



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Prevalence of mental health difficulties within the LGBTI+ community

LGBTI+ MENTAL HEALTH Webinar

24th November 2020, 9.15am to 1.30pm



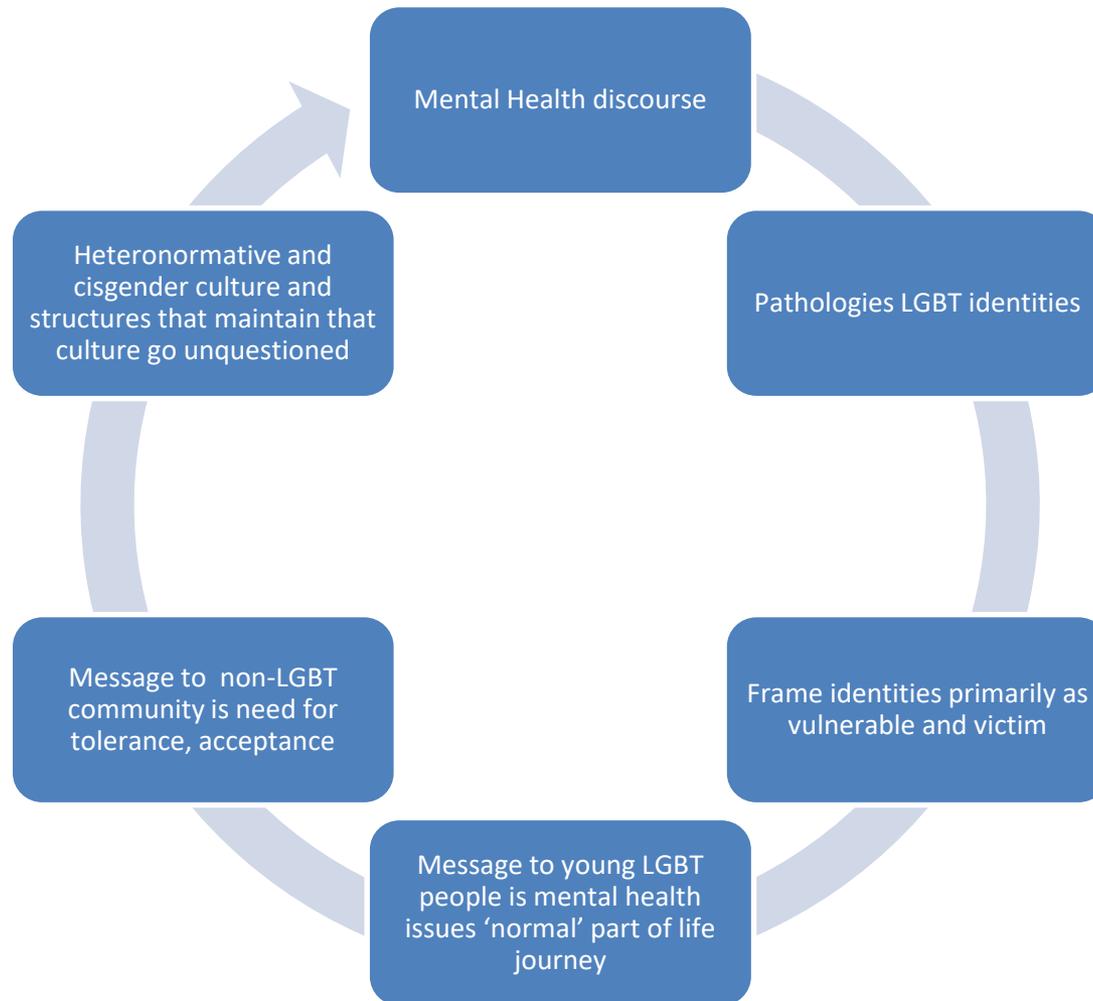
Professor Agnes Higgins

School of Nursing and Midwifery

Trinity College, Dublin

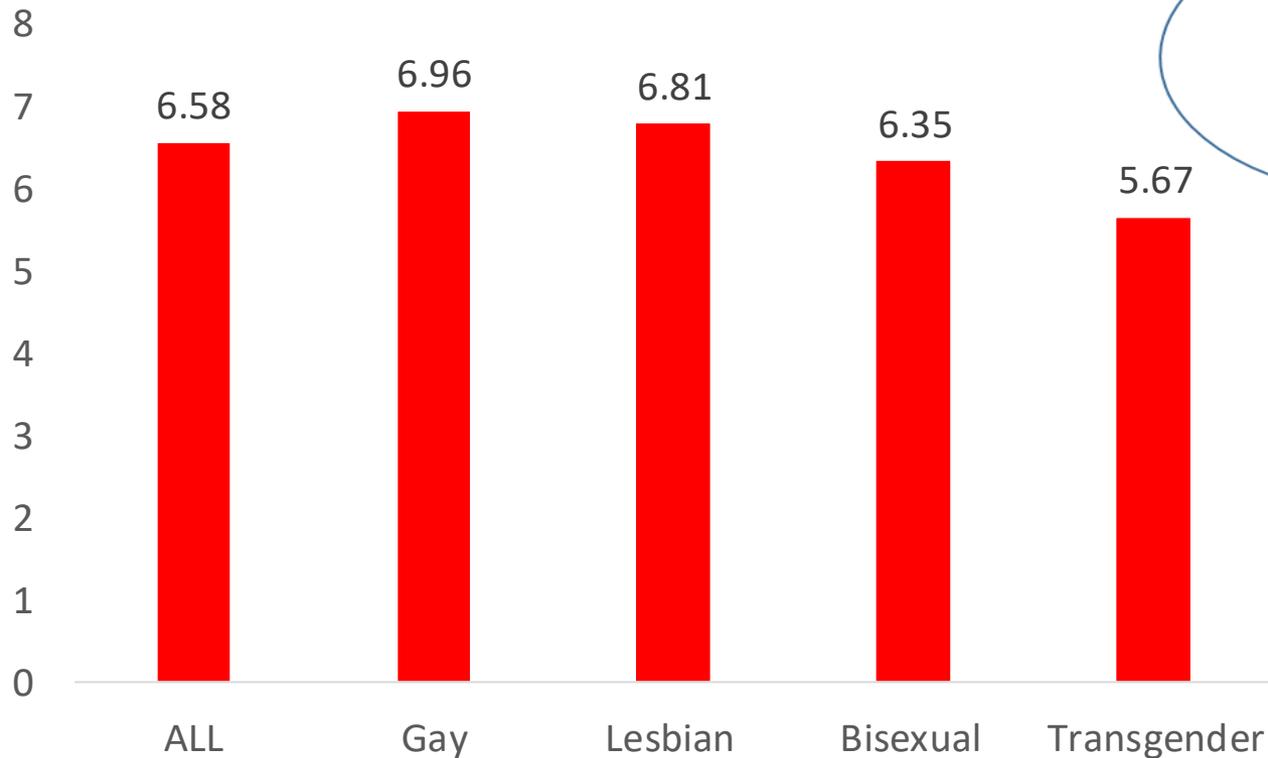
Chairperson of Mental Health Reform

Mental Health Discourse: identity construction



Happiness

0 ...1... 2 ... 3 ... 4 ... 5 ... 6 ... **7** ... 8 ... 9 ... 10

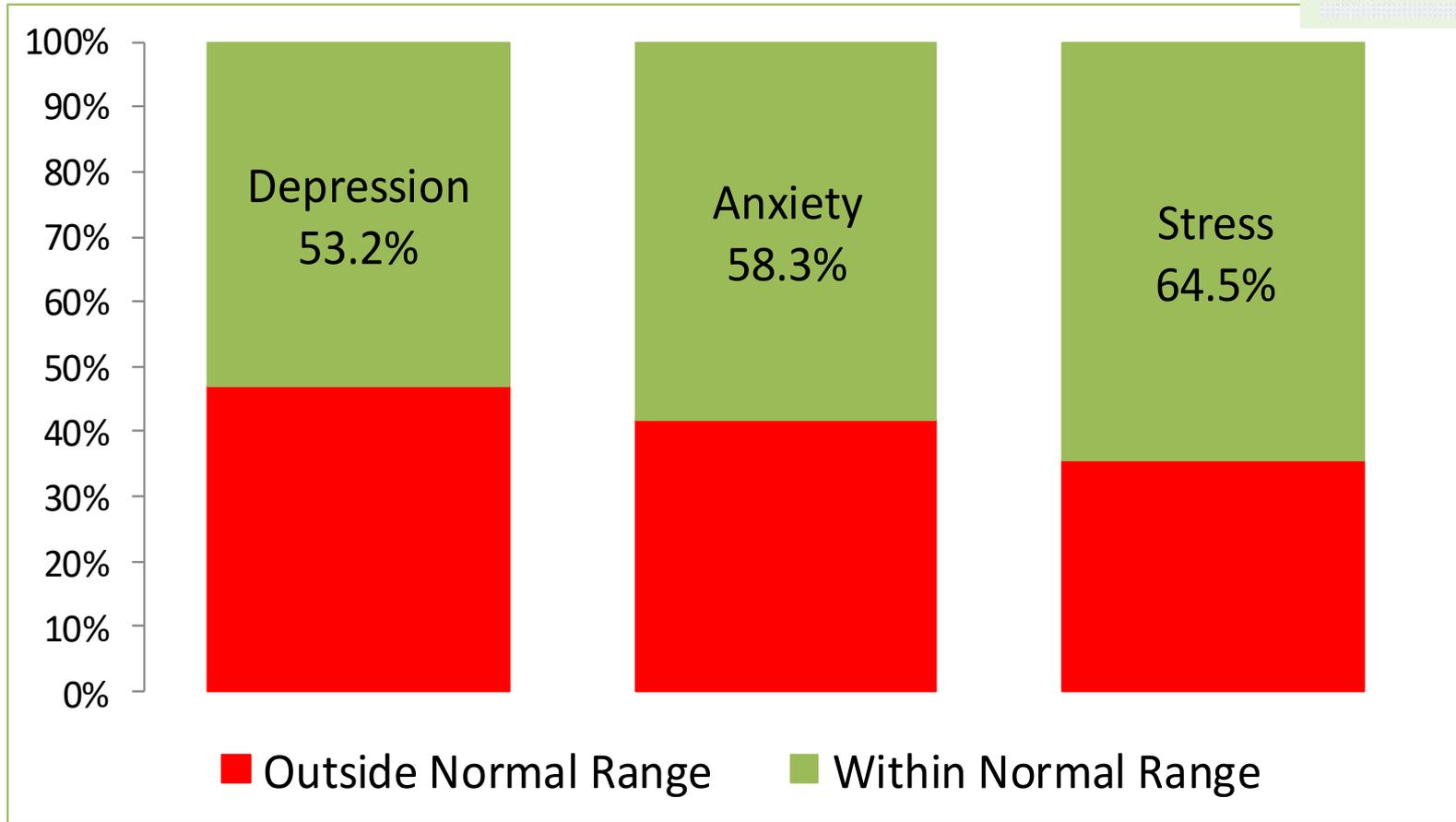


mean: 6.62
SD:
mode: 7
n = 2032



<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/lgbt-ireland-report.html>

Mental Distress



ORIGINAL ARTICLE

Building resilience in the face of adversity: navigation processes used by older lesbian, gay, bisexual and transgender adults living in Ireland

Agnes Higgins, Danika Sharek and Michele Glacken



Internationally Literature on mental distress

HHS Public Access
 Author manuscript
 Psychiatr Serv. Author manuscript; available in PMC 2017 July 01.
 Published in final edited form as:
 Psychiatr Serv. 2016 July 1; 67(7): 779-783. doi:10.1176/appi.ps.201500209.

Severe Mental Illness among LGBT Populations: A Scoping Review

Sean Kidd,
 University of Toronto - Psychiatry, CAMH 250 College St. #738, Toronto, Ontario M5T 1R8.
 sean_kidd@camh.net

Meg Howison,
 Toronto Centre for Addiction and Mental Health, Toronto, Ontario

Patrick Pilling,
 Toronto Centre for Addiction and Mental Health, Toronto, Ontario

BMC Psychiatry

Research article
A systematic review of mental disorder, suicide, and deliberate self harm in lesbian, gay and bisexual people
 Michael King*^{1,2}, Joanna Semlyen¹, Sharon See Tai³, Helen Killaspy^{1,2}, David Osborn^{1,2}, Dmitri Popelyuk¹ and Irwin Nazareth^{3,4}

Address: ¹Department of Mental Health Sciences, Royal Free and University College Medical School, London, London, NW3 2PF, UK; ²Camden and Islington Mental Health and Social Care Trust, London, London, NW3 2PF, UK and ⁴General Practice, London, London, NW3 2PF, UK and ³General Practice, London, London, NW3 2PF, UK

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BRITISH JOURNAL OF PSYCHIATRY (2004), 185, 479-485

BioMed Central
 Open Access

MENTAL HEALTH AND WELLBEING

The health and wellbeing of Australian lesbian, gay and bisexual people: a systematic assessment using a longitudinal national sample

Francisco Perales¹

Bauer et al. BMC Public Health (2015) 15:525
 DOI 10.1186/s12889-015-1867-2

RESEARCH ARTICLE

Open Access

Intervenable factors associated with suicide risk in transgender persons: a respondent driven sampling study in Ontario, Canada

Greta R. Bauer^{1*}, Ayden I. Scheim¹, Jake Pyne², Robb Travers³ and Rebecca Hammond⁴

Rates and predictors of mental illness in gay men, lesbians and bisexual men and women

Results from a survey based in England and Wales

JAMES WARNER, ÉAMONN McKEOWN, MARK GRIFFIN, KATHERINE JOHNSON, ANGUS RAMSAY, CLIVE CORT



Ireland ranks second in Good Country Index



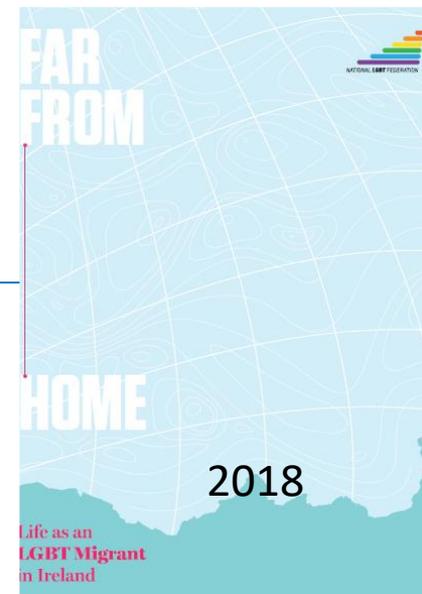
The Index of 153 countries measures what each contributes to the “common good of humanity and what it takes away, relative to its size”.

Mental distress: Depression, Anxiety, Stress



Scale (n)	Mean (SD)	Range	Normal	Mild or Moderate	Severe or Extremely Severe
Depression (n=1,863)	11.55 (11.51)	0-42	53.2% (991)	26.9% (500)	20% (372)
Anxiety (n=1,883)	8.8 (9.81)	0-42	58.3% (1,097)	19.2% (361)	22.6% (425)
Stress (n=1,863)	13.3 (10.4)	0-42	64.5% (1,202)	20.3% (378)	15.2% (283)

LGBT Migrants in Ireland



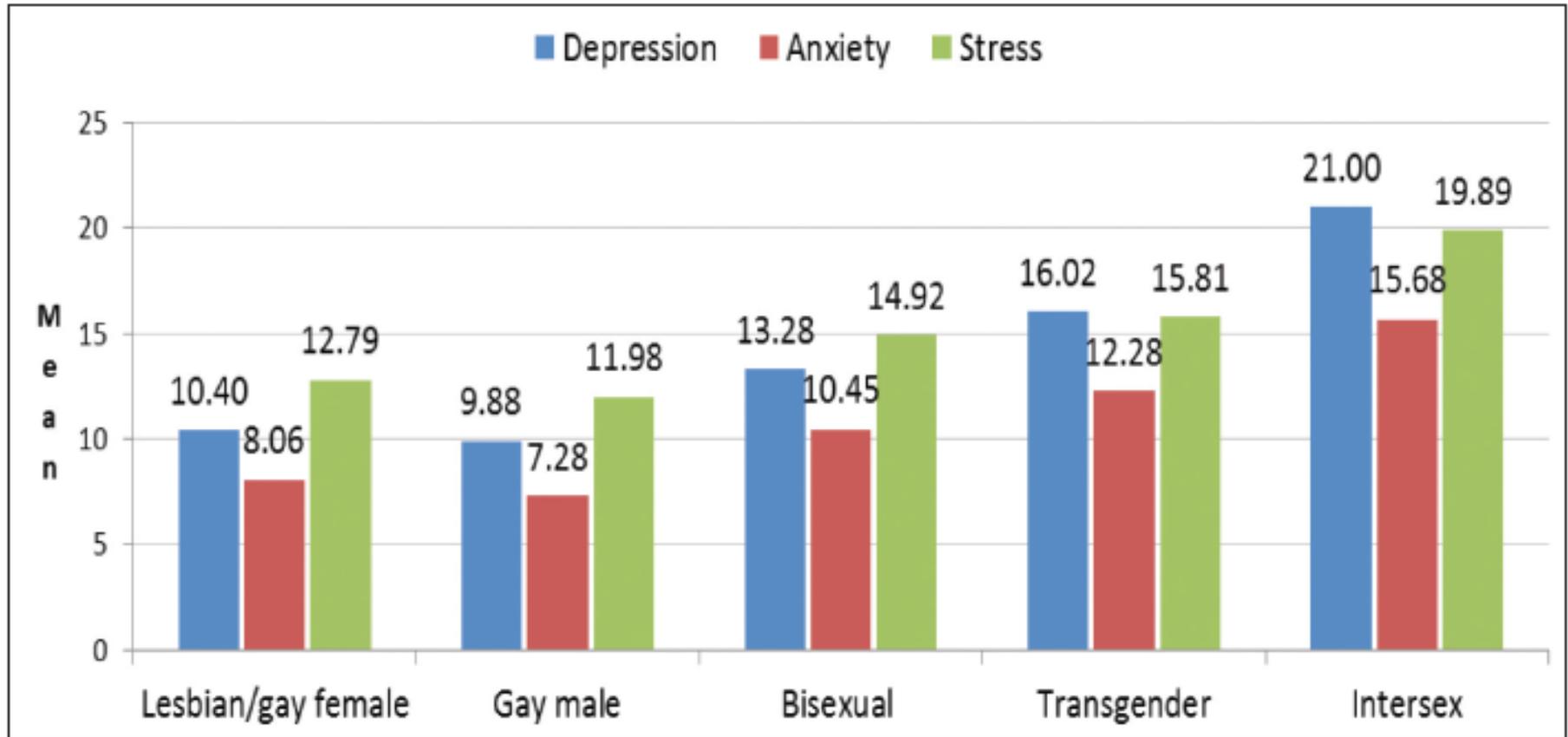
DASS scores for the survey sample

Scale	Mean Score (SD)	Normal	Mild or Moderate	Severe or Extremely Severe
Anxiety	9.24 (9.12)	48%	32%	20%
Depression	12.48 (10.63)	42%	38%	20%
Stress	13.39 (9.69)	71%	14%	15%

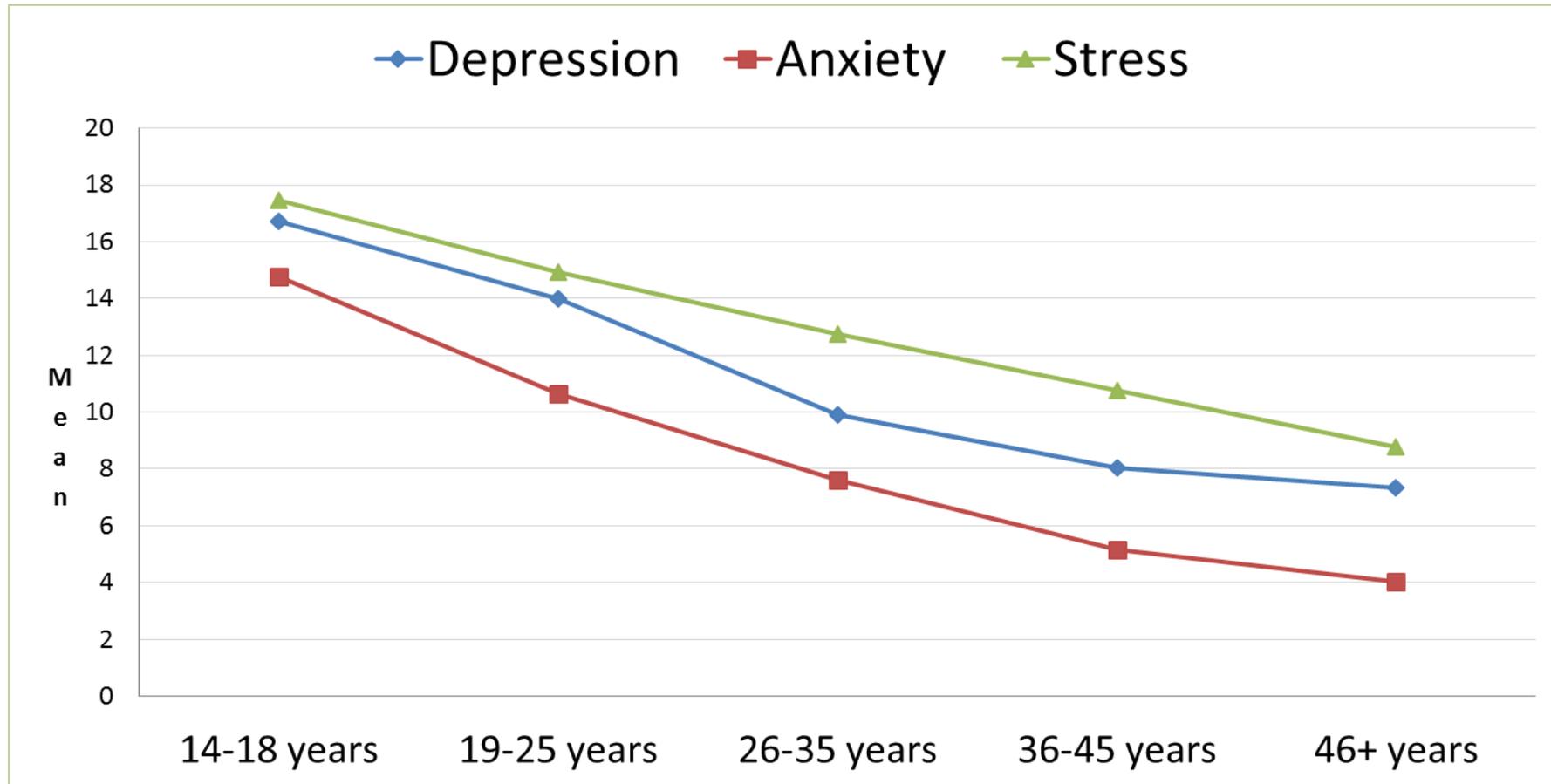
How does this compare to general population



Mental distress across LGBTI groups

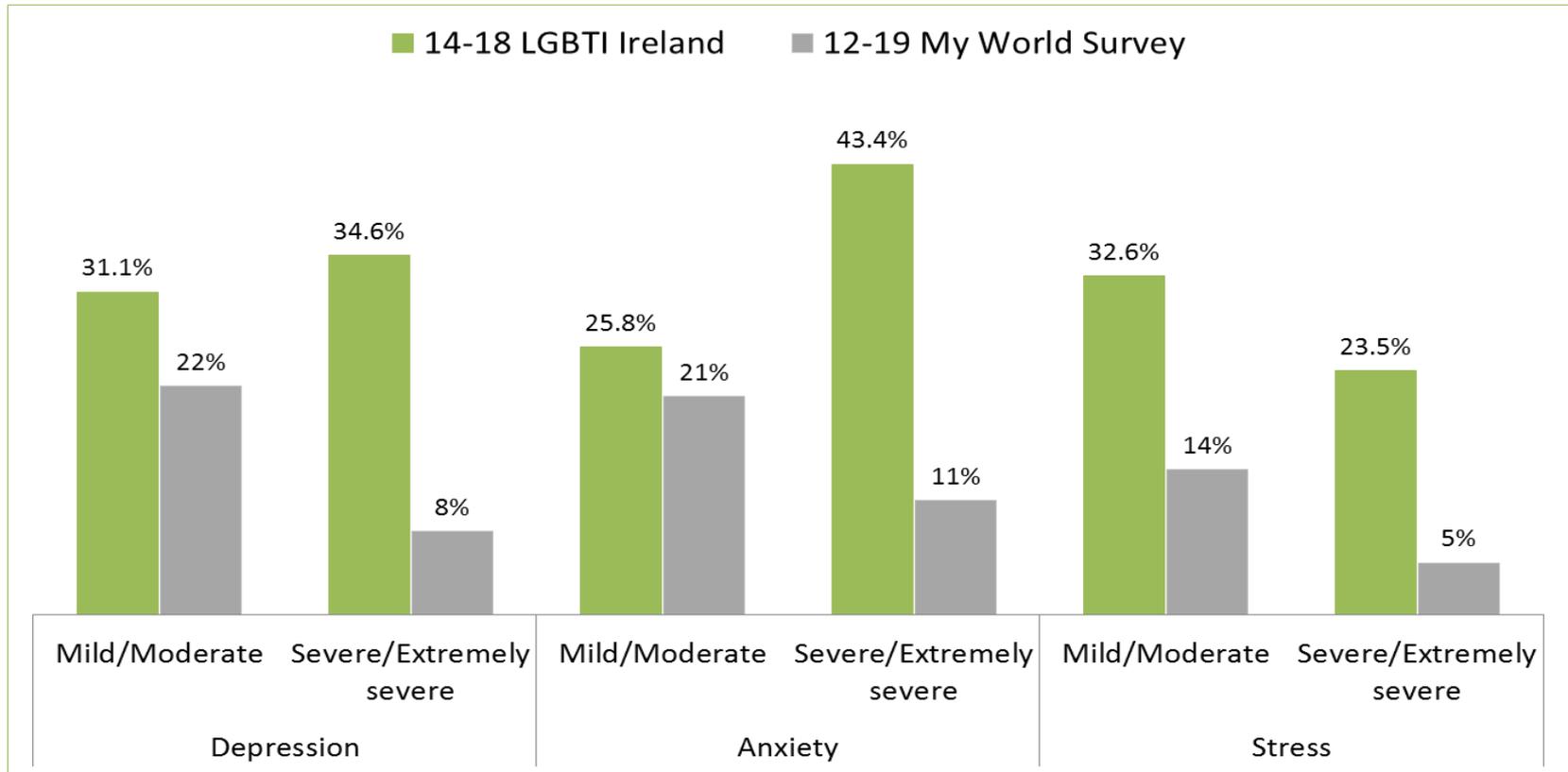


Mental Health across Age Group



Youth comparison

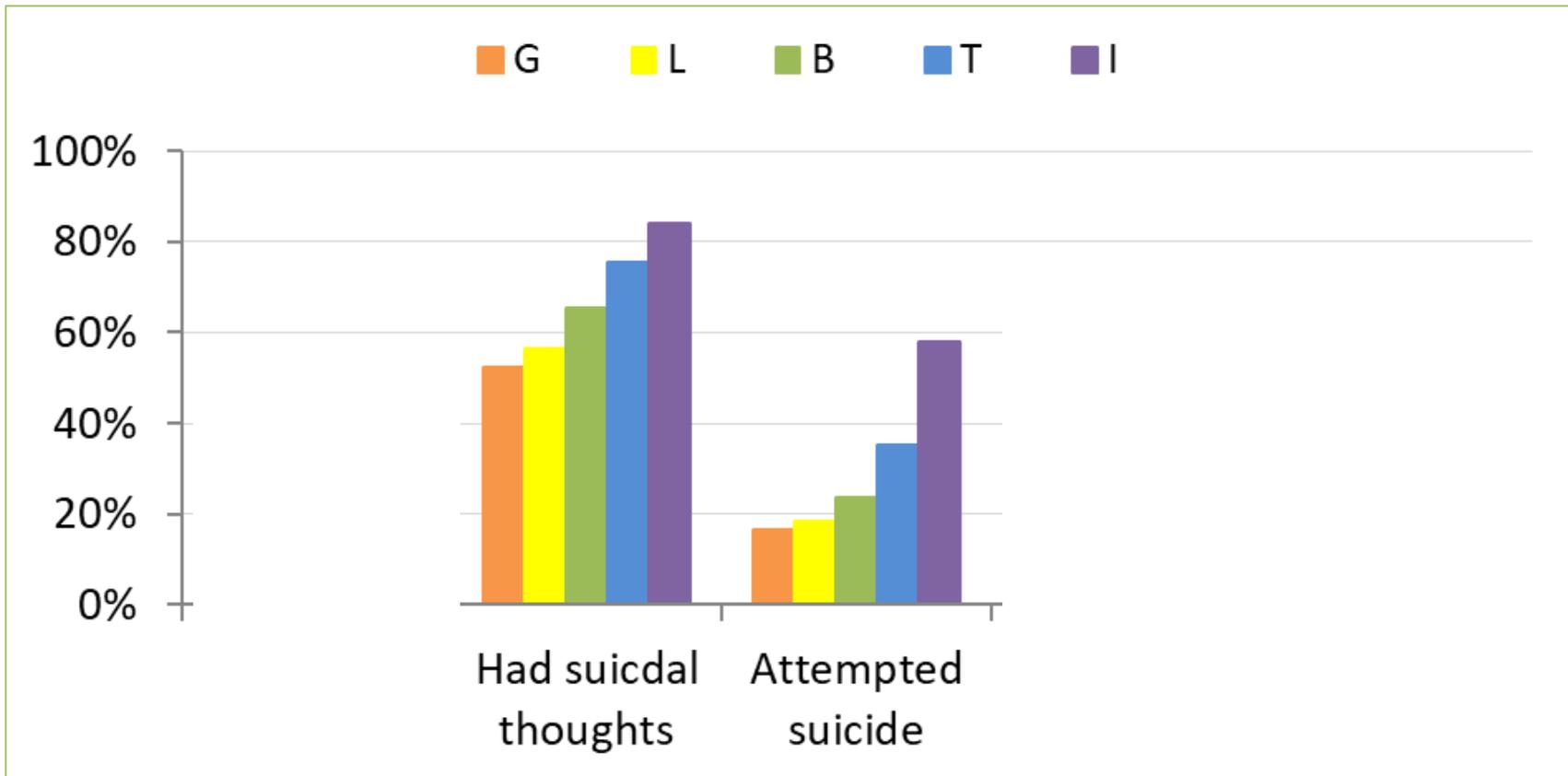
4 times the rate



Suicide thoughts and tried to take own life

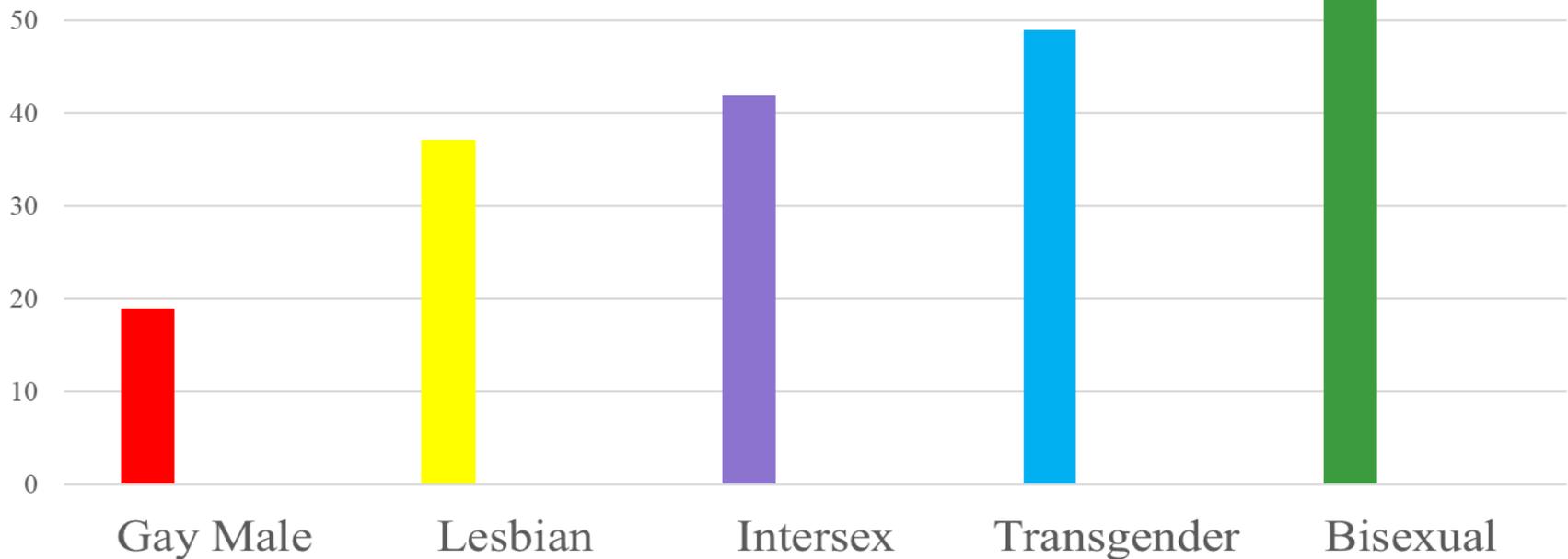
- **Seriously thought of ending their life**
- 59% responded yes
- 44% in the past year
- **Seriously tried to take their own life**
- 21.4% responded YES
- 26 % had tried to end life in the past year
- Suicide attempts were significantly higher in young adults (19-25) than a similar age group in the *My World* study (21% v 7%).

Suicide thoughts and tried to take own life



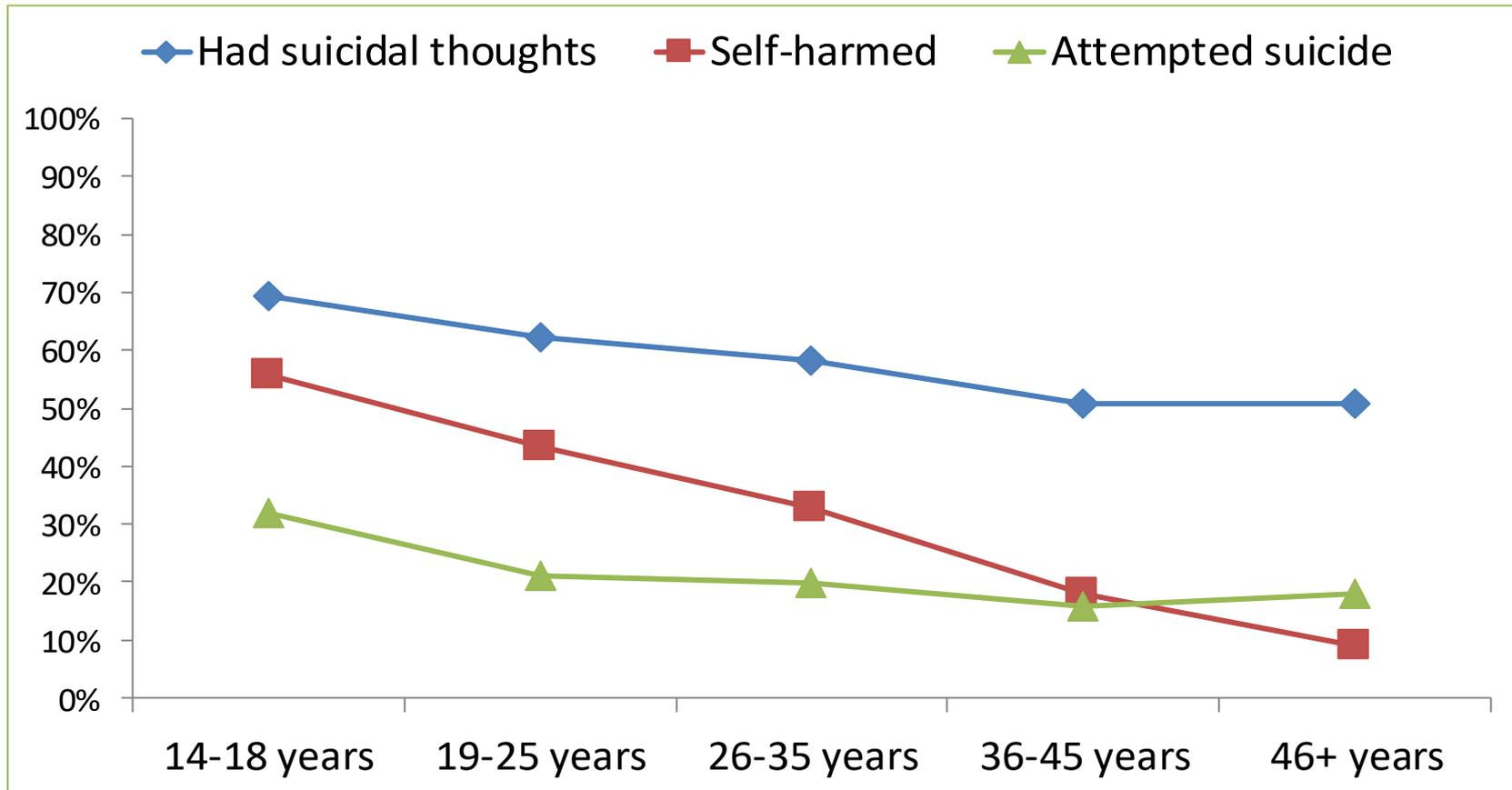
Self Harm

34% of participants (n=656) had a lifetime history of self-harm, nearly half of whom reported self-harm within the past year.



- Self-harm in young adults (19-25) was significantly higher than a similar age group (17-25) in the *My World* study (43.3% v 21%).

Age Group



Self-harm motivations



REVIEW

Open Access

Eating disorders and disordered eating behaviors in the LGBT population: a review of the literature



Lacie L. Parker^{1*}  and Jennifer A. Harriger²

Abstract

Background: According to past research, lesbian, gay, bisexual, and transgender (LGBT) individuals experience a higher prevalence of psychopathology, which is attributable to the increased stress (i.e., stigma and prejudice) that they experience, as detailed by the minority stress model (MSM).

Main: This current literature review examined the empirical literature regarding the rates and types of, and risk factors for eating disorders and disordered eating behaviors in LGBT adults and adolescents, in addition to each individual subgroup (i.e., lesbians, gay males, bisexuals, transgender and gender-nonconforming individuals).

Conclusion: LGBT adults and adolescents experience greater incidence of eating disorders and disordered eating behaviors than their heterosexual and cisgender counterparts. Additionally, gay, bisexual, and transgender adults and adolescents were all at increased risk for eating disorders and disordered eating behaviors. Mixed results were found for lesbian adults and adolescents. Results are discussed within the framework of the MSM.

Keywords: Eating disorders, Disordered eating behaviors, LGBT, Sexual minority, Lesbian, Gay, Bisexual, Transgender

Drug Use

RESEARCH ARTICLE

Open Access



Co-occurring mental illness, drug use, and medical multimorbidity among lesbian, gay, and bisexual middle-aged and older adults in the United States: a nationally representative study

Benjamin H. Han^{1,2*}, Dustin T. Duncan³, Mauricio Arcila-Mesa² and Joseph J. Palamar¹

(n = 25,880). 1

Men	Past-Year Drug Use aOR (95% CI)
Heterosexual	Reference group
Gay	1.62 (0.89, 2.95)
Bisexual	1.88 (0.99, 3.56)
Women	Past-Year Drug Use aOR (95% CI)
Heterosexual	Reference group
Lesbian	1.70 (0.97, 2.98)
Bisexual	4.20 (2.55, 6.93) ^b

**Psychosocial Risk and Protective Factors for Depression Among Lesbian, Gay, Bisexual, and Queer Youth: A Systematic Review**

William J. Hall, PhD, MSW

School of Social Work and Cecil G. Sheps Center for Health Services Research, University of North Carolina, Chapel Hill, North Carolina, USA

Abstract

Many lesbian, gay, bisexual, or queer (LGBQ) youth suffer from depression. Identifying modifiable risk and protective factors for depression can inform the development of psychosocial interventions. The aim of this review is to evaluate the methodological characteristics and summarize the substantive findings of studies examining psychosocial risk and protective factors for depression among LGBQ youth. Eight bibliographic databases were searched, and 35 studies that met all inclusion criteria were included for review. Results show that prominent risk factors for depression include internalized LGBQ-related oppression, stress from hiding and managing a socially stigmatized identity, maladaptive coping, parental rejection, abuse and other traumatic events, negative interpersonal interactions, negative religious experiences, school bullying victimization, and violence victimization in community settings. Prominent protective factors include a positive LGBQ identity, self-esteem, social support from friends, and family support. LGBQ youth may face an array of threats to their mental health originating from multiple socioecological levels.

Complexity of reasons for increased risk

In addition to issues facing all people, LGBT people

- Heteronormative and gender bias society
- Older LGBT+ identities pathologized and criminalised
- Internalised homonegativity -hide identity or live a 'dual' life
- Parental rejection
- Negative religious experiences
- Experience of homophobia, transphobia, biphobia in school, work, online and wider society
- Transgender and gender diverse misnaming and misgendering
- Higher rates of hate crime, and other forms of violent, abuse and victimisation
- Inequalities and barriers to health and social care services



Minority Stress

Complexity of reasons that increase risk



HHS Public Access

Author manuscript

J Homosex. Author manuscript; available in PMC 2019 January 01.

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J Homosex. 2018 ; 65(3): 263–316. doi:10.1080/00918369.2017.1317467.

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In addition to issues facing all people, LGBT people

- Heteronormative gender bias society - blind to array of experiences
- Older LGBT+ identities pathologized and criminalized
- Stress from hide identity or live a double life
- Parental rejection
- Negative religious experiences
- Experiences of discrimination in school, work, online and wider society
- Higher rates of hate crime, and other forms of violent, abuse and victimisation
- Inequalities and barriers to health and social care services

Embedded Structural Trauma

LGBTI+ community are more than gender and sexual orientation: multiple identities



Fragmented inclusion



HHS Public Access

Author manuscript

Am J Orthopsychiatry. Author manuscript; available in PMC 2018 March 02.

Published in final edited form as:

Am J Orthopsychiatry. 2017 ; 87(5): 606–613. doi:10.1037/ort0000215.

Fragmented Inclusion: Community Participation and Lesbian, Gay, Bisexual, Trans, and Queer People with Diagnoses of Schizophrenia and Bipolar Disorder



JARID

Journal of Applied Research in Intellectual Disabilities
Journal of Applied Research in Intellectual Disabilities 2016

bild

Published for the British Institute of Learning Disabilities

SPECIAL ISSUE

'Them Two Things are What Collide Together': Understanding the Sexual Identity Experiences of Lesbian, Gay, Bisexual and Trans People Labelled with Intellectual Disability

Robert Dinwoodie*, Beth Greenhill**† and Alex Cookson†

*University of Liverpool, Liverpool, UK; †Mersey Care NHS Trust, Liverpool, UK

Accepted for publication 15 February 2016

Intersectionality: See the variability within the community

"Any one wire doesn't contain the bird; it's the grouping of multiple wires together that create the cage."

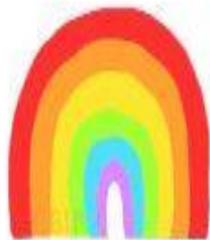


"The more 'isms' you have to deal with, the harder it is."

Heterosexism
Genderism
Sexism
Racism
Disablism
Ageism.....

Daley et al (2007) "Traversing the Margins: Intersectionalities in the Bullying of Lesbian, Gay, Bisexual and Transgender Youth." Journal of Gay & Lesbian Social Services Vol. 19, No. 3/4, , pp. 9

when you reduce life
to black and white,



you never see rainbows.

Interventions
that
challenge and
dismantling
multiple
systems of
power

chibird

-Rachel Houston



Ahiggins@tcd.ie



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

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24th November 2020, 9.15am to 1.30pm



**LGBTI+
MENTAL
HEALTH**

Professor Agnes Higgins

School of Nursing and Midwifery

Trinity College, Dublin

Chairperson of Mental Health Reform

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<https://www.tcd.ie/research/profiles/?profile=ahiggins>