

Substance Use Disorder Treatment in Sexually and Gender Diverse People

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Background

The purpose of this study is to assess differences in substance use disorder (SUD) treatment, including psychopharmacology and other therapies, among sexually and gender diverse (SGD) versus non-SGD populations.

Methods

- This is a retrospective cohort study using data from a federally qualified health center electronic health record (EHR) system. The inclusion criteria are adult patients with diagnostic codes in the EHR for alcohol use disorder and opioid use disorder (AUD and OUD) at any time and any type of clinic visit during the study period (January 2011– June 2021).
- Diagnoses for AUD and OUD were identified amongst SGD and non-SGD populations and compared using Chi-square testing.
- SUD treatment utilization involving pharmacotherapy was assessed for AUD and OUD, including naltrexone, acamprosate, and disulfiram, as well as naltrexone, buprenorphine, methadone, and naloxone, respectively.
- SUD psychopharmacology treatment utilization rates were compared using Chi-square testing for both sexual orientation and gender identity.

Conclusion

Significant differences exist in both SUD diagnoses and treatment utilization in an SGD cohort as compared to a non-SGD cohort. Further study is needed to understand whether differences in treatment utilization are related to disease severity versus access to care.

Results

Table 1: Substance Use Disorder Diagnosis by Gender Identity and Sexual Orientation

	AUD N=3607		OUD N=1133		Both AUD and OUD N=303	
	n (%)	p	n (%)	p	n (%)	p
Sexual Orientation		<.001		<.001		<.001
Lesbian/Gay N=22,079	1533 (6.9)		231 (1.0)		81 (0.4)	
Bisexual N=6282	303 (4.8)		108 (1.7)		27 (0.4)	
Something else N=3233	155 (4.8)		44 (1.4)		17 (0.5)	
Don't know N=1668	82 (4.9)		26 (1.6)		9 (0.5)	
Straight/Heterosexual N=36,921	975 (2.6)		560 (1.5)		130 (0.4)	
Gender Identity		<.001		.005		.05
Genderqueer/NB N=3410	205 (6.0)		54 (1.6)		24 (0.7)	
Transgender Woman N=2155	127 (5.9)		37 (1.7)		16 (0.7)	
Transgender Man N=2266	98 (4.3)		26 (1.1)		6 (0.3)	
Cisgender Woman N=32,317	694 (2.1)		278 (0.9)		56 (0.2)	
Cisgender Man N=40,428	2483 (6.1)		738 (1.8)		2001 (4.9)	

Note: % values reflect non-missing data

Table 2: AUD Psychopharmacology Utilization by Gender Identity and Sexual Orientation

	Oral naltrexone N=480		Injectable naltrexone N=135		Acamprosate N=96		Disulfiram N=98	
	n (%)	p	n (%)	p	n (%)	p	n (%)	p
Sexual Orientation		<.001		.67		.13		.63
Sexual minority N=31,594	320 (1.0)		80 (0.3)		65 (0.2)		53 (1.7)	
Straight/Heterosexual N=36,921	96 (0.3)		36 (0.1)		22 (0.1)		29 (0.1)	
Gender Identity		.08		.77		.15		.60
TGD N=7831	69 (0.9)		15 (0.2)		16 (0.2)		10 (0.1)	
Cisgender N=72,745	411 (0.6)		120 (0.2)		80 (0.1)		88 (0.1)	

Note: % values reflect non-missing data

Table 3: OUD Psychopharmacology Utilization by Gender Identity and Sexual Orientation

	Buprenorphine OR Buprenorphine naloxone N=453		Methadone (external prescription only) N=131		Oral naltrexone N=94		Naloxone N=494	
	n (%)	p	n (%)	p	n (%)	p	n (%)	p
Sexual Orientation		.003		.04		.01		.01
Sexual minority N=31,594	133 (0.4)		36 (0.1)		43 (0.1)		149 (0.5)	
Straight/Heterosexual N=36,921	248 (0.7)		77 (0.2)		37 (0.1)		263 (0.7)	
Gender Identity		.05		.17		<.001		.43
TGD N=7831	37 (0.5)		9 (0.1)		23 (0.3)		47 (0.6)	
Cisgender N=72,745	416 (0.6)		122 (0.2)		71 (0.1)		447 (0.6)	

Note: % values reflect non-missing data