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SEXUAL ORIENTATION AND DEPRESSION

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Objective

Evaluate the relationship between sexual orientation and depression among participants that took a paid depression and anxiety test.

Material and Method

Data came from 2004 participants that took the online Depression and Anxiety Assessment Test (registration TX 7-395-022) from August 2015 to April 2017. The self-reported test consisted of a 92 question questionnaire that measured Depression, anxiety, and emotional intelligence. The test also asked about current history including sexual orientation. Depression level is based on DSM-5 (The Diagnostic and Statistical Manual of Mental Disorders Volume 5) criteria. The depression was classified according to DSM-5 into 4 categories as none (0-4), mild (5-10), moderate (11-19) or severe (20 or more). Participants were from 6 continents.

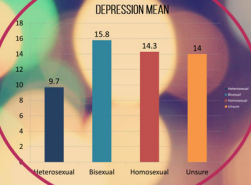
Result

From 2004 participants, 119 refused to answer the orientation question. Results are reported as (n with that sexual orientation, mean depression, depression SD, depression median, depression mode, % of that group with none depression, % with mild, % with moderate, % with severe, mean age (age SD)).

Heterosexual (1808, 9.7, 7.8, 0, 44.8, 12.2, 26.8, 15.9, 46.3, 16.4),
bisexual (37, 15.8, 6.4, 15, 10, 8, 13.5, 40.5, 33, 1, 29.8, 14.9),
homosexual/male (14, 16.3, 7.4, 14, 12, 21.6, 7.1, 36.2, 20.5, 45.5, 16.6),
unknown about orientation (28, 14, 8.5, 15, 6, 34.6, 3.8, 23, 38.4, 36.5, 20.5),
no one reported being transgender.

Conclusion

Sexual orientation seems to be related to depression and depression severity. Further research should be done to investigate what may be increasing the severity of depression in those groups and what can be done to prevent it.



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