

## **5 Key Articles on SGM Perinatal Mental Health**

Darwin, Z. & Greenfield, M. (2019) Mothers and others: The invisibility of LGBTQ people in reproductive and infant psychology. *Journal of Reproductive and Infant Psychology*, 37:4, 341-343, DOI: 10.1080/02646838.2019.1649919

- Important article highlighting the lack of inclusivity of LGBTQ people in research around perinatal health. Quick read that provides a really good overview of the state of the field.

Everett, B.G., Kominiarek, M.A., Mollborn, S. et al. Sexual Orientation Disparities in Pregnancy and Infant Outcomes. *Matern Child Health J* 23, 72–81 (2019).  
<https://doi.org/10.1007/s10995-018-2595-x>

- First nationally-representative study in the US examining birth outcomes according to sexual orientation. Finds discrepancies in most outcomes, with bisexual women generally being at higher risk for negative outcomes than lesbian women, and lesbian and bisexual women being at higher risk compared to heterosexual women.

Goldberg AE, Smith JZ, Ross LE. Postpartum Depression and Anxiety in Male-Partnered and Female-Partnered Sexual Minority Women: A Longitudinal Study. In: Liu H, Reczek C, Wilkinson L, eds. *Marriage and Health*. Rutgers University Press; 2020:53-70.  
doi:10.36019/9781978803527-007

- Describes current research on differences in postpartum mental illness among and between women with different sexual orientations and partners. Most articles published in this area are drawn from the dataset described in this chapter. It includes a good introduction on how to think about postpartum mental health in sexual minority women.

Moseson, H., Fix, L., Hastings, J., Stoeffler, A., Lunn, M. R., Flentje, A., Lubensky, M. E., Capriotti, M. R., Ragosta, S., Forsberg, H., & Obedin-Maliver, J. (2021) Pregnancy intentions and outcomes among transgender, nonbinary, and gender-expansive people assigned female or intersex at birth in the United States: Results from a national, quantitative survey. *International Journal of Transgender Health*, 22:1-2, 30-41, DOI: 10.1080/26895269.2020.1841058

- Overview of rates and outcomes of pregnancy in TGE folks in the US based on online self-report survey. One of the only large-scale studies examining pregnancy outcomes in TGE to date.

Patel, S. & B. Sweeney, L. B. (2021) Maternal Health in the Transgender Population. *Journal of Women's Health*. 253-259.<http://doi.org/10.1089/jwh.2020.8880>

- A clinician's guide to how to take specific needs of transgender individuals into account during perinatal care. Written by endocrinologists, and has content applicable to a wide range of clinicians (obstetricians, therapists, social workers, psychiatrists, etc.).

## **Additional Reading:**

- Flanders, C. E., Gibson, M. F., Goldberg, A. E., & Ross, L. E. (2016). Postpartum depression among visible and invisible sexual minority women: A pilot study. *Archives of women's mental health*, 19(2), 299-305.
- Marsland, S., Treyvaud, K., & Pepping, C. A. (2022). Prevalence and risk factors associated with perinatal depression in sexual minority women. *Clinical Psychology & Psychotherapy*, 29(2), 611-621.
- Manley, M. H., Goldberg, A. E., & Ross, L. E. (2018). Invisibility and involvement: LGBTQ community connections among plurisexual women during pregnancy and postpartum. *Psychology of Sexual Orientation and Gender Diversity*, 5(2), 169–181.  
<https://doi.org/10.1037/sgd0000285>
- Goldberg, A. E., Allen, K. R., Ellawala, T. and Ross, L. E. (2018). Male-Partnered bisexual women's perceptions of disclosing sexual orientation to family across the transition to parenthood: Intensifying heteronormativity or queering family?. *Journal of Marital and Family Therapy*, 44, 150– 164. doi: 10.1111/jmft.12242
- Maccio EM, Pangburn JA. The Case for Investigating Postpartum Depression in Lesbians and Bisexual Women. *Womens Health Issues*. 2011;21(3):187-190.  
doi:10.1016/j.whi.2011.02.007
- Ross LE, Steele L, Goldfinger C, Strike C. Perinatal depressive symptomatology among lesbian and bisexual women. *Arch Womens Ment Health*. 2007;10(2):53-59. doi:10.1007/s00737-007-0168-x
- Trettin S, Moses-Kolko EL, Wisner KL. Lesbian perinatal depression and the heterosexism that affects knowledge about this minority population. *Arch Womens Ment Health*. 2006;9(2):67-73. doi:10.1007/s00737-005-0106-8
- Ross LE. Perinatal Mental Health in Lesbian Mothers: A Review of Potential Risk and Protective Factors. *Women & Health*. 2005;41(3):113-128. doi:10.1300/J013v41n03\_07