



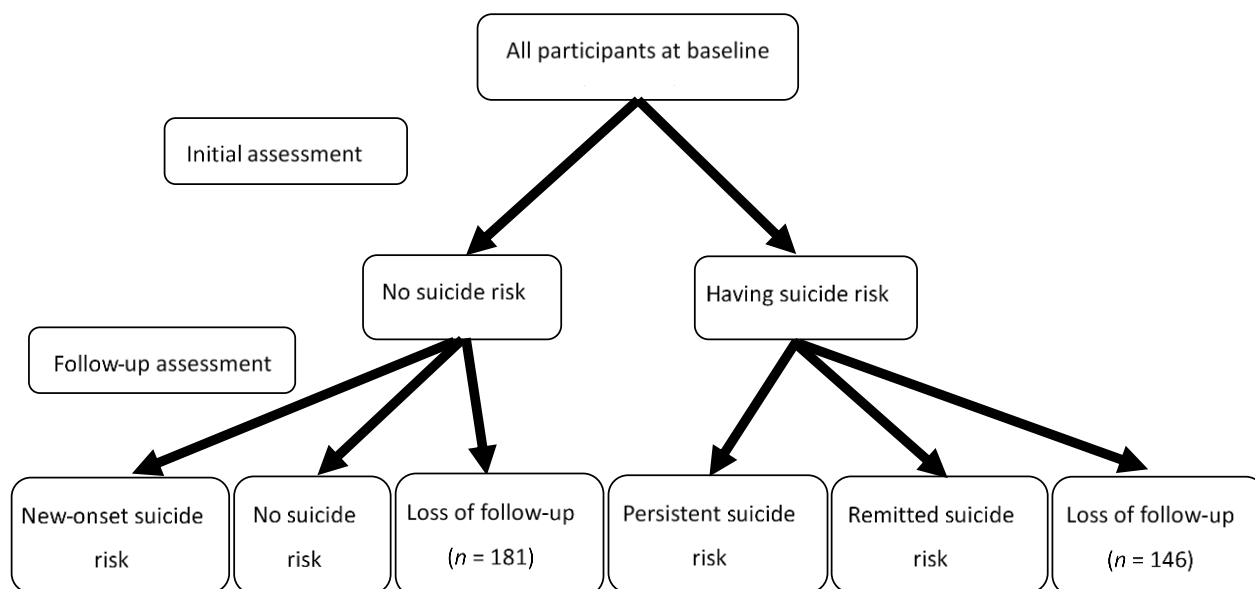
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性傾向少數者是COVID-19疫情中受衝擊最嚴重的族群之一，但至今缺乏追蹤研究調查此族群在疫情爆發前後自殺危險性的變化、以及預測因子。本研究追蹤在COVID-19疫情爆發前的已建立起1000位性傾向為同或雙性戀者，調查其個體（社會人口學資料、性傾向因子、自我認同困擾、憂鬱、焦慮、網路和手機成癮嚴重度）、環境（感受到的家庭支持）、個體—環境因子（內化性傾向烙印態度、遭受性傾向相關微歧視經驗、感受到家人對同性戀的烙印態度）資料，對於四年後經歷COVID-19疫情之自殺危險之預測效果。

本追蹤研究共完成 673 位（67.3%）個案在四年後的追蹤調查。結果發現：16.5%的參與者在基礎點時無自殺風險，但在追蹤期間出現新發生自殺風險；46.4%的參與者在基礎點時存在自殺風險，追蹤期間仍持續存在自殺風險。跨性別者、感知更高程度微歧視者以及基礎點時網路使用問題較嚴重者，在追蹤期間出現新發自殺風險的可能性更高。自我認同混亂程度較高的參與者，則更可能在追蹤期間持續存在自殺風險。

雖然 COVID-19 疫情目前已緩解，但 COVID-19 感染者尚眾，且未來仍可能發生 COVID-19 變種病毒或其他新病毒的大規模感染，故本研究結果提供資訊，做為發展預防性傾向少數者遭遇重大疫情時，出現精神健康困擾之策略參考。



【具體成果】

● 學術成就

1. 共發表 40 篇學術論文，35 篇為第一或通訊作者。發表著作中有 32 篇為國科會研究計畫所支持完成。
2. 執行 2 件科技部計畫(主持人)。
3. 擔任科技部研究計畫社會科學部門、心理學、教育學部門初審委員。
4. 於台灣成癮學會年會暨學術研討會、台灣兒童青少年精神醫學會、台灣精神醫學會年會暨學術討論會、台灣生物精神醫學會發表多篇論文。

● 國際合作

1. 擔任 60 次國際學術期刊審稿工作。
2. 參與台灣與波蘭、烏克蘭、新加坡等國學者合作之烏俄戰爭對於人民心理健康之影響跨國研究，並發表論文。

● 獲獎

台灣精神醫學會葉英堃教授卓越研究獎

獲獎論文：Yi-Lung Chen, Yu-Ping Chang, Cheng-Fang Yen*. Effects of gender nonconformity and biological sex on the relationship between sexual orientation microaggressions and anxiety and depressive symptoms among lesbian, gay, and bisexual Taiwanese young adults: A moderated-moderation study. *J Affective Disorders* 2023;334:129-136.



【研究團隊】

團隊成員：顏正芳，高雄醫學大學醫學研究所博士

團隊簡介：現為高雄醫學大學醫學院醫學系特聘教授、附設醫院精神科主治醫師。
為精神科專科醫師、兒童青少年精神醫學專科醫師、成癮醫學專科醫師。

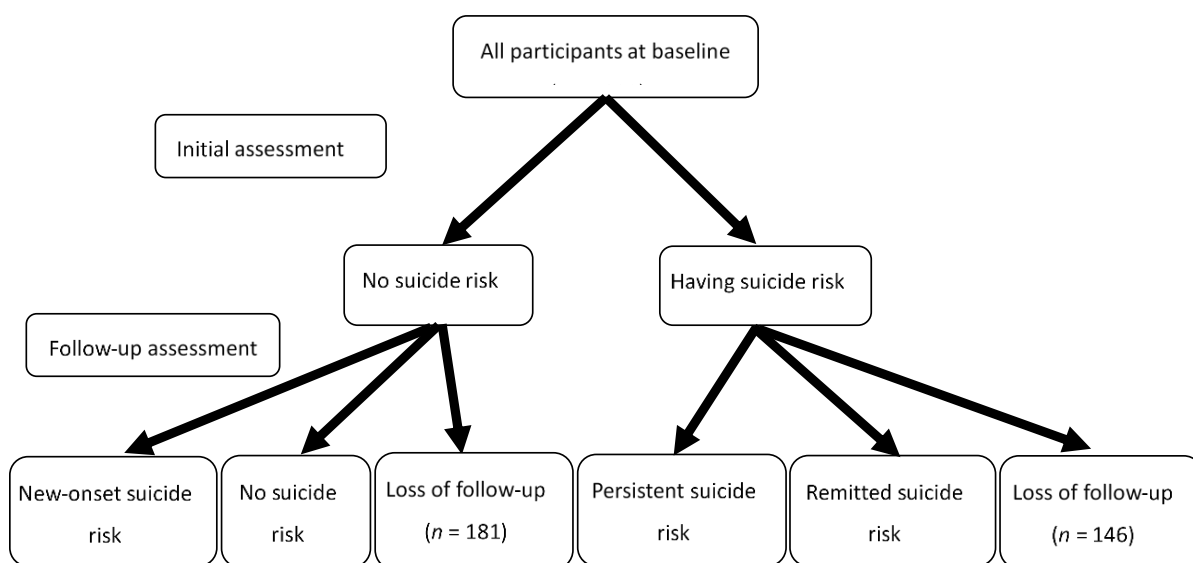
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Sexual minority individuals represent one of the groups most severely impacted by the COVID-19 pandemic, yet to date there has been a lack of longitudinal research examining changes in their suicide risk before and after the outbreak, as well as predictive factors. This study tracked 1,000 individuals who identified as lesbian, gay, or bisexual prior to the COVID-19 outbreak, investigating their individual characteristics (sociodemographic data, sexual orientation factors, self-identity distress, depression, anxiety, and severity of internet and mobile phone addiction), environmental factors (perceived family support), and individual-environmental factors (internalized sexual orientation stigma attitudes, experiences of sexual orientation-related microaggressions, and perceived family stigma attitudes toward homosexuality). These variables were examined for their predictive effect on suicide risk four years later, following exposure to the COVID-19 pandemic.

This longitudinal study successfully completed follow-up surveys for 673 participants (67.3%) at the four-year mark. Findings revealed: 16.5% of participants showed no suicide risk at baseline but developed new suicide risk during follow-up; 46.4% exhibited baseline suicide risk that persisted throughout follow-up. Transgender individuals, those perceiving higher levels of microaggression, and those with more severe baseline internet use problems were more likely to develop new suicide risk during follow-up. Participants with higher levels of gender identity confusion were more likely to maintain suicide risk throughout follow-up.

Although the COVID-19 pandemic has eased, COVID-19 infections remain prevalent, and future large-scale outbreaks of COVID-19 variants or other novel viruses are possible. Thus, these findings inform the development of strategies to prevent mental health distress among sexual minorities during major epidemics.





【Concrete Results】

● Academic Achievements

1. Published 40 academic papers, with 35 as first or corresponding author. Among these publications, 32 were supported by National Science Council research grants.
2. Served as principal investigator on two Ministry of Science and Technology projects.
3. Acted as preliminary reviewer for the Ministry of Science and Technology's research programs in the Social Sciences, Psychology, and Education divisions.
4. Presented multiple papers at conferences including the Annual Conference and Academic Symposium of the Taiwan Society of Addiction, the Taiwan Society of Child and Adolescent Psychiatry, the Annual Conference and Academic Symposium of the Taiwan Psychiatric Association, and the Taiwan Society of Biological Psychiatry.

● International Collaboration

1. Served as a reviewer for 60 international academic journals.
2. Participated in a multinational study on the impact of the Russia-Ukraine War on public mental health, collaborating with scholars from Taiwan, Poland, Ukraine, Singapore, and other countries, and published related papers.

● Awards

台灣精神醫學會葉英堃教授卓越研究獎

Yi-Lung Chen, Yu-Ping Chang, Cheng-Fang Yen*. Effects of gender nonconformity and biological sex on the relationship between sexual orientation microaggressions and anxiety and depressive symptoms among lesbian, gay, and bisexual Taiwanese young adults: A moderated-moderation study. *J Affective Disorders* 2023;334:129-136.



【Research Team】

Team Member: Cheng-Fang Yen, M.D., Ph.D., is a Distinguished Professor of Psychiatry at Kaohsiung Medical University and is an attending doctor at Department of Psychiatry at Kaohsiung Medical University Hospital in Kaohsiung, Taiwan.

Overview: His main research interests are social psychiatry, mental health of children and adolescents, gender study, and addictive behaviors.

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