

Table 1: Demographic characteristics of the Manalagi sample.

Demographic variables	<i>n</i> (%)	<i>n</i> (%)
	Cisgender sexual minorities (<i>n</i>=239)	Transgender and non-binary (<i>n</i>=126)
Age		
15–20 years	34 (14.2)	17 (13.7)
21–29 years	90 (37.7)	57 (46.0)
30–39 years	65 (27.2)	34 (27.4)
40–49 years	34 (14.2)	9 (7.3)
50–59 years	13 (5.4)	4 (3.2)
60+ years	3 (1.3)	3 (2.4)
Region		
Auckland	158 (66.1)	71 (57.3)
Wellington	36 (15.1)	23 (18.5)
Canterbury	18 (7.5)	8 (6.5)
Waikato	13 (5.4)	6 (4.8)
Other	14 (5.9)	16 (12.9)
Pacific whakapapa		
Samoaan	115 (50.9)	47 (43.1)
Cook Island	17 (7.5)	12 (11.0)
Tongan	12 (5.3)	11 (10.1)
Other	28 (12.4)	11 (10.1)
Multi-ethnic	54 (23.9)	28 (25.7)
Personal income (NZD)		
<\$40,000	85 (36.3)	56 (47.5)
\$40,000–\$59,999	37 (15.8)	22 (18.6)
\$60,000–\$89,999	62 (26.5)	28 (23.7)
≥\$90,000	50 (21.4)	12 (10.2)

Table 2: Healthcare utilisation and experiences of the Manalagi sample.

	Cisgender sexual minorities; <i>n</i> (%)	Trans and non-binary; <i>n</i> (%)
Have you ever avoided seeing your GP, or going to a medical clinic or hospital because of fear for your safety, or repercussions in any way? (Discrimination, violence or visa status etc.)	42 (17.6)	32 (26.0)
In the last 12 months, how many times have you sought help from mental health support services (i.e., counsellors, helplines, etc.?)	67 (30.9)	44 (37.0)
Ethnic/race-based discrimination		

Table 2 (continued): Healthcare utilisation and experiences of the Manalagi sample.

Felt you were treated differently from patients who were Pākehā	53 (22.2)	38 (30.6)
Experienced microaggressions based on your ethnicity	53 (22.2)	27 (21.8)
Experienced microaggressions based on your race	37 (15.5)	18 (14.5)
Gender-based discrimination		
Experienced microaggressions based on your gender	12 (5.0)	17 (13.7)
Subjected to transphobic comments	1 (0.4)	14 (11.3)
Misgendered by staff	7 (2.9)	34 (27.4)
Had your dead name used despite asking for your gender-affirming name to be used	0	16 (12.9)
Refused treatment based on your gender	1 (0.4)	4 (3.2)
Other discrimination		
Experienced microaggressions based on your sex	6 (2.5)	8 (6.5)
Experienced microaggressions based on your characteristics	25 (10.5)	17 (13.7)
Subjected to homophobic comments	7 (2.9)	13 (10.5)
Refused treatment based on your sex	1 (0.4)	6 (4.8)
Refused treatment based on your sexual orientation	2 (0.8)	1 (0.8)
Felt you were treated differently from patients who were cisgender and straight-presenting	3 (1.3)	24 (19.4)
Had your symptoms minimised	66 (27.6)	33 (26.6)
Overall discrimination (0 to 15) (mean; standard deviation)	1.15 (1.63)	2.18 (2.88)

Table 3: Multivariate regression of healthcare avoidance of the Manalagi sample adjusting for age, region, ethnicity and income.

	Cisgender sexual minorities (OR)	Transgender and non-binary (OR)
Ethnic/race-based discrimination		
Felt you were treated differently from patients who were Pākehā	6.21 [2.72–14.17]***	10.63 [3.15–35.86]***
Experienced microaggressions based on your ethnicity	3.18 [1.45–7.00]***	7.63 [2.19–26.60]**
Experienced microaggressions based on your race	3.02 [1.28–7.13]*	-
Gender-based discrimination		
Experienced microaggressions based on your gender	-	-
Subjected to transphobic comments	-	-
Misgendered by staff	-	3.00 [1.05–8.58]*
Had your dead name used despite asking for your gender-affirming name to be used	-	-
Refused treatment based on your gender	-	-
Other discrimination		
Experienced microaggressions based on your sex	-	-
Experienced microaggressions based on your characteristics	4.31 [1.63–11.42]**	-
Subjected to homophobic comments	1.41 [0.14–14.32]	-
Refused treatment based on your sex	-	-
Refused treatment based on your sexual orientation	-	-
Felt you were treated differently from patients who were cisgender and straight-presenting	-	18.88 [5.04–70.70]***
Had your symptoms minimised	3.10 [1.41–6.82]**	12.54 [3.64–43.11]***
Overall discrimination	1.56 [1.26–1.92]***	1.59 [1.27–2.00]***

OR = odds ratios.

Note that we only conducted regression analyses for discriminatory variables with more than 20 affirmative responses. We used a dash to indicate variables that were omitted from assessment. * $p < .05$; ** $p < .01$; *** $p < .001$.

Table 4: Multivariate regression of seeking mental health care among the Manalagi participants adjusting for age, region, ethnicity and income.

	Cisgender sexual minorities (OR)	Transgender and Non-binary (OR)
Ethnic/racial-based discrimination		
Felt you were treated differently from patients who were Pākehā	1.26 [0.61-2.60]	8.64 [2.78-26.87]***
Experienced microaggressions based on your ethnicity	1.16 [0.55-2.43]	7.67 [2.18-26.95]**
Experienced microaggressions based on your race	2.57 [1.14-5.79]*	-
Gender-based discrimination		
Experienced microaggressions based on your gender	-	-
Subjected to transphobic comments	-	-
Misgendered by staff	-	1.34 [0.49-3.65]
Had your dead name used despite asking for your gender-affirming name to be used	-	-
Refused treatment based on your gender	-	-
Other discrimination		
Experienced microaggressions based on your sex	-	-
Experienced microaggressions based on your characteristics	2.14 (0.85-5.43)	-
Subjected to homophobic comments	-	-
Refused treatment based on your sex	-	-
Refused treatment based on your sexual orientation	-	-
Felt you were treated differently from patients who were cisgender and straight-presenting	-	-
Had your symptoms minimised	2.00 [0.99-4.06]	7.31 [2.63-20.35]
Overall discrimination	1.14 [0.95-1.38]	1.60 [1.36-2.05]**

OR = odds ratios.

Note that we only conducted regression analyses for discriminatory variables with more than 20 affirmative responses. We used a dash to indicate variables that were omitted from assessment. * $p < .05$; ** $p < .01$; *** $p < .001$.