Depression, Anxiety, and Suicidality

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Transdiagnostic Minority Stress Model

**External Stigma-Related Stressors**
- Prejudice
- Discrimination
- Violence

**General Psychological Processes**
- Coping/Emotion regulation
- Social/Interpersonal
- Cognitive

**Internal Stigma-Related Stressors**
- Expecting rejection
- Identity concealment
- Internalized homophobia/transphobia

**Mental Health Problems**
- Depression
- Anxiety
- Suicidality
Psychiatric Disorders and Identity Development

- Often impede sexual orientation and gender identity exploration and alleviation of distress

- Need to stabilize co-occurring psychiatric symptoms for facilitation of coming out and gender transition
Disparities among Gay and Bisexual Men

- Compared with straight men, gay and bisexual men are more likely to meet criteria for:
  - major depressive disorder (x 3)
  - panic disorder (x 5)
  - at least 2 co-occurring disorders (x 4)
Disparities among Lesbian and Bisexual Women

• Compared with straight women, lesbian and bisexual women are more likely to meet criteria for:
  – generalized anxiety disorder (x 3)
  – at least 2 co-occurring disorders (x 3)
LGB Mental Health Service Utilization

• Compared with general population, LGB people are more likely to:
  – See mental health provider (x 2-3)
  – See PCP for mental health problem (x 1.5-3)
  – Attend support or therapy group (x 3-4)

• Compared with general population, gay and bisexual men more likely to take psychiatric medication (x 4)
Depression and Anxiety among Transgender Adults

• Prevalence of clinically significant depressive symptoms:
  – 51% of transgender women
  – 48% of transgender men

• Prevalence of clinically significant anxiety symptoms:
  – 40% of transgender women
  – 48% of transgender men
Factors Associated with Higher PTSD Severity in Transgender Adults

• Higher everyday discrimination
• Greater number of attributed reasons for discrimination
• Social gender transition
• High visual gender non-conformity
Factors Associated with Lower PTSD Severity in Transgender Adults

- Younger age
- FTM spectrum gender identity
- Medical gender affirmation
Suicidality among LGBT Adults

• Lifetime prevalence of suicide attempts in the United States:
  – General adult population: 4%
  – LGB adults: 11-20%
  – Transgender adults: 41%
Suicidality among LGBT Youth

• Compared with peers, LGBT youth are more likely to:
  – report suicidal ideation (x 3)
  – attempt suicide (x 4, with 30-40% prevalence)

• Questioning youth more likely to experience depression or suicidality than LGBT peers
Suicide Risk Factors

- Demographic
- Hopelessness
- Firearm access
- Past suicidality
- Social

Suicide Risk

- Psychiatric
- Medical
- Familial
Determining Suicidal Ideation

LIFE IS TOO DIFFICULT

WANTING TO BE DEAD

THOUGHTS OF ENDING YOUR OWN LIFE
Discussing Current Suicidality
Transdiagnostic Minority Stress Treatment Principles

• Normalize adverse impact of minority stress
• Facilitate emotional awareness, regulation, and acceptance
• Empower assertive communication
• Restructure minority stress cognitions
• Validate unique strengths of LGBT people
• Foster supportive relationships and community
• Affirm healthy, rewarding expressions of sexuality and gender
THANK YOU
DISCUSSION
References

- Haas, AP.; Rodgers, PL.; Herman, JL. Suicide Attempts Among Transgender and Gender Non-Conforming Adults: Findings of the National Transgender Discrimination Survey. American Foundation for Suicide Prevention and The Williams Institute; 2014.