

Impact of Misgendering on Non-Binary People's Health and Wellbeing in Canada

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Agenda

- 1. About the Survey**
- 2. Background**
- 3. Research Question**
- 4. Analysis Methods**
- 5. Findings**
- 6. Key Takeaways**

Trans PULSE Canada National Survey 2019

- **Data collection (10-week period)**
 - Online, paper, or telephone survey, or may be completed in person on tablet or online with assistance of one of ten Peer Research Associates in major cities, or one online
 - Short-form option
- **Eligibility:**
 - Identify as gender other than assigned at birth
 - Age 14 and older
 - Resident of Canada
 - Able to complete survey in English or French
- **N=2,873**
- **9 priority populations**
 - Indigenous, immigrant, sex worker, disability, youth, older adult, racialized, rural, **non-binary**

Background

- Previous research has found that misgendering and non-affirmation/invalidation of gender identity negatively impact the mental health of trans people
- Very little research on non-binary people specifically
- Non-binary genders often not understood or recognized by general public → may be misgendered more frequently

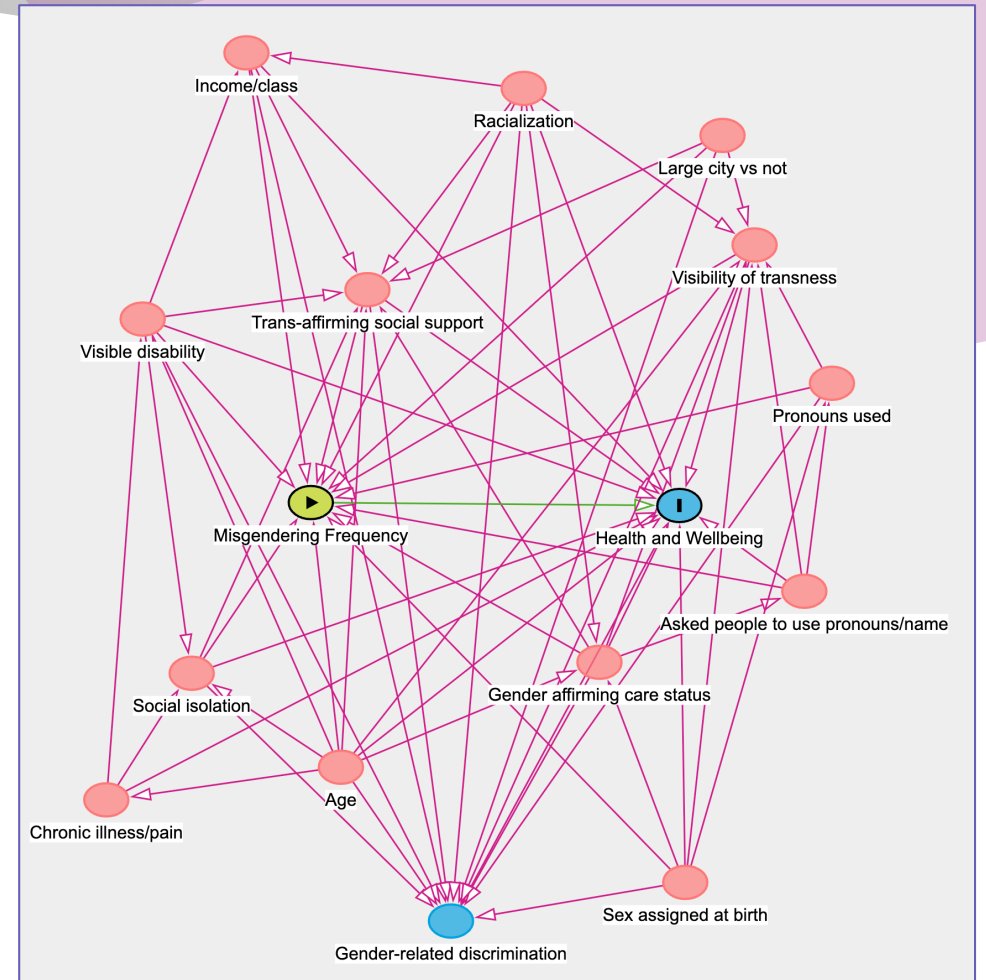


Research Question

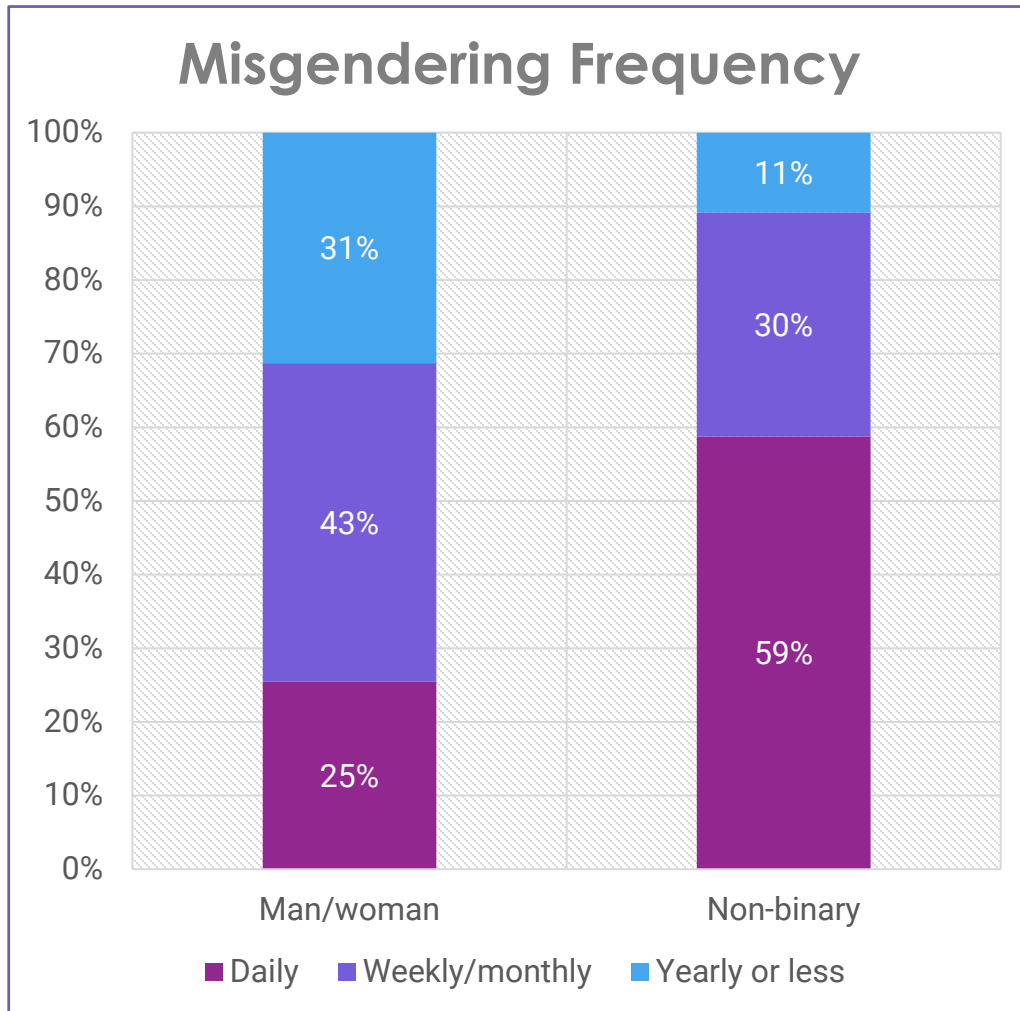
1. Among non-binary people, what factors are associated with frequency of misgendering?
2. Do non-binary people who are misgendered less frequently have better health outcomes than non-binary people who are misgendered more frequently?

Analysis Methods

1. Cross-tabulations between key demographic variables and frequency of misgendering (with χ^2 test)
2. Multiple linear regression → impact of misgendering frequency on health outcomes
 - depression score [CESD-10]
 - anxiety score [OASIS],
 - psychological well-being [BIT]



Findings - Crosstabulations



- Most feel very or quite upset when misgendered, but rarely corrected others
- Younger, AFAB, racialized AMAB, and visibly disabled participants were misgendered more frequently
- Misgendering frequency varied by social transition status and gender expression
- More frequent misgendering was associated with less gender positivity and more gender distress feelings

Findings – Regression Analyses

- Compared to those misgendered daily, non-binary participants misgendered weekly or monthly had **lower anxiety** scores
- Non-binary participants who were misgendered yearly or less had **lower anxiety and depression** scores and **greater psychological wellbeing**, but this was no longer significant when adjusted for confounders.



Key Takeaways

- Most non-binary participants were misgendered daily and reported high levels of associated distress but rarely corrected others
- Some evidence that less frequent misgendering is associated with better mental health
 - Needs to be repeated with larger sample sizes
 - Impact of misgendering may vary depending on context (e.g., person, place, intentional vs accidental)
 - Further research (including qualitative and event-level analysis) needed to understand the impact of misgendering on non-binary people's health and wellbeing

Citations

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Thank you!



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**Report – Health
and well-being
among non-
binary people**



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