0.760032765714286

00:31:15.508 --> 00:31:17.810 in the in the US S so in this small

NOTE Confidence: 0.760032765714286

00:31:17.810 --> 00:31:19.599 pilot that we did a fair haven we

NOTE Confidence: 0.760032765714286

00:31:19.599 --> 00:31:21.004 found reductions in the expected

NOTE Confidence: 0.760032765714286

00:31:21.004 --> 00:31:22.972 direction for for almost all of the

NOTE Confidence: 0.760032765714286

00:31:22.972 --> 00:31:24.574 outcomes and perhaps most relevant for

NOTE Confidence: 0.760032765714286

00:31:24.580 --> 00:31:26.710 this pilot study we found evidence.

NOTE Confidence: 0.760032765714286

00:31:26.710 --> 00:31:29.115 That this intersectionality adapted group

NOTE Confidence: 0.760032765714286

00:31:29.115 --> 00:31:32.019 based format of LGBTQ affirmative CBT

NOTE Confidence: 0.760032765714286

00:31:32.019 --> 00:31:34.159 could be implemented quite feasibly.

NOTE Confidence: 0.760032765714286

00:31:34.160 --> 00:31:36.134 Most of the participants showed up

NOTE Confidence: 0.760032765714286

00:31:36.134 --> 00:31:38.838 to to to nearly all of the sessions,

NOTE Confidence: 0.760032765714286

00:31:38.840 --> 00:31:40.826 but perhaps looking at how they

00:31:40.826 --> 00:31:42.743 talked about the treatment in their

00:31:42.743 --> 00:31:44.605 own words kind of drives the the,

00:31:44.610 --> 00:31:45.471 the, the, the,

00:31:45.471 --> 00:31:47.480 the point and the purpose of this

00:31:47.544 --> 00:31:49.280 intervention home quite well,

00:31:49.280 --> 00:31:51.940 for example.

00:31:51.940 --> 00:31:53.291 One participant said I used to think

00:31:53.291 --> 00:31:54.738 that being gay was a bad thing and

00:31:54.738 --> 00:31:55.989 that I should be ashamed of myself,

00:31:55.990 --> 00:31:57.264 that I should try and be straight

00:31:57.264 --> 00:31:58.568 and that I shouldn't hang out

00:31:58.568 --> 00:31:59.758 with like other gay people.

00:31:59.760 --> 00:32:01.508 Now, after the treatment,

00:32:01.508 --> 00:32:04.180 it's it's the exact opposite, another said.

00:32:04.180 --> 00:32:04.900 After the study.

00:32:04.900 --> 00:32:06.040 I came out to my mom,

NOTE Confidence: 0.760032765714286

00:32:06.040 --> 00:32:07.320 I came out to a lot more friends.

NOTE Confidence: 0.760032765714286

00:32:07.320 --> 00:32:08.044 Now I'm just like,

NOTE Confidence: 0.760032765714286

00:32:08.044 --> 00:32:09.130 I'm just living my best life,

NOTE Confidence: 0.760032765714286

00:32:09.130 --> 00:32:09.958 as people say,

NOTE Confidence: 0.760032765714286

00:32:09.958 --> 00:32:12.496 going back to that kind of the the the

NOTE Confidence: 0.760032765714286

00:32:12.496 --> 00:32:14.656 cost of of hiding a part of oneself,

NOTE Confidence: 0.760032765714286

00:32:14.660 --> 00:32:16.856 including from from one's own parents,

NOTE Confidence: 0.760032765714286

00:32:16.860 --> 00:32:18.617 and kind of the the the challenges,

NOTE Confidence: 0.760032765714286

00:32:18.620 --> 00:32:20.748 but also potential benefits.

NOTE Confidence: 0.760032765714286

00:32:20.748 --> 00:32:22.344 Of coming out,

NOTE Confidence: 0.760032765714286

00:32:22.350 --> 00:32:23.398 which this treatment helped

NOTE Confidence: 0.760032765714286

00:32:23.398 --> 00:32:24.970 this this one young man do,

NOTE Confidence: 0.760032765714286

00:32:24.970 --> 00:32:25.540 another participant said.

NOTE Confidence: 0.760032765714286

00:32:25.540 --> 00:32:27.360 It helped me a lot to how do I say it?

NOTE Confidence: 0.760032765714286

00:32:27.360 --> 00:32:29.467 Be happy with myself like except myself.

NOTE Confidence: 0.760032765714286

00:32:29.470 --> 00:32:30.292 In the session,

NOTE Confidence: 0.760032765714286

00:32:30.292 --> 00:32:31.388 people actually listened and

NOTE Confidence: 0.760032765714286

00:32:31.388 --> 00:32:32.848 cared about what I had to say,

NOTE Confidence: 0.760032765714286

00:32:32.850 --> 00:32:34.094 so the treatment helps

NOTE Confidence: 0.760032765714286

00:32:34.094 --> 00:32:35.027 strengthen their identities,

NOTE Confidence: 0.760032765714286

00:32:35.030 --> 00:32:38.750 as gained bisexual men most consistently,

NOTE Confidence: 0.760032765714286

00:32:38.750 --> 00:32:41.198 most participants noted a simple but

NOTE Confidence: 0.760032765714286

00:32:41.198 --> 00:32:43.262 impactful take away illustrated by

NOTE Confidence: 0.760032765714286

00:32:43.262 --> 00:32:45.122 this this last participants quote

NOTE Confidence: 0.760032765714286

00:32:45.122 --> 00:32:47.004 simply that the treatment made

NOTE Confidence: 0.760032765714286

00:32:47.004 --> 00:32:49.008 them feel like they weren't alone,

NOTE Confidence: 0.760032765714286

00:32:49.010 --> 00:32:50.358 which is something that.

NOTE Confidence: 0.760032765714286

00:32:50.358 --> 00:32:52.380 That the providers working at Fairhaven

NOTE Confidence: 0.760032765714286

00:32:52.437 --> 00:32:54.225 had been seeing in their patients.

NOTE Confidence: 0.760032765714286

00:32:54.230 --> 00:32:55.538 They had the sense of isolation,

NOTE Confidence: 0.760032765714286

00:32:55.540 --> 00:32:56.940 the sense of loneliness,

NOTE Confidence: 0.760032765714286

00:32:56.940 --> 00:32:58.690 and the treatment was was

NOTE Confidence: 0.760032765714286

00:32:58.690 --> 00:33:00.287 actually a self against that.

NOTE Confidence: 0.760032765714286

00:33:00.290 --> 00:33:02.782 So with the goal of assessing whether

NOTE Confidence: 0.760032765714286

00:33:02.782 --> 00:33:04.693 LGBTQ affirmative CBT can continue

NOTE Confidence: 0.760032765714286

00:33:04.693 --> 00:33:07.015 to be implemented and compete in

NOTE Confidence: 0.760032765714286

00:33:07.015 --> 00:33:09.000 community settings across the country,

NOTE Confidence: 0.760032765714286

00:33:09.000 --> 00:33:10.716 we identified an ideal network of

NOTE Confidence: 0.760032765714286

00:33:10.716 --> 00:33:12.270 settings where this can happen.

NOTE Confidence: 0.760032765714286

00:33:12.270 --> 00:33:12.769 So.

NOTE Confidence: 0.760032765714286

00:33:12.769 --> 00:33:13.767 You know,

NOTE Confidence: 0.760032765714286

00:33:13.767 --> 00:33:16.761 the US doesn't have a universal

NOTE Confidence: 0.760032765714286

00:33:16.761 --> 00:33:17.980 healthcare system.

NOTE Confidence: 0.760032765714286

00:33:17.980 --> 00:33:18.996 But but it does.

NOTE Confidence: 0.760032765714286

00:33:18.996 --> 00:33:21.345 But it does have kind of this amazing

NOTE Confidence: 0.760032765714286

00:33:21.345 --> 00:33:23.991 resource that was created by the LGBTQ

NOTE Confidence: 0.760032765714286

00:33:23.991 --> 00:33:26.177 community in the in the 1950s and 60s.

NOTE Confidence: 0.760032765714286

00:33:26.180 --> 00:33:26.677 Specifically,

NOTE Confidence: 0.760032765714286

00:33:26.677 --> 00:33:29.659 the US has more than 300

NOTE Confidence: 0.760032765714286

00:33:29.659 --> 00:33:31.150 LGBTQ community clinics.

NOTE Confidence: 0.760032765714286

00:33:31.150 --> 00:33:32.990 These are these are grassroots

NOTE Confidence: 0.760032765714286

00:33:32.990 --> 00:33:34.462 clinics established and in

NOTE Confidence: 0.760032765714286

00:33:34.462 --> 00:33:36.408 many cases and during the gay

NOTE Confidence: 0.760032765714286

00:33:36.408 --> 00:33:37.923 rights movement of the 60s

NOTE Confidence: 0.813160972333333

00:33:37.983 --> 00:33:40.639 where LGBTQ people were were were not having

NOTE Confidence: 0.813160972333333

00:33:40.639 --> 00:33:42.818 their their needs their their healthcare,

NOTE Confidence: 0.813160972333333

00:33:42.818 --> 00:33:44.703 mental health care needs met.

NOTE Confidence: 0.813160972333333

00:33:44.710 --> 00:33:46.705 So they they they did it themselves.

NOTE Confidence: 0.813160972333333

00:33:46.710 --> 00:33:48.576 These centers got even more attention

NOTE Confidence: 0.813160972333333

00:33:48.576 --> 00:33:50.740 during the the the AIDS epidemic in

NOTE Confidence: 0.813160972333333

00:33:50.740 --> 00:33:52.756 the 80s and 90s in particular where

NOTE Confidence: 0.813160972333333

00:33:52.820 --> 00:33:55.308 where where they became a kind of an

NOTE Confidence: 0.813160972333333

00:33:55.308 --> 00:33:57.135 indispensable place to to to do the

NOTE Confidence: 0.813160972333333

00:33:57.135 --> 00:33:58.994 outreach and provide the care that they

NOTE Confidence: 0.813160972333333

00:33:58.994 --> 00:34:01.080 continue to be neglected by more formal.

NOTE Confidence: 0.813160972333333

00:34:01.080 --> 00:34:04.506 Settings. About 40% of these of

NOTE Confidence: 0.813160972333333

00:34:04.506 --> 00:34:06.790 these clinics provide mental

NOTE Confidence: 0.813160972333333

00:34:06.888 --> 00:34:10.026 health services to to a combined.

NOTE Confidence: 0.813160972333333

00:34:10.030 --> 00:34:12.678 The report is it's a combined 50,000 people,

NOTE Confidence: 0.813160972333333

00:34:12.680 --> 00:34:14.108 LGBT people each year.

NOTE Confidence: 0.813160972333333

00:34:14.108 --> 00:34:16.843 Because they often provide free or heavily

NOTE Confidence: 0.813160972333333

00:34:16.843 --> 00:34:18.947 subsidized mental health services,

NOTE Confidence: 0.813160972333333

00:34:18.950 --> 00:34:20.624 they're providing these services to people

NOTE Confidence: 0.813160972333333

00:34:20.624 --> 00:34:22.490 who otherwise wouldn't be able to get care.

NOTE Confidence: 0.813160972333333

00:34:22.490 --> 00:34:24.090 I'm including individuals with lower

NOTE Confidence: 0.813160972333333

00:34:24.090 --> 00:34:26.050 incomes and LGBT people of color,

NOTE Confidence: 0.813160972333333

00:34:26.050 --> 00:34:26.902 trans women.

NOTE Confidence: 0.813160972333333

00:34:26.902 --> 00:34:29.458 So we specifically partnered with Centrelink,

NOTE Confidence: 0.813160972333333

00:34:29.460 --> 00:34:31.404 which is the coordinating hub of

NOTE Confidence: 0.813160972333333

00:34:31.404 --> 00:34:33.950 the US's 300 plus LGBTQ centers,

NOTE Confidence: 0.813160972333333

00:34:33.950 --> 00:34:36.026 to survey the directors and CEO's

NOTE Confidence: 0.813160972333333

00:34:36.026 --> 00:34:37.678 of these centers to get a sense

NOTE Confidence: 0.813160972333333

00:34:37.678 --> 00:34:39.329 of their capacity and interest

NOTE Confidence: 0.813160972333333

00:34:39.329 --> 00:34:40.825 and willingness to implement.

NOTE Confidence: 0.813160972333333

00:34:40.830 --> 00:34:42.718 Our LGBTQ affirmative CBT

NOTE Confidence: 0.813160972333333

00:34:42.718 --> 00:34:45.550 intervention and as you can see.

NOTE Confidence: 0.813160972333333

00:34:45.550 --> 00:34:46.160 Most.

NOTE Confidence: 0.813160972333333

00:34:46.160 --> 00:34:49.820 Of the CEO's and directors reported

NOTE Confidence: 0.813160972333333

00:34:49.820 --> 00:34:51.808 that they saw room to improve their

NOTE Confidence: 0.813160972333333

00:34:51.808 --> 00:34:53.580 their current mental health offerings.

NOTE Confidence: 0.813160972333333

00:34:53.580 --> 00:34:55.953 Most also reported that their staff can

NOTE Confidence: 0.813160972333333

00:34:55.953 --> 00:34:58.600 benefit and being trained in an evidence

NOTE Confidence: 0.813160972333333

00:34:58.600 --> 00:35:00.952 based treatment like LGBTQ affirmative CBT.

NOTE Confidence: 0.813160972333333

00:35:00.960 --> 00:35:02.928 And 100% of them said that they'd be

NOTE Confidence: 0.813160972333333

00:35:02.928 --> 00:35:04.558 willing to provide the administrative

NOTE Confidence: 0.813160972333333

00:35:04.558 --> 00:35:06.363 support and staff time necessary

NOTE Confidence: 0.813160972333333

00:35:06.363 --> 00:35:08.657 for their mental health staff to be

NOTE Confidence: 0.813160972333333

00:35:08.657 --> 00:35:10.644 trained and an LGBTQ affirmative CBT.

NOTE Confidence: 0.813160972333333

00:35:10.644 --> 00:35:12.500 So we train them,

NOTE Confidence: 0.813160972333333

00:35:12.500 --> 00:35:13.668 but not only that,

NOTE Confidence: 0.813160972333333

00:35:13.668 --> 00:35:15.420 we use implementation science to determine

NOTE Confidence: 0.813160972333333

00:35:15.468 --> 00:35:17.238 whether the training was efficacious.

NOTE Confidence: 0.813160972333333

00:35:17.240 --> 00:35:19.484 Namely we used a weightless control

NOTE Confidence: 0.813160972333333

00:35:19.484 --> 00:35:21.855 trial over 11 week training and

NOTE Confidence: 0.813160972333333

00:35:21.855 --> 00:35:24.249 LGBTQ affirmative CBT to to about

NOTE Confidence: 0.813160972333333

00:35:24.250 --> 00:35:26.356 130 providers in this initial pilot

NOTE Confidence: 0.813160972333333

00:35:26.356 --> 00:35:28.262 test working in LGBTQ community

NOTE Confidence: 0.813160972333333

00:35:28.262 --> 00:35:29.990 centers across 21 states.

NOTE Confidence: 0.813160972333333

00:35:29.990 --> 00:35:30.935 This was this,

NOTE Confidence: 0.813160972333333

00:35:30.935 --> 00:35:32.825 this took place during the pandemic

NOTE Confidence: 0.813160972333333

00:35:32.825 --> 00:35:34.883 when we were all everyone in my lab

NOTE Confidence: 0.813160972333333

00:35:34.883 --> 00:35:36.762 was kind of sitting at home with

NOTE Confidence: 0.813160972333333

00:35:36.762 --> 00:35:38.386 kind of wondering what to do and

NOTE Confidence: 0.813160972333333

00:35:38.386 --> 00:35:40.272 how to do it and and and this was

NOTE Confidence: 0.813160972333333

00:35:40.272 --> 00:35:42.158 kind of an ideal opportunity to take

NOTE Confidence: 0.813160972333333

00:35:42.158 --> 00:35:44.024 advantage of the ability to train

NOTE Confidence: 0.813160972333333

00:35:44.030 --> 00:35:45.801 people remotely to do work that they

NOTE Confidence: 0.813160972333333

00:35:45.801 --> 00:35:47.458 that they were continuing to do.

NOTE Confidence: 0.813160972333333

00:35:47.460 --> 00:35:50.403 And and and and we're kind of in in

NOTE Confidence: 0.813160972333333

00:35:50.410 --> 00:35:52.230 in great need of support for doing

NOTE Confidence: 0.813160972333333

00:35:52.230 --> 00:35:53.849 it given the increasing demands

NOTE Confidence: 0.813160972333333

00:35:53.849 --> 00:35:56.177 including among LGBT people for from.

NOTE Confidence: 0.7379580375

00:35:59.860 --> 00:36:03.996 So we we we organized like a lunchtime

NOTE Confidence: 0.7379580375

00:36:04.000 --> 00:36:05.992 webinar, training live every week for

NOTE Confidence: 0.7379580375

00:36:05.992 --> 00:36:08.240 11 weeks and randomly assigned half of

NOTE Confidence: 0.7379580375

00:36:08.240 --> 00:36:10.682 the providers to the to to receive the

NOTE Confidence: 0.7379580375

00:36:10.682 --> 00:36:12.557 training immediately the other half.

NOTE Confidence: 0.7379580375

00:36:12.560 --> 00:36:14.102 So wait list where they received

NOTE Confidence: 0.7379580375

00:36:14.102 --> 00:36:15.500 the training after four months.

NOTE Confidence: 0.7379580375

00:36:15.500 --> 00:36:17.440 And what we see looking at the lines in blue,

NOTE Confidence: 0.7379580375

00:36:17.440 --> 00:36:18.924 which is the effect of receiving the

NOTE Confidence: 0.7379580375

00:36:18.924 --> 00:36:20.237 training compared to the lines in red,

NOTE Confidence: 0.7379580375

00:36:20.240 --> 00:36:21.596 which is the effect of receiving

NOTE Confidence: 0.7379580375

00:36:21.596 --> 00:36:22.274 the wait list.

NOTE Confidence: 0.7379580375

00:36:22.280 --> 00:36:24.440 Our analysis showed that the training

NOTE Confidence: 0.7379580375

00:36:24.440 --> 00:36:25.880 was associated with significantly

NOTE Confidence: 0.7379580375

00:36:25.932 --> 00:36:27.907 greater increases in LGBTQ affirmative.

NOTE Confidence: 0.7379580375

00:36:27.910 --> 00:36:28.986 Cultural competence,

NOTE Confidence: 0.7379580375

00:36:28.986 --> 00:36:31.138 minority knowledge of minority,

NOTE Confidence: 0.7379580375

00:36:31.140 --> 00:36:32.784 stress theory and how it can

NOTE Confidence: 0.7379580375

00:36:32.784 --> 00:36:33.880 be applied in practice.

NOTE Confidence: 0.7379580375

00:36:33.880 --> 00:36:36.480 CBT knowledge and familiarity with

NOTE Confidence: 0.7379580375

00:36:36.480 --> 00:36:39.080 the LGBTQ affirmative CBT skills.

NOTE Confidence: 0.7379580375

00:36:39.080 --> 00:36:41.960 And then we took this cool thing where

NOTE Confidence: 0.7379580375

00:36:41.960 --> 00:36:44.791 we hired young LGBTQ actors in in

NOTE Confidence: 0.7379580375

00:36:44.791 --> 00:36:47.899 Hollywood to role play being LGBTQ client.

NOTE Confidence: 0.7379580375

00:36:47.900 --> 00:36:49.428 We gave them kind of a script of

NOTE Confidence: 0.7379580375

00:36:49.428 --> 00:36:51.569 how to role play being kind of a

NOTE Confidence: 0.7379580375

00:36:51.569 --> 00:36:52.705 characteristic young LGBT person

NOTE Confidence: 0.7379580375

00:36:52.763 --> 00:36:54.038 going through a hard time.

NOTE Confidence: 0.7379580375

00:36:54.040 --> 00:36:56.021 We then showed that video to each

NOTE Confidence: 0.7379580375

00:36:56.021 --> 00:36:57.310 of the providers individually

NOTE Confidence: 0.7379580375

00:36:57.310 --> 00:36:59.200 and then had the providers.

NOTE Confidence: 0.7379580375

00:36:59.200 --> 00:37:00.958 Describe how, what,

NOTE Confidence: 0.7379580375

00:37:00.958 --> 00:37:02.130 what tools,

NOTE Confidence: 0.7379580375

00:37:02.130 --> 00:37:03.445 what skills and approaches they

NOTE Confidence: 0.7379580375

00:37:03.445 --> 00:37:05.085 would use just in free form

NOTE Confidence: 0.7379580375

00:37:05.085 --> 00:37:06.425 writing to help that person.

NOTE Confidence: 0.7379580375

00:37:06.430 --> 00:37:08.430 And then we had research

NOTE Confidence: 0.7379580375

00:37:08.430 --> 00:37:10.430 assistants code the writing for

NOTE Confidence: 0.7379580375

00:37:10.507 --> 00:37:12.542 the presence of LGBTQ affirmative

NOTE Confidence: 0.7379580375

00:37:12.542 --> 00:37:15.369 CBT content and and and this last.

NOTE Confidence: 0.7379580375

00:37:15.370 --> 00:37:18.090 Kind of box of skills used shows that

NOTE Confidence: 0.7379580375

00:37:18.090 --> 00:37:20.617 that the providers are much more

NOTE Confidence: 0.7379580375

00:37:20.617 --> 00:37:22.552 likely to describe applying LGBTQ

NOTE Confidence: 0.7379580375

00:37:22.552 --> 00:37:24.659 affirmative CBT to the to the to

NOTE Confidence: 0.7379580375

00:37:24.659 --> 00:37:26.827 the role played client from before

NOTE Confidence: 0.7379580375

00:37:26.827 --> 00:37:29.014 the training compared to after the

NOTE Confidence: 0.7379580375

00:37:29.014 --> 00:37:30.928 training and the coders were masked

NOTE Confidence: 0.7379580375

00:37:30.928 --> 00:37:32.955 to whether the the description came

NOTE Confidence: 0.7379580375

00:37:32.955 --> 00:37:35.085 from the control group the the

NOTE Confidence: 0.7379580375

00:37:35.085 --> 00:37:37.073 active training condition or whether

NOTE Confidence: 0.7379580375

00:37:37.073 --> 00:37:39.033 they were submitted at baseline

NOTE Confidence: 0.7379580375

00:37:39.033 --> 00:37:41.079 or or following the training.

NOTE Confidence: 0.7379580375

00:37:41.080 --> 00:37:41.740 So finally,

NOTE Confidence: 0.7379580375

00:37:41.740 --> 00:37:44.050 we wanted to know whether this we

NOTE Confidence: 0.7379580375

00:37:44.050 --> 00:37:46.283 wouldn't know whether the streaming can

NOTE Confidence: 0.7379580375

00:37:46.283 --> 00:37:48.490 be disseminated to other high need,

NOTE Confidence: 0.7379580375

00:37:48.490 --> 00:37:51.088 high stigma locales.

NOTE Confidence: 0.7379580375

00:37:51.090 --> 00:37:51.764 So first,

NOTE Confidence: 0.7379580375

00:37:51.764 --> 00:37:53.449 we're working with our colleagues

NOTE Confidence: 0.7379580375

00:37:53.449 --> 00:37:54.123 in Changsha,

NOTE Confidence: 0.7379580375

00:37:54.130 --> 00:37:56.506 China and Hunan province to adapt

NOTE Confidence: 0.7379580375

00:37:56.506 --> 00:37:58.971 LGBTQ affirmative and CBT to respond

NOTE Confidence: 0.7379580375

00:37:58.971 --> 00:38:00.986 to the intersections of Chinese

NOTE Confidence: 0.7379580375

00:38:00.986 --> 00:38:03.409 culture and LGBTQ identities there.

NOTE Confidence: 0.7379580375

00:38:03.410 --> 00:38:05.881 Given that the the experience of of

NOTE Confidence: 0.7379580375

00:38:05.881 --> 00:38:08.233 LGBTQ people can look quite different

NOTE Confidence: 0.7379580375

00:38:08.233 --> 00:38:11.082 than than than LGBT people in settings.

NOTE Confidence: 0.7379580375

00:38:11.090 --> 00:38:14.068 Like the US with them with with with

NOTE Confidence: 0.7379580375

00:38:14.068 --> 00:38:16.438 kind of marriages of convenience

NOTE Confidence: 0.7379580375

00:38:16.438 --> 00:38:18.901 being highly highly common something

NOTE Confidence: 0.7379580375

00:38:18.901 --> 00:38:20.916 like 70% of young LGBT people

NOTE Confidence: 0.7379580375

00:38:20.916 --> 00:38:23.226 report being and I'm and I'm in a

NOTE Confidence: 0.7379580375

00:38:23.226 --> 00:38:24.562 heterosexual marriage where both

NOTE Confidence: 0.7379580375

00:38:24.562 --> 00:38:26.206 partners know we're both parties

NOTE Confidence: 0.7379580375

00:38:26.206 --> 00:38:28.190 know that I'm that that one or both

NOTE Confidence: 0.7379580375

00:38:28.190 --> 00:38:30.315 of the others or themselves LGBT

NOTE Confidence: 0.7379580375

00:38:30.315 --> 00:38:33.380 and and and this is done you know

NOTE Confidence: 0.7379580375

00:38:33.380 --> 00:38:35.956 to uphold a kind of Chinese family

NOTE Confidence: 0.7379580375

00:38:36.034 --> 00:38:38.876 values and and and and and other

NOTE Confidence: 0.7379580375

00:38:38.876 --> 00:38:41.424 pressures that young LGBT people in China.

NOTE Confidence: 0.7379580375

00:38:41.424 --> 00:38:43.410 Will report related to their to

NOTE Confidence: 0.7379580375

00:38:43.475 --> 00:38:44.849 their sexual identity.

NOTE Confidence: 0.7379580375

00:38:44.850 --> 00:38:45.730 And so we used,

NOTE Confidence: 0.7379580375

00:38:45.730 --> 00:38:47.616 I should say they used the the team

NOTE Confidence: 0.7379580375

00:38:47.616 --> 00:38:49.408 in China has really done a fantastic

NOTE Confidence: 0.7379580375

00:38:49.408 --> 00:38:51.770 job carefully adapting the treatment model,

NOTE Confidence: 0.7379580375

00:38:51.770 --> 00:38:53.834 working with the LGBTQ community to

NOTE Confidence: 0.7379580375

00:38:53.834 --> 00:38:55.667 ensure that the resulting treatment

NOTE Confidence: 0.7379580375

00:38:55.667 --> 00:38:58.037 was appropriate and resonant with them,

NOTE Confidence: 0.74786926

00:38:58.040 --> 00:39:01.424 the young LGBT people that they work with.

NOTE Confidence: 0.74786926

00:39:01.430 --> 00:39:04.050 This included meeting with experts

NOTE Confidence: 0.74786926

00:39:04.050 --> 00:39:05.622 community demonstrations training

NOTE Confidence: 0.74786926

00:39:05.622 --> 00:39:08.095 the therapist and doing a initially

NOTE Confidence: 0.74786926

00:39:08.095 --> 00:39:10.129 a small open trial which showed

NOTE Confidence: 0.74786926

00:39:10.194 --> 00:39:12.294 you know early promise of the of

NOTE Confidence: 0.74786926

00:39:12.294 --> 00:39:14.720 of the ability of the session to

NOTE Confidence: 0.74786926

00:39:14.720 --> 00:39:16.620 impact depression and and anxiety.

NOTE Confidence: 0.74786926

00:39:16.620 --> 00:39:19.212 We're not testing this adaptive treatment

NOTE Confidence: 0.74786926

00:39:19.212 --> 00:39:20.940 using our asynchronous delivery

NOTE Confidence: 0.74786926

00:39:21.005 --> 00:39:22.817 platform that I showed earlier and

NOTE Confidence: 0.74786926

00:39:22.817 --> 00:39:25.374 in RCT with them with with with 120

NOTE Confidence: 0.74786926

00:39:25.374 --> 00:39:28.390 young gay and bisexual men and and and

NOTE Confidence: 0.74786926

00:39:28.471 --> 00:39:31.435 working with colleagues in China has.

NOTE Confidence: 0.74786926

00:39:31.440 --> 00:39:33.680 Has been rewarding because of

NOTE Confidence: 0.74786926

00:39:33.680 --> 00:39:36.832 connections to like the China CDC and

NOTE Confidence: 0.74786926

00:39:36.832 --> 00:39:39.751 the the the interest in in government

NOTE Confidence: 0.74786926

00:39:39.751 --> 00:39:42.374 officials and and and and and kind of.

NOTE Confidence: 0.74786926

00:39:42.380 --> 00:39:44.642 And in addressing the the spread

NOTE Confidence: 0.74786926

00:39:44.642 --> 00:39:47.120 of HIV among getting bisexual men

NOTE Confidence: 0.74786926

00:39:47.120 --> 00:39:49.355 and doing that through through.

NOTE Confidence: 0.74786926

00:39:49.360 --> 00:39:51.820 They're delivering tailored healthcare so.

NOTE Confidence: 0.74786926

00:39:51.820 --> 00:39:54.030 So we have buy in of of of of not only

NOTE Confidence: 0.74786926

00:39:54.099 --> 00:39:56.259 community partners but also on government

NOTE Confidence: 0.74786926

00:39:56.259 --> 00:39:58.415 and and and and healthcare officials

NOTE Confidence: 0.74786926

00:39:58.415 --> 00:40:01.349 who who can who can work to to uptake

NOTE Confidence: 0.74786926

00:40:01.349 --> 00:40:03.443 and and implement this intervention if

NOTE Confidence: 0.74786926

00:40:03.443 --> 00:40:05.760 it continues to show to show promise.

NOTE Confidence: 0.74786926

00:40:05.760 --> 00:40:07.936 Another side of our work is Romania and

NOTE Confidence: 0.74786926

00:40:07.936 --> 00:40:10.190 which is one of the most normatively

NOTE Confidence: 0.74786926

00:40:10.190 --> 00:40:12.240 anti LGBTQ countries in Europe where

NOTE Confidence: 0.74786926

00:40:12.240 --> 00:40:13.945 identity concealment is the norm

NOTE Confidence: 0.74786926

00:40:13.945 --> 00:40:15.689 where and where LGBTQ affirmative

NOTE Confidence: 0.74786926

00:40:15.689 --> 00:40:17.963 mental health services are are are

NOTE Confidence: 0.74786926

00:40:17.963 --> 00:40:19.790 pretty much whacking completely.

NOTE Confidence: 0.74786926

00:40:19.790 --> 00:40:21.200 So in addition, you know,

NOTE Confidence: 0.74786926

00:40:21.200 --> 00:40:24.021 we had received funding to do these RCT's

NOTE Confidence: 0.74786926

00:40:24.021 --> 00:40:26.367 of mostly of HIV prevention interventions

NOTE Confidence: 0.74786926

00:40:26.367 --> 00:40:29.118 with young gay bisexual men in Romania.

NOTE Confidence: 0.74786926

00:40:29.120 --> 00:40:30.884 But at the same time we

NOTE Confidence: 0.74786926

00:40:30.884 --> 00:40:32.060 were hearing all these,

NOTE Confidence: 0.74786926

00:40:32.060 --> 00:40:32.900 you know,

NOTE Confidence: 0.74786926

00:40:32.900 --> 00:40:35.000 very moving and compelling stories

NOTE Confidence: 0.74786926

00:40:35.000 --> 00:40:37.790 about how these men existed in in

NOTE Confidence: 0.74786926

00:40:37.790 --> 00:40:39.974 in a situation where they couldn't

NOTE Confidence: 0.74786926

00:40:40.047 --> 00:40:42.567 receive any other mental or sexual

NOTE Confidence: 0.74786926

00:40:42.567 --> 00:40:44.862 health support outside of our study.

NOTE Confidence: 0.74786926

00:40:44.862 --> 00:40:45.780 So, you know,

NOTE Confidence: 0.74786926

00:40:45.780 --> 00:40:48.492 it raises this kind of quandary

NOTE Confidence: 0.74786926

00:40:48.492 --> 00:40:50.300 of here delivering individually.

NOTE Confidence: 0.74786926

00:40:50.300 --> 00:40:53.324 Focus things like CBT to to

NOTE Confidence: 0.74786926

00:40:53.324 --> 00:40:55.870 population what you're sending them.

NOTE Confidence: 0.74786926

00:40:55.870 --> 00:40:56.700 You know, but you know.

NOTE Confidence: 0.727077086617647

00:41:00.030 --> 00:41:02.154 Doctors that that can't that can't

NOTE Confidence: 0.727077086617647

00:41:02.154 --> 00:41:03.928 be supportive outside of the

NOTE Confidence: 0.727077086617647

00:41:03.928 --> 00:41:05.680 context of that of that study.

NOTE Confidence: 0.727077086617647

00:41:05.680 --> 00:41:08.128 So what we do is we started building a

NOTE Confidence: 0.727077086617647

00:41:08.128 --> 00:41:10.605 cadre of of of mental health professionals

NOTE Confidence: 0.727077086617647

00:41:10.605 --> 00:41:13.228 who could who could work to to kind

NOTE Confidence: 0.727077086617647

00:41:13.228 --> 00:41:15.625 of change the attitudes of the mental

NOTE Confidence: 0.727077086617647

00:41:15.625 --> 00:41:17.380 health professionals in Romania to

NOTE Confidence: 0.727077086617647

00:41:17.380 --> 00:41:19.837 to to be more LGBTQ affirmative.

NOTE Confidence: 0.727077086617647

00:41:19.840 --> 00:41:22.056 So one of the things we did for

NOTE Confidence: 0.727077086617647

00:41:22.056 --> 00:41:24.451 example was invite a kind of a network

NOTE Confidence: 0.727077086617647

00:41:24.451 --> 00:41:26.132 of of mental health professionals

NOTE Confidence: 0.727077086617647

00:41:26.132 --> 00:41:28.277 in remaining to to attend.

NOTE Confidence: 0.727077086617647

00:41:28.280 --> 00:41:30.914 The training that we did of

NOTE Confidence: 0.727077086617647

00:41:30.914 --> 00:41:34.210 LGBTQ affirmative therapy and.

NOTE Confidence: 0.727077086617647

00:41:34.210 --> 00:41:35.806 200 people showed up and then we

NOTE Confidence: 0.727077086617647

00:41:35.806 --> 00:41:37.277 randomized them to either received the

NOTE Confidence: 0.727077086617647

00:41:37.277 --> 00:41:39.450 training in person or to receive it remotely.

NOTE Confidence: 0.727077086617647

00:41:39.450 --> 00:41:41.990 And this is an important.

NOTE Confidence: 0.727077086617647

00:41:41.990 --> 00:41:44.875 Implication from kind of global

NOTE Confidence: 0.727077086617647

00:41:44.875 --> 00:41:48.250 implementation perspective and that you know,

NOTE Confidence: 0.727077086617647

00:41:48.250 --> 00:41:49.839 it's hard and and challenging to to

NOTE Confidence: 0.727077086617647

00:41:49.839 --> 00:41:51.646 show up in person to every country

NOTE Confidence: 0.727077086617647

00:41:51.646 --> 00:41:53.650 where such a training might be needed.

NOTE Confidence: 0.727077086617647

00:41:53.650 --> 00:41:56.122 But if we can show that remote online

NOTE Confidence: 0.727077086617647

00:41:56.122 --> 00:41:57.929 training works works just as well,

NOTE Confidence: 0.727077086617647

00:41:57.930 --> 00:41:59.916 it really has implications for feasibility

NOTE Confidence: 0.727077086617647

00:41:59.916 --> 00:42:01.620 and cost and time effectiveness

NOTE Confidence: 0.727077086617647

00:42:01.620 --> 00:42:03.888 and in fact that's what we found.

NOTE Confidence: 0.727077086617647

00:42:03.890 --> 00:42:05.930 So the lines here whether people

00:42:05.930 --> 00:42:07.703 were the providers were either

00:42:07.703 --> 00:42:09.433 randomized to receive the training

00:42:09.433 --> 00:42:11.980 in person or to receive it online.

00:42:11.980 --> 00:42:13.100 Regardless of whether providers

00:42:13.100 --> 00:42:14.780 received it in person or online,

00:42:14.780 --> 00:42:17.384 we found that we found significant

00:42:17.384 --> 00:42:19.988 reductions in explicit bias and even

00:42:19.988 --> 00:42:22.382 15 months after the the treatment

00:42:22.382 --> 00:42:24.734 and reductions in in implicit bias

00:42:24.734 --> 00:42:26.589 towards LGBT people and uptake

00:42:26.589 --> 00:42:28.400 in LGBTQ affirmative practice.

00:42:28.400 --> 00:42:29.360 Skills, beliefs,

00:42:29.360 --> 00:42:32.202 behaviors and the effect sizes here are

00:42:32.202 --> 00:42:35.039 very small because they're comparing the,

00:42:35.040 --> 00:42:36.460 the, the, the, the,

00:42:36.460 --> 00:42:39.053 the impact of delivering of delivering the

NOTE Confidence: 0.727077086617647

00:42:39.053 --> 00:42:41.417 treatment in person versus versus online,

NOTE Confidence: 0.727077086617647

00:42:41.420 --> 00:42:42.060 so, so.

NOTE Confidence: 0.727077086617647

00:42:42.060 --> 00:42:43.980 Some kind of important test of

NOTE Confidence: 0.727077086617647

00:42:43.980 --> 00:42:45.964 preparing for future implementation.

NOTE Confidence: 0.727077086617647

00:42:45.964 --> 00:42:49.112 So, so future research directions,

NOTE Confidence: 0.727077086617647

00:42:49.112 --> 00:42:50.438 I think,

NOTE Confidence: 0.727077086617647

00:42:50.440 --> 00:42:52.420 involve continuing to be curious and

NOTE Confidence: 0.727077086617647

00:42:52.420 --> 00:42:54.718 open about whether and how we need

NOTE Confidence: 0.727077086617647

00:42:54.718 --> 00:42:56.560 to adapt existing treatments for for

NOTE Confidence: 0.727077086617647

00:42:56.560 --> 00:42:58.718 sexual and gender minority populations.

NOTE Confidence: 0.727077086617647

00:42:58.720 --> 00:43:01.712 While at the same time I may be

NOTE Confidence: 0.727077086617647

00:43:01.712 --> 00:43:03.356 moving beyond RCT's to speed up

NOTE Confidence: 0.727077086617647

00:43:03.356 --> 00:43:04.252 the dissemination of treatments

NOTE Confidence: 0.727077086617647

00:43:04.252 --> 00:43:05.259 that we already have,

NOTE Confidence: 0.727077086617647

00:43:05.260 --> 00:43:08.158 including so we have we we have

NOTE Confidence: 0.727077086617647

00:43:08.160 --> 00:43:11.180 many evidence based psychotherapies.

NOTE Confidence: 0.727077086617647

00:43:11.180 --> 00:43:14.530 For example, for for the general population,

NOTE Confidence: 0.727077086617647

00:43:14.530 --> 00:43:16.816 those therapies can be adapted right

NOTE Confidence: 0.727077086617647

00:43:16.816 --> 00:43:19.620 now using using kind of evidence based.

NOTE Confidence: 0.728604094666667

00:43:21.730 --> 00:43:23.554 LGBTQ tailored case conceptualizations

NOTE Confidence: 0.728604094666667

00:43:23.554 --> 00:43:26.697 and so like we've derived this type

NOTE Confidence: 0.728604094666667

00:43:26.697 --> 00:43:29.056 of guidance and published it of how

NOTE Confidence: 0.728604094666667

00:43:29.056 --> 00:43:31.227 people who were delivering whether it's

NOTE Confidence: 0.728604094666667

00:43:31.227 --> 00:43:33.883 IP T or or more expensive experiential

NOTE Confidence: 0.728604094666667

00:43:33.883 --> 00:43:36.961 or emotion focused therapies or more

NOTE Confidence: 0.728604094666667

00:43:36.961 --> 00:43:38.924 more interpersonally focused therapies

NOTE Confidence: 0.728604094666667

00:43:38.924 --> 00:43:41.716 can can can all borrow from the the

NOTE Confidence: 0.728604094666667

00:43:41.716 --> 00:43:43.817 general quite general LGBTQ affirmative

NOTE Confidence: 0.728604094666667

00:43:43.817 --> 00:43:46.696 principles that that that we use to

NOTE Confidence: 0.728604094666667

00:43:46.696 --> 00:43:49.464 adapt and CBT to to think creatively and

NOTE Confidence: 0.728604094666667

00:43:49.464 --> 00:43:51.648 carefully about how to make existing.

NOTE Confidence: 0.728604094666667

00:43:51.650 --> 00:43:53.790 Evidence based practice more responsive

NOTE Confidence: 0.728604094666667

00:43:53.790 --> 00:43:56.362 to to the LGBTQ population without

NOTE Confidence: 0.728604094666667

00:43:56.362 --> 00:43:58.784 going through the you know 1015 years

NOTE Confidence: 0.728604094666667

00:43:58.784 --> 00:44:00.828 of of effort needed to develop the

NOTE Confidence: 0.728604094666667

00:44:00.828 --> 00:44:02.451 treatments from scratch to adapt them

NOTE Confidence: 0.728604094666667

00:44:02.451 --> 00:44:04.470 test them in RCT's and then I'm and

NOTE Confidence: 0.728604094666667

00:44:04.470 --> 00:44:05.900 then ultimately hope that they'll be,

NOTE Confidence: 0.728604094666667

00:44:05.900 --> 00:44:07.924 that they'll be implemented.

NOTE Confidence: 0.728604094666667

00:44:07.924 --> 00:44:09.948 I'm Speaking of implementation.

NOTE Confidence: 0.728604094666667

00:44:09.950 --> 00:44:11.630 What our what our lab is currently

NOTE Confidence: 0.728604094666667

00:44:11.630 --> 00:44:13.812 working on is using the tools of

NOTE Confidence: 0.728604094666667

00:44:13.812 --> 00:44:15.216 implementation science including from

NOTE Confidence: 0.728604094666667

00:44:15.216 --> 00:44:16.903 global mental health context where

NOTE Confidence: 0.728604094666667

00:44:16.903 --> 00:44:18.769 where you know evidence based practice

NOTE Confidence: 0.728604094666667

00:44:18.769 --> 00:44:20.922 is being scaled up using tech and

NOTE Confidence: 0.728604094666667

00:44:20.922 --> 00:44:22.926 task shifting to ensure that providers

NOTE Confidence: 0.728604094666667

00:44:22.926 --> 00:44:25.074 are trained in treatments that are

NOTE Confidence: 0.728604094666667

00:44:25.074 --> 00:44:27.417 responsive to the needs of of local

NOTE Confidence: 0.728604094666667

00:44:27.417 --> 00:44:29.355 communities especially in in high need

NOTE Confidence: 0.728604094666667

00:44:29.355 --> 00:44:31.849 settings across the US and and globally.

NOTE Confidence: 0.728604094666667

00:44:31.850 --> 00:44:34.328 So a lot of excitement about about

NOTE Confidence: 0.728604094666667

00:44:34.328 --> 00:44:36.421 about moving this work forward to

NOTE Confidence: 0.728604094666667

00:44:36.421 --> 00:44:38.661 to to reach those who who could

NOTE Confidence: 0.728604094666667

00:44:38.732 --> 00:44:40.637 continue to benefit from it.

NOTE Confidence: 0.728604094666667

00:44:40.640 --> 00:44:41.564 So in conclusion,

NOTE Confidence: 0.728604094666667

00:44:41.564 --> 00:44:44.203 you know from the beginning of the LGBTQ

NOTE Confidence: 0.728604094666667

00:44:44.203 --> 00:44:46.278 rights movement and affirmative stance

NOTE Confidence: 0.728604094666667

00:44:46.278 --> 00:44:48.539 towards mental health was you know,

NOTE Confidence: 0.728604094666667

00:44:48.540 --> 00:44:50.916 one of the few basic demands

NOTE Confidence: 0.728604094666667

00:44:50.916 --> 00:44:52.500 of the LGBTQ community.

NOTE Confidence: 0.728604094666667

00:44:52.500 --> 00:44:54.039 We have to keep in mind that you know,

NOTE Confidence: 0.728604094666667

00:44:54.040 --> 00:44:55.708 the, the, the, the,

NOTE Confidence: 0.728604094666667

00:44:55.708 --> 00:44:57.376 the mental health profession,

NOTE Confidence: 0.728604094666667

00:44:57.380 --> 00:44:58.066 you know,

NOTE Confidence: 0.728604094666667

00:44:58.066 --> 00:45:00.124 it's historic role in the mental

NOTE Confidence: 0.728604094666667

00:45:00.124 --> 00:45:02.658 health of LGBTQ people was to use

NOTE Confidence: 0.728604094666667

00:45:02.658 --> 00:45:05.118 its power to pathologize LGBTQ people

NOTE Confidence: 0.728604094666667

00:45:05.118 --> 00:45:06.948 through through pathologizing,

NOTE Confidence: 0.728604094666667

00:45:06.950 --> 00:45:07.398 diagnosis,

NOTE Confidence: 0.728604094666667

00:45:07.398 --> 00:45:09.190 abusive conversion therapies and

NOTE Confidence: 0.728604094666667

00:45:09.190 --> 00:45:10.982 things that justified the.

NOTE Confidence: 0.728604094666667

00:45:10.990 --> 00:45:13.540 The criminalization and kind of and

NOTE Confidence: 0.728604094666667

00:45:13.540 --> 00:45:16.944 kind of you know spending ones life you

NOTE Confidence: 0.728604094666667

00:45:16.944 --> 00:45:20.480 know as a as a persecuted population

NOTE Confidence: 0.728604094666667

00:45:20.480 --> 00:45:23.756 you know spent in solitude and sickness.

NOTE Confidence: 0.728604094666667

00:45:23.760 --> 00:45:25.146 But the fields come a long way

NOTE Confidence: 0.728604094666667

00:45:25.146 --> 00:45:26.120 and I think we can,

NOTE Confidence: 0.728604094666667

00:45:26.120 --> 00:45:26.358 we,

NOTE Confidence: 0.728604094666667

00:45:26.358 --> 00:45:28.500 we can and should be proud of that and

NOTE Confidence: 0.728604094666667

00:45:28.558 --> 00:45:30.850 we now have scientific evidence that

NOTE Confidence: 0.728604094666667

00:45:30.850 --> 00:45:32.856 LGBTQ affirmative CBT's are efficacious.

NOTE Confidence: 0.728604094666667

00:45:32.856 --> 00:45:34.504 They're capable of community

NOTE Confidence: 0.728604094666667

00:45:34.504 --> 00:45:36.159 implementation and they're capable

NOTE Confidence: 0.728604094666667

00:45:36.159 --> 00:45:37.595 of relatively efficient dissemination

NOTE Confidence: 0.728604094666667

00:45:37.595 --> 00:45:39.810 to high to high stigma settings

NOTE Confidence: 0.728604094666667

00:45:39.810 --> 00:45:41.246 worldwide and where that.

NOTE Confidence: 0.728604094666667

00:45:41.250 --> 00:45:43.656 Without legacy and and all too

NOTE Confidence: 0.728604094666667

00:45:43.656 --> 00:45:45.729 often unfortunately persist in our

NOTE Confidence: 0.728604094666667

00:45:45.729 --> 00:45:47.309 continued application of research

NOTE Confidence: 0.728604094666667

00:45:47.309 --> 00:45:50.154 to the to this express need of

NOTE Confidence: 0.728604094666667

00:45:50.154 --> 00:45:52.560 the LGBTQ population and will only

NOTE Confidence: 0.728604094666667

00:45:52.560 --> 00:45:54.486 hopefully continue to ensure its

NOTE Confidence: 0.728604094666667

00:45:54.486 --> 00:45:56.718 continued and equity and and thriving.

NOTE Confidence: 0.832963248333333

00:46:00.670 --> 00:46:01.810 All of you for showing up.

NOTE Confidence: 0.832963248333333

00:46:01.810 --> 00:46:04.057 Thank you to the Department of Psychiatry

NOTE Confidence: 0.832963248333333

00:46:04.057 --> 00:46:06.722 for being one of my professional one of

NOTE Confidence: 0.832963248333333

00:46:06.722 --> 00:46:08.890 my two professional homes here at Yale.

NOTE Confidence: 0.832963248333333

00:46:08.890 --> 00:46:10.514 Thank you for the support of of

NOTE Confidence: 0.832963248333333

00:46:10.514 --> 00:46:12.556 this topic and through the LGBTQ and

NOTE Confidence: 0.832963248333333

00:46:12.556 --> 00:46:14.171 advocacy and practice and research

NOTE Confidence: 0.832963248333333

00:46:14.171 --> 00:46:15.859 efforts and Department of Psychiatry

NOTE Confidence: 0.832963248333333

00:46:15.859 --> 00:46:17.827 the research presented here today is

NOTE Confidence: 0.832963248333333

00:46:17.830 --> 00:46:19.662 there is the result of the hard work

NOTE Confidence: 0.832963248333333

00:46:19.662 --> 00:46:21.352 of of the committed caring people

NOTE Confidence: 0.832963248333333

00:46:21.352 --> 00:46:23.756 shown here and and and and and several

NOTE Confidence: 0.832963248333333

00:46:23.756 --> 00:46:25.490 others who who've who've been part

NOTE Confidence: 0.832963248333333

00:46:25.490 --> 00:46:28.080 of our initiative and in the past.

NOTE Confidence: 0.832963248333333

00:46:28.080 --> 00:46:30.915 Most of whom are listed here as long as,

NOTE Confidence: 0.832963248333333

00:46:30.920 --> 00:46:32.240 as well as the funding sources

NOTE Confidence: 0.832963248333333

00:46:32.240 --> 00:46:32.900 and our collaborators.

NOTE Confidence: 0.832963248333333

00:46:32.900 --> 00:46:35.180 So thank you all and I eagerly

NOTE Confidence: 0.832963248333333

00:46:35.180 --> 00:46:36.880 look forward to your questions.

NOTE Confidence: 0.832963248333333

00:46:36.880 --> 00:46:37.000 Thank you.