Sample Abstract

This is a sample research abstract that was submitted and accepted for inclusion in a previous GLMA Annual Conference on LGBTQ Health. Although this is a sample research abstract*, most of the content is applicable to workshop abstracts** as well. *This is for reference purposes only. Any questions can be directed to GLMA’s conference planners at annualconference@glma.org.

*Research abstracts follow the format of: Background, Methods, Results and Discussion/Conclusion. **Workshop abstracts are required to submit a timeline of the session. Please see the Guidelines for more information.

Sample Research Abstract

Title:
Perinatal Mood and Anxiety Disorders in Sexual Minority Women

Author:
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Author Bio:
Kodiak Soled, MSN, RN is a first-year predoctoral nursing student in the Program of the Study of LGBT at Columbia University, a Jonas-Blaustein Scholar, and currently serves on the executive board of GLMA Health Professionals Advancing LGBTQ Equality. She earned her Master's in Nursing from Johns Hopkins University and her Bachelor's in International and Intercultural Studies from Pitzer College. Soled is currently working under the direction of Walter Bockting, PhD to understand the role of social support and its relationship to mental health during the perinatal period in gender minority gestational parents. Her mission is to build a program of research that promotes perinatal health equity for individuals and families in the sexual and gender minority community.

Abstract Text:

**Background:** Perinatal mood and anxiety disorders (PMADs) adversely impact nearly a million US women annually, representing 15-21% of all births. However, PMADs have predominantly been studied in heterosexual samples. This is problematic as an estimated 34.9% of lesbian and 44.8% of bisexual women in the U.S. have given birth and approximately 3.8 million of sexual and gender minority millennials are considering expanding their families. Despite this growing prevalence, there is a dearth of knowledge about SMW’s health during this vulnerable time. This systematic review aimed to fill that critical knowledge gap. **Methods:** Five electronic databases were searched for peer-reviewed literature in December 2018. 1,572 articles published between 2008 and 2018 were identified and screened. Seven met the inclusion criteria. Risk of bias was appraised
using the Downs and Black quality assessment tool. **Results:** The findings suggest that SMW experience PMADs at higher rates than national estimates. Bisexual women experience higher rates of depression and anxiety and reported lower overall mental health compared to other SMW. Women undergoing artificial reproductive technology treatment may be at a higher risk than their partner for anxiety and depression in the transition to parenthood. **Conclusion:** This review is one of the first to provide comprehensive insights into the vulnerabilities and perinatal mental health disparities of SMW and their co-parents. Future research should build upon these findings to further understand SMW’s perinatal experiences and develop inclusive clinical guidelines that reflect the needs of this population during a critical period in their lifespan.

**Learning Objectives:**

*By the end of this presentation, learners will be able to:*

1) Describe risk factors of perinatal mood and anxiety disorders in sexual minority women
2) Identify assessment tools that can be used in clinical practice to screen for perinatal mood and anxiety disorders in sexual minority women
3) Recognize the implications of perinatal mood and anxiety disorders in sexual minority women on their families, patient care, and public health.

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