



Reference List

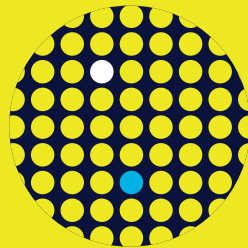
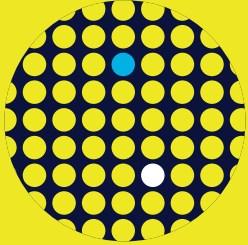
Examples of Stigmas Related to Social Identities and Health Conditions

For the Chief Public Health Officer's Report on the State of Public Health in Canada 2019

Addressing Stigma: Towards a More Inclusive Health System



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Background



This reference list supports the [Chief Public Officer's Report on the State of Public Health in Canada 2019: Addressing Stigma – Towards a More Inclusive Health System \(2019 CPHO Annual Report\)](#). This list will be of value to those who are interested in learning more about key stigmas related to social identities and health conditions in the context of the health system.

The references relate directly to [Table 1 in the report](#) (pages 26–29), which outlines the stigma pathways of seven different stigmas. They are organized by stigma type and according to pathways component (stigma drivers, stigma practices, experiences of stigma, and outcomes and impacts):

1. Racism experienced by First Nations, Inuit, and Métis peoples
2. Racism experienced by African, Caribbean, and Black Canadians
3. Sexual stigma and gender identity stigma as experienced by LGBTQ2+ people
4. Mental illness stigma
5. HIV stigma
6. Substance use stigma
7. Obesity stigma

The references are meant to serve as a starting point for those interested in exploring these stigmas further. The list is not exhaustive and does not capture all relevant literature for each category.



Methodology

These references were compiled from a rapid review conducted by the Office of the Chief Public Health Officer in the Public Health Agency of Canada (PHAC). The objectives of the review were to i) clarify the definition of stigma; ii) describe the impacts of stigma on health outcomes; iii) assess the effectiveness of interventions to reduce stigma in the health system and to improve health outcomes; and iv) analyze the policy landscape to address stigma in Canada.

A literature search strategy was developed in conjunction with the PHAC Health Library. The search was performed in February 2019 using the following databases: Medline, Embase, ProQuest Public Health, and Scopus. Studies published after January 1, 2009 were included for initial screening. However, a time limit was not applied to publications that explored stigma concepts, drivers, frameworks, and models. Search filters were applied to identify articles focused on stigma related to key health conditions and social identities. Only studies from Canada, the United Kingdom, Australia, New Zealand, and the United States were included.

The search yielded 3500 articles after removal of duplicates. Two independent reviewers screened 80% of the articles at the title and abstract level.

Data was organized into three main stigma categories: i) concepts and methods; ii) research related to the selected health conditions and social identities; and iii) intervention research addressing stigma and health. Reviewers assessed full text articles for relevance and quality. A total number of 516 studies were included for full text review. Additional targeted searches were completed after February 2019, including bibliographic searches, reviewing grey literature, and ancestry searching. A final search was also completed in August 2019 to identify any new publications in this field. Systematic reviews, narrative reviews, and critical reviews were prioritized for the reference list. High-quality primary studies and other literature were also included. The strongest evidence found through the review was included.



Limitations

Scope

The scope of the *2019 CPHO Annual Report* was limited to stigma and the health system. Consequently, literature that addresses broader factors that drive and fuel stigma and discrimination, including other social determinants of health and social drivers such as political movements, were not the focus of the rapid review.

Literature search

The searches conducted were not exhaustive and may not have captured all relevant literature. Only literature published in English and French was reviewed, and some literature may have been excluded on this basis. A detailed review of study quality and risk of bias was not assessed in this review. Finally, the review predominantly focused on articles published after January 1, 2009.

TABLE 1: Racism Experienced by First Nations, Inuit, and Métis Peoples

Drivers of Stigma

Allan, B. & Smylie, J. *First Peoples, Second Class Treatment: The role of racism in the health and well-being of Indigenous peoples in Canada*. (The Wellesley Institute, 2015).

Bombay, A., Matheson, K. A. & Anisman, H. Intergenerational Trauma: Convergence of Multiple Processes among First Nations peoples in Canada. *Journal of Aboriginal Health* 5, 6-47 (2009).

Hunt, S. *An Introduction to the Health of Two-Spirit People: Historical, contemporary and emergent issues*. (National Collaborating Centre for Aboriginal Health, 2016).

Inuit Tapiriit Kanatami. *Social Determinants of Inuit Health in Canada*. (Inuit Tapiriit Kanatami, 2014).

Loppie, S., Reading, C. & de Leeuw, S. *Aboriginal Experiences with Racism and its Impacts*. (National Collaborating Centre for Aboriginal Health, 2014).

Nelson, S. E. & Wilson, K. Understanding barriers to health care access through cultural safety and ethical space: Indigenous people's experiences in Prince George, Canada. *Soc. Sci. Med.* 218, 21-27 (2018).

Reading, C. & Wien, F. *Health Inequalities and Social Determinants of Aboriginal Peoples' Health*. (National Collaborating Centre for Aboriginal Health, 2013).

Wilk, P., Maltby, A. & Cooke, M. Residential schools and the effects on Indigenous health and well-being in Canada—a scoping review. *Public Health Reviews* 38, (2017).

Stigma Practices

Allan, B. & Smylie, J. *First Peoples, Second Class Treatment: The role of racism in the health and well-being of Indigenous peoples in Canada*. (The Wellesley Institute, 2015).

Goodman, A. *et al.* "They treated me like crap and I know it was because I was Native": The healthcare experiences of Aboriginal peoples living in Vancouver's inner city. *Social Sciences and Medicine* 178, 87-94 (2017).

Hunt, S. *An Introduction to the Health of Two-Spirit People: Historical, contemporary and emergent issues*. (National Collaborating Centre for Aboriginal Health, 2016).

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Outcomes and Impacts

Allan, B. & Smylie, J. *First Peoples, Second Class Treatment: The role of racism in the health and well-being of Indigenous peoples in Canada*. (The Wellesley Institute, 2015).

Bombay, A., Matheson, K. A. & Anisman, H. Intergenerational Trauma: Convergence of Multiple Processes among First Nations peoples in Canada. *Journal of Aboriginal Health* 5, 6-47 (2009).

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Loppie, S., Reading, C. & de Leeuw, S. *Aboriginal Experiences with Racism and its Impacts*. (National Collaborating Centre for Aboriginal Health, 2014).

Nelson, S. E. & Wilson, K. Understanding barriers to health care access through cultural safety and ethical space: Indigenous people's experiences in Prince George, Canada. *Soc. Sci. Med.* 218, 21-27 (2018).

Paine, S., Harris, R., Cormack, D. & Stanley, J. Racial Discrimination and Ethnic Disparities in Sleep Disturbance: the 2002/03 New Zealand Health Survey. *Sleep* 39, 477-485 (2016).

Reading, C. & Wien, F. *Health Inequalities and Social Determinants of Aboriginal Peoples' Health*. (National Collaborating Centre for Aboriginal Health, 2013).

Shepherd, C., Li, J., Cooper, M., Hopkins, K. & Farrant, B. The impact of racial discrimination on the health of Australian Indigenous children aged 5–10 years: analysis of national longitudinal data. *International Journal for Equity in Health* 16, 1-12 (2017).

Wilk, P., Maltby, A. & Cooke, M. Residential schools and the effects on Indigenous health and well-being in Canada—a scoping review. *Public Health Reviews* 38, 1-23 (2017).

TABLE 2: Racism Experienced by African, Caribbean, and Black Canadians

Drivers of Stigma

Bailey, Z. D. *et al.* Structural racism and health inequities in the USA: evidence and interventions. *Lancet* 389, 1453-1463 (2017).

Feagin, J. & Bennefield, Z. Systemic racism and U.S. health care. *Soc. Sci. Med.* 103, 7-14 (2014).

James, C. *et al.* *Race & Well-being: The Lives, Hopes, and Activism of African Canadians* (Brunswick Books, 2010).

Krieger, N. Discrimination and health inequities. *Int. J. Health Serv.* 44, 643-710 (2014).

Prather, C. *et al.* Racism, African American Women, and Their Sexual and Reproductive Health: A Review of Historical and Contemporary Evidence and Implications for Health Equity. *Health Equity* 2, 249-259 (2018).

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Paradies, Y. *et al.* Racism as a Determinant of Health: A Systematic Review and Meta-Analysis. *PLoS ONE* 10, e0138511 (2015).

Prather, C. *et al.* Racism, African American Women, and Their Sexual and Reproductive Health: A Review of Historical and Contemporary Evidence and Implications for Health Equity. *Health Equity* 2, 249-259 (2018).

Williams, D. R., Lawrence, J. A. & Davis, B. A. Racism and Health: Evidence and Needed Research. *Annu. Rev. Public Health* 40, 105-125 (2019).

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Bailey, Z. D. *et al.* Structural racism and health inequities in the USA: evidence and interventions. *Lancet* 389, 1453-1463 (2017).

Bécares, L., Nazroo, J. , & Kelly, Y. A longitudinal examination of maternal, family, and area-level experiences of racism on children's socioemotional development: Patterns and possible explanations. *Social Science and Medicine* 142, 128-135 (2015).

Cozier, Y., Yu, J., Coogan, P. F., Bethea, T. N., Rosenberg, L. & Palmer, J. R. Racism, segregation, and risk of obesity in the Black Women's Health Study. *American Journal of Epidemiology* 179, 875-883 (2014).

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Thorpe, R. J. Jr., Parker, L. J., Cobb, R. J., Dillard, F., & Bowie, J. Association between discrimination and obesity in African-American men. *Biodemography Soc Biol.* 63, 253-261 (2017).

Williams, D. R., Lawrence, J. A. & Davis, B. A. Racism and Health: Evidence and Needed Research. *Annu. Rev. Public Health* 40, 105-125 (2019).

Outcomes and Impacts

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Bécares, L., Nazroo, J. , & Kelly, Y. A longitudinal examination of maternal, family, and area-level experiences of racism on children's socioemotional development: Patterns and possible explanations. *Social Science and Medicine* 142, 128-135 (2015).

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Thorpe, R. J. Jr., Parker, L. J., Cobb, R. J., Dillard, F., & Bowie, J. Association between discrimination and obesity in African-American men. *Biodemography Soc Biol.* 63, 253-261 (2017).

Wallace, M., Crear-Perry, J., Richardson, L., Tarver, M. & Theall, K. Separate and unequal: Structural racism and infant mortality in the US. *Health Place* 45, 140-144 (2017).

Williams, D. R., Lawrence, J. A. & Davis, B. A. Racism and Health: Evidence and Needed Research. *Annu. Rev. Public Health* 40, 105-125 (2019).

TABLE 3: Sexual Stigma and Gender Identity Stigma as Experienced by LGBTQ2+ People

Drivers of Stigma

Alencar Albuquerque, G. *et al.* Access to health services by lesbian, gay, bisexual, and transgender persons: systematic literature review. *BMC International Health and Human Rights* 16, 1-10 (2016).

Hunt, S. *An Introduction to the Health of Two-Spirit People: Historical, contemporary and emergent issues.* (National Collaborating Centre for Aboriginal Health, 2016).

Jaffee, K. D., Shires, D. A., & Stroumsa, D. Discrimination and delayed health care among transgender women and men. *Medical Care* 54, 1010-1016 (2016).

Logie, C. *et al.* "Automatic assumption of your gender, sexuality and sexual practices is also discrimination": Exploring sexual healthcare experiences and recommendations among sexually and gender diverse persons in Arctic Canada. *Health & Social Care in the Community* 27, 1204-1213 (2019).

McCann, E. & Brown, M. Homelessness among youth who identify as LGBTQ+: A systematic review. *Journal of Clinical Nursing* 28, 2061-2072 (2019).

Miller, L. & Grollman, E. The Social Costs of Gender Nonconformity for Transgender Adults: Implications for Discrimination and Health. *Sociological Forum* 30, 809-831 (2015).

White Hughto, J., Reisner, S. & Pachankis, J. Transgender stigma and health: A critical review of stigma determinants, mechanisms, and interventions. *Social Science & Medicine* 147, 222-231 (2015).

Whitehead, J., Shaver, J. & Stephenson, R. Outness, Stigma, and Primary Health Care Utilization among Rural LGBT Populations. *PLOS ONE* 11, e0146139 (2016).

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Alencar Albuquerque, G. *et al.* Access to health services by lesbian, gay, bisexual, and transgender persons: systematic literature review. *BMC International Health and Human Rights* 16, 1-10 (2016).

Casey, B. *et al.* The Health of LGBTQIA2 Communities in Canada: Report of the Standing Committee on Health. (House of Commons, 2019).

Doan Van, E., Mereish, E., Woulfe, J. & Katz-Wise, S. Perceived Discrimination, Coping Mechanisms, and Effects on Health in Bisexual and Other Non-Monosexual Adults. *Archives of Sexual Behavior* 48, 159-174 (2019).

Hunt, S. *An Introduction to the Health of Two-Spirit People: Historical, contemporary and emergent issues.* (National Collaborating Centre for Aboriginal Health, 2016).

Jaffee, K. D., Shires, D. A., & Stroumsa, D. Discrimination and delayed health care among transgender women and men. *Medical Care* 54, 1010-1016 (2016).

Lyons, T. *et al.* A qualitative study of transgender individuals' experiences in residential addiction treatment settings: stigma and inclusivity. *Substance Abuse Treatment, Prevention, and Policy* 10, (2015).

Lyons, T. *et al.* Experiences of Trans Women and Two-Spirit Persons Accessing Women-Specific Health and Housing Services in a Downtown Neighborhood of Vancouver, Canada. *LGBT Health* 3, 373-378 (2016).

McCann, E. & Brown, M. Homelessness among youth who identify as LGBTQ+: A systematic review. *Journal of Clinical Nursing* 28, 2061-2072 (2019).

Reisner, S. *et al.* Substance Use to Cope with Stigma in Healthcare Among U.S. Female-to-Male Trans Masculine Adults. *LGBT Health* 2, 324-332 (2015).

Saewyc, E., *et al.* Hazards of stigma: the sexual and physical abuse of gay, lesbian, and bisexual adolescents in the U.S. and Canada. *Child Welfare* 85, 195-213 (2006).

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Whitehead, J., Shaver, J. & Stephenson, R. Outness, Stigma, and Primary Health Care Utilization among Rural LGBT Populations. *PLOS ONE* 11, e0146139 (2016).

Yloja, T. & Craig, S. Exclusionary Health Policy: Responding to the Risk of Poor Health among Sexual Minority Youth in Canada. *Social Work in Public Health* 29, 81-86 (2014).

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Casey, B. *et al.* The Health of LGBTQIA2 Communities in Canada: Report of the Standing Committee on Health. (House of Commons, 2019).

Colledge, L., Hickson, F., Reid, D. & Weatherburn, P. Poorer mental health in UK bisexual women than lesbians: evidence from the UK 2007 Stonewall Women's Health Survey. *Journal of Public Health* 37, 427-437 (2015).

Doan Van, E., Mereish, E., Woulfe, J. & Katz-Wise, S. Perceived Discrimination, Coping Mechanisms, and Effects on Health in Bisexual and Other Non-Monosexual Adults. *Archives of Sexual Behavior* 48, 159-174 (2019).

Jaffee, K. D., Shires, D. A., & Stroumsa, D. Discrimination and delayed health care among transgender women and men. *Medical Care* 54, 1010-1016 (2016).

Knight, K. W. *et al.* The kids are OK: it is discrimination, not same-sex parents, that harms children. *MJA* 207, (2017).

Logie, C. *et al.* "Automatic assumption of your gender, sexuality and sexual practices is also discrimination": Exploring sexual healthcare experiences and recommendations among sexually and gender diverse persons in Arctic Canada. *Health & Social Care in the Community* 27, 1204-1213 (2019).

Lyons, T. *et al.* A qualitative study of transgender individuals' experiences in residential addiction treatment settings: stigma and inclusivity. *Substance Abuse Treatment, Prevention, and Policy* 10, (2015).

Lyons, T. *et al.* Experiences of Trans Women and Two-Spirit Persons Accessing Women-Specific Health and Housing Services in a Downtown Neighborhood of Vancouver, Canada. *LGBT Health* 3, 373-378 (2016).

Reisner, S. *et al.* Substance Use to Cope with Stigma in Healthcare Among U.S. Female-to-Male Trans Masculine Adults. *LGBT Health* 2, 324-332 (2015).

White Hughto, J., Reisner, S. & Pachankis, J. Transgender stigma and health: A critical review of stigma determinants, mechanisms, and interventions. *Social Science & Medicine* 147, 222-231 (2015).

Outcomes and Impacts

Alencar Albuquerque, G. *et al.* Access to health services by lesbian, gay, bisexual, and transgender persons: systematic literature review. *BMC International Health and Human Rights* 16, 1-10 (2016).

Casey, B. *et al.* The Health of LGBTQIA2 Communities in Canada: Report of the Standing Committee on Health. (House of Commons, 2019).

Colledge, L., Hickson, F., Reid, D. & Weatherburn, P. Poorer mental health in UK bisexual women than lesbians: evidence from the UK 2007 Stonewall Women's Health Survey. *Journal of Public Health* 37, 427-437 (2015).

Jaffee, K. D., Shires, D. A., & Stroumsa, D. Discrimination and delayed health care among transgender women and men. *Medical Care* 54, 1010-1016 (2016).

Logie, C. *et al.* "Automatic assumption of your gender, sexuality and sexual practices is also discrimination": Exploring sexual healthcare experiences and recommendations among sexually and gender diverse persons in Arctic Canada. *Health & Social Care in the Community* 27, 1204-1213 (2019).

McCann, E. & Brown, M. Homelessness among youth who identify as LGBTQ+: A systematic review. *Journal of Clinical Nursing* 28, 2061-2072 (2019).

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Reisner, S. *et al.* Substance Use to Cope with Stigma in Healthcare Among U.S. Female-to-Male Trans Masculine Adults. *LGBT Health* 2, 324-332 (2015).

Scheim, A., Bauer, G. & Shokoohi, M. Drug use among transgender people in Ontario, Canada: Disparities and associations with social exclusion. *Addictive Behaviors* 72, 151-158 (2017).

White Hughto, J., Reisner, S. & Pachankis, J. Transgender stigma and health: A critical review of stigma determinants, mechanisms, and interventions. *Social Science & Medicine* 147, 222-231 (2015).

Whitehead, J., Shaver, J. & Stephenson, R. Outness, Stigma, and Primary Health Care Utilization among Rural LGBT Populations. *PLOS ONE* 11, e0146139 (2016).

Ylloja, T. & Craig, S. Exclusionary Health Policy: Responding to the Risk of Poor Health among Sexual Minority Youth in Canada. *Social Work in Public Health* 29, 81-86 (2014).

TABLE 4: Mental Illness Stigma**Drivers of Stigma**

Abdullah, T. & Brown, T. L. Mental illness stigma and ethnocultural beliefs, values, and norms: an integrative review. *Clin. Psychol. Rev.* 31, 934-948 (2011).

Boksa, P., Joober, R. & Kirmayer, L. J. Mental wellness in Canada's Aboriginal communities: striving toward reconciliation. *Journal of psychiatry & neuroscience: JPN* 40, 363-365 (2015).

Henderson, C. *et al.* Mental health-related stigma in health care and mental health-care settings. *The Lancet Psychiatry* 1, 467-482 (2014).

Kirmayer, L. J. & Valaskakis, G. G. Healing traditions: The mental health of Aboriginal peoples in Canada. (UBC Press, 2009).

Knaak, S., Mantler, E. & Szeto, A. Mental illness-related stigma in healthcare: Barriers to access and care and evidence-based solutions. *Healthcare management forum* 30, 111-116 (2017).

Koschorke, M., Evans-Lacko, S., Sartorius, N. & Thornicroft, G. Stigma in different cultures in *The stigma of mental illness — End of the story?* 67-82 (Springer International Publishing, Cham, 2017).

Larkings, J. S. & Brown, P. M. Do biogenetic causal beliefs reduce mental illness stigma in people with mental illness and in mental health professionals? A systematic review. *International journal of mental health nursing* 27, 928-941 (2018).

Leaune, E. *et al.* Ethnic minority position and migrant status as risk factors for psychotic symptoms in the general population: a meta-analysis. *Psychol. Med.* 49, 1-14 (2018).

Sharp, M. *et al.* Stigma as a barrier to seeking health care among military personnel with mental health problems. *Epidemiol. Rev.* 37, 144-162 (2015).

Young, C., Hanson, C., Craig, J. C., Clapham, K. & Williamson, A. Psychosocial factors associated with the mental health of Indigenous children living in high income countries: a systematic review. *International Journal for Equity in Health* 16, 153 (2017).

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Coleman, S. J., Stevelink, S. A., Hatch, S. L., Denny, J. A. & Greenberg, N. Stigma-related barriers and facilitators to help seeking for mental health issues in the armed forces: a systematic review and thematic synthesis of qualitative literature. *Psychol. Med.* 47, 1-13 (2017).

Donnelly, L. R. *et al.* Stigma Experiences in Marginalized People Living With HIV Seeking Health Services and Resources in Canada. *Journal of the Association of Nurses in AIDS Care* 27, 768-783 (2016).

Haugen, P. T., McCrillis, A. M., Smid, G. E. & Nijdam, M. J. Mental health stigma and barriers to mental health care for first responders: A systematic review and meta-analysis. *J. Psychiatr. Res.* 94, 218-229 (2017).

Jackson-Best, F. & Edwards, N. Stigma and intersectionality: a systematic review of systematic reviews across HIV/AIDS, mental illness, and physical disability. *BMC Public Health* 18, 919 (2018).

Kaushik A., Kostaki E., Fewings S., Thomas G. & Kyriakopoulos M. The stigma of mental illness in children and adolescents: A systematic review. *European Psychiatry*, S130 (2016).

Pantelic, M., Sprague, L. & Stangl, A. L. It's not "all in your head": critical knowledge gaps on internalized HIV stigma and a call for integrating social and structural conceptualizations. *BMC infectious diseases* 19, 210 (2019).

Ross, A. M., Morgan, A. J., Jorm, A. F. & Reavley, N. J. A systematic review of the impact of media reports of severe mental illness on stigma and discrimination, and interventions that aim to mitigate any adverse impact. *Soc. Psychiatry Psychiatr. Epidemiol.* 54, 11-31 (2019).

Young, C., Hanson, C., Craig, J. C., Clapham, K. & Williamson, A. Psychosocial factors associated with the mental health of Indigenous children living in high income countries: a systematic review. *International Journal for Equity in Health* 16, 153 (2017).

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Chambers, L. A. *et al.* Evidence informing the intersection of HIV, aging and health: A scoping review. *AIDS and Behavior* 18, 661-675 (2014).

Coleman, S. J., Stevelink, S. A., Hatch, S. L., Denny, J. A. & Greenberg, N. Stigma-related barriers and facilitators to help seeking for mental health issues in the armed forces: a systematic review and thematic synthesis of qualitative literature. *Psychol. Med.* 47, 1-13 (2017).

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Furlotte, C. & Schwartz, K. Mental Health Experiences of Older Adults Living with HIV: Uncertainty, Stigma, and Approaches to Resilience. *Canadian Journal on Aging* 36, 125-140 (2017).

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Shi, Y. *et al.* Correlates of affiliate stigma among family caregivers of people with mental illness: A systematic review and meta-analysis. *J. Psychiatr. Ment. Health Nurs.* 26, 49-61 (2019).

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Evans-Lacko S. *et al.* How much does mental health discrimination cost: Valuing experienced discrimination in relation to healthcare care costs and community participation. *Epidemiology and Psychiatric Sciences* 24, 423-434 (2014).

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