

"Gender Identity, Race, and Ethnicity Discrimination in Access to Mental Health Care: Evidence from an Audit Field Experiment"

Patrick Button, Tulane University

Abstract: Using an audit field experiment, we seek to quantify the extent to which transgender women, transgender men, nonbinary people, and racial and ethnic minorities (African American and Hispanic people) face discrimination in access to appointments with mental health professionals (i.e., therapists, counselors, and psychologists). Understanding the role of discrimination in access to mental health care is especially important given the mental health disparities that racial and gender minorities face: higher rates of anxiety, depression, substance abuse, PTSD, and suicidality. Based on a preliminary pilot study, we find significant discrimination against non-binary people and, in particular, non-binary Hispanic individuals.