

The association of minority sexual group with adverse mental health outcomes: analysis of national English household cross-sectional data from 2007 and 2014

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Background

- LGB people have poorer mental health than heterosexual people
- Possible explanatory factors
 - minority stress theory
 - discrimination
 - victimisation/ bullying
 - stigma
 - internalised homophobia
 - parental disapproval
 - substance misuse (illicit drugs and alcohol)
 - loneliness

Aims

To compare the prevalence of **common mental disorder** in 2007 and 2014 using the Adult Psychiatric Morbidity Survey

To test associations of sexuality with common mental disorder using data from 2007 and 2014

Statistical methods

- age 16 to 64
 - Sexual orientation questions not asked to those 65+ in 2014
- 2007 and 2014 datasets combined
 - Gives sufficiently large N to examine sexuality in four groups
 - Heterosexual
 - Bisexual
 - Lesbian and gay
 - Other

Statistical modelling

- Logistic regression accounting for survey study design using weights supplied with the dataset
 - Unadjusted
 - Adjusting for demographics
 - Adjusting for demographics + childhood sexual abuse
 - Adjusting for demographics + minority stress variables
 - Adjusting for demographics + minority stress variables + illicit drugs in the last year + alcohol use (AUDIT score)

Data

2007
(N=5,386)

- Heterosexual (96%)
- Bisexual (1%)
- Lesbian or gay (1%)
- Other (2%)

2014
(N=5,057)

- Heterosexual (96%)
- Bisexual (1%)
- Lesbian or gay (2%)
- Other (1%)

Results – prevalence of CMD

	Heterosexual	Bisexual	Lesbian/ gay	other
	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
2007	16.1 (14.9, 17.2)	28.5 (16.4, 44.8)	22.8 (14.4, 34.2)	21.8 (14.7, 31.1)
2014	16.5 (15.4, 17.8)	47.1 (35.1, 59.4)	24.5 (15.9, 35.9)	29.4 (16.5, 46.8)
Total	16.3 (15.5, 17.1)	40.4 (31.0, 50.5)	23.8 (17.4, 31.7)	24.8 (17.6, 33.6)

Results – Participant characteristics

	Heterosexual	Bisexual	Lesbian/ gay	other
	%	%	%	%
Male	49.9	27.5	69.6	44.9
Age mean (SE)	39.7 (0.2)	33.4 (1.4)	38.1 (1.2)	38.2 (1.4)
IMD quintile				
Least deprived	18.9	14.1	10.8	14.1
2	20.9	17.1	21.7	14.3
3	19.7	15.6	16.2	15.4
4	19.9	27.3	26.1	25.8
Most deprived	20.6	25.9	25.2	30.5
Discrimination due to sexual orientation	0.3	9.4	23.2	2.7
Been bullied at any time	25.3	47.5	51.7	22.9
Child sex abuse	8.3	28.9	22.4	8.6

Association between common mental disorder and sexuality

	Unadjusted		+ Demographics		+ child sexual abuse		+ Discrimination and bullying	
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Heterosexual	1.00		1.00		1.00		1.00	
Bisexual	3.48	(2.30, 5.25)	2.86	(1.83, 4.46)	2.37	(1.47, 3.82)	2.08	(1.23, 3.51)
Lesbian/ gay	1.61	(1.08, 2.39)	1.87	(1.22, 2.85)	1.57	(1.01, 2.44)	1.06	(0.67, 1.68)
Other	1.69	(1.09, 2.61)	1.45	(0.93, 2.27)	1.41	(0.88, 2.27)	1.44	(0.88, 2.36)

	+ drugs and AUDIT	
	OR	95% CI
Heterosexual	1.00	
Bisexual	1.87	(1.13, 3.10)
Lesbian/ gay	0.96	(0.59, 1.56)
Other	1.59	(0.96, 2.65)

Discussion

- LGB people (especially bisexuals) have worse mental health than the heterosexual majority
 - this has not changed between 2007 & 2014
- discrimination on the basis of sexuality and childhood sexual abuse attenuate the relationship between sexual orientation and common mental disorders
- LGB people are vulnerable to poor mental health, but tend to be invisible in the healthcare system

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