



Young people's wellbeing in relation to sexual orientation

Nerilee Ceatha



SPHeRE **HR^B**
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Disclaimer

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Sexual orientation

D2 . How would you describe your sexual orientation? [TICK ONE BOX]

Heterosexual/straight (sexually attracted to the opposite sex) 1

Gay or Lesbian (attracted to the same sex) 2

Bisexual (attracted to both men and women) 3

Questioning/ Not sure 4

Asexual (not attracted to either sex) 5

Don't know 6

Prefer not to say 7

- One-in-ten young people: **LGBQA**

- **LGB** Lesbian/Gay/Bisexual

- Globally

- Intergenerationally

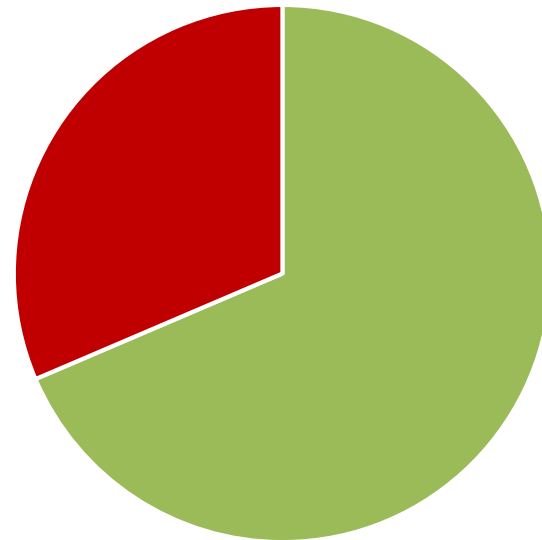
- Acceptance

- **Questioning**

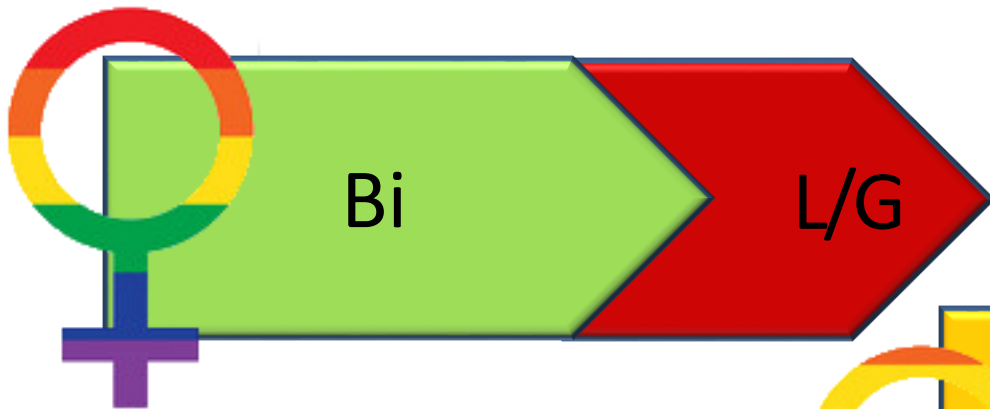


GUI demographics: LGB sexual orientation

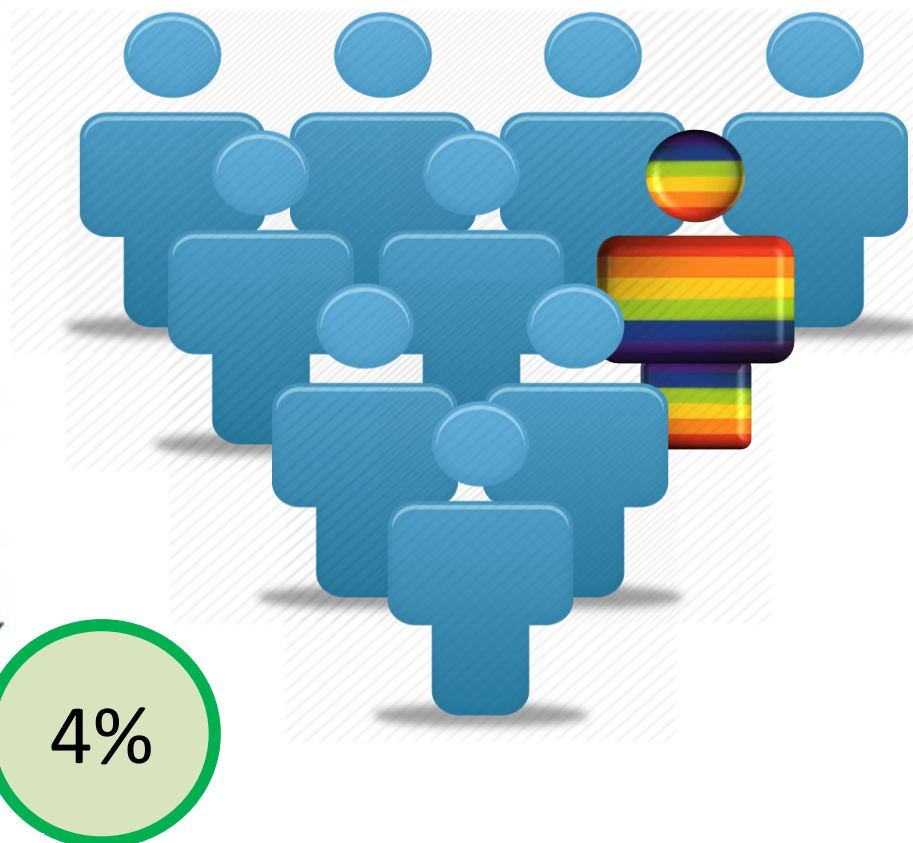
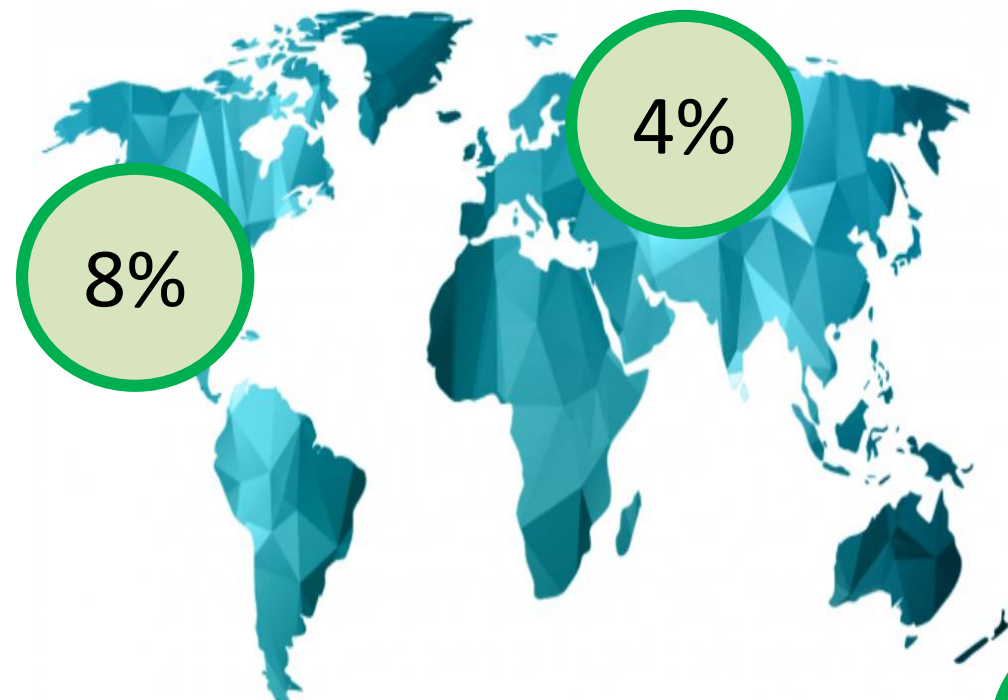
LGB



■ Bisexual ■ Lesbian / Gay



- GUI 7% **LGB**



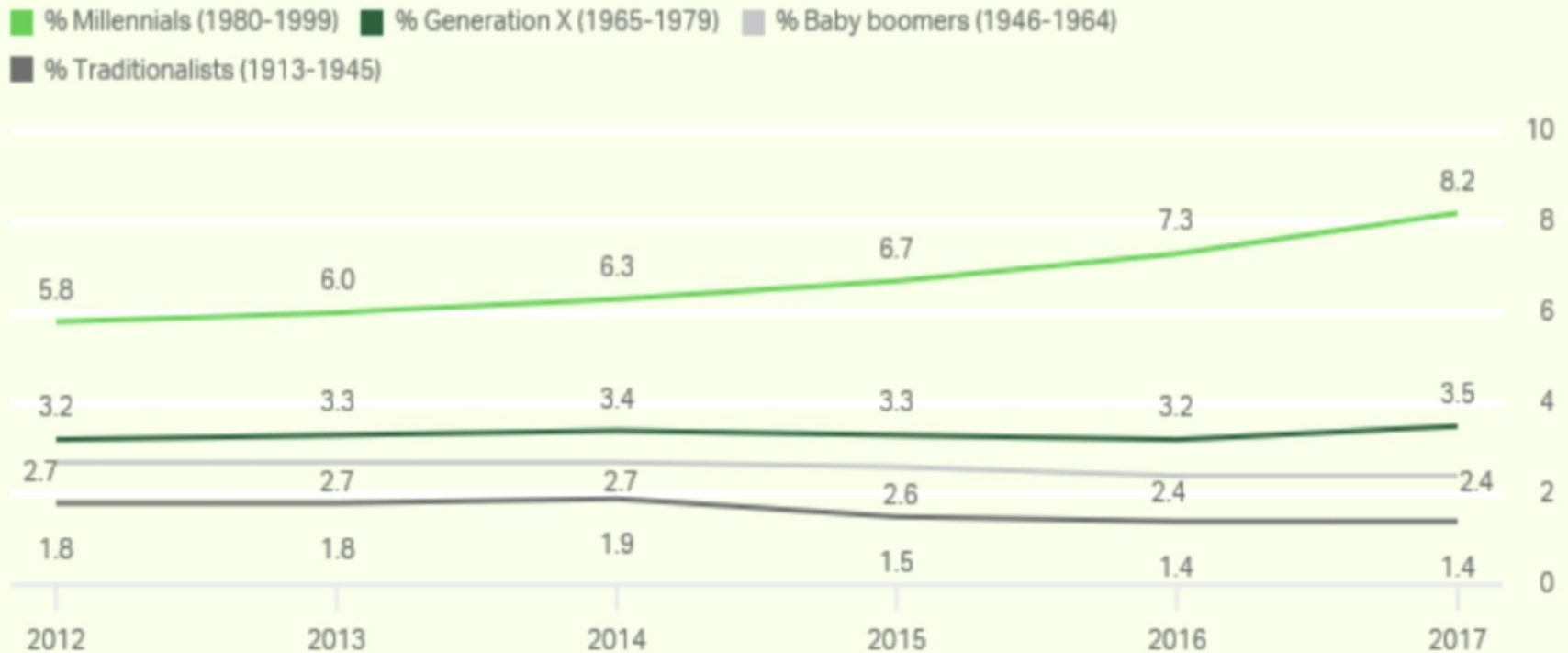
Office for National Statistics. Sexual identity, UK: 2016.
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<https://www.fmhs.auckland.ac.nz/assets/fmhs/faculty/ahrg/docs/2012-overview.pdf>

Gates, GJ In U.S. More Adults Identifying as LGBT. *Gallup Daily Tracking*. Social and Policy Issues, 2017.
<https://news.gallup.com/poll/201731/lgb-identification-rises.aspx>

US intergenerational trends

Percentage of Americans Identifying as LGBT, by Birth Cohort

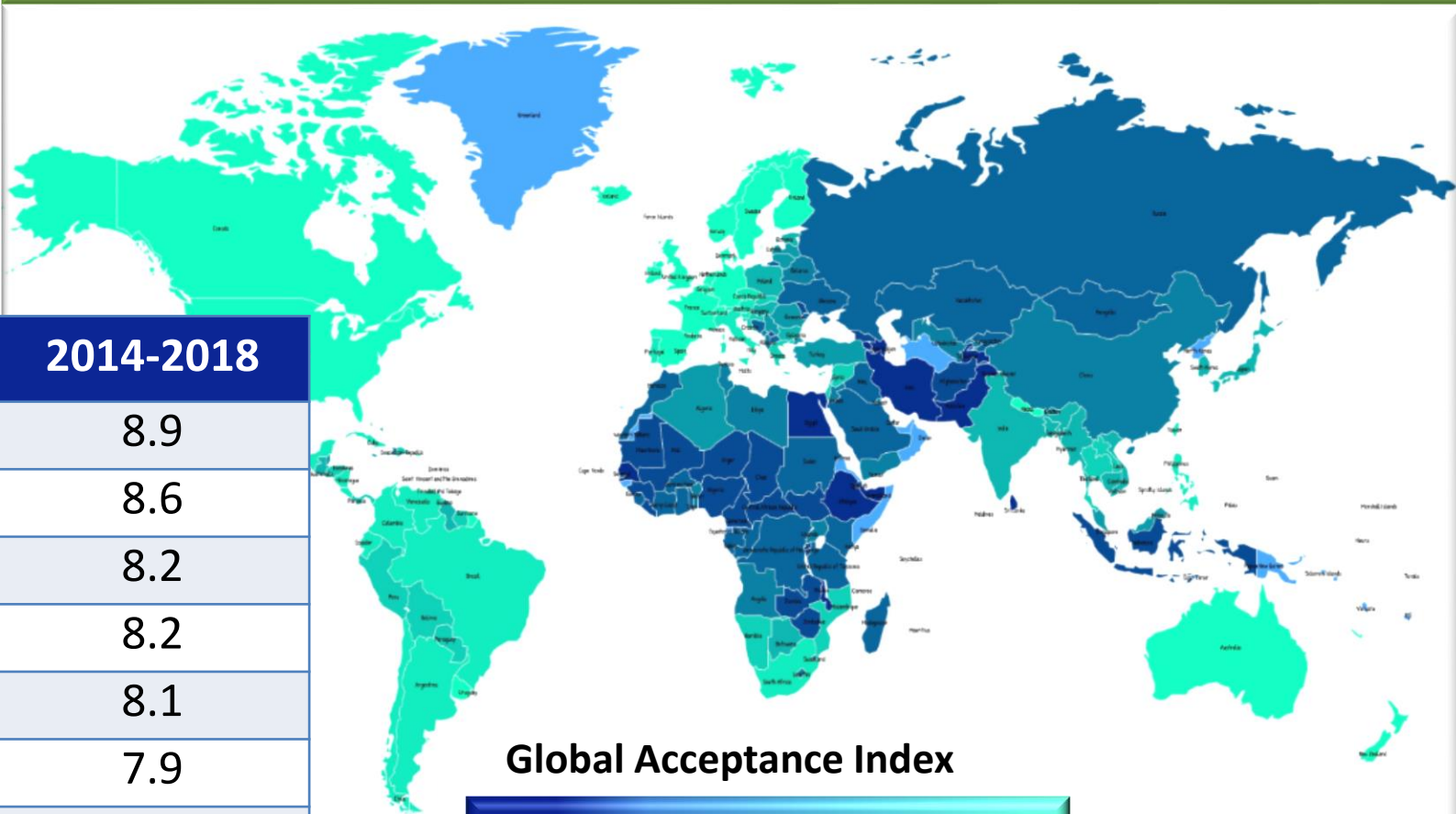


GALLUP DAILY TRACKING

GUI context: acceptance



Global acceptance: sexual orientation



2014-2018

Iceland	8.9
Netherlands	8.6
Norway	8.2
Canada	8.2
Spain	8.1
Belgium	7.9
Ireland	7.9
Sweden	7.9
Denmark	7.9
Nepal	7.8

Global Acceptance Index



less accepting

more accepting

No data 

Williams Institute

GUI: questioning response

Reflects wider acceptance?

Doesn't reflect all social
change?

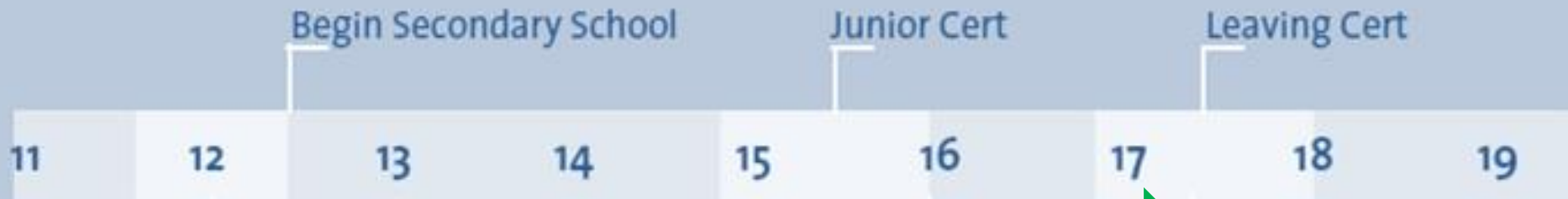
Challenging the question?

Understanding of the
question?



Concerns re: wellbeing

Timeline for Events for LGBT Young People during Secondary School Years (age in years)



12 - most common age to become aware of LGBT identity

16 - most vulnerable start to self-harm

17 - most common age to 'come out'

17 - most vulnerable attempt suicide for first time

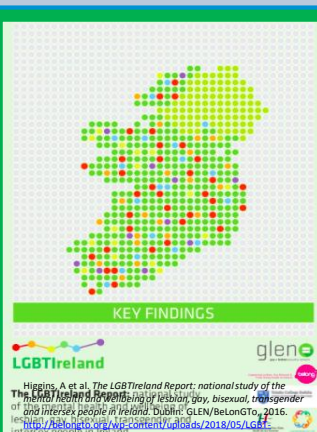


SUPPORTING LGBT LIVES:
A STUDY OF THE MENTAL HEALTH AND WELL-BEING OF LGBTIQ, GAY, BISEXUAL AND TRANSGENDER PEOPLE

Key Findings

Logos: HSE, GLEN, LGBTIreland

GLEN/BeLonGto. Key Findings: LGBT Lives. Dublin: GLEN/BeLonGto, 2009. Available at: https://glt.ie/wp-content/uploads/2018/09/attachment_233_Supportin

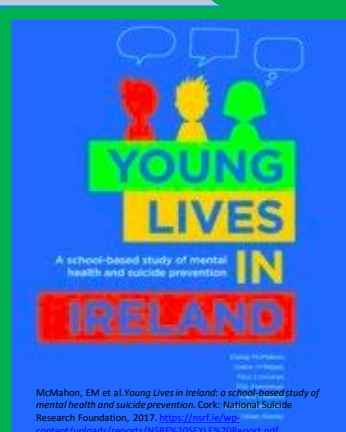


KEY FINDINGS

LGBTIreland | glen

Higgins, A et al. The LGBTIreland Report: national study of the mental health and well-being of lesbian, gay, bisexual, transgender and intersex people in Ireland. Dublin: GLEN/BeLonGto, 2016. <https://www.glen.ie/wp-content/uploads/2018/05/1-GLEN-Report-2016.pdf>

**3x self-harm
4x suicide attempt
6x anxiety/
depression**



YOUNG LIVES IN IRELAND

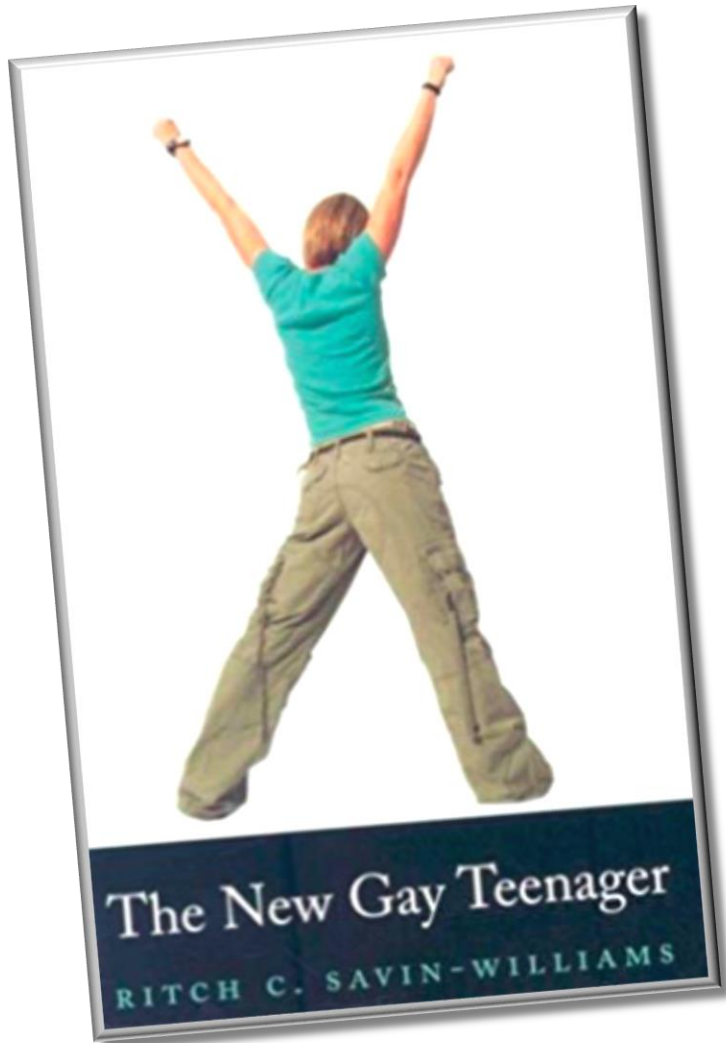
A school-based study of mental health and suicide prevention

McMahon, EM et al. Young Lives in Ireland: a school-based study of mental health and suicide prevention. Cork: National Suicide Research Foundation, 2017. <https://nslf.ie/wp-content/uploads/reports/NSRF%20ISE%20YLI%20Report.pdf>

14.6x suicide attempt

Do you have concerns abt your sexual orientation?

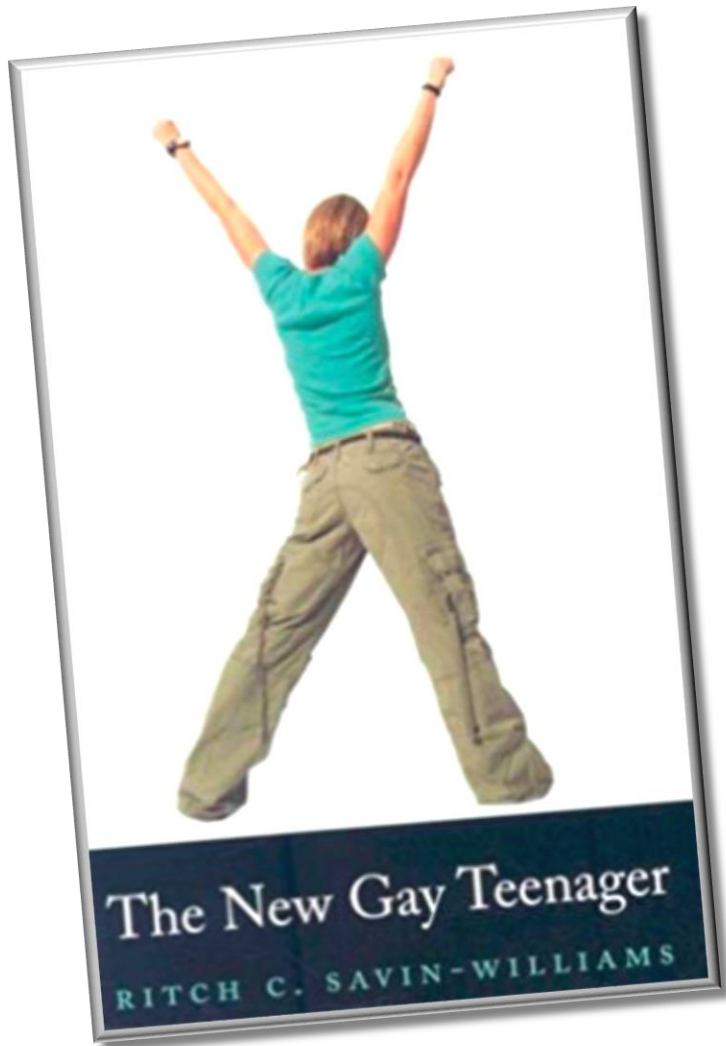
Re-thinking representation



*“Scientists and clinicians alike have actually repathologised homosexuality by portraying **gay teenagers** as **exceptionally vulnerable** individuals leading high-risk lives.”*

(emphasis in original, Savin-Williams, 2005: 183)

Re-thinking representation



*“The **risk factors** have been **well documented**, the **protective factors**, which can be innate or environmental, **have not.**”*

(Savin-Williams, 2005: 183)

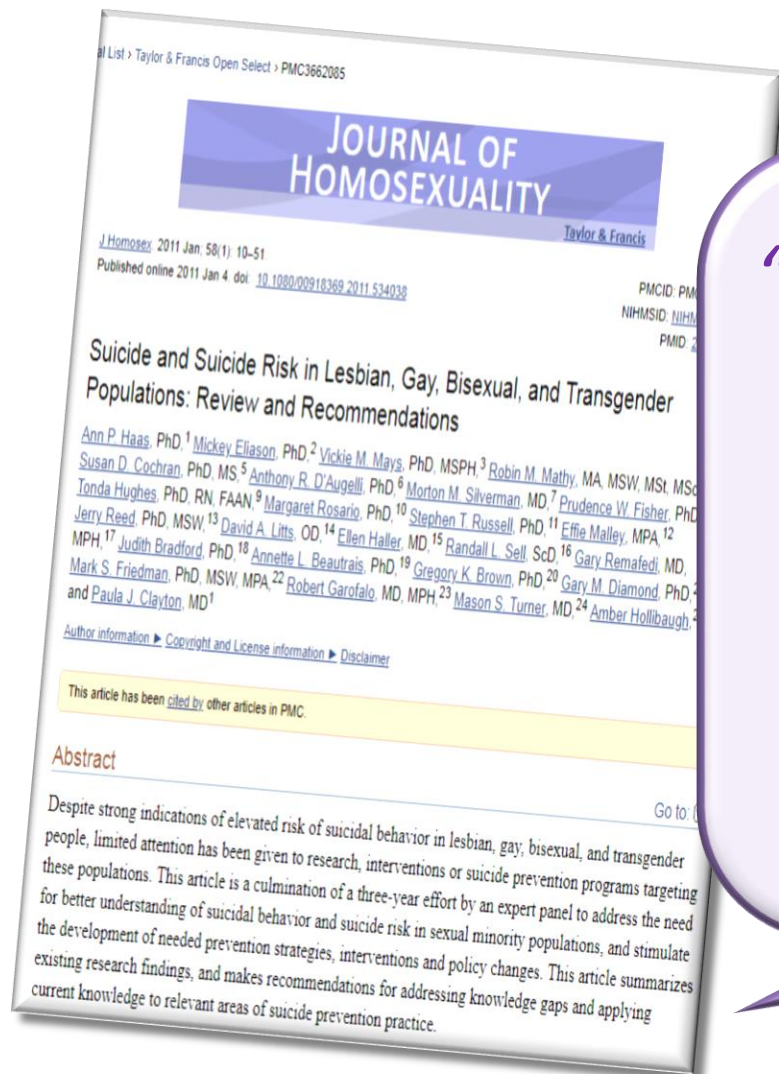
Re-thinking representation



“...very little research has been directed toward identifying factors that protect the large majority of LGBT people from suicidal behavior...”

(Hass et al, 2010: 31-32)

Re-thinking representation



*“Conduct studies of **factors that protect against** or **mitigate the impact of suicide** risk factors...and **factors that contribute to the development of resiliency...**”*

(Hass et al, 2010: 31-32)

Re-thinking representation



“...research [is] under-developed in the Irish context, and identified as [a] priority: Focus on the protective factors for mental health...”

(HSE, National Office of Suicide Prevention, 2014: 50)

3. Develop the research and data environment to better understand the lives of LGBTI+ young people

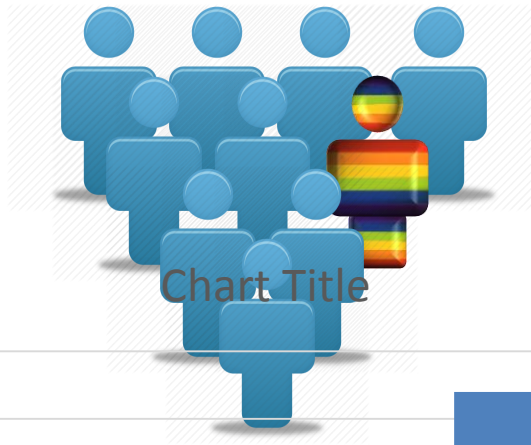
“...Develop **research** into the **factors** that **support positive mental health...**”

“...Explore **Growing Up in Ireland Wave 3 data** that captures **sexual orientation** and **other relevant information...**”

GUI diagnosed depression/anxiety: heterosexual and LGBQA youth

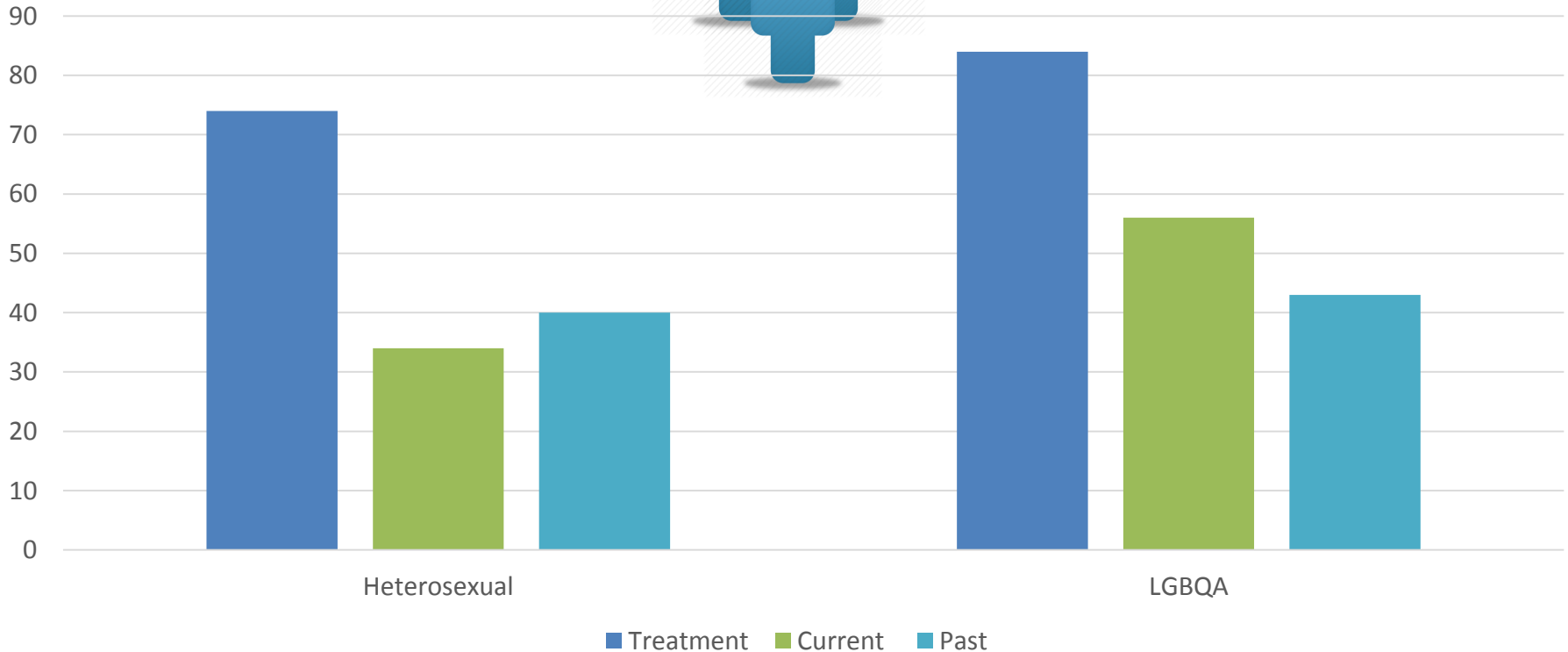
Heterosexual

- 8%



LGBQA

- 25%



'Learning with' young people

Recognise expertise



Recognise social and
cultural capital



Recognise youth agency

Key messages

- **Promote visibility**
 - Affirm and recognise LGBTI+ communities
- **Encourage allyship**
 - Stand with LGBTI+ communities
- **‘Learn with’ LGBTI+ youth**

Ceatha, N., Mayock, P., Campbell, J. Noone, C. and Browne, K. (2019). The Power of Recognition: A Qualitative Study of Social Connectedness and Wellbeing through LGBT Sporting, Creative and Social Groups in Ireland. *International Journal of Environmental Research and Public Health* 16(19) 3636.

Ceatha, N. (2017) Conducting Insider Ethnography in Under-Researched Communities: The Roles of Researcher and Gatekeepers. *SAGE Research Method Cases*

Ceatha, N. (2016) Mastering wellness: LGBT people’s understanding of well-being thorough interest sharing. *Journal of Research in Nursing*, 21(3) 199-209

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nerilee.ceatha@ucdconnect



@NerileeCeatha



www.researchgate.net/profile/Nerilee_Ceatha



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