

## Introduction

Transgender and gender diverse (TGD) individuals face a significantly elevated risk of suicide, largely attributable to minority stressors and marginalization. Thus, it is imperative that online mental health resources be inclusive and non-offensive to avoid perpetuating stress experienced by this population.

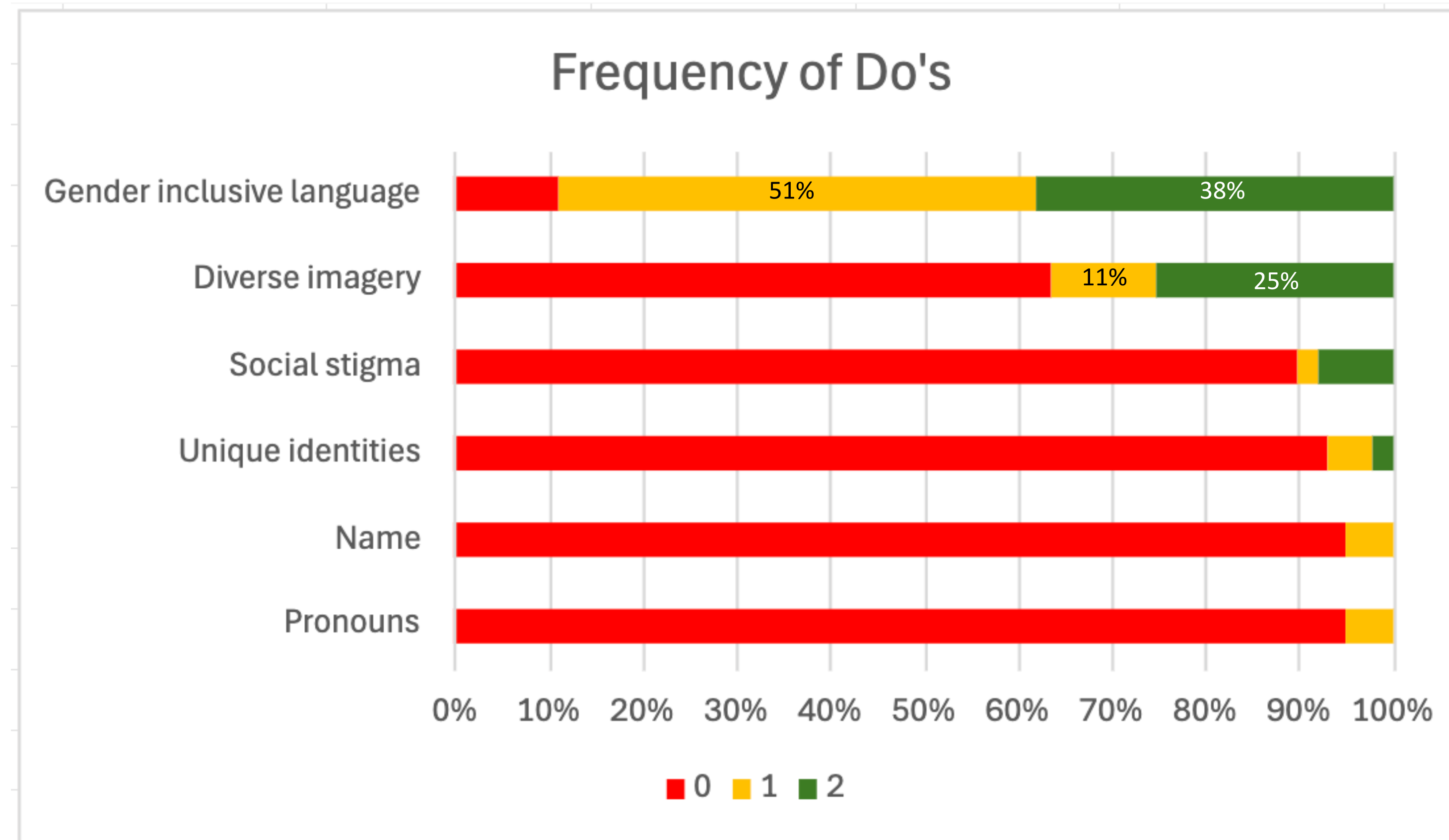
## Research Questions

1. How inclusive of gender diversity are online mental health resources?
2. Is gender-diverse inclusivity associated with user approval of online resources?

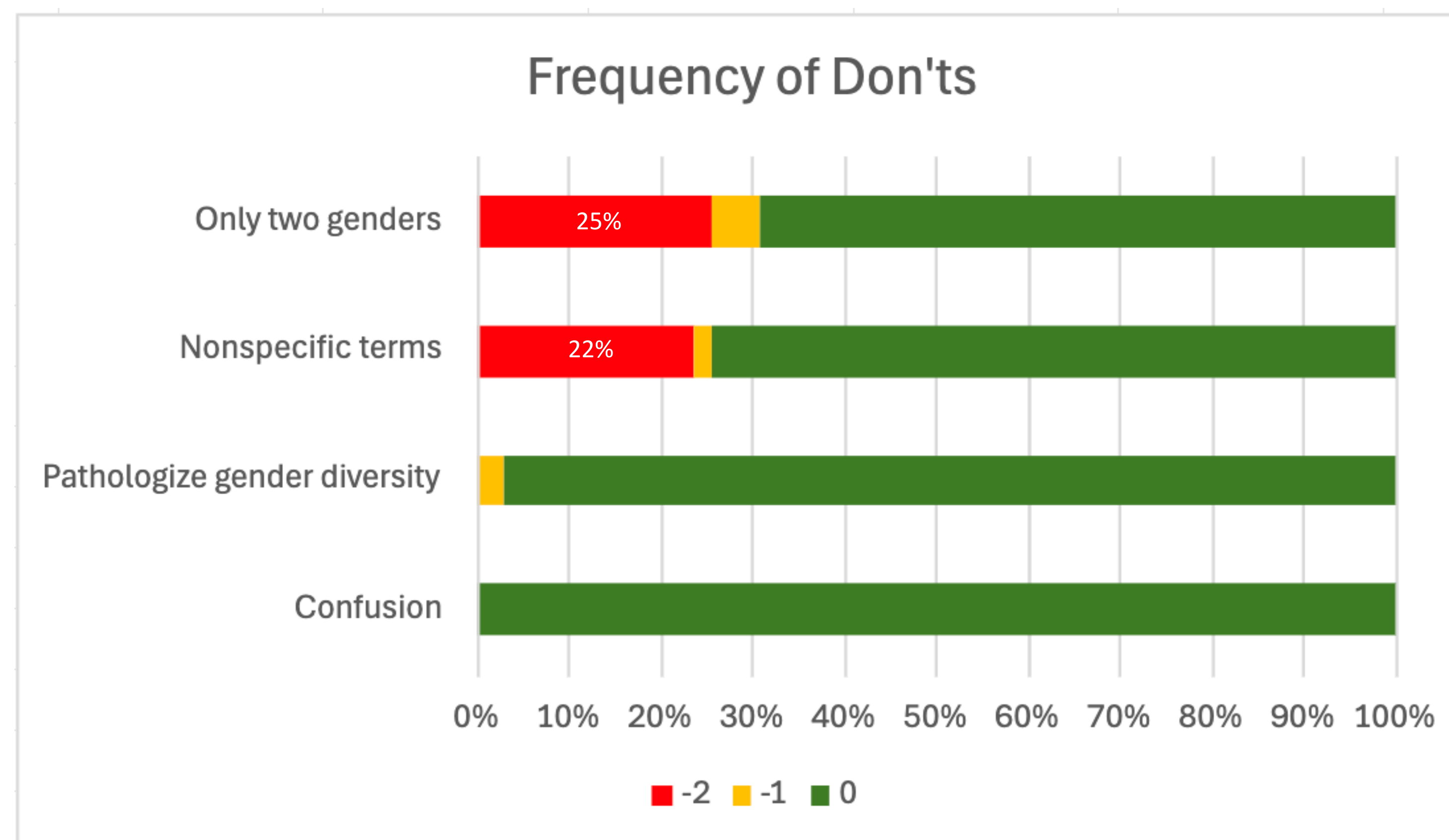
## Methods

- Mental health professionals nominated online, free, evidence based mental health resources.
- These resources were rated and reviewed by undergraduate students (N=366) in semi-structured interviews.
- We curated inclusivity codes for "do's" (affirmative) and "don'ts" (micro-aggressive) of developing gender inclusive mental health resources.
- We coded **58** suicide and NSSI resources on a 0 (code not present) to 2 (very representative of code) scale.

At least some gender inclusive language in about **89%** of all resources.



About **30%** of all resources indicated that there are only two genders.



No correlation between user approval ratings and any gender inclusivity "do" or "don't".

## Conclusions

- The high prevalence of gender inclusive language is encouraging while the frequency of some micro-aggressive resource characteristics shows room for improvement.
- Major opportunity for improvement in the consistency of gender inclusive language.
- Simple changes may make a big difference for TGD people without compromising the perceptions of these resources for majority populations.

## Limitations & Future Directions

Few TGD participants...

→ Recruit a more diverse sample

Only suicide & NSSI resources...

→ Investigate resources with other primary mental health topics

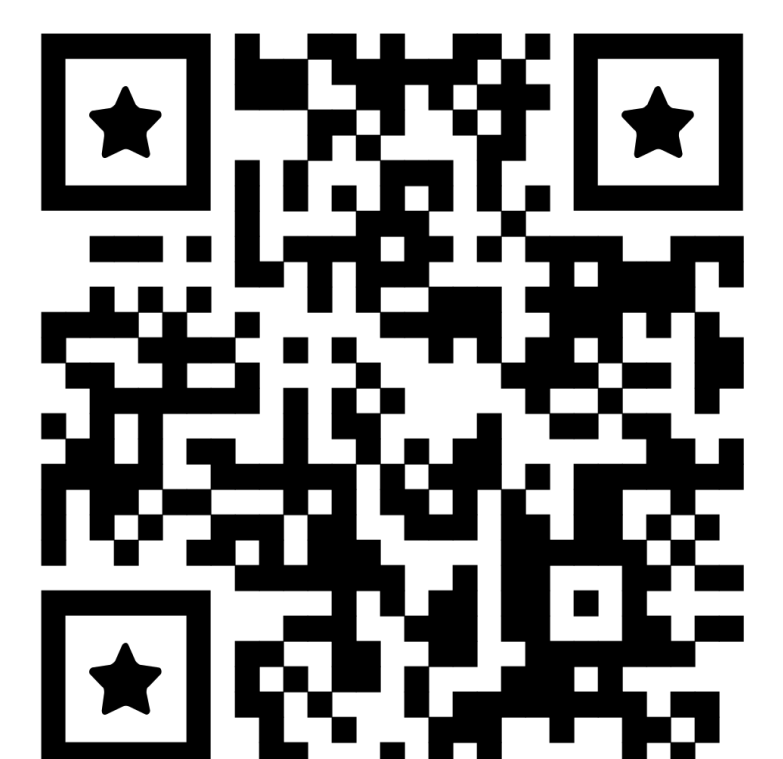
All resources in English...

→ Assess state/perceptions of inclusivity in non-English resources

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## References



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