

## 1) "We Were Among the First Non-traditional Families": Thematic Perceptions of Lesbian Parenting After 25 Years

Authors: Nanette Gartrell, Esther D. Rothblum, Audrey S. Koh, Gabriël van Beusekom, and Henny Bos

In the sixth wave of the U.S. National Longitudinal Lesbian Family Study (NLLFS), when their offspring were 25 years old, the parents were asked to reflect on their most challenging and best experiences raising children in non-traditional families. The responses of 131 parents were interpreted through thematic analysis. The most challenging parenting experiences fell into five major categories: (1) distress about their children's experiences of exclusion, heterosexism, or homophobic stigmatization; (2) family of origin non-acceptance of their lesbian-parent family; (3) the never-ending process of "educating the world about queer parents"; (4) homophobia or hostility toward their non-traditional family; and (5) lack of legal protections for sexual minority parent (SMP) families. Their best parenting experiences included: (1) being role models, leading to a greater acceptance of LGBTQ people; (2) treasuring the LGBTQ parent and family community; (3) teaching their children to appreciate diversity of all types; and (4) witnessing their child's pride in their non-traditional family. Some of these challenges were anticipated by the parents more than a quarter century ago at the time that they were inseminating or pregnant with the index offspring.

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### 1) "我們屬於第一群的非傳統家庭": 女同性戀育兒 25 年後的主題感受

作者: Nanette Gartrell, Esther D. Rothblum, Audrey S. Koh, Gabriël van Beusekom 和 Henny Bos

在“美國國家長期女同性戀家庭研究”(NLLFS)的第六次浪潮中,當他們的子女 25 歲時,家長被要求反思他們在非傳統家庭中撫養子女的最具困難及最佳的經歷。通過主題分析,對 131 位家長的回答進行了解釋。最富困難的育兒經歷分為五大類:(1)對孩子排斥的困擾,經歷異性主義或同性戀憎惡的恥辱;(2)女同性戀家長不受其它親戚的接納;(3)永不停止的過程教育世人“同性戀的家長”;(4)對非傳統家庭的恐懼與仇視;(5)缺乏"性少數家長家庭"的法律保護。他們最好的育兒經驗包括:(1)成為榜樣,導致更多人接受 LGBTQ(女同性戀,男同性戀,雙性戀,變性及怪性的總稱);(2)珍惜 LGBTQ 家長和家庭;(3)教導子女賞識各種多元性文化;(4)見證孩子對他們非傳統家庭的驕傲。當這些家長在 25 年前授精或生育孩子時已預料到了上列之困難。

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## 2) Sexual Attraction, Sexual Identity, and Same-Sex Sexual Experiences of Adult Offspring in the U.S. National Longitudinal Lesbian Family Study

Authors: Nanette Gartrell, Henny Bos, and Audrey Koh 2019

The U.S. National Longitudinal Lesbian Family Study has followed offspring with sexual minority parents from conception into adulthood. It was initiated in 1986, and it has a 92% retention rate to date. In the current investigation, the 25-year-old offspring answered questions about sexual attraction, sexual identity, and sexual experiences; their responses were compared with those of same-age adults from a population-based survey. The analytic samples consisted of 76 offspring of lesbian parents and 76 demographically matched participants from the National Survey of Family Growth. All 152 respondents were 25 years old, 48.7% were female, 90.8% identified as White, 9.2% were people of color, and all had

attended at least some college. Although most respondents in each sample identified as “heterosexual or straight,” compared to their matched counterparts in the population-based survey, the female and male offspring of lesbian parents were significantly more likely to report same-sex attraction, sexual minority identity, and same-sex experience. These findings suggest that adult offspring from planned lesbian families may be more likely than their peers to demonstrate diversity in sexual attraction, identity, and expression.

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## 2) “美國全國長期女同性戀家庭研究”的成年子女的性吸引力，性認同和同性性經歷

作者：Nanette Gartrell, Henny Bos 和 Audrey Koh 2019

“美國全國長期女同性戀家庭研究”追隨了“性少數家長”的子女，從受孕到成年。它始於1986年，至今保留率達92%。在目前的調查中，這25歲子女人群回答了有關性吸引力，性身份和性經歷的問題。他們的回答與普通同齡成年人的回答進行比較。分析樣本由76位女同性戀母親和76位普通人口組成。所有152位受訪者均為25歲，女性為48.7%，白人為90.8%，有色人種為9.2%，並且全部都至少受過一些大學教育。儘管兩個樣本中的大多數受訪者都將其確定為“異性戀者”，但與基於人群的調查中的配對對象相比，女同性戀雙親的男女子女明顯更有可能表明有同性吸引力，性少數群體身份，及同性經歷。這些發現表示，女同性戀家庭的成年子女比普通同齡人更有可能表現出多元性的性吸引力及身份及表達方式。

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## 3) Predictors of Mental Health in Emerging Adult Offspring of Lesbian-parent Families

Authors: Audrey S. Koh, Henny M.W. Bos, and Nanette K. Gartrell 2019

Emerging adulthood is a new, distinct life stage for 18- to 29-year-olds in the United States. In the sixth wave of data collection in a longitudinal cohort study (started in 1986), predictors of mental health were examined in the emerging adult offspring within lesbian-parent parent families. The donor-conceived offspring were 25 years old. In cross-sectional analyses, we assessed whether their mental health (life satisfaction and behavioral/emotional problems) was associated with personal characteristics, family characteristics, quality of important relationships, and experiences of homophobic stigmatization. The findings revealed that the predictors of mental health in these offspring were typical of what has been previously reported on emerging adults. However, offspring who reported stigmatization because of their parents' sexual identity had higher rates of behavioral/emotional problems than those who did not.

<https://doi.org/10.1080/10894160.2018.1555694>

## 3) 預測女同性戀家庭的初顯成年子女的心理健康

作者：Audrey S.Koh, Henny M.W. Bos 和 Nanette K.Gartrell 2019

在美國初顯成年期，18至29歲，是嶄新獨特的一個生活階段。在一項長期隊列研究（始於1986年）的第六次數據收集中，對女同性戀家庭中的初顯成年子女的心理健康的預測作了研究。捐贈受孕的子女年齡為25歲。在橫斷面分析中，我們評估了他們的心理健康（生活滿意度和行為/情感問題）是否與個人特徵，家庭特徵，重要關係的質量以及對同性戀的污名化經歷有關。研究結果表示這些子女中，心理健康的預測是類似以前關於初顯成年人的報導。但是，這些子女由於家長的性身份而感到恥辱的，比其他人有更高“行為/情感”問題的發生率。

<https://doi.org/10.1080/10894160.2018.1555694>

#### 4) National Longitudinal Lesbian Family Study—Mental Health of Adult Offspring

Authors: Nanette Gartrell, M.D. Henny Bos, Ph.D., and Audrey Koh, M.D. 2018

TO THE EDITOR: The peak incidence of many psychiatric disorders occurs during emerging adulthood. The ongoing, community-based U.S. National Longitudinal Lesbian Family Study (NLLFS), which has a 92% retention rate, has followed a cohort of offspring with sexual-minority parents. This longitudinal study (from conception into adulthood) provides the opportunity to examine mental health disparities in these emerging adult offspring. In conclusion, in a large, prospective study involving 25-year-olds with sexual-minority parents, there were no significant differences in measures of mental health between those who were conceived through donor insemination and enrolled before they were born and those in a U.S. population-based normative sample.

<https://www.nejm.org/doi/10.1056/NEJMc1804810>

#### 4) 國家長期女同性戀家庭研究-成年子女的心理健康

作者：Nanette Gartrell 醫學博士，Henny Bos 博士和 Audrey Koh 醫學博士 2018

致編者：許多精神疾病的發病高峰發生在初顯成年期。

正在進行的基於社區的“美國國家長期女同性戀家庭研究”（NLLFS）的保留率高達 92%，該研究跟隨了“性少數”族的子女。這項長期研究（從受孕到成年）提供了機會來檢查此初顯成年子女的心理健康差異。

總結，在這項“性少數” 25 歲子女的研究中，通過捐贈人工受孕並且在出世前已登記參入者，與美國普通人士樣本沒有顯著的差異。

<https://www.nejm.org/doi/10.1056/NEJMc1804810>

#### 5) Satisfaction with Known, Open-identity, or Unknown Sperm Donors: Reports from Lesbian Mothers of 17-year-old Adolescents

Authors: Nanette K. Gartrell, MD, Henny Bos, PhD, Naomi G. Goldberg, MPP, Amalia Deck, MSN, and Loes van Rijn-van Gelderen, PhD 2014

Objective: To assess whether lesbian mothers of 17-year-old adolescents conceived through donor insemination are satisfied with their choice of a known, open-identity, or unknown sperm donor and whether the mothers' satisfaction is associated with psychological health problems in the index adolescent offspring. Patient(s): One hundred twenty-nine lesbian mothers and 77 index offspring. Intervention(s): Semistructured interviews with the mothers conducted by telephone and the State-Trait Personality Inventory (STPI) completed online by the adolescent offspring. Result(s): Overall, 77.5% of mothers were satisfied with the type of donor chosen. There were no significant differences between birth mothers and comothers on (dis)satisfaction. In comparing satisfied with dissatisfied birth mothers by donor type, the only significant differences were that those selecting open-identity donors were more satisfied than dissatisfied and that those using unknown donors were more dissatisfied

than satisfied; (dis)satisfaction with donor type was unrelated to offspring psychological health problems. Conclusion(s): Donor access and custody concerns were the primary themes mentioned by lesbian mothers regarding their (dis)satisfaction with the type of sperm donor they had selected.

<http://dx.doi.org/10.1016/j.fertnstert.2014.09.019>

5) 對已知公開身份及未公開精子捐贈者的滿意感：報告來自 17 歲青少年的女同性戀母親  
作者：Nanette K. Gartrell, MD, Henny Bos, PhD, Naomi G. Goldberg, MPP, Amalia Deck, MSN 和 Loes van Rijn-van Gelderen, PhD 2014

研究目的：評估通過受精而受孕的 17 歲青少年的女同性戀母親，是否對自己選擇已知公開身份的精子捐贈者或未知的精子捐贈者感到滿意，以及該母親的滿意度是否與該《長期追隨的》少年的心理健康問題有關。

參與者：129 名女同性戀母親和 77 名《長期追隨的》子女。

干預措施：由子女青少年通過電話和 State-Trait Personality Inventory STPI(國家特徵性格調查的簡稱)網線上，與母親完成半結構式的訪談。

結果：總體而言，77.5%的母親對所選捐贈者的類型表示滿意。親生母親和同伴的滿或不滿意程度上沒有顯著差異。唯一顯著的差異是，選擇公開身份捐贈者的人，對其捐贈者滿意多於不滿意，而使用未公開身份捐贈者的人，不滿意多於滿意。對捐贈者類型的滿或不滿，與子女的心理健問題無關。

結論：女同性戀母親對她們選擇捐贈者的方式滿或不滿意所提到的主題是，捐贈者的接近權和保管權上的問題。

<http://dx.doi.org/10.1016/j.fertnstert.2014.09.019>

6) Adolescents of the U.S. National Longitudinal Lesbian Family Study: Male Role Models, Gender Role Traits, and Psychological Adjustment

Authors: Henny Bos, Naomi Goldberg, Loes Van Gelderen, and Nanette Gartrell 2012

This article focuses on the influence of male role models on the lives of adolescents (N = 78) in the U.S. National Longitudinal Lesbian Family Study. Half of the adolescents had male role models; those with and those without male role models had similar scores on the feminine and masculine scales of the Bem Sex Role Inventory, as well as on the trait subscales of the State-Trait Personality Inventory (anxiety, anger, depression, and curiosity) and the Child Behavior Checklist (internalizing, externalizing, and total problem behavior). A positive association was found between feminine gender role traits and curiosity, and a negative correlation between this trait and internalizing problem behavior; these associations were independent of the gender of the adolescents and the presence of male role models. In sum, the absence of male role models did not adversely affect the psychological adjustment of adolescents reared by lesbian mothers.

<https://doi.org/10.1177%2F0891243212445465>

6) 美國國家長期女同性戀家庭研究的青少年：男性榜樣，性別角色的特徵與心理適應

作者：Henny Bos, Naomi Goldberg, Loes Van Gelderen 和 Nanette Gartrell 2012

本文重點關注男性榜樣對“美國國家長期女同性戀家庭研究”78 名中青少年生活的影響。一半的青少年有男性榜樣。有和無有男性榜樣的青年，在 Bem Sex Role Inventory 的陰陽衡量表上有

相似的程度，以及在 **State-Trait Personality Inventory** 衡量表上（焦慮，憤怒，沮喪和好奇心）與 **Child Behavior Checklist** 衡量表上（問題內部化，外部化和總問題行為）也都有相似的程度。研究發現女性角色的特徵與青年的好奇心存有正面的關聯，而此特徵與問題內部化行為存有負面的關聯。這些關聯與青少年的性別，男性榜樣的有無存在無關。總結，沒有男性榜樣並沒有對女同性戀母親撫養出的青少年的心理適應產生不利的影響。

<https://doi.org/10.1177%2F0891243212445465>

7) US National Longitudinal Lesbian Family Study: Psychological Adjustment of 17-Year-Old Adolescents  
Authors: Nanette Gartrell and Henny Bos 2010

**OBJECTIVES:** The objective of this study was to document the psychological adjustment of adolescents who were conceived through donor insemination by lesbian mothers who enrolled before these offspring were born in the largest, longest running, prospective, longitudinal study of same-sex-parented families. **METHODS:** Between 1986 and 1992, 154 prospective lesbian mothers volunteered for a study that was designed to follow planned lesbian families from the index children's conception until they reached adulthood. Data for the current report were gathered through interviews and questionnaires that were completed by 78 index offspring when they were 10 and 17 years old and through interviews and Child Behavior Checklists that were completed by their mothers at corresponding times. The study is ongoing, with a 93% retention rate to date. **RESULTS:** According to their mothers' reports, the 17-year-old daughters and sons of lesbian mothers were rated significantly higher in social, school/academic, and total competence and significantly lower in social problems, rule-breaking, aggressive, and externalizing problem behavior than their age-matched counterparts in Achenbach's normative sample of American youth. Within the lesbian family sample, no Child Behavior Checklist differences were found among adolescent offspring who were conceived by known, as-yet-unknown, and permanently unknown donors or between offspring whose mothers were still together and offspring whose mothers had separated.

**CONCLUSIONS:** Adolescents who have been reared in lesbian-mother families since birth demonstrate healthy psychological adjustment. These findings have implications for the clinical care of adolescents and for pediatricians who are consulted on matters that pertain to same-sex parenting.

<https://doi.org/10.1542/peds.2010-1807>

7) 美國國家長期女同性戀家庭研究：17 歲青少年的心理適應

作者：Nanette Gartrell 和 Henny Bos 2010

研究目的：本研究目的是記錄一些經過捐獻者受孕的女同性戀母親，她們子女青少年的心理適應。這些母親是在兒女出世之前就已登記參加本研究的。這是一項規模最大，運行時間最長，具前瞻性和長期性的同性家庭研究。

研究方式：在 1986 年至 1992 年之間，有 154 位預期為女同性戀母親，自願參加了此項研究。研究目的是跟隨著這些女同性戀家庭，從《長期追隨的》兒童出世開始直至他們成年為止。本報告的數據是通過訪談和問卷調查收集的。這些訪談和問卷調查是由 78 位《長期追隨的》子女在 10 歲和 17 歲時完成的。以及在相應時間，由母親的訪談及填寫 **Child Behavior Checklist** 表格完成的。這項研究正在進行中，至今保留率達 93%。

結果：根據其母親的報告，女同性戀母親的 17 歲女兒和兒子在社交，學校/學術和總體能力方面明顯的表現較高。而在社會問題、違反規則、侵略性和問題外在化方面，則明顯低於阿亨巴赫（Achenbach）同年齡的美國規範樣本之青年。在女同性戀家庭樣本中，她們的年青子女有種種

不同的狀況。有已知捐贈者的，有至今未知和永久未知捐贈者的，也有雙親仍在一起的，也有已分居的。但是在這些子女之間未發現 **Child Behavior Checklist** 的差異。

結論：這些自從出生以來，就一直在同性戀母親家庭中撫養出的青少年，表現出健康的心理適應能力。這些發現，對青少年臨床護理以及相關同性育兒的兒科醫生，都具有重要的意義。

<https://doi.org/10.1542/peds.2010-1807>

#### 8) The USA National Lesbian Family Study: Interviews with Mothers of 10-YearOlds

Authors: Nanette Gartrell, Carla Rodas, Amalia Deck, Heidi Peyser, and Amy Banks 2006

This report from a prospective, qualitative, longitudinal study of 78 USA lesbian families presents data from interviews with 137 mothers of 10-year-old children conceived by donor insemination (DI). Half of the 37 couples who had remained together since the index child's birth reported that the child was equally bonded to both mothers. Among the 30 separated couples, custody was more likely to be shared if the couple had completed a co-parent adoption prior to splitting. There was no difference in relationship longevity when the participants' divorced heterosexual sisters with children were compared with the study couples whose relationships had dissolved. Although 27 children were conceived by known sperm donors, the majority of these men were not regularly involved in the children's lives. The lesbian mothers' own parents had embraced the DI child and were generally 'out' about their daughter's lesbian family.

<https://doi.org/10.1177%2F0959-353506062972>

#### 8) 美國國家女同性戀家庭研究：對 10 歲以下兒童的母親的訪談

作者：Nanette Gartrell，Carla Rodas，Amalia Deck，Heidi Peyser 和 Amy Banks  
2006 年

這份由 78 個美國女同性戀家庭所作出具有前瞻、性質、長期性的研究報告。它提供出 137 名 10 歲孩子的母親受訪的數據。她們是接受捐贈受精 (DI) 而懷孕的。在 37 對母親中有一半是自從《長期追隨的》孩子出世後仍然還同居的。她們表示孩兒與兩個母親都有同等地接聯。在 30 對分居的伴侶中，如果她們在分居前已完成共同收養的協議，則更有可能分享監護權。比較參與者有孩子的異性姐妹，與已離婚的研究對象，則關係壽命沒有差異。儘管 27 個孩子是由已知的精子捐獻者孕育的，但這些大多數的男士中並沒有定期參與孩子的生活。這些女同性戀的父母親，卻欣然歡迎他們女兒 DI (接受捐贈受精) 的子女，並且通常也能接受女兒女同性戀的家庭。

<https://doi.org/10.1177%2F0959-353506062972>

#### 9) The National Lesbian Family study: 4 Interviews With the 10-year-old Children

Authors: Nanette Gartrell, MD, Carla Rodas, Amalia Deck, Heidi Peyser, and Amy Banks 2005

This 4th report from a longitudinal study of U.S. lesbian families presents data from 78 families in which the children were conceived by donor insemination. Results indicate that the prevalence of physical and sexual abuse in these children was lower than national norms. In social and psychological development, the children were comparable to children raised in heterosexual families. Children of unknown donors were indistinguishable from those with known donors in psychological adjustment. In total, 57% of the children were completely out to their peers, and 43% had experienced homophobia. The children demonstrated a sophisticated understanding of diversity and tolerance.

<https://doi.org/10.1037/0002-9432.75.4.518>

9) 全國女同性戀家庭研究：4 次 10 歲兒童的訪談

作者：Nanette Gartrell 醫學博士，Carla Rodas，Amalia Deck，Heidi Peyser 和 Amy Banks 2005

來自美國女同性戀家庭的一項長期研究的第四份報告，提供了來自 78 個家庭的數據。這些家庭的孩兒是由捐贈受精孕育出世的。結果表明，這些兒童受到肉體虐待和性虐待的發生率低於國家規範。在社會和心理發展方面，這些孩子與在異性戀家庭中撫養出的孩子相當。在心理適應方面，未知捐贈者與已知捐贈者的孩子沒有區別。總計，有 57% 的孩子已完全與同輩者表明出自己的同性戀家庭。而 43% 的孩子曾經歷過同性戀恐懼症。這些孩子們對多元性表現出高深的理解和寬容。

<https://doi.org/10.1037/0002-9432.75.4.518>

10) The National Lesbian Family Study: 1. Interviews With Prospective Mothers

Authors: Nanette Gartrell MD, Jean Hamilton MD, Amy Banks MD, et al. 1996

This first report from a longitudinal study of 84 lesbian families, 70 of which include a co-mother as well as a birthmother whose child was conceived by donor insemination, presents interview data on parental relationships, social supports, pregnancy motives and preferences, stigmatization concerns, and coping strategies. Methodological limitations of studying this special population are noted, and plans for follow-up interviews over the course of 25 years are outlined.

<https://doi.org/10.1037/h0080178>

10) 全國女同性戀家庭研究：1. 與預期母親訪談

作者：Nanette Gartrell 醫學博士，Jean Hamilton 醫學博士，Amy Banks 醫學博士等。1996 年這是一份由 84 個女同性戀家庭長期研究的第一份報告，其中 70 個家庭包括同伴異母及接受捐贈受孕的親生母親。它提供了多項訪談數據，包括與雙母的關係，社會的支持，懷孕動機與偏好，污名化的憂鬱，以及應對策略。報告注意到了研究這班特殊人群的方式局限性，並概述了 25 年內繼續進行訪談的計劃。

<https://doi.org/10.1037/h0080178>