

INPLASY

Teen dating violence (TDV) and gender-based violence (GBV) prevention and intervention programs among 2SLGBTQI+ youth: a systematic review

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ADMINISTRATIVE INFORMATION

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Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 7 February 2025 and was last updated on 7 February 2025.

INTRODUCTION

Review question / Objective What are the characteristics, effectiveness, and gaps in teen dating violence (TDV) and gender-based violence (GBV) prevention and intervention programs targeting 2SLGBTQI+ youth?

Rationale Teen dating violence (TDV) and gender-based violence (GBV) are significant public health and human rights concerns that disproportionately affect marginalized youth, including those identifying as 2SLGBTQI+. Research indicates that 2SLGBTQI+ youth experience higher rates of intimate partner violence, sexual violence, and coercion compared to their cisgender and heterosexual peers due to intersecting factors such as stigma, discrimination, minority stress, and a lack of inclusive support services. Despite the increased risk, existing prevention and intervention programs often fail to adequately address the

unique experiences and needs of 2SLGBTQI+ youth.

A growing body of literature examines TDV and GBV prevention efforts among youth and adolescents; however, much of this research focuses on heterosexual and cisgender populations, leaving a gap in understanding how these programs serve—or fail to serve—2SLGBTQI+ youth. Additionally, mainstream interventions may not account for diverse relationship dynamics, social stressors, and barriers to help-seeking that 2SLGBTQI+ youth encounter. Programs that do include 2SLGBTQI+ perspectives may lack rigorous evaluation, making it unclear how effective they are in reducing violence and fostering healthy relationships.

Condition being studied Teen dating violence (TDV) and gender-based violence (GBV) are significant public health and human rights concerns, affecting the safety and well-being of

young people, particularly those from marginalized communities, including 2SLGBTQI+ youth. Both forms of violence can have lasting consequences on survivors' physical, emotional, and psychological health, contributing to long-term issues such as depression, anxiety, post-traumatic stress disorder (PTSD), and suicidal ideation. Despite growing awareness and prevention efforts, many young people—especially those from gender and sexual minority groups—face barriers to accessing support services, leaving them vulnerable to ongoing harm.

TDV refers to abusive behaviours that occur within adolescent dating relationships, encompassing a range of harmful actions. Physical violence in TDV includes acts such as hitting, slapping, or shoving, while emotional and psychological abuse may involve manipulation, gaslighting, intimidation, and threats. Sexual violence, another form of TDV, includes any non-consensual sexual activity, coercion, or sexual harassment within a dating relationship. Additionally, digital forms of abuse, such as cyberstalking, non-consensual sharing of intimate images, and controlling behaviours via social media, have become increasingly prevalent among teenagers. TDV can occur in both heterosexual and 2SLGBTQI+ relationships, though the latter group may experience unique risk factors such as stigma, lack of supportive resources, and fear of discrimination when seeking help.

GBV is a broader category that encompasses violence directed at individuals based on their gender identity, gender expression, or perceived gender. It includes intimate partner violence, sexual assault, harassment, and systemic forms of violence rooted in social and structural inequalities. GBV disproportionately affects women and gender-diverse individuals, including 2SLGBTQI+ youth, who often experience violence due to societal discrimination, gender norms, and power imbalances. For 2SLGBTQI+ youth, GBV can take many forms, such as homophobic or transphobic bullying, family rejection leading to homelessness, and a lack of legal protection against discrimination and violence. The intersection of TDV and GBV in the experiences of 2SLGBTQI+ youth highlights the urgent need for targeted prevention and intervention programs that acknowledge and address these overlapping vulnerabilities.

Both TDV and GBV contribute to a cycle of harm that can impact victims well into adulthood, affecting their self-esteem, ability to form healthy relationships, and overall well-being. Despite

efforts to implement prevention and intervention programs, many existing initiatives fail to adequately consider the unique experiences of 2SLGBTQI+ youth. Therefore, examining how TDV and GBV impact this population and assessing the effectiveness of current programs is crucial for developing more inclusive and responsive strategies that ensure all youth have access to safe, affirming, and effective support services.

METHODS

Search strategy Search query: (“Lesbian” OR “Gay” OR “Bisexual” OR “Transgender” OR “Queer” OR “Homosexual” OR “Intersex” OR “Asexual” OR “Sexual orientation” OR “Cisgender” OR “Nonbinary” OR “Non-binary” OR “Transphobia” OR “Transwomen” OR “Transwomen” OR “Transwoman” OR “Trans-woman” OR “Transmen” OR “Trans-men” OR “Transman” OR “Trans-man” OR “Transpeople” OR “Transpeople” OR “Gender diverse” OR “Gender nonconforming” OR “Gender fluid” OR “LGBT” OR “LGBTQ” OR “LGBTQA+” OR “LGBTQ2” OR “LGBTQ2SIA+” OR “LGBTQIA2S+” OR “2SLGBTQI+”) AND (“Intimate partner violence” OR “Sexual violence” OR “Partner violence” OR “Dating violence” OR “Teen dating violence” OR “Domestic abuse” OR “Gender-based violence”) AND (“Adolescent” OR “Youth” OR “Teen”) AND (“Education” OR “Prevention” OR “Intervention” OR “Awareness” OR “Advocacy” OR “Support”).

Participant or population 2SLGBTQI+ youth and adolescent.

Intervention N/A.

Comparator N/A.

Study designs to be included Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA).

Eligibility criteria The initial eligibility criteria for study selection included that the study must be peer-reviewed, written in English, and published between October 2014 through November 2024. This timeframe was selected to gather the most recently published empirical research. Books and edited chapters were excluded.

Information sources Embase, Scopus, EBSCOhost, ProQuest.

Main outcome(s) This systematic review aims to provide a comprehensive synthesis of existing research on teen dating violence (TDV) and

gender-based violence (GBV) prevention and intervention programs for 2SLGBTQI+ youth. The findings will contribute to a better understanding of how these programs are designed, their effectiveness, and areas that require improvement. By identifying key patterns and gaps in the literature, this review will help inform future research, policy development, and program implementation for more inclusive and effective interventions.

Additional outcome(s) The additional outcomes could include: First, the identification of program characteristics. The review could outline the key features of TDV and GBV prevention and intervention programs that specifically target 2SLGBTQI+ youth. This includes an analysis of program structures, delivery methods (e.g., school-based, community-led, or online interventions), and theoretical frameworks used. Additionally, it could assess the extent to which these programs are tailored to address the unique experiences and vulnerabilities of 2SLGBTQI+ youth, such as the impact of discrimination, stigma, and lack of access to affirming support services.

Second, the evaluation of program effectiveness. The review could examine how well these programs achieve their intended goals, such as reducing TDV and GBV incidents, increasing awareness and reporting, and fostering healthier relationship behaviours among 2SLGBTQI+ youth. It could assess the methodologies used in program evaluations, including both qualitative and quantitative measures, to determine which approaches have demonstrated the most success. Additionally, the review could explore whether these programs consider intersectionality, acknowledging how factors such as race, socioeconomic status, and disability may influence the effectiveness of interventions.

Third, highlights barriers and challenges faced by 2SLGBTQI+ youth in accessing and benefiting from TDV and GBV prevention and intervention programs. This may include issues such as exclusion from mainstream programs due to heteronormative frameworks, fear of discrimination when seeking help, and gaps in training for service providers to effectively support 2SLGBTQI+ youth. By identifying these barriers, the review could provide insights into what improvements are needed to make interventions more inclusive and accessible.

Finally, this systematic review will offer recommendations for future research, policy, and practice.

Quality assessment / Risk of bias analysis The data will undergo a critical assessment for quality and relevance using established quality evaluation criteria (Kmet, L.M., Lee, R.C., Cook, L.S., (2004). "Standard quality assessment criteria for evaluating primary research papers from a variety of fields". Each study will be scored based on the following scale: "yes" = 2, "partial" = 1, and "no" = 0. For quantitative studies, items deemed irrelevant to the study design will be marked as "not applicable (N/A)." The overall quality score for each quantitative and qualitative study will be calculated by summing the scores of applicable items, dividing the obtained score by the total possible score, and multiplying by 100 ($[\text{obtained score} / \text{total possible score}] \times 100$). To be included in the systematic review, studies must receive a score of 55-75% or higher, as determined by two independent reviewers in comparison to the overall scores.

Strategy of data synthesis In this systematic review, an iterative analytic approach will be employed to synthesize data, ensuring a comprehensive understanding of the key themes emerging from existing literature on teen dating violence (TDV) and gender-based violence (GBV) prevention and intervention programs for 2SLGBTQI+ youth. This approach involved a cyclical process of coding, analysis, and refinement, allowing for deeper engagement with the material and the emergence of nuanced insights.

The first stage of analysis will involve a systematic coding process, where key themes will be identified based on recurring patterns in the literature. This process will begin with an initial reading of included studies, followed by open coding to identify commonalities in program design, implementation, and effectiveness. Axial coding will be then used to refine categories by linking related concepts, such as the role of intersectionality in TDV/GBV experiences, barriers to accessing support, and gaps in existing prevention strategies. Constant comparison techniques will be applied throughout the process, ensuring that findings remain grounded in the data while being flexible enough to capture emerging insights.

Through this iterative process, the review will provide a detailed examination of the persistent challenges faced by 2SLGBTQI+ youth in TDV and GBV prevention and intervention efforts. These challenges could include systemic barriers such as heteronormative frameworks in violence prevention programs, limited 2SLGBTQI+-affirming services,

and the exclusion of gender-diverse perspectives in intervention models. By continuously revisiting the data, the analysis will be able to capture the complexity of these challenges, shedding light on how existing programs may unintentionally reinforce inequalities or fail to address the unique needs of 2SLGBTQI+ youth.

The iterative approach will also allow for the identification of critical gaps that can inform future research, policy, and practice. The review will highlight the need for more intersectional and culturally responsive program models, increased representation of 2SLGBTQI+ youth in program development, and more robust evaluation methods to assess the effectiveness of existing initiatives. Insights from the data synthesis can emphasize the importance of policy reforms that promote inclusive and trauma-informed approaches, as well as the integration of community-led interventions that center the voices of 2SLGBTQI+ youth.

Subgroup analysis N/A.

Sensitivity analysis N/A.

Language restriction English.

Country(ies) involved Canada.

Keywords 2SLGBTQI+ youth; teen dating violence; gender-based violence; intervention programs.

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