



Mental Health in LGBTQ+ People

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Introduction

- Approximately 9% of adults around the world identify as not heterosexual, and approximately 2% of adults identify as transgender (IPSOS, 2021).
- An estimated 12.5% of the world population is living with a mental disorder (WHO, 2022).
- Increased risk of severe mental illness in LGBT populations and an association between this increased risk and discrimination (Kidd et al., 2016).
- The prevalence of suicide attempts among transgender people is 41%, which overwhelmingly exceeds the 4.6% of the overall U.S. population who reportedly attempted suicide. The rate of attempted suicides among LGB adults is 10-20 percent (Haas et al., 2014).
- Depression, anxiety, and suicidal ideation are all positively correlated with LGBTQ-based discrimination and racism, while life satisfaction is negatively associated with LGBTQ-based discrimination (Sutter & Perrin, 2016).

Methods

There were 83 participants in total, ranging from 18-66 years old. The mean age was 26.88 years old. 9 cisgender men, 35 cisgender women, 2 transgender men, 6 transgender women, 16 non-binary people, 2 agender people, 3 genderfluid people, 4 genderqueer people, and 6 people who were questioning their gender identity. 2 gay people, 13 lesbians, 30 bisexual people, 24 heterosexual people, 8 queer people, 3 pansexual people, and 3 people who were questioning their sexual orientation.



Hypotheses

- Participants who identify as LGBTQ+ will have significantly more mental health issues than participants who do not identify as LGBTQ+.
- Participants who identify as LGBTQ+ will experience more environmental hardships than participants who do not identify as LGBTQ+.

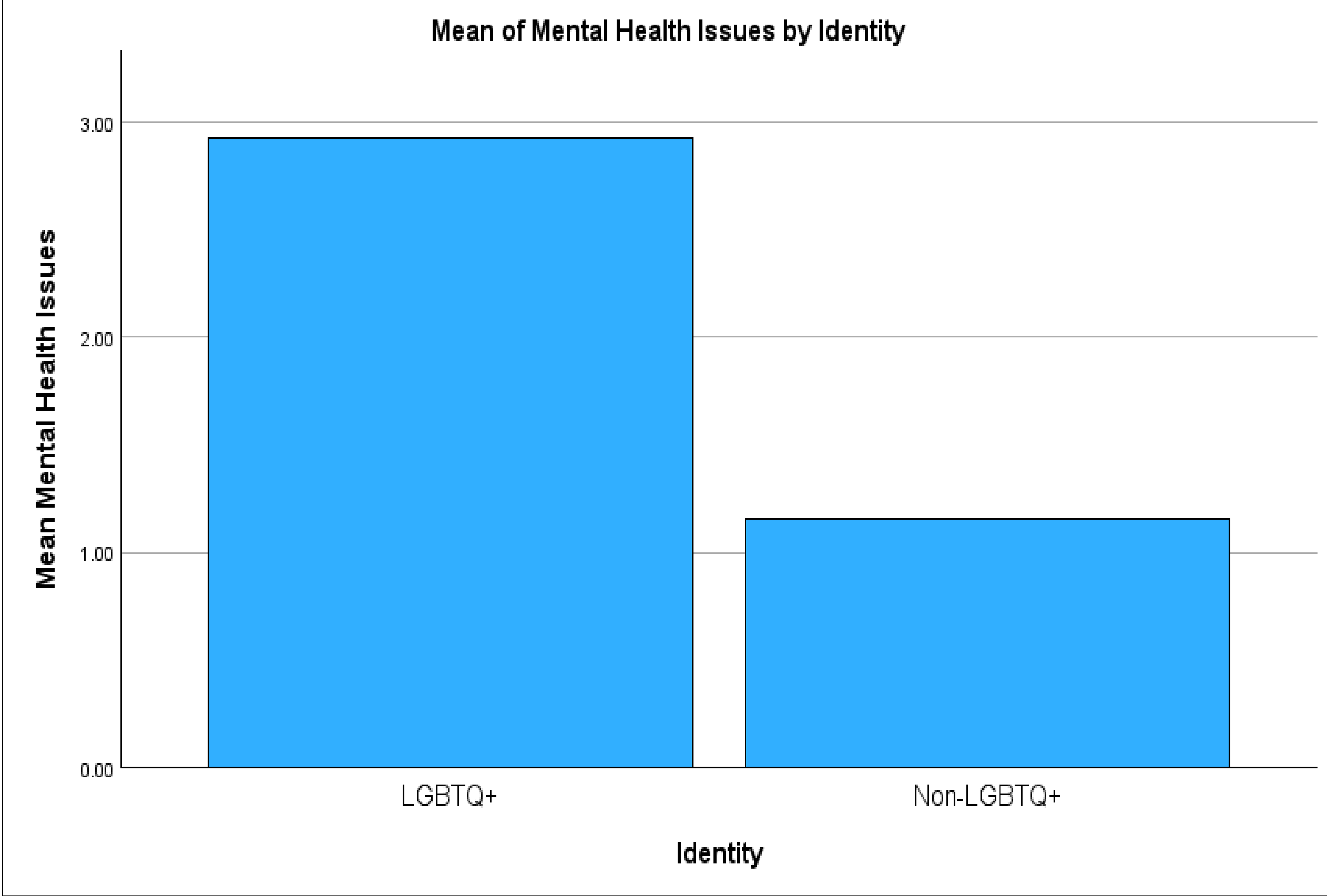


Figure 1. Mean number of mental health issues each participant was diagnosed with compared by identity (LGBTQ+ and non-LGBTQ+). The number of mental health issues a participant had was determined by their self-disclosure of the mental health issues they had been diagnosed with

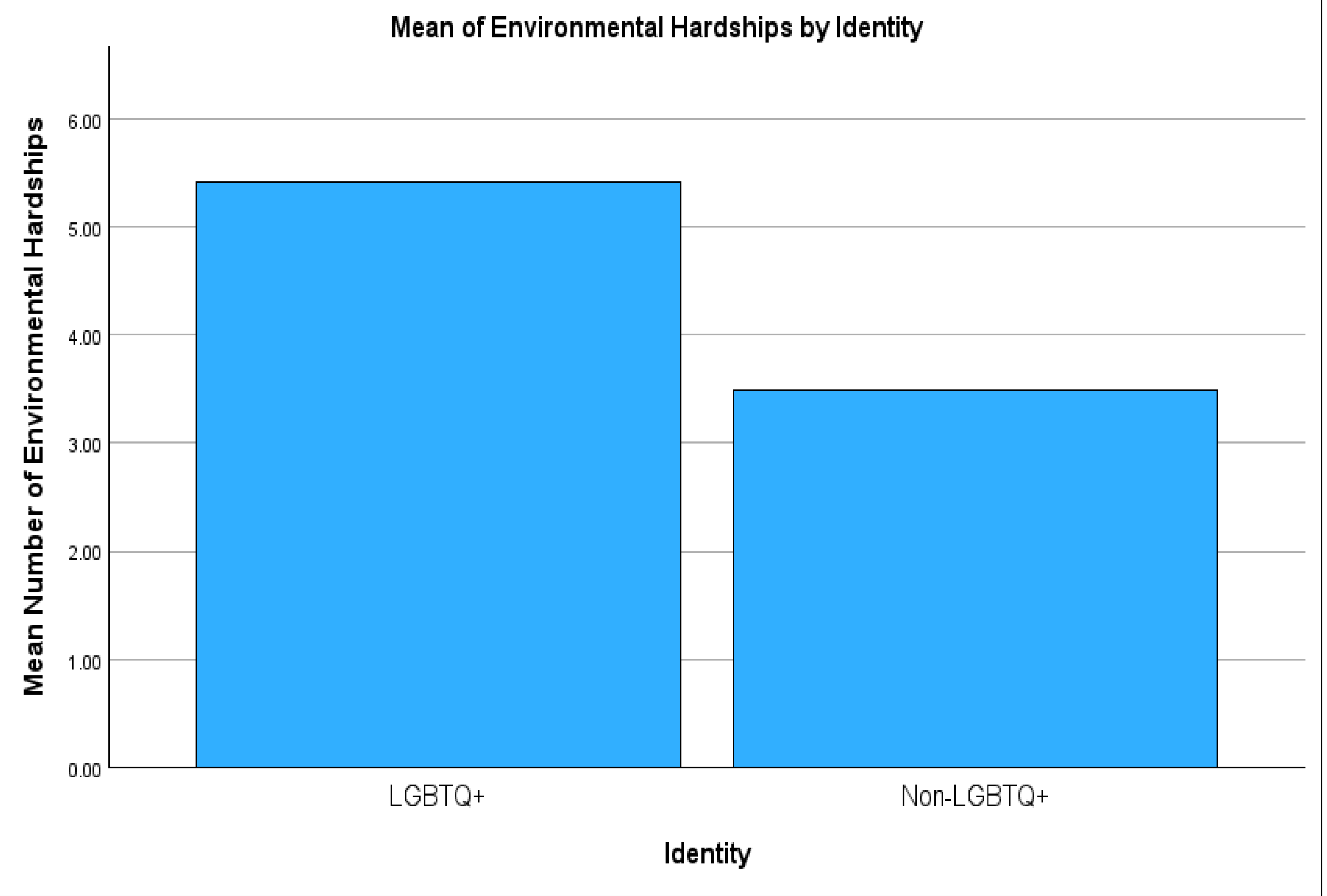


Figure 2. Mean number of environmental hardships experienced by a participant compared by identity (LGBTQ+ and non-LGBTQ+). The number of environmental hardships that a participant had experienced was determined by their selection of the environmental hardships they had experienced from a list of environmental hardships that was provided in the survey.

Results

The 53 participants who identified as LGBTQ+ had significantly more mental health issues ($M = 2.92, SD = 2.38$) than the 26 participants who did not identify as LGBTQ+ ($M = 1.15, SD = 1.08$) $t(77) = 3.6, p < .001, d = .86$. The 56 participants who identified as LGBTQ+ experienced significantly more environmental hardships ($M=5.41, SD=4.08$) than the 27 participants who did not identify as LGBTQ+ ($M=3.48, SD=3.48$) $t(81)=2.11, p=.019, d=.5$.

Discussion

Both hypotheses were supported. The results align with prior literature. Future researchers should focus on specific groups within the LGBTQ+ community, as well as specific mental health issues and specific environmental hardships. The main limitations of the study were the small number of participants and the short amount of time for data collection. The findings of my study suggest a higher prevalence of mental health issues and environmental hardships in people who identify as LGBTQ+ compared to people who do not identify as LGBTQ+. The results of this study are important to include and build upon in future research regarding mental health and environmental hardships, especially for LGBTQ+ people. The results of this study also suggest a greater need for mental health services and government assistance for LGBTQ+ people.

References:

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