

Why are LGBTs more likely to be depressed?

Researchers at King's College London are calling on LGBT and straight people, especially bisexual men and transgender people, to respond to a large survey on mental health

01 SEPTEMBER 2014 | BY SPONSORED

Lesbian, gay and bisexual people are one-and-a-half times more likely to suffer depression, anxiety and substance use problems than straight people and twice as likely to attempt suicide.

Due to a lack of research, we can only use small findings that point to similar problems – and in some cases even worse – among transgender people.

But in one of the largest studies of its kind, King's College London have asked for LGBT and straight people to come forward and help find how discrimination helps contribute to poor mental health.

Liam Timmins, a PhD candidate, along with leading sexuality scientist Qazi Rahman and clinical psychologist Kate Rimes, will head the research.

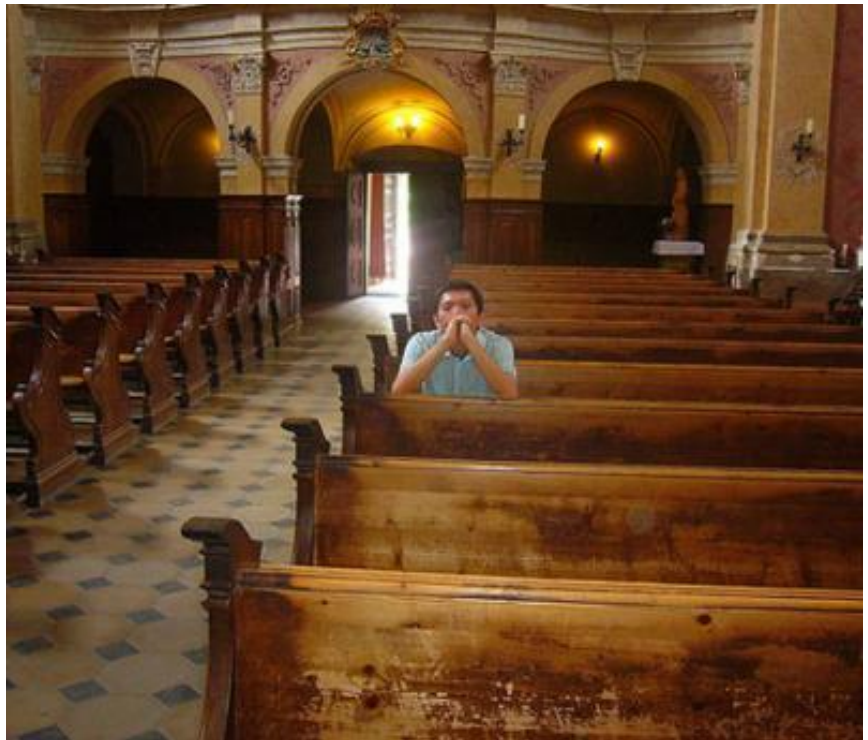
In previous studies, research has shown victims of discrimination may trigger negative thinking and poor coping strategies associated with high levels of psychological distress.

However, no one has systematically studied how this happens, through which mechanisms, and how this works in the different groups (e.g., lesbian gay and bisexual men and women compared to transgender men and women).

One of the key aims of this new research is to address the sexual and gender diversity within the LGBT population which has never been done before.

The study will be the first to compare, contrast, and quantify how the stigma and discrimination contribute to distress and well-being of different members of the LGBT community compared to straight cisgender people.

He is asking especially for bisexual men and transgender people of both sexes, as they tend to be



markedly underrepresented in this kind of research.

The results will be used to promote the well-being of LGBT people through improving psychological interventions and informing LGBT-positive social programmes.

If you wish to take part in the LGBT well-being survey,