

## **MALESTAR EMOCIONAL Y APOYO SOCIAL EN PERSONAS TRANSGÉNERO**

**INTRODUCCIÓN:** Existen estudios que demuestran cómo la población transgénero percibe un menor apoyo social por parte de su familia, comparado con personas que no pertenecen al colectivo. Esta falta de apoyo se ha relacionado con una mayor prevalencia de problemas de salud mental en el colectivo LGTB+. Por eso, este trabajo busca analizar el papel que podrían tener la percepción de distintos apoyos sociales (entorno familiar, laboral/estudios y amistades) en el malestar emocional de esta población, específicamente el impacto en sus niveles de depresión y de ideación suicida.

**MÉTODO :** 114 personas transgénero españolas participaron en este estudio, con 27,14 años de media (DT=9,81), completando el Inventario de Depresión de Beck-II y la Escala de Ideación Suicida de Beck, además de un cuestionario ad hoc sociodemográfico.

**RESULTADOS :** El 25,4% de los participantes indica que ha recibido un apoyo total de su entorno; mientras que un 49,1% expresa un apoyo moderado. El resto (22,8%) expresa apoyo insuficiente o nulo.

Analizada la correlación de Pearson, se ha observado que la única variable significativa es la familia en ambos el BDI ( $r=-,310$ ;  $p=,001$ ) y la Escala de Suicidio ( $r=-,305$ ,  $p=,002$ ). También, a través de una ANOVA, los datos indican que los participantes que más puntuación media han obtenido tanto en el BDI como en la Escala de Ideación Suicida son aquellos que no reportan ningún apoyo de su entorno. En cuanto a la regresión, la varianza explicada del apoyo familiar percibido en BDI es de un 11,2% ( $F=5,58$ ;  $p=,005$ ) y en la Escala de Ideación Suicida es 9,3% ( $F=10,55$ ;  $P=,002$ ).

**CONCLUSIÓN:** Dada la importancia que tiene el apoyo social en el bienestar emocional de las personas transgénero y, en particular, el familiar; sería necesario incrementar los esfuerzos de atención al sistema familiar de manera preventiva y en la atención psicológica.

## **EMOTIONAL DISTRESS AND SOCIAL SUPPORT IN TRANSGENDER PEOPLE**

**ABSTRACT :** There are studies that show how the transgender population perceive less support from their families if we compare them with people who are not part of the community. This lack of support is related to a higher prevalence of mental health problems in the LGBT+ community. For those reasons, the purpose of this study is to analyze the role that has the perception of different social support (family environment, friendships and work/studies environment) in the emotional distress in this population. Specifically, this study wants to measure the impact in their levels of depression and suicidal thoughts.

**METHOD :** 114 transgender Spanish people participated in this study, having an average age of 27.14 years old ( $SD=9.81$ ), answering Beck's Depression Inventory-II and Beck's Suicide Ideation Scale, and also other ad hoc sociodemographic questionnaire.

**RESULTS :** 25,4% of participants indicate they have received total support from their environment, while almost half of them (49'1%) report moderate support. The rest (22,8%) have received little to no support.

The Pearson correlation shows that the only significant variable is family, in both the BDI ( $r=-,310$ ;  $p=,001$ ) and the Scale of Suicide Ideation ( $r=-,305$ ,  $p=,002$ ). Also, through ANOVA, the data indicates that the participants who got a higher score in the BDI and the Suicide Scale are the ones who report no support from their environment. In regards of the regression, the variance explained of the perceived family support in the BDI is 11,2% ( $F=5,58$ ;  $p=,005$ ), while in the Suicide Scale is 9,3% ( $F=10,55$ ;  $p=,002$ ).

**CONCLUSIONS:** Given the importance that social support has in the emotional well-being of transgender people, and specially, family support; it is necessary to increase the efforts made towards the family system, taking preventive measures and improving psychological care.

# EMOTIONAL DISTRESS AND SOCIAL SUPPORT IN TRANSGENDER PEOPLE

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## INTRODUCTION

Transgender people perceive less social support from their family (Factor, & Rothblum, 2007), which is related to mental health problems. However, there is a lack of evidence about which type of support could be more important, and especially which type of discomfort.

**OBJECTIVE:** To analyze the role that might have the perception of different types of social support (family environment, friendships and study/work environment) in the emotional distress of this specific population (depression and suicide ideation).

## HYPOTHESIS

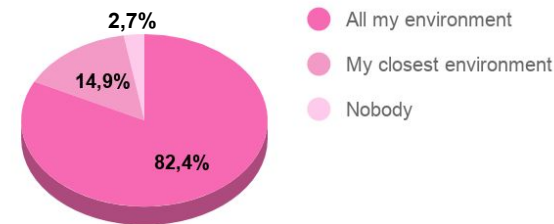
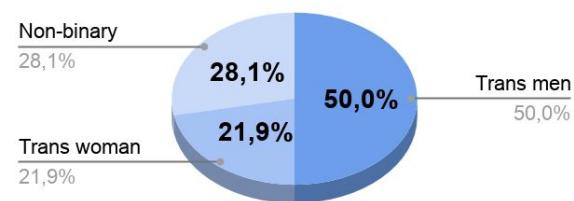
- The people who perceive more support will show a lower level of depression and suicide ideation
- The support received from the family will be the more relevant for depression and suicide ideation than other types of support.

## PARTICIPANTS

Age (average) = 27,14 years old (SD=9,81)

Number of participants  
**TOTAL = 114**

Environment disclosure about their gender  
(who knows about your gender identity?)



## INSTRUMENTS

- Beck Depression Inventory II (BDI-II, 1996)
- Beck Scale for Suicide Ideation (BSS, 1991)
- Ad hoc questionnaire of sociodemographic data
- Scale of perceived support in different environments (family, friends and studies/work), through a Likert scale.

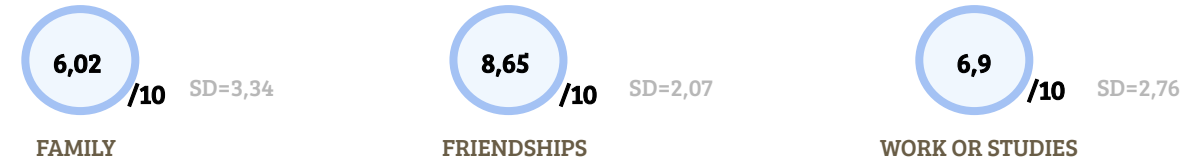
## PROCEDURE



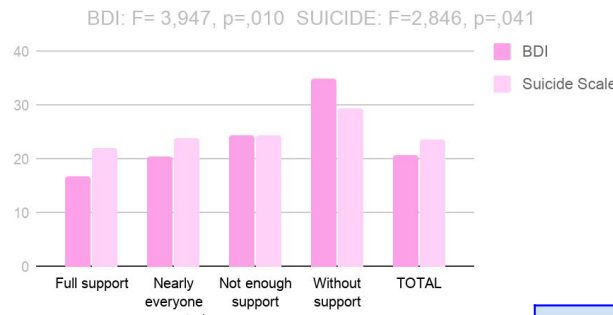
**STATISTICAL ANALYSIS:** These statistics were obtained through the information statistical program SPSS 25: descriptives, ANOVA, correlations and linear regression.

## RESULTS

Participant's evaluation about the support received from their different environments:



BDI's and Suicidal Scale's average points (ANOVA)



## BONFERRONI:

Mean difference in the BDI:  
**People who feel supported < People who don't feel supported**  
(I-J)= -18,27586\* F = 3,947 p=,010

Mean difference in the Suicide Scale:  
**People who feel supported < People who don't feel supported**  
(I-J)=-7,22759\* F=-2,846 p=,041

## REGRESSION:

Variance that explains the perceived family support

	B	Error	CI	r <sup>2</sup>	F	p
<b>BDI</b>	-1,084	,427	inf. -1,932 sup. -,235	,112	5,577	,005
<b>Suicide Ideation</b>	-,505	,155	inf. -,813 sup. -,196	,093	10,546	,002

## DISCUSSION

The initial hypothesis are met. There is a inverse relation between depression and suicidal ideation and the degree of perceived support, being the people who indicated a lower support the ones who got the highest scores. The most influential variable is the family, being the lack of support from this environment the most influential in the levels of depression and suicide ideation.

Limitations to consider: low number of participants, biases in self-reports, subjective variables of the study (perception).

Future research to include more emotional and evolutive variables to analyze the impact of the support through the life cycle, in different emotional demonstration.

Intervention application: the need intervene directly and in an early way in the family systems, through preventive programs.

## REFERENCES / REFERENCIAS

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