

Table 2. Inclusion and exclusion criteria.

	<b>Inclusion Criteria</b>	<b>Exclusion Criteria</b>
<b>Population</b>	Older adults (50 years old and over) who are sexually and/or gender diverse. Sexual and gender diversity includes people who identify as lesbian, gay, queer, non-binary bisexual, pansexual, plurisexual, transgender and asexual.	<ul style="list-style-type: none"> <li>• People who are not sexually and/or gender diverse.</li> <li>• Studies where the focus was on people who are intersex (as this term relates to sex characteristics rather than sexuality or gender identity).</li> <li>• Adults 49 years and under.</li> <li>• Adults who live in a care facility.</li> <li>• Studies in which participants were only non-SGD.</li> <li>• Studies where the results focused on non-SGD participants.</li> </ul>
<b>Community Based Support</b>	Community-based support, intervention, initiative, programme or practice that aims to improve an aspect of mental health or wellbeing (e.g., resilience or emotional, psychological, or social wellbeing).	<ul style="list-style-type: none"> <li>• No mention of community-based support, intervention, initiative, programme or practice.</li> </ul>
<b>Study Design</b>	All studies including observational and experimental designs.	<ul style="list-style-type: none"> <li>• Editorial (commentary, letters to editor)</li> <li>• Reviews and meta-analyses</li> <li>• Guidelines</li> <li>• Theses/dissertations</li> <li>• Book chapters</li> </ul>
<b>Language, Geographic Scope</b>	<ul style="list-style-type: none"> <li>• English</li> <li>• All countries</li> </ul>	<ul style="list-style-type: none"> <li>• Non-English languages</li> </ul>
<b>Time Period</b>	<ul style="list-style-type: none"> <li>• Publication date from January 1st, 2000, to September, 2021</li> </ul>	<ul style="list-style-type: none"> <li>• Publications before 2000</li> </ul>

Table 3. Characteristics of the included studies.

<b>First Author, Date, Country and Design</b>	<b>Sample 'Sex' or 'Gender'</b> <i>Note: these were inconsistently/inaccurately reported in most articles</i>	<b>Racial/ethnic identity</b>	<b>Sample Mean Age (Range)</b>	<b>Sample Size</b>	<b>Community-based support, intervention, initiative, programme, practice.</b>	<b>Intervention Duration &amp; Format</b>	<b>Validated Measures</b>	<b>Key Findings</b>
Anderson, 2021 <sup>1</sup>  U.S.A.  Observational quantitative	Women 7567 (56.4%) and men 5857 (43.6%).	White (11,223, 83.6%), African American (1364, 10.2%), American Indian/Alaska native (113, 0.9%), Asian (497, 3.7%) and Multiple race (211, 1.6%).	NR	13,424	Mind–body therapies & practices (e.g., deep-breathing exercises, formal meditation (e.g., mindfulness-based stress reduction or mantra meditation) & reflective exercises (yoga, Tai Chi, & qigong).	NR	NR	LGB older adults on average were more likely to report use of mind–body therapies compared with heterosexual counterparts.
Averett, 2011 <sup>2</sup>  U.S.A.  Observational quantitative	98% of all respondents indicated female as their gender.	Caucasian without any Hispanic or Latina origin (86.9%), Bi- or multiracial (5.1%), African American without any Hispanic or Latina origin (3.3%), Hispanic/Latina (1.5%), Asian or Pacific Islanders	62.9 (51-86)	456	Lesbian only social group; mental health providers (e.g., therapists)	NR	NR	Underuse of LG-focused services and programs, and other services available for older adults regardless of sexual identity.

		(.5%), Native American (.5%) and 2% did not disclose.						
Brennan-Ing, 2013 <sup>3</sup> U.S.A. Mixed-methods	The majority identified as male (148, 71%), 50 (24%) identified as female and 10 (5%) as transgender female. One individual identified as transgender male (0.5%) and one as intersex (0.5%).	Black/African American (66, 32%), white/Caucasian (127, 61.7%), Hispanic (8, 3.9%) and 'other' race (5, 2.5%).	59.2 (50-92)	210	Religion	NR	NR	23% reported that being LGBT negatively impacted religious participation, 38% turned to congregations for support. Experiences of homophobic attitudes. Participants engaged in intrinsic and extrinsic adaptations, such as moving to a LGBT affirming congregation. Support received included emotional, instrumental, and engaging in socialization, discussion groups and other activities.
Brennan-Ing, 2014 <sup>4</sup> U.S.A. Mixed-methods	Male (148, 70.5%), female (50, 23.7%), transgender male (1, 0.5%), transgender female (10, 4.8%) and intersex (1, 0.5%).	Black/African American (66, 32%), white/Caucasian (127, 61.7%), Hispanic (8, 3.9%), Asian/Pacific Islander (1, 0.5%), American Indian/Alaskan Native (1, 0.5%) and Other (3, 1.5%).	59.6 (50-70+)	210	Senior centres; self-help group; COH HIV support group, mental health supportive services; Social and Education programs	NR	10-item Center for Epidemiological Studies Depression Scale	There were limited opportunities for socialization, particularly for older lesbians.

Escher, 2019 <sup>5</sup> U.S.A. Observational quantitative	57 men, 40 female, 1 “other/ unsure,” 3 female to male transgender adults, and 1 male to female transgender adult.	Caucasian (91), Native American/Alaskan (3), Asian (1), Latino/Hispanic (4), Indian, Middle or Far Eastern (2), African American (3) and Other (3).	62.4 (55-82)	102	Religion	NR	NR	Participants changed their religious affiliation from childhood. Greater levels of outness to religious communities and lower religious engagement were related to lower levels of depression and loneliness.
Fabbre, 2020 <sup>6</sup> U.S.A. Observational qualitative	88 self-identified as transgender and/or gender nonconforming.	Asian American (2, 2.3%), Black/African American (20, 22.7%), Latinx/Hispanic (9, 10.2%), Multiracial (1, 1.1%), Native American (2, 2.3%) and White/European American (54, 61.4%).	NR	88	Trans-specific support group at an LGBT community centre; transgender- affirming supportive services	NR	NR	Involvement in the creation of transgender- affirming supportive services gives meaning to older adults’ struggles.
Heckman, 2014 <sup>7</sup> U.S.A. Intervention	149 participants self-identified as men who have sex with men.	Caucasian (83, 23%), African American (214, 59%), Latino/Latina (39, 11%) and Other/Multiracial (25, 7%).	59 (50-85)	361	Group Teletherapy: coping effectiveness group training & supportive- expressive group therapy (SEGT)	Twelve 90- minute sessions weekly  Over telephone.	Geriatric Depression Scale	Older heterosexuals living with HIV who received tele-SEGT reported significantly greater reductions in depressive symptoms than standard of care controls at post- intervention and four and eight-month follow-up. This pattern was not found in older MSM who received tele-SEGT.

Hughes, 2014 <sup>8</sup>	NR	NR	NR	NR. 8 per group	Bereavement group (for partner loss)	Six weeks (1 session per week)	NR	Anecdotal feedback showed that the group was helpful. Participants shared the relief of being heard, having their loss acknowledged and validated by the community and knowing they have a group to help between meetings.
U.S.A.								
Observational qualitative								
Lyons, 2016 <sup>9</sup>	NR	NR	58.5 (50-83)	242	Support from Community or Government Agencies (e.g., a counsellor or gay organization).	NR	Short form of Interpersonal Support Evaluation List; Kessler Psychological Distress Scale	There was no significant association between psychological distress and receiving support from a relationship partner, straight friends, or community or government agencies. There was no significant association between psychological distress and whether men were in a regular relationship, living alone, or felt connected with the gay community.
Australia								
Observational quantitative								
Lyons, 2021 <sup>10</sup>	Men (511, 67.8%) and women (243, 32.2%).	NR	65.9 (60-85)	754	Volunteering	NR	Short Warwick Edinburgh Mental Well-Being Scale; Kessler Psychological Distress Scale; 12-item Interpersonal Support Evaluation List	Lesbian volunteers had significantly higher positive mental health than non-volunteers. Gay men who volunteered were lower on psychological distress, and higher on self-rated health, and
Australia								
Observational quantitative								

								positive mental health, and social support.
								Those who volunteered for LGBTI organizations were higher on LGBTI community connectedness, but not for self-rated health, positive mental health, psychological distress, or social support.
Misgav, 2016 <sup>11</sup>	Male group members (4). NR for other participants.	NR	Mean NR (63-80)	8	Gay Community Centre - Golden Rainbow (therapeutic environment for senior gay males/men); theatre 'Gay- riatics'	Golden Rainbow group – fortnightly meetings.  In-person.	NR	Gay-riatics helped gain acceptance in the community and building an LGBT senior citizens' home. The social network is positive as it promotes the ability to cope with loneliness and other old age problems, but also creates an aspect of working together.
Israel								
Observational qualitative								
Rowan, 2014 <sup>12</sup>	NR	White (19, 95%) and African American (1, 5%).	57.6 (50-70)	20	Formal treatment (e.g., lesbian therapists, residential or inpatient treatment or intensive or traditional outpatient treatment); 12- step recovery groups (AA, Alanon, &	NR	NR	Participants sought treatment from lesbian mental health providers to gain acceptance of their identity as a lesbian and to feel safe. Participants joined informal support networks (friends or 12-step recovery meetings) that were attended by other lesbian women to gain support in dealing with stressors, including
U.S.A.								
Observational qualitative								



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								allay their fear of death and uncertainty of what comes afterward.
Traies, 2015 <sup>16</sup>	NR	White/Caucasian (93%).	Mean NR (60-90)	418	Lesbian social groups (e.g., Older Lesbians' Network)	Once a month.	NR	Most participants had at some time belonged to an organized lesbian social group. Participants reported having a sense of community no matter where they go. Social group membership is affected by geographical location. Women who had never belonged to a lesbian social group were only slightly more likely to report loneliness.
U.K.								
Observational qualitative								
Valenti, 2021 <sup>17</sup>	All identified as female (16, 100%).	White/Caucasian (16, 100%).	66.7 (60-85)	16	LGB Grief Group	NR	NR	Participants were not comfortable grieving with straight men or gay men, and preferred grief groups with LGB participants.
U.S.A.								
Observational qualitative								

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*Note.* NR = Not reported. \*LGBTQ = lesbian, gay, bisexual, transgender, questioning \*LGBTI = lesbian, gay bisexual, transgender, intersex



## Search Strategy

EMBASE Search Strategy and Results – 24 Sept, 2021.

#	Search Statement	Results
1	(Sexuality or Bisexual* or Homosexual* or Transsex* or Transgender*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	99768
2	"Sexual and Gender Minority"/ or "Transgender Persons".mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	4761
3	(lesbian or gay or bisexual or sexual minorit*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	22239
4	exp homosexual male/ or exp homosexuality/ or exp lesbianism/ or exp male homosexuality/ or exp homosexual female/ or exp female by sexual orientation/ or exp lgbt people/ or LGB*.mp. or pansex*.mp. or plurisex*.mp. or takatapui.mp. or genderqueer.mp. or gender*fluid.mp. or GSRD.mp. or TGNC.mp. or TGD.mp. or gender nonconforming.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	42268
5	exp psychological resilience/ or exp mental health/ or psychological well-being/ or psychological health.mp. or mental wellbeing.mp. or exp depression/ [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	656541
6	(flourish or identity or psycholog* health or psycholog* wellbeing).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	192421
7	1 or 2 or 3 or 4	107315
8	5 or 6	832715
9	exp aged/ or exp frail elderly/ or exp very elderly/ or senior.mp. or elder*.mp. or older adult*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	3347105
10	exp psychosocial intervention/ or exp Psychotherapy/ or intervention*.mp. or initiative*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	1922353
11	exp patient education/ or therapy*.mp. or psychoeducation.mp. or support*.mp. or service*.mp. or program*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	11294671
12	10 or 11	12039900
13	7 and 8 and 9 and 12	964

14	(youth or young or student* or child).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]	3530031
15	13 not 14	717
16	limit 15 to (english language and yr="2000 - 2021")	665
17	remove duplicates from 16	660

### Scopus – 24 Sept, 2021

Result: 254

( TITLE-ABS-KEY ( lesbian OR gay OR transgender\* OR lgb\* OR "LGBT People" OR gender AND minorit\* OR bisexual OR sexual AND gender AND minorit\* ) AND TITLE-ABS KEY ( elder\* OR age\* OR senior\* OR older AND adult\* OR old OR middle AND aged ) AND TITLE-ABS KEY (intervention\* OR initiative\* OR service\* OR support\* OR program\* OR pilot OR feasibility OR education OR therapy\* OR psychoeducation OR treatment ) AND TITLE-ABS KEY ( mental AND health OR mental AND well\*being OR resilience OR depression OR quality AND of AND life OR flourish\* OR identity OR coping OR stigma OR experience\* ) AND PUBYEAR > 2000 AND (LIMIT-TO (LANGUAGE, "English"))

### PubMed – Sept 24, 2021

Result: 480

(((((lesbian OR gay OR transgender\* OR lgb\* OR "LGBT People" OR gender AND minorit\* OR bisexual OR sexual AND gender AND minorit\*) AND (elder\* OR age\* OR senior\* OR older AND adult\* OR old OR middle AND aged)) NOT (youth or student\* or school or child) AND (intervention\* OR initiative\* OR service\* OR support\* OR program\* OR pilot OR feasibility OR education OR therapy\* OR psychoeducation OR treatment OR community support)) AND (mental AND health OR mental AND well-being OR resilience OR depression OR flourish\* OR identity OR coping OR stigma OR experience\* OR psycholog\* wellbeing)) AND (("2000"[Date - Publication] : "2021"[Date - Publication]))) AND (English[Language])

### MEDLINE via Ovid Search Strategy and Results - 24 Sept, 2021

#	Search Statement	Results
1	exp Sexuality/ or exp Bisexuality/ or exp Homosexuality/ or exp Transsexualism/	44544
2	"Sexual and Gender Minorities"/ or Transgender Persons.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]	10156
3	(lesbian or gay or bisexual or sexual minorit*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol	18884

	supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]	
4	exp Homosexuality/ or exp Homosexuality, Female/ or exp Homosexuality, Male/ or LGB*.mp. or pansex*.mp. or plurisex*.mp. or takatapui.mp. or genderqueer.mp. or gender*fluid.mp. or GSRD.mp. or TGNC.mp. or TGD.mp. or gender nonconforming.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]	36093
5	exp Resilience, Psychological/ or Mental Health/ or mental wellbeing.mp. or exp Depression/	180223
6	(flourish or identity or psycholog* health or psycholog* wellbeing).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]	176411
7	1 or 2 or 3 or 4	57968
8	5 or 6	352322
9	aged.mp. or (Aged/ or "Aged, 80 and over"/ or "Health Services for the Aged"/) or (senior or elder* or older adult*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]	5776695
10	intervention.mp. or (Psychotherapy/ or Psychosocial Intervention/) or initiative.mp. or psycholog* intervention*.mp.	799095
11	("Patient education" or therapy* or psychoeducation or support* or service* or program*).mp.	1551802 3
12	10 or 11	1574794 0
13	7 and 8 and 9 and 12	1994
14	(youth or young or student* or child*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]	3888638
15	13 not 14	887
16	limit 15 to (english language and yr="2000 - 2021")	759
17	remove duplicates from 16	759

#### APA PsycInfo Search Strategy and Results – 24 Sept, 2021.

#	Search Statement	Results
1	exp Sexuality/ or exp Homosexuality/ or exp Male Homosexuality/ or exp Bisexuality/ or exp Transgender/ or exp Transsexualism/	48653
2	"Sexual and Gender Minorities"/ or exp sexual minority groups/ or exp gender nonconforming/	2726
3	(lesbian or gay or bisexual or sexual minorit*).mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh]	32230
4	sexual orientation/ or asexuality/ or LGB*.mp. or pansex*.mp. or plurisex*.mp. or takatapui.mp. or genderqueer.mp. or gender fluid.mp. or GSRD.mp. or TGNC.mp. or TGD.mp. or non-binary.mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh]	15245

5	exp "Resilience (Psychological)"/ or exp Mental Health/ or exp Coping Behavior/ or mental status/ or mental health stigma/ or mental wellbeing.mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh]	137086
6	(flourish or identity or psycholog* health or psycholog* wellbeing).mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh]	150184
7	1 or 2 or 3 or 4	62028
8	5 or 6	279155
9	senior.mp. or exp Older Adulthood/ or exp Aging/ or exp "Aged (Attitudes Toward)"/ [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh]	108677
10	exp Intervention/ or initiative.mp. or psycholog* intervention*.mp.	144714
11	education/ or health education/ or psychoeducation/ or therapy*.mp. or support*.mp. or service*.mp. or program*.mp.	1637521
12	10 or 11	1688267
13	7 and 8 and 9 and 12	197
14	(youth or young or student* or child).mp. [mp=title, abstract, heading word, table of contents, key concepts, original title, tests & measures, mesh]	1292630
15	13 not 14	157
16	limit 15 to (english language and yr="2000 - 2021")	154
17	remove duplicates from 16	153

## List of Included Studies

1. Anderson JG, Bartmess M, Jabson Tree JM, Flatt JD. Predictors of mind-body therapy use among sexual minority older adults. *Journal of Integrative and Complementary Medicine*. 2021;27:352-359. 10.1089/acm.2020.0430
2. Averett P, Yoon I, Jenkins CL. Older lesbians: Experiences of aging, discrimination and resilience. *Journal of Women & Aging*. 2011;23:216-32. 10.1080/08952841.2011.587742
3. Brennan-Ing M, Seidel L, Larson B, Karpiak SE. "I'm created in god's image, and god don't create junk": Religious participation and support among older GLBT adults. *Journal of Religion, Spirituality & Aging*. 2013;25:70-92. 10.1080/15528030.2013.746629
4. Brennan-Ing M, Seidel L, Larson B, Karpiak SE. Social care networks and older LGBT adults: Challenges for the future. *Journal of Homosexuality*. 2014;61:21-52. 10.1080/00918369.2013.835235
5. Escher C, Gomez R, Paulraj S, et al. Relations of religion with depression and loneliness in older sexual and gender minority adults. *Clinical Gerontologist*. 2019;42:150-161. 10.1080/07317115.2018.1514341
6. Fabbre VD, Gaveras E. The manifestation of multilevel stigma in the lived experiences of transgender and gender nonconforming older adults. *American Journal of Orthopsychiatry*. 2020;90:350-360. 10.1037/ort0000440
7. Heckman BD, Lovejoy TI, Heckman TG, et al. The moderating role of sexual identity in group teletherapy for adults aging with HIV. *Behavioral Medicine*. 2014;40:134-42. 10.1080/08964289.2014.925417
8. Hughes AK, Waters P, Herrick CD, Pelon S. Notes from the field: Developing a support group for older lesbian and gay community members who have lost a partner. *LGBT Health*. 2014;1:323-6. 10.1089/lgbt.2014.0039
9. Lyons A. Social support and the mental health of older gay men: Findings from a national community-based survey. *Research on Aging*. 2016;38:234-53. 10.1177/0164027515588996
10. Lyons A, Alba B, Waling A, et al. Volunteering among older lesbian and gay adults: Associations with mental, physical and social well-being. *Journal of Aging and Health*. 2021;33:3-13. 10.1177/0898264320952910
11. Misgav C. Gay-riatics: spatial politics and activism of gay seniors in Tel-Aviv's gay community centre. *Gender, Place & Culture*. 2016;23:1519-1534. 10.1080/0966369x.2016.1219320
12. Rowan NL, Butler SS. Resilience in attaining and sustaining sobriety among older lesbians with alcoholism. *Journal of Gerontological Social Work*. 2014;57:176-97. 10.1080/01634372.2013.859645
13. Sharek DB, McCann, E., Sheerin, F., Glacken, M., & Higgins, A. Older LGBT people's experiences and concerns with healthcare professionals and services in Ireland. *International Journal of Older People Nursing*. 2015;10:230-240. 10.1111/opn
14. Shnoor Y, Berg-Warman A. Needs of the aging LGBT community in Israel. *The International Journal of Aging and Human Development*. 2019;89:77-92. 10.1177/0091415019844452
15. Siegel K, & Schrimshaw, E. W. The perceived benefits of religious and spiritual coping among older adults living with HIV/AIDS. *Journal for the Scientific Study of Religion*. 2002;41:91-102. <https://doi.org/10.1111/1468-5906.00103>
16. Traies J. Old lesbians in the UK: Community and friendship. *Journal of Lesbian Studies*. 2015;19:35-49. 10.1080/10894160.2015.959872
17. Valenti KG, Janssen, L. M., Enguidanos, S., & de Medeiros, K. We speak a different language: End-of-life and bereavement experiences of older lesbian, gay, and bisexual

women who have lost a spouse or partner. *Qualitative Health Research*.  
2021;<https://doi.org/10.1177/10497323211002823>