



# **Mental Health Issues for Sexual Minority Women: Redefining Women's Mental Health**

*Tonda Hughes, Carroll Smith, Alice Dan*

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Get a full understanding of lesbian mental health concerns!

Mental Health Issues for Sexual Minority Women: Redefining Women's Mental Health presents much-needed research on sexual orientation and sexual minority populations missing from most mental health studies. This unique book identifies three areas of concern voiced in a 1999 Institute of Medicine report on lesbian health: whether lesbians are at a higher risk of mental health problems; the need for a better understanding of lesbian orientation and diversity in the lesbian population; and the need to eliminate barriers to mental health care services for lesbians. Mental Health Issues for Sexual Minority Women addresses those concerns with theoretical and empirical work that represents a broad range of disciplines and cultures.

Mental Health Issues for Sexual Minority Women covers a unique and diverse range of topics missing from most books on lesbian health. The book includes original research on issues such as:

- body image and attitudes toward eating and dieting
- relationship satisfaction and conflicts
- substance use and sexual victimization
- risk factors for psychological distress among African-American lesbians
- and much more!



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