

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/330369174>

Identity Abuse: An Infographic

Experiment Findings · January 2019

CITATIONS

0

READS

17

2 authors:



Julie Woulfe

Montefiore Medical Center

15 PUBLICATIONS 205 CITATIONS

[SEE PROFILE](#)



Lisa A. Goodman

Boston College, USA

118 PUBLICATIONS 8,463 CITATIONS

[SEE PROFILE](#)

Some of the authors of this publication are also working on these related projects:



The Use of the Multicultural Counseling Knowledge and Awareness Scale in staff and patients of an Adult Outpatient Psychiatry Department [View project](#)



Identity Abuse [View project](#)

WHEN OPPRESSION IS THE WEAPON: ANTI-LGBTQ IDENTITY ABUSE TACTICS AND THEIR RELATIONSHIP TO MENTAL HEALTH*

Study Summary

What is Identity Abuse?

Identity abuse is when one partner uses homophobia/biphobia/transphobia against the other.



#1

Outing : Threatening to tell someone about your LGBTQ Identity

"If you leave me, I'll tell everyone at work you're gay"

#2

Undermining or Belittling:

"You're not really bisexual- you just haven't made up your mind".

"You're not really transgender"

#3

Using Homo/bi/transphobic language

"Fag" "Dyke" "Tranny" "Hasbien"

#4

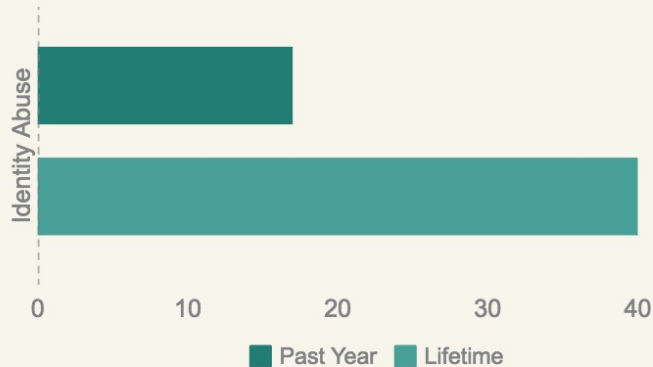
Isolating Someone From the LGBTQ Community

"You can't go to that meeting for Queer people- then people will know I'm queer"

What Did We Learn About It?

#1). Identity Abuse is about as Prevalent in the LGBTQ Community as Physical Abuse

Identity Abuse Exposure in LGBTQ Community

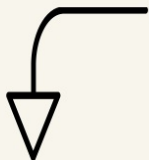


17% of respondents reported experiencing at least one act of identity abuse in the past year, 40% of respondents reported experiencing at least one act of identity abuse in their lifetime. These rates are similar to the rates of physical abuse exposure in the LGBTQ community.



#2. Identity Abuse is Related to Symptoms of Depression and PTSD

Exposure to Identity Abuse in the past year, and in one's lifetime, was significantly associated with greater symptoms of depression and PTSD



#3. Those Marginalized WITHIN the LGBTQ Community Experience More Identity Abuse



Bisexual and Queer participants experienced significantly greater identity abuse than lesbian and gay participants.

Transgender and Genderqueer participants experienced significantly greater identity abuse than cis-gender participants.

#4. Pride Helps

For those who experienced identity abuse in the past year, feeling positively about one's LGBTQ Identity was a buffer against symptoms of depression.



What Can We Do?

Talk About Intimate Partner Violence in the LGBTQ Community



Abuse looks different in every community, and in the LGBTQ community sometimes it involves making people feel bad about their LGBTQ status.

Therapists and DV Advocates Can Brainstorm Ways to Acknowledge and Work With Identity Abuse

How can our agency address Identity Abuse?

Let's ask about it in our forms!

Yeah! Then we can talk about it with clients!



Support Policies, Programs, and Services that are Affirming of LGBTQ Identities



I think I'm going to donate this money to an LGBT Organization working to promote healthy LGBTQ Identity in youth!