

Washington University in St. Louis School of Medicine - LGBT Health Interest Group

LGBT Mental Health Fact Sheet

DEPRESSION & MOOD^{1,2}

| | Depression | Generalized Anxiety Disorder | Panic Disorder |
|-----------------------------|------------------|------------------------------|------------------|
| Homosexual / Bisexual Males | 31% (OR 3.57) | 3% (OR 1.35) | 18% (OR 5.09) |
| Heterosexual Males | 10% | 2% | 4% |

| | | | |
|-------------------------------|------------------|------------------|------------------|
| Homosexual / Bisexual Females | 34% (OR 1.88) | 15% (OR 3.88) | 17% (OR 2.05) |
| Heterosexual Females | 17% | 4% | 9% |

BODY IMAGE⁶

| | Poor body image | Frequent dieting | Binge Eating | Purging Behaviors |
|--------------------|-----------------|------------------|--------------|-------------------|
| Homosexual males | 27.8% | 8.9% | 25.0% | 11.7% |
| Heterosexual males | 12.0% | 5.5% | 10.6% | 4.4% |

| | | | | |
|----------------------|-------|-------|-------|-------|
| Homosexual females | 21.1% | 20.8% | 25.0% | 19.4% |
| Heterosexual females | 43.7% | 23.7% | 31.8% | 12.1% |

SUICIDE^{3,4,5}

| | Suicide attempts | Suicide attempts requiring medical attention | Panic Disorder |
|-------------------------|-------------------|--|------------------|
| Homosexual Males | 31.3% (OR 9.2) | 9.4% | 18% (OR 5.09) |
| Heterosexual Males | 3.4% | 2.2% | 4% |
| Transgendered, under 25 | 47% | | |

SUBSTANCE ABUSE^{7,8,9}

| | Alcohol use before 13 | Binge Drinking | Marijuana Use | Cocaine Use | Needle Sharing |
|--------------------|-----------------------|----------------|---------------|-------------|----------------|
| GLB youth | 59% | 46% | 69% | 33% | 16% |
| Heterosexual youth | 30% | 33% | 47% | 7% | 1% |

| | Cocaine use, ever | Meth use, ever | LSD use, ever |
|----------------------|-------------------|----------------|---------------|
| L/B females | 47.3% | 17.0% | 33.0% |
| Heterosexual females | 37.2% | 9.7% | 22.8% |

DISCRIMINATION^{9,10}

| U.S. hate crimes based on sexual orientation | | |
|--|-------|-------|
| 1991 | 1997 | 2002 |
| 8.9% | 13.7% | 16.7% |

| LGB individuals facing discrimination | | |
|---------------------------------------|-------------------|--------------------|
| Verbal abuse | Physical violence | All discrimination |
| 74% | 32% | 74% |

| | Tobacco Use |
|--------------------|-------------|
| Homosexual males | 33% |
| Heterosexual males | 21% |

| | |
|----------------------|-----|
| L/B females | 25% |
| Heterosexual females | 15% |

| | |
|--------------------|-----|
| LGB youth | 59% |
| Heterosexual youth | 35% |

References

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