# Evidence Search Service Results of your search request

## LGBT+ and the impact of COVID-19

**ID of request:** 29680  
**Date of request:** 25th May, 2021  
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If you would like to request any articles or any further help, please contact:  Frankie Marcelline at [francesca.marcelline@nhs.net](mailto:francesca.marcelline@nhs.net)

Please acknowledge this work in any resulting paper or presentation as: Evidence search: LGBT+ and the impact of COVID-19. Frankie Marcelline. (23rd July, 2021). BRIGHTON, UK: Brighton and Sussex Library and Knowledge Service.

**Sources searched**  
Google (15)  
Google Scholar (9)  
Google site search (4)  
LGBT Foundation (1)  
MEDLINE (1)  
NICE Evidence Search (3)  
PubMed (1)  
The BMJ (1)

**Date range used** (5 years, 10 years): 2020-2021   
**Limits used** (gender, article/study type, etc.): Date and English language   
**Search terms and notes** (full search strategy for database searches below):

**NICE Evidence search terms:**

lgbt (Date limited to 2020-2021)

**Google Scholar search terms:**

lgbt covid uk

**Google site search terms:**

site:org.uk lgbt covid

site:gov.uk lgbt covid

**Google search terms:**

lgbt covid

lgbt covid discrimination  
  
lgbt covid barriers

lgbt covid prevalence

For more information about the resources please go to: <https://www.bsuh.nhs.uk/library/>.

## Summary of Results

This evidence search report includes policy briefings, studies and grey literature on the impacts, discrimination, barriers and prevalence of the COVID-19 pandemic on LGBT+ people across the life-course. There are many good quality results, and reports that appear to be of particular importance are: the LGBT Foundation's Hidden figures: the impact of the COVID-19 pandemic on LGBT communities; COVID-19 and LGBT Sexual Health: Lessons learned, digital futures; and Discrimination as a predictor of poor mental health among LGBTQ+ people during the COVID-19 pandemic.

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## A. Synopses or Summaries

#### Birmingham LGBT

**Impact of COVID-19 on LGBT Communities in Birmingham.** (2020)

Viney D.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=0f3a3e1462a52ff6616f01a658b2ba72)

Birmingham LGBT is one of the community partner organisations working with us in this partnership, focusing specifically on the experiences and issues affecting the lesbian, gay, bisexual and trans community in Birmingham. Birmingham is proud to have a diverse and multi-cultural LGBTQ+ community, and the community is an important part of our city’s heritage, identity, economy and culture. Coming into the pandemic, we were already aware of the significant health inequalities affecting the LGBT communities, especially in terms of mental ill-health and wellbeing. Like many other communities, we anticipate these inequalities being exacerbated by the isolation of lockdown and the impact of Covid-19 directly. This survey and the engagement through Birmingham LGBT has been an essential part of helping us understand how the pandemic is affecting our LGBTQ+ residents in both the short and longer-term and allows us work with the community to mitigate issues and respond to them as part of the next phase of the Covid-19 pandemic.

#### Cambridge University Press

**A Queer Approach to Understanding LGBT Vulnerability during the COVID-19 Pandemic.** (2020)

Graeme Reid

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=d8967678c5aa18f15c7e498d05862021)

Throughout the COVID-19 pandemic, advocates have argued for the inclusion of lesbian, gay, bisexual, and trans (LGBT) people in humanitarian response efforts. Yet the application of this differential focus has been mixed among international policy guidelines and national programs. This research note details a queer theoretical approach to humanitarian crises that considers the intersectional factors that produce specific vulnerabilities within LGBT communities. We take two examples from distinct LGBT communities during the COVID-19 pandemic to demonstrate the analytical risk of treating the umbrella acronym LGBT, indicating distinct identity groups, as monolithic and not differentiating within identity groups based on other factors. We contend that this monolithic approach risks obviating the way different structural forces further compound precarity during crisis. Thus, we make the case for rooting intersectional approaches in any queer analyses of crisis. Keywords: Queer humanitarianism crisis COVID-19 pandemic response differential focus vulnerability

#### Centers for Disease Control and Prevention (CDC)

**Sexual Orientation Disparities in Risk Factors for Adverse COVID-19–Related Outcomes, by Race/Ethnicity — Behavioral Risk Factor Surveillance System, United States, 2017–2019.** (2021)

Kevin C. Heslin, Jeffrey E. Hall

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=314ece969101c9a2d801082f0155d8a2)

Summary What is already known about this topic? Risks for COVID-19 acquisition and severe associated illness vary by characteristics, including race/ethnicity, age, and urban/rural residence. U.S. COVID-19 surveillance systems lack information on sexual orientation, hampering examination of COVID-19–associated disparities among sexual minority adults. What is added by this report? Sexual minority persons in the United States have higher self-reported prevalences of several underlying health conditions associated with severe outcomes from COVID-19 than do heterosexual persons, both in the overall population and among racial/ethnic minority groups. What are the implications for public health practice? Inclusion of sexual orientation and gender identity data in COVID-19 surveillance and other data collections could improve knowledge about disparities in infections and adverse outcomes among sexual and gender minority populations, overall and by race/ethnicity.

#### Centre for Evidence-Based Medicine (CEBM)

**Advance care planning in the community in the context of COVID-19.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=cb7eec165eea202eafb0720ef28e302d)

What enables or hinders people in the community to make or update advance care plans in the context of Covid-19, and how can those working in health and social care best support this process?

#### House of Lords Library

**Safeguarding the rights of the global LGBTI+ community.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=0bddc1583abc7ac973d674a461b28f73)

Covid-19 has impacted the work of LGBTI+ organisations around the world. This article looks at a recent report by the Baring Foundation which calls for increased spending by the UK Government on global LGBTI+ rights and outlines the current spending commitments in this area.

#### ILGA Europe

**COVID-19 and specific impact on LGBTI people and what authorities should be doing to mitigate impact.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=86978eda4bd947317e6d467be817db98)

COVID-19 is generating complex challenges and risks and while the virus does not discriminate, it is very clear that it hits marginalised communities in our societies disproportionally hard. In addition,social distancing and other prevention measures, as needed as they are, can have unwanted negative impacts on the lives of marginalised groups. This should be taken into account and mitigated as much as possible.

#### Journal of Epidemiology and Community Health

**COVID-19: exposing and amplifying inequalities.** (2020)

Michael Marmot, Jessica Allen

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=94ffcc9e4281613acb3aa6384af8b4fe)

Exponential growth is difficult for people to grasp. But that is what has happened to sales of Albert Camus’s The Plague, first published in 1947. According to Jacqueline Rose, it is ‘an upsurge strangely in line with the graphs that daily chart the toll of the sick and the dead’. She reports that, from the start of the COVID-19 pandemic, sales had grown 1000%.1 It may not be worth dwelling on those statistics. More interesting for Rose, and for us, is that a key theme of Camus is that ‘the pestilence is at once blight and revelation. It brings the hidden truth of a corrupt world to the surface’. In the same way, the pandemic of COVID-19 exposes and amplifies inequalities in society. The myth of the pandemic as the great leveller was given air when early cases included elites: a prince, a prime minister, a Premier League football manager and the actor Tom Hanks. It was, and is, most likely that as the pandemic took hold and society responded we would see familiar inequalities, of two sorts: inequalities in COVID-19 and inequalities in the social conditions that lead to inequalities in health more generally.

#### Journal of Homosexuality

**Introduction to Special Issue: Impacts of the COVID-19 Pandemic on LGBTQ+ Health and Well-Being.** (2021)

Drabble LA

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=e0297d11423c22efc5db81bfbe0ad120)

This special issue on the impacts of COVID-19 on LGBTQ+ health and well-being reports findings from nine articles with varied study designs, including data from multiple countries and all segments of LGBTQ+ communities. Key findings included the observation that pre-COVID mental health disparities predispose LGBTQ+ people to poorer outcomes; that technological communication aids are essential in maintaining some sense of community; and that substance use is perceived by sexual minority women as a means of coping with fears, stress, loneliness, and boredom. Studies in this special issue also document that community support is still a critical need, particularly among those who are sheltering at home with families of origin. Findings underscore the importance of addressing structural inequities, including advocating for rights; providing financial support for LGBTQ+ community organizations and networks; ensuring access to competent and affirming healthcare; and including vulnerable communities in disaster response and planning. KEYWORDS: COVID-19 and LGBTQ+ sexual minority gender minority transgender gender nonbinary health disparities

#### Journal of Pain and Symptom Management

**LGBTQ+ Inclusive Palliative Care in the Context of COVID-19: Pragmatic Recommendations for Clinicians.** (2020)

William E.Rosa

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=ed4278af54f23f9d10a21e3e5c721d02)

As coronavirus disease 2019 (COVID-19) continues to impact the seriously ill and their families on a global scale, considerations given to marginalized groups amid the pandemic are essential to ensure the provision of high-quality and dignified care. Lesbian, gay, bisexual, transgender, gender-nonconforming, and queer/questioning-identified (LGBTQ+) persons are particularly vulnerable to health inequities across settings, including palliative care and at the end of life. There is a crucial gap in the literature pertaining to palliative care for LGBTQ+ populations during COVID-19. We aim to fill this gap by providing essential health inequity and social support background pertaining to LGBTQ+ persons and practical recommendations for immediate implementation that support inclusive and respectful care for these populations. Using these recommendations is a pragmatic pathway to promote trust, transparency, patient and family engagement, and value concordant care amid the health system strain caused by COVID-19. Key Words: LGBTQ LGBT COVID-19 palliative care

#### LGBT Foundation

**COVID-19 and LGBT Sexual Health: Lessons learned, digital futures?** (2021)

García-Iglesias J.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=1d12c9f3e85719966f6bc0ddde1b249a)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=4ae3d831b925ed3160b62e6ae35707b0)

This report describes the characteristics of online service users during the COVID-19 pandemic, compares them to service users before the pandemic, and explores their experiences accessing services and activities. The research focuses on the Sexual Health Programme run by LGBT Foundation in Greater Manchester, which includes the distribution of condoms and lube, STI and HIV tests, and outreach activities. More generally, during the COVID-19 pandemic, sexual and reproductive health and genitourinary medicine services saw a drastic reduction in capacity and a changed mode of operation. This raised concerns about how populations at high-risk for HIV may be unable to continue to access services. In addition, the temporary reduction in capacity exacerbated pre-existing challenges when accessing services. However, the disruption to service provision may also provide an opportunity for developing new services and modes of delivery.

**The Essential Briefing on the Impact of COVID-19 on LGBT Communities in the UK.** (2021)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=3bfe3d937a4822b4de44bee8260d8aae)

The briefing focuses on the impact of COVID-19 on lesbian, gay, bisexual and trans (LGBT) communities and contains information for front-line staff to support the wider healthcare outcomes of LGBT patients during a period of strain across the NHS. This includes not only highlighting the experiences of LGBT communities, but information to guide professionals, and to equip staff to signpost patients to additional support during a time when NHS resources are under stress.

**Hidden figures: Impact of the Covid-19 pandemic on LGBT communities in the UK.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=18a688d8bfadbb9e27872e95b0145d40)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=fa5f16aab3abf269fe9242d59ba04879)

This research has uncovered some of the wide-ranging and profound effects the pandemic has had on the lives of LGBT people across the country.

**Impact of COVID-19 on LGBT Communities.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=e7ba5b73d388f45a7d26a3c8a1513fb4)

The Coronavirus disease 2019 (COVID-19) has had an unprecedented effect on the daily lives of everyone in the UK.The impact of the virus is widespread, however individuals from marginalised or disadvantaged groups who already experience poorer outcomes in healthcare may be disproportionally affected by the wider healthcare implications of the current situation.This briefing paper focuses on the impact of COVID-19 on lesbian, gay, bisexual and trans (LGBT) Communities. Many communities and people with different characteristics are likely to be disproportionally impacted, with people with multiple marginalised identities likely to experience the most difficulties, for example disabled people and black, Asian and minority ethic people.It is important that we consider all these communities and characteristics, however this paper will focus on the experiences and implications for LGBT people.

#### LGBT Hero

**The LGBTQ+ Lockdown Wellbeing Report.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=205a060c6a1687faf283cd1240f6bc76)

We surveyed over 2300 people to find out exactly how the coronavirus lockdown is affecting the LGBTQ+ community. Lockdown has touched every aspect of our lives, but has particularly impacted the vulnerable. This is why we asked queer people about everything from health to housing. Thanks to the huge response we've got a lot of data, but it's worth noting that this was a self-selecting survey promoted via Facebook, and this should be taken into account when reading the results. Survey data was collected between May 14 and May 29, 2020.

#### NAM

**Survey shows the impact of COVID-19 lockdown on LGBT communities.** (2020)

Gus Cairns

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=26a3755c6423c2a97da2447ff628ffd3)

Significant impact on employment, food security and HIV treatment and prevention access. An international survey conducted via LGBT social media and dating sites shows that the measures introduced in response to the COVID-19 epidemic have had a significant impact on the health and economic security of a significant minority of respondents from the LGBT community. The survey was presented in two different analyses at the recent 23rd International AIDS Conference (AIDS 2020: Virtual). The first looked at the economic, treatment and prevention impact for all respondents. The second, restricted to a subset of countries and to men recruited through the Hornet dating app, looked to see if there was a relationship between the severity of lockdown measures in those countries and the impact on the respondents.

#### NHS Confederation

**Supporting the LGBTQ+ population through COVID-19 and beyond.** (2021)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=5f9b2a78c71b720a993f3086842783c4)

Recommendations to help healthcare leaders, service designers and commissioners ensure services and workplaces meet the needs of the LGBTQ+ population.

#### Office of the High Commissioner for Human Rights (OHCHR)

**Report on the impact of the COVID-19 pandemic on the human rights of LGBT persons.** (2020)

Independent Expert on protection against violence and discrimination based on sexual orientation and gender identity.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=9b95e595be3a6f18db1b48edd5b96836)

The coronavirus disease (COVID-19) pandemic is an unprecedented global challenge that has exacerbated inequalities prevalent in all regions of the world. The United Nations General Assembly has acknowledged that “the poorest and most vulnerable are the hardest hit by the pandemic”, and the UN Secretary General has noted that it is “highlighting deep economic and social inequalities and inadequate health and social protection systems that require urgent attention as part of the public health response”. In his report, the Independent Expert discusses the impact of the COVID-19 pandemic on LGBT persons, communities and/or populations. The Independent Expert analyses the impact of the pandemic on social exclusion and violence, and the interaction with institutional drivers of stigma and discrimination. He also looks at measures adopted in the context of the pandemic aimed at persecuting LGBT persons or with indirect or unintended discriminatory effects. Good practices are also identified in the report. The present report is part of an integral process for COVID-19 response and recovery free from violence and discrimination based on sexual orientation and gender identity. The “ASPIRE” guidelines, released in June 2020, provide a specific set of recommendations to that end. The present report should be read in conjunction with these guidelines.

#### The BMJ

**LGBTQ+ Healthcare: How covid-19 has exacerbated LGBTQ+ health inequalities.** (2021)

Callum Phillips

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=cd142d29442c855dacab3ac54a1d3c45)

Despite inadequate monitoring of health in the LGBTQ+ community, the data we have suggest a disproportionate effect of the covid pandemic and its control measures. In 2018 the UK government published an LGBT actionplan, aiming to ensure that“LGBT people’s needs areat the heart of the National Health Service.”1Despitethis executive recognition of the physical and mental health inequalities faced by the LGBTQ+ community—as well as the inequities in access to care and the social determinants of health—three years on, the UK still doesn’t routinely monitor sexual orientation or gender identity at a national level. And yet the data we do have suggest that covid-19 has exacerbated these disparities, highlighting the shortcomings in this monitoring and our approach to LGBTQ+ healthcare.

#### University of Manchester

**Rapid Evidence Review: Inequalities in relation to COVID-19 and their effects on London.** (2020)

James Nazroo et al.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=1af24393a7a77d0c430b18bc63440076)

This report provides the outcomes of a rapid evidence review that was commissioned by the Greater London Authority.The objective of the review was to document and understand the impact of COVID-19 (in terms of both health and the broader impacts on existing social and economic inequalities) on those with protected characteristics, as well as those living in poorer,or more precarious,socioeconomic circumstances, paying particular attention to its effect in London.We identify substantial inequalities across protected characteristics and socioeconomic position in relation to the impacts of the coronavirus pandemic. This is both in terms of risk of COVID-19 infection, complications and mortality, and in terms of the negative economic, social and psychological consequences of Government policies to mitigate the health impacts of the pandemic. These COVID-19 related inequalities are caused by processes of marginalisation and oppression, which before the pandemic had led to well-documented social and health inequalities, inequalities that have been exacerbated during the coronavirus pandemic.

#### University of Strathclyde

**The Impact of COVID-19 on Older Lesbian, Gay, Bisexual and/or Trans+ (LGBT+) People in the UK: A Rapid Response Scoping Study.** (2021)

Westwood, Sue and Hafford-Letchfield, Trish and Toze, Michael

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=ca889d15afd0e992c2377080595152fb)

This summary report provides an overview of the survey findings from a mixed methods research project, which explores the impact of COVID-19 emergency regulations on older LGBT+ people in the United Kingdom (UK) during June-August 2020. It was a rapid response project or ‘temperature check’ of 375 older LGBT+ people in the UK, in relation to COVID19. We have identified that older LGBT+ people live diverse lives, informed by their intersection with a wide range of social locations, cutting across the social spectrum. This in turn informs their experiences of COVID19 and of related lockdowns. No single narrative can encompass the full range of their lived experiences, issues and concerns. The richness of the data obtained through the survey has also provided a window into a wider description of older LGBT+ people’s lives, living situation, social networks and instrumental support.

#### University of York

**The impact of COVID-19 on older gay men in the UK: A rapid response scoping study.** (2021)

Sue Westwood, Michael Toze, Trish Hafford-Letchfield

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=33ac1bd75f8c416ac7031d25f438ee1c)

These are the findings of a survey undertaken in summer 2020, regarding UK older LGBT+ people’s experiences of the Covid-19 lockdown. This report focuses on the 185 responses by gay men aged over 60.The responses from the overall sample, and from other gender and sexuality sub-groups, are reported elsewhere.This was a self-selected sample and appears to under-represent minority ethnic men,as well as the oldest age groups of gay men.

#### VERCIDA

**Impact of COVID-19 on LGBT Communities in the UK.** (2021)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=6928da4cb6888bfc29241b696b61bc91)

There is still a great deal that is not known about COVID-19, including exactly how it is spread and what the risk factors are. Additionally, there is no robust evidence to demonstrate that LGBT people are more likely to catch COVID-19 or that mortality rates are higher in LGBT communities. However, due to a number of health inequalities that LGBT people experience, some sections of LGBT communities may be at higher risk of being severely affected by the virus.

## B. Institutional Publications

#### Barnado's

**How Coronavirus has affected the LGBTQ+ community.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=bfbc8b74359929951aa619dce1a2547f)

For many young LGBTQ+ people, the COVID-19 lockdown has meant that they no longer have the respite of their friends, communities and partners. Parents who either do not know their sexuality, or who disapprove, can restrict their contact with the outside world. LGBTQ+ people with BAME backgrounds, who face disproportionate levels of homelessness, are living with a heightened risk of safety issues.

#### LGBT Hero

**One Year On: LGBTQ+ Lockdown Wellbeing Report 2021.** (2021)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=7607b4e283e9d98c9bdd2d6860c9e81e)

Coronavirus lockdowns have become a fact of life over the past twelve months. We have come to accept that every facet of our lives is subject to change, and last year, LGBT HERO quickly realised the potential harms this may cause to LGBTQ+ communities. In response, in April 2020 we surveyed over 2300 LGBTQ+ people to see how they were doing mentally physically and emotionally. Did they have access to safe housing? Were they depressed or anxious? Could they access medical care?

#### Open Doors London

**Only Connect: The Impact of Covid-19 on Older LGBT+ People.** (2021)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=c9f62bf2ee76fa5c17664ca6d409eab3)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=c008221347b74f57731263575f00b2a0)

Launched on 4 November at Opening Doors London’s first ever virtual research seminar, our new report is the first research to address the specific effect of the pandemic on older LGBT+ people. This report evaluates ODL’s own response to the lockdown and explores the experiences and feelings of our members during this turbulent period. The report is based on a survey of ODL members, with input from the staff and volunteers who swung into action to reconfigure the delivery of vital services in order to continue supporting some of the most vulnerable members of the LGBT+ community.

#### Stonewall

**How COVID-19 is affecting LGBT communities.** (2021)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=b576a9e6534ebee859cf9a9637ea0209)

Life has changed for all of us recently, but some lesbian, bi, gay and trans (LGBT) people are harder hit than others while socially distancing. It’s clearer than ever that equality is not a luxury; it’s essential for everyone’s safety, health and wellbeing.

#### Trevor Project

**Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention.** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=140832cc1c3b030564565f7f0cb23d2c)

COVID-19 has serious implications for the mental health of LGBTQ youth. Although youth and young adults are estimated to have the lowest mortality rates from COVID-19 (Centers for Disease Control and Prevention, 2020), they are not immune to its consequences, including as it relates to mental health and well-being. Even prior to the pandemic, LGBTQ youth have been found to be at significant increased risk for depression, anxiety, substance use, and suicidality (Russell & Fish, 2016). These risks are even more pronounced among youth who are transgender and/or nonbinary (Price-Feeney, Green, Dorison, 2020). Thus, LGBTQ youth may be particularly vulnerable to negative mental health impacts associated with the COVID-19 pandemic. This research report: (1) outlines ways that physical distancing, economic strain, and increased anxiety related to COVID-19 may impact LGBTQ youth; and (2) explains how The Trevor Project and others can work to support LGBTQ youth during this time. Although existing research points to concerns about the impact of the COVID-19 pandemic on LGBTQ youth mental health and well-being, it also suggests ways these impacts can be minimized. Now more than ever, it is imperative that we increase LGBTQ youth access to a wide range of support and life-saving resources. The Trevor Project is committed to ensuring that LGBTQ youth are supported throughout this pandemic, and we hope others will join us working to protect the lives of LGBTQ youth.

## C. Original Research

1. **Discrimination as a predictor of poor mental health among LGBTQ+ people during the COVID-19 pandemic: cross-sectional analysis of the online Queerantine study.**  
   Kneale D. BMJ Open 2021;11:e049405.

Objectives To assess the mental health and experiences of discrimination among lesbian, gay, bisexual, transgender, queer (LGBTQ) people at the start of the COVID-19 pandemic. Design Data come from a cross-sectional online survey targeted at LGBTQ+ people, which collected data on mental health, experiences of discrimination and a number of other pandemic-related experiences. To examine the association between sexual orientation and gender and mental health and experiences of discrimination, we conducted regression analyses that adjusted for a range of sociodemographic variables. Setting A web-based survey was used to collect data between the end of April and mid July 2020. Participants An analytical sample of 310 LGBTQ+ respondents aged 18 and above. Main outcome measures We assessed mental health with the 4-item Perceived Stress Scale and with the 10-item Center for Epidemiological Studies Depression scale (CES-D-10). We asked respondents about discriminatory experiences because of their LGBTQ+ identity during the coronavirus pandemic. Results Perceived stress scores among our LGBTQ+ sample were high (mean: 7.67; SD: 3.22). Based on a score of 10 or more on the CES-D-10, the majority of participants had high levels of depressive symptoms (72%). Around one-in-six respondents reported some form of discrimination since the start of the pandemic because they were LGBTQ+ (16.7%). The average score for perceived stress increased by 1.44 points (95% CI 0.517 to 2.354) for respondents who had experienced discrimination versus those who had not. Similarly, the odds of exhibiting significant depressive symptomology increased threefold among those who had experienced discrimination compared with those who had not (OR: 3.251; 95% CI 1.168 to 9.052). Conclusions The LGBTQ+ community exhibited high levels of depression, stress and experienced discrimination during the coronavirus pandemic. High levels of poor mental health were partially explained by experiences of discrimination, which had a large, consistent and pernicious impact on mental health.

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1. **Psychosocial Effects of the COVID-19 Pandemic and Mental Health among LGBTQ+ Young Adults: A Cross-Cultural Comparison across Six Nations.**  
   Gato Jorge Journal of homosexuality 2021;68(4):612-630.

Across the world, people have seen their lives interrupted by the COVID-19 pandemic. Using an online survey, we explored how the psychosocial effects of the pandemic affected the mental health of LGBTQ+ young adults who were confined with their parents during the lockdown period (N = 1,934), from six countries: Portugal, UK, Italy, Brazil, Chile, and Sweden. South American participants experienced more negative psychosocial effects of the pandemic. Depression and anxiety were higher among participants who were younger, not working, living in Europe and who reported feeling more emotionally affected by the pandemic, uncomfortable at home, or isolated from non-LGBTQ friends. Not attending higher education predicted depression while not being totally confined at home, residing habitually with parents, and fearing more future infection predicted anxiety. LGBTQ+ community groups, as well as health and educational services should remain particularly attentive to the needs of LGBTQ+ young adults during health crises.

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1. **Younger people are more vulnerable to stress, anxiety and depression during COVID-19 pandemic: A global cross-sectional survey.**  
   PrernaVarma Progress in Neuro-Psychopharmacology and Biological Psychiatry 2021;109:-.

The COVID-19 pandemic has had far-ranging consequences for general physical and mental health. Country-specific research reveals a general reduction in mental and physical well-being, due to measures undertaken to stop the spread of COVID-19 disease. However, research is yet to examine the impact of the pandemic on global psychological distress and its effects upon vulnerable groups. Exploration of the factors that potentially mediate the relationship between stress and mental health during this period is needed, to assist in undertaking concrete measures to mitigate psychological distress and support vulnerable groups. Therefore, this study examined the impact of the COVID-19 pandemic on psychological distress globally, and identified factors that may exacerbate decline in mental health. N = 1653 participants (mean age 42.90 ± 13.63 years; 30.3% males) from 63 countries responded to the survey. Depression and anxiety were assessed using the Patient Health Questionnaire and State Trait Anxiety Inventory, respectively. Other measures included the Perceived Stress Scale, the Pittsburgh Sleep Quality Index, 3-item UCLA Loneliness Scale and the Brief Resilient Coping Scale. Globally, consistently high levels of stress, anxiety, depression and poor sleep were observed regardless of number of COVID-19 cases. Over 70% of the respondents had greater than moderate levels of stress, with 59% meeting the criteria for clinically significant anxiety and 39% reporting moderate depressive symptoms. People with a prior mental health diagnosis experienced greater psychological distress. Poor sleep, lower levels of resilience, younger age and loneliness significantly mediated the links between stress and depression, and stress and anxiety. Age-based differences revealed that younger age-groups were more vulnerable to stress, depression and anxiety symptoms. Results show that these vulnerable individuals need more support. Age-specific interventions for modifiable factors that mediate the psychological distress need to urgently deployed to address the global mental health pandemic.

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1. **Experiences of and responses to disempowerment, violence, and injustice within the relational lives of lesbian, gay, bisexual, transgender, and queer people.**  
   Gahan L. Journal of Sociology 2020;56(4):1-9.

This article introduces a special edition of the Journal of Sociology that aims to interrogate the ongoing entrenchment of hetero- and cis-normative borders, and the consequential manifestations of power, violence and in/justice experienced by lesbian, gay, bisexual, transgender and queer (LGBTQ) people in their relationships and family lives. The articles in this issue all explore different forms of violence, injustice, and persecution that continue to exist despite the success of many social justice campaigns in recent years for LGBTQ people. This article provides a synopsis of the research in this collection – research which demonstrates and expands our understandings of the complexities of LGBTQ lives around the globe negotiating empowerment, safety, and justice. We highlight the ongoing importance of this work as LGBTQ people around the world are experiencing the disproportionate impact of the Covid-19 pandemic. Keywords: Covid-19, disempowerment, injustice, LGBTQ, life-course

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1. **Gender-affirming care, mental health, and economic stability in the time of COVID-19: a global cross-sectional study of transgender and non-binary people.**  
   Brooke A. Jarrett medRxiv 2020;:1-32.

This article is a preprint and has not been peer-reviewed. Background Transgender and non-binary people are disproportionately burdened by barriers to quality healthcare, mental health challenges, and economic hardship. This study examined the impact of the novel coronavirus disease (COVID-19) pandemic and subsequent control measures on gender-affirming care, mental health, and economic stability among transgender and non-binary people globally. Methods We collected global cross-sectional data from 964 transgender and non-binary adult users of the Hornet and Her apps from April to August 2020 to characterize changes in gender-affirming care, mental health, and economic stability as a result of the COVID-19 pandemic. We conducted Poisson regression models to assess if access to gender-affirming care and ability to live according to one’s gender were related to depressive symptoms, anxiety, and changes in suicidal ideation. Results Individuals resided in 76 countries, including Turkey (27.4%,n=264/964) and Thailand (20.6%,n=205). A majority were non-binary (66.8%,n=644) or transfeminine (29.4%,n=283). Due to the COVID-19 pandemic, 55.0% (n=320/582) reported reduced access to gender- affirming resources, and 38.0% (n=327/860) reported reduced time lived according to their gender. About half screened positive for depression (50.4%,442/877) and anxiety (45.8%,n=392/856). One in six (17.0%,n=112/659) expected losses of health insurance, and 77.0% (n=724/940) expected income reductions. The prevalence of depressive symptoms, anxiety, and increased suicidal ideation were 1.63 (95% CI: 1.36-1.97), 1.61 (95% CI: 1.31-1.97), and 1.74 (95% CI: 1.07-2.82) times higher for individuals whose access to gender- affirming resources was reduced versus not. Discussion The COVID-19 pandemic has reduced access to gender-affirming resources and the ability of transgender and non-binary people to live according to their gender worldwide. These reductions may drive the increased depressive symptoms, anxiety, and suicidal ideation reported in this sample. To improve transgender and non-binary health globally, increased access to gender-affirming resources should be achieved through policies (e.g., digital prescriptions), flexible interventions (e.g., telehealth), and support for existing transgender health initiatives.

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1. **How the COVID-19 pandemic affects transgender health care in upper-middle-income and high-income countries – A worldwide, cross-sectional survey.**  
   Andreas Koehler medRxiv 2020;:1-29.

This article is a preprint and has not been peer-reviewed. Background Since the beginning of the COVID-19 pandemic, access to medical care was restricted for nearly all non-acute medical conditions. Due to their status as a vulnerable social group and the inherent need for transition-related treatments (e.g., hormone treatment), transgender people are assumed to be affected particularly severely by the restrictions caused by the COVID-19 pandemic. This study aims to assess the impact of the COVID-19 pandemic on the health and health care of transgender people. Methods and findings As an ad hoc collaboration between researchers, clinicians, and 23 community organizations, we developed a web-based survey. The survey was translated into 26 languages, and participants were recruited via various social media and LGBTIQ-community sources. Recruitment started in May 2020. We assessed demographical data, physical and mental health problems (e.g., chronic physical conditions), risk factors (e.g., smoking), COVID-19 data (symptoms, contact history, knowledge and concerns about COVID-19), and the influence of the COVID-19 pandemic on access to transgender health care and health-related supplies. To identify factors associated with the experience of restrictions to transgender health care, we conducted multivariate logistic regression analysis. 5267 transgender people from 63 higher-middle income and high-income countries participated in the study. Over 50% of the participants had risk factors for a severe course of a COVID-19 infection and were at a high risk of avoiding testing or treatment of a COVID-19 infection due to the fear of mistreatment or discrimination. Access to transgender health care services was restricted due to the COVID-19 pandemic for 50% of the participants. Male sex assigned at birth and a lower monthly income were significant predictors for the experience of restrictions to health care. 35.0% of the participants reported at least one mental health conditions. Every third participant had suicidal thoughts, and 3.2% have attempted suicide since the beginning of the COVID-19 pandemic. A limitation of the study is that we did not analyze data from low-income countries and access to the internet was necessary to participate. Conclusions Transgender people are assumed to suffer under the severity of the pandemic even more than the general population due to the intersections between their status as a vulnerable social group, their high amount of medical risk factors, and their need for ongoing medical treatment. The COVID-19 pandemic can potentiate these vulnerabilities, add new challenges for transgender individuals, and, therefore, can lead to devastating consequences, like severe physical or mental health issues, self-harming behaviour, and suicidality.

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1. **LGBTQ+ Inclusive Palliative Care in the Context of COVID-19: Pragmatic Recommendations for Clinicians.**  
   Rosa WE Journal of pain and symptom management 2020;60(2):e44-e47.

As coronavirus disease 2019 (COVID-19) continues to impact the seriously ill and their families on a global scale, considerations given to marginalized groups amid the pandemic are essential to ensure the provision of high-quality and dignified care. Lesbian, gay, bisexual, transgender, gender-nonconforming, and queer/questioning-identified (LGBTQ+) persons are particularly vulnerable to health inequities across settings, including palliative care and at the end of life. There is a crucial gap in the literature pertaining to palliative care for LGBTQ+ populations during COVID-19. We aim to fill this gap by providing essential health inequity and social support background pertaining to LGBTQ+ persons and practical recommendations for immediate implementation that support inclusive and respectful care for these populations. Using these recommendations is a pragmatic pathway to promote trust, transparency, patient and family engagement, and value concordant care amid the health system strain caused by COVID-19.

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1. **The Psychological Impact of Social Distancing on Gender, Sexuality and Relationship Diverse populations.**  
   Jowett A. Psychology of Sexualities Section Review 2020;11(1):6-8.

This study raises some of the ways social distancing measures may specifically affect gender, sexuality and relationship diverse populations and signposts to relevant sources of support. During the Coronavirus (Covid-19) pandemic, it is important to attend to the specific needs of Gender, Sexuality and Relationship Diverse (GSRD) people. This includes, but is not limited to, the needs of lesbian,gay, bisexual and transgender (LGBT+) people and those in consensually non-monogamous relationships.The BPS has already produced Guidelines for psychologists working with gender, sexuality and relationship diversity(GSRD)2and here I will outline some additional points to consider during this crisis.As well as having access to inclusive psychological professionals, access to LGBT+ specific support can be a vital lifeline. So below I highlight sources of information and support that LGBT+ people can be signposted towards.It’s important to remember that LGBT+ people are a heterogeneous group with varying levels of vulnerability and resources. Nevertheless, members of LGBT+ communities are at a higher risk of experiencing common mental health problems than the general population. Social distancing measures are likely to result in higher levels of mental distress and loneliness in this population and will impact their relationships and sex lives in ways that may negatively affect their wellbeing.

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| 3 | CINAHL | (gay).ti | 4321 |
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| 16 | CINAHL | (gender ADJ minorit\*).ti | 326 |
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| 18 | CINAHL | exp \*"SEXUAL AND GENDER MINORITIES"/ | 11037 |
| 19 | CINAHL | (1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18) | 19479 |
| 20 | CINAHL | exp \*"COVID-19 PANDEMIC"/ | 11538 |
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| 23 | CINAHL | (19 AND 22) | 48 |
| 24 | Medline | (lgb\*).ti | 1366 |
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| 27 | Medline | (bisexual).ti | 3145 |
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| 34 | Medline | (non ADJ binary).ti | 105 |
| 35 | Medline | (pansexual).ti | 6 |
| 36 | Medline | (sexual ADJ orientation).ti | 1799 |
| 37 | Medline | (gender ADJ fluid\*).ti | 3 |
| 38 | Medline | (sexual ADJ minorit\*).ti | 1338 |
| 39 | Medline | (gender ADJ minorit\*).ti | 472 |
| 40 | Medline | (gender ADJ varian\*).ti | 55 |
| 41 | Medline | exp \*"SEXUAL AND GENDER MINORITIES"/ OR exp \*"INTERSEX PERSONS"/ OR exp \*"TRANSGENDER PERSONS"/ | 7252 |
| 42 | Medline | (24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32 OR 33 OR 34 OR 35 OR 36 OR 37 OR 38 OR 39 OR 40 OR 41) | 46748 |
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