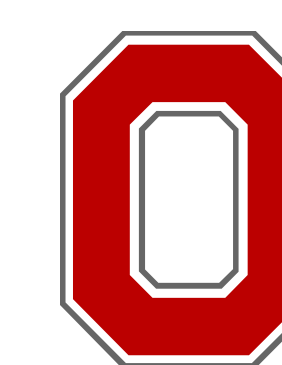


Associations Between Social Network Support and Frequent Mental Distress Among Sexual and Gender Diverse Cancer Survivors

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INTRODUCTION

Sexual and Gender Diverse (SGD):

An inclusive term used to refer to people who do not exclusively identify as cisgender and/or heterosexual.

Cancer Survivorship:

An individual is considered a cancer survivor from the point of diagnosis through the remainder of their life.

Social Network Support (SNS):

Conceptualized as “messages that help to enhance one’s sense of belonging to a specific group with similar interests or situations” (Ko et al., 2013, p.195).

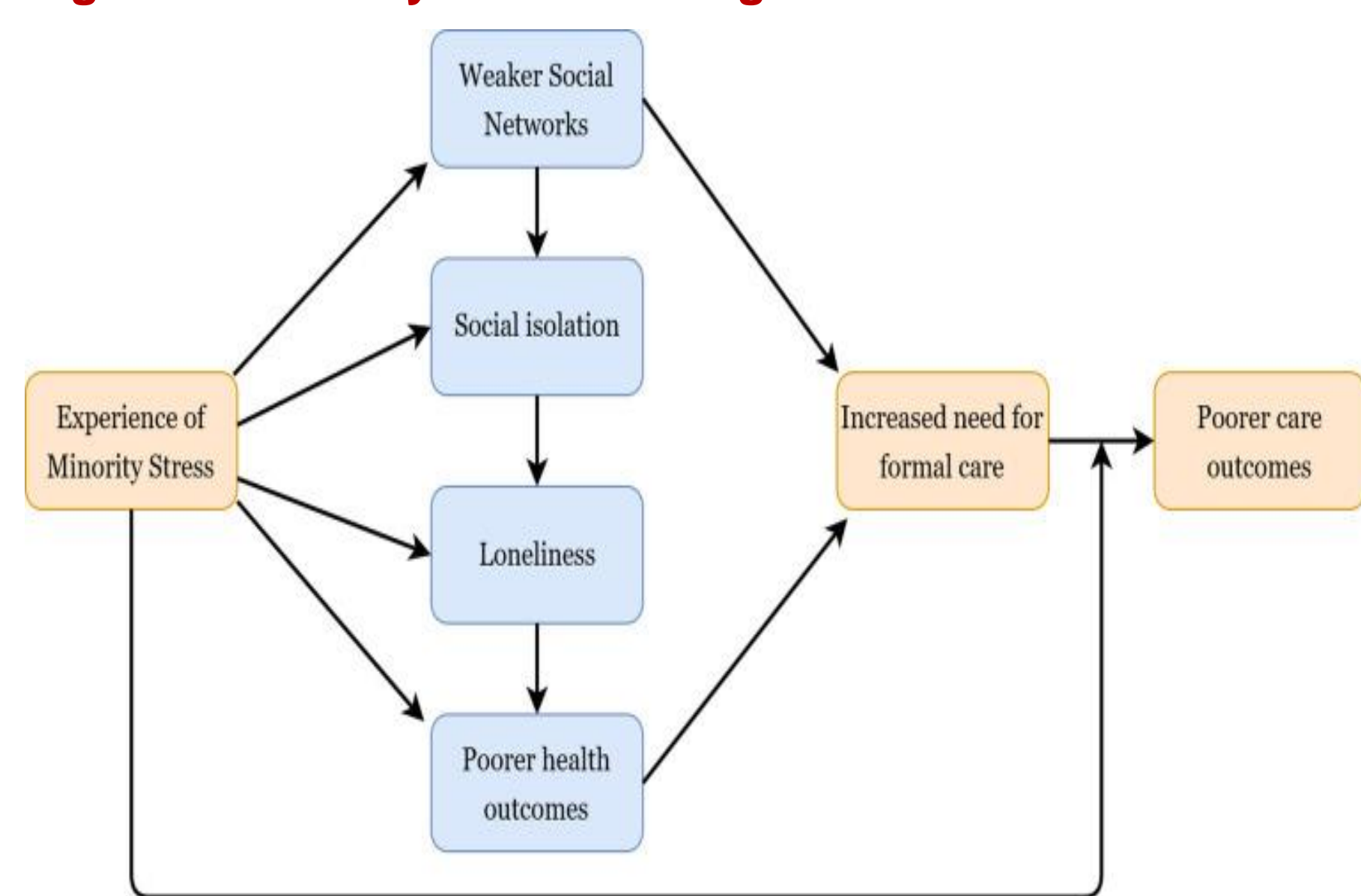
Frequent Mental Distress (FMD):

The percentage of adults who self-reported 14 or more poor mental health days within the past 30 days (CDC, 1998).

In the United States:

- SGD adults represent 7.1% of the population (more than 21 million people) (Gallup, 2022).
- SGD cancer survivors experience inequities across the cancer care continuum.
- SGD populations experience **higher levels of social isolation** and **weaker social networks** than their cisgender-heterosexual peers, which have been linked to **poor mental health outcomes** (Rodriguez-Seijas et al., 2020).

Figure 1: Minority Stress among Older LGBT Adults



Knäele et al., *Aging & Society*, 2020

OBJECTIVES

To examine the association between changes in SNS after cancer diagnosis and FMD among SGD cancer survivors, and to determine if this association varied by race/ethnicity

METHODS

Data Collection and Participants:

- OUT: The National Cancer Survey (by National LGBT Cancer Network)
- Available between September 2020-March 2021
- Recruited via social media and community outreach
- 2,065 SGD cancer survivors between ages 18-91 were included

Measures:

- **SNS:** “...how has the strength of support provided by your social network changed?”
- **FMD:** “...In the past 30 days, for how many days was your mental health poor?”

Data Analysis:

- Descriptive statistics and logistic regression

RESULTS

Table 1: Participant Characteristics by Cancer Type/Site*

Cancer Type/Site	Total Reported n (%)
Prostate	382 (18.5%)
Breast	373 (18.1%)
Non-melanoma Skin Cancer	175 (8.5%)
Colorectal	171 (8.3%)
Non-Hodgkin's Lymphoma	150 (7.3%)
Anal	131 (6.3%)
Melanoma	123 (6.0%)
Head and Neck	113 (5.5%)
Lung	109 (5.3%)
Leukemia	71 (3.4%)
Thyroid	68 (3.3%)
Other	68 (3.3%)
Bladder	66 (3.2%)
Ovarian	64 (3.1%)
Hodgkin's Lymphoma	63 (3.1%)
Kidney	61 (3.0%)
Cervical	50 (2.4%)
Liver	28 (1.4%)
Pancreatic	25 (1.2%)
Don't Know	3 (0.1%)

NOTES

*Table 1: 21.4% (n=442) of study participants reported having more than 1 cancer type/site.

**Table 2: Sex assigned at birth, ethnicity, education, insurance, geographic location, and current health status were also included in the unadjusted model.

***Table 4: This model was also adjusted for education.



The Ohio State University Center for Clinical and Translational Science grant support (National Center for Advancing Translational Sciences, Grant UL1TR001070)

Table 2: Selected Socio-demographic Data and Associations with FMD**

VARIABLE Level	Frequent Mental Distress n (row %)		
	No (n=1,472)	Yes (n=593)	Total (N=2,065)
AGE			
Years [at diagnosis] (SD)	59.6 (10.5)	55.3 (12.1)	58.4 (11.2)
GENDER IDENTITY (P<0.001)			
Male	931 (75.1%)	308 (24.9%)	1239 (100%)
Female	464 (68.2%)	216 (31.8%)	680 (100%)
Transgender	17 (47.2%)	19 (52.8%)	36 (100%)
Gender Non-Conforming	22 (55.0%)	18 (45.0%)	40 (100%)
Nonbinary	26 (53.1%)	23 (46.9%)	49 (100%)
SEXUAL ORIENTATION (P<0.001)			
Gay	854 (75.8%)	272 (24.2%)	1126 (100%)
Lesbian	364 (72.8%)	136 (27.2%)	500 (100%)
Bisexual	68 (65.4%)	36 (34.6%)	104 (100%)
Pansexual	19 (44.2%)	24 (55.8%)	43 (100%)
Multiple Orientations	121 (57.3%)	90 (42.7%)	211 (100%)
INTERSEX (P=0.001)			
Yes	19 (46.3%)	22 (53.7%)	41 (100%)
No	1450 (71.8%)	569 (28.2%)	2019 (100%)
RACE (P=0.037)			
White	1279 (72.1%)	494 (27.9%)	1773 (100%)
Black	49 (76.6%)	15 (23.4%)	64 (100%)
Biracial/Multiracial	62 (67.4%)	30 (32.6%)	92 (100%)
Did Not Share	70 (60.3%)	46 (39.7%)	116 (100%)
RECEIVED SURVIVOR SOCIAL SUPPORT (P<0.269)			
Yes	426 (73.7%)	152 (26.3%)	578 (100%)
No	992 (70.5%)	415 (29.5%)	1407 (100%)
SNS AFTER CANCER DIAGNOSIS (P<0.001)			
Much or somewhat stronger	661 (72.6%)	249 (27.4%)	910 (100%)
No change	682 (75.6%)	220 (24.4%)	902 (100%)
Much or somewhat weaker	129 (51.0%)	124 (49.0%)	253 (100%)

Table 3: SNS and Associations with FMD by Race

VARIABLE Level	Frequent Mental Distress OR (95% CI), P-value	
	White Alone	BIPOC
SNS (Referent: Much or somewhat stronger)		
No Change	0.91 (0.72-1.14), 0.389	0.66 (0.37-1.181), 0.162
Much or somewhat weaker	2.71 (1.96-3.74), <0.001	1.89 (1.00-3.56), 0.049

Table 4: Multivariable Logistic Analysis***

VARIABLE Level	Frequent Mental Distress Odds Ratio (95% Confidence Interval) P-value	
	AGE	
Years [at diagnosis] (SD)	0.978 (0.969-0.988)	<0.001
CURRENT HEALTH STATUS (Referent: Excellent)		
Very Good	2.180 (1.06-4.49)	0.034
Good	3.786 (1.87-7.67)	<0.001
Fair	8.958 (4.50-18.23)	<0.001
Poor	26.56 (12.02-58.71)	<0.001
Don't Know	3.01 (0.27-33.33)	0.369
SEXUAL ORIENTATION (Referent: Gay)		
Lesbian	1.036 (0.79-1.35)	0.794
Bisexual	1.147 (0.71-1.86)	0.580
Pansexual	1.74 (0.88-3.47)	0.113
Queer	1.75 (0.88-3.47)	0.108
Multiple Orientations	1.75 (1.22-2.48)	0.002
RECEIVED SURVIVOR SOCIAL SUPPORT (Referent: Yes)		
No	1.33 (1.04-1.71)	0.025
Don't Know	1.22 (0.69-2.13)	0.494
SNS AFTER CANCER DIAGNOSIS (Referent: Much or somewhat stronger)		
No change	0.98 (0.77-1.24)	0.836
Much or somewhat weaker	1.69 (1.23-2.33)	0.001

CONCLUSIONS

- Decreases in SNS were **associated** with presence of FMD
- **Racial differences exist** between weaker SNS and presence of FMD

Future research, particularly qualitative work, is needed to understand how FMD manifests among SGD populations.

REFERENCES

Go.osu.edu/ForumRefs

ACKNOWLEDGEMENTS

This work was supported by the OSUCCC-James Pelotonia Scholars Program.

The James