

# LGBTQ Competence Wanted: LGBTQ Parents' Experiences of Reproductive Healthcare

**Abstract:** Twelve LGBTQ parents were interviewed about their experiences of reproductive healthcare (RHC). Participants faced heteronormativity and discrimination, which led to lacking support in the transition to parenthood. Aspects of high quality and LGBTQ competent care were received, but participants wished for more LGBTQ competent healthcare. Swedish reproductive health professionals may benefit from interventions aimed at developing LGBTQ competence.

## Introduction

- LGBTQ people in Sweden still suffer from discrimination, and are more likely to have poorer health than heterosexual cis-people
- Reproductive health professionals (RHPs) should support all expectant and new parents in their transition to parenthood
- LGBTQ parents may not be fully supported because of heteronormativity and RHPs' attitudes and practices
- Only same-sex mothers' experiences have been studied in the Nordic Countries



## Aim

To explore LGBTQ expectant and new parents' experiences of reproductive healthcare in Sweden when becoming parents

*"So one can feel a bit normal. I would not have wanted to attend a parent education class with straight people [...] I want to share experiences with those who share experiences with me."*



*"Of course trans people can be pregnant"*

## Method

- Cross-sectional qualitative semi-structured interviews
- Convenience sample through Facebook
- Data analyzed using systematic text condensation



## Results

- ❖ N = 12 LGBTQ expectant or new parents
- ❖ Aged: 30-45 years
- ❖ All were white & born in Sweden; most living in major cities & had university education

## Themes

- I. Inadequacies and mistreatment in RHC
- II. Consequences of heteronormativity
- III. Satisfaction with RHC despite heteronormativity
- IV. Wishing for LGBTQ competent RHC

*"It's absurd that one is thankful for small mercies, just to not be questioned"*

## Discussion & Conclusions

- LGBTQ parents reported aspects of high quality and LGBTQ competent reproductive healthcare
- They also faced heteronormativity and discrimination which led to lacking support in their transition to parenthood
- RHPs may benefit from interventions aimed at developing LGBTQ competence
- RHPs need to develop professional interventions to support and facilitate LGBTQ parents' transition to parenthood



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