

Suicide Among Lgbt Individuals

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Introduction: Mental disorders constitute the most important risk factor for suicidal behaviour. Studies have found that LGBT (lesbian, gay, bisexual, and transgender) individuals are at increased risk for mental health problems, as a consequence of a hostile stressful environment.

There has been a historical pathologisation of sexual orientation and gender identity, however, lately there have been significant changes in medical understanding about this theme.

Objectives/Aims: The authors aim to determine the possibility of increased suicidal ideation/suicidal behaviour among LGBT individuals.

Methods: Review of the literature using the terms LGBT, lesbian, gay, bisexual, transgender, sexual orientation, gender identity, suicide, suicidal ideation, suicidal behaviour.

Results: Studies provide evidence that individuals in a sexual or gender minority are at greater risk for suicidal thoughts and behaviours. There is evidence of elevated rates of reported suicide attempts in LGBT compared to heterosexual adolescents and adults, worldwide. Individuals reporting a bisexual orientation had an increased risk of suicide attempts and ideation compared with their homosexual and heterosexual peers. Mental disorders do not appear to entirely explain elevated rates of suicide attempts in these individuals. Social stigma, prejudice and discrimination associated with this individual are important factors.

Conclusions: Health professionals should be alert to the higher risk of suicidal behaviour in lesbian, gay, bisexual and transgender people. Further research is needed in order to prevent suicide in these populations.