

Transgender and sexual minority youth at increased risk of suicide attempt

Mila Kingsbury, Ian Colman. "Transgender and sexual minority youth at increased risk of suicide attempt."
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Context

Very little previous research has described risk of suicidality among transgender youth using high quality nationally representative data. Using data from the Canadian Health Survey on Children and Youth, we find that gender and sexual minority youth, particularly transgender and non-binary youth, appear to be at increased risk of suicidal ideation, and that this risk may be explained by elevated levels of bullying experienced by these adolescents.

Key finding(s) from the research

Transgender and sexual minority youth are at increased risk of suicidality compared to their cisgender, heterosexual peers, and this risk is partially accounted for by their experiences of bullying and cyberbullying.

Population(s) studied: Adolescents age 15-17

Research dataset(s) used: Canadian Health Survey on Children and Youth

Policy implications for this research

These findings suggest that suicide prevention programs specifically targeted to transgender, gender-nonconforming, and sexual minority adolescents, as well as gender-affirming care for trans adolescents, may help reduce the burden of suicidality among this group of young people. Given that associations with suicidality were partially mediated through the experience of bullying, systemic change in the form of primary prevention programs aimed at public awareness may lead to a reduction of the experience of victimization among LGBTQ youth, reducing their risk of poor mental health and suicidality.

Policy area(s) this research can inform: Children and youth; Health; Society and community

Read the full article

Kingsbury, Mila, Nicole G. Hammond, Fae Johnstone, and Ian Colman. (2022). "Suicidality among Sexual Minority and Transgender Adolescents: A Nationally Representative Population-Based Study of Youth in Canada." *CMAJ* 194, no. 22 (June 6, 2022): E767-74. <https://doi.org/10.1503/cmaj.212054>.