

Sexual Minorities are More Depressed and Anxious than Heterosexuals in the U.S., Especially among Women

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Depression and anxiety are harmful to health. People who suffer from depression or anxiety are more likely to [engage in risky health behaviors](#) and have [higher risk of various chronic diseases](#) and [premature death](#). Figure 1 demonstrates that among U.S. working-age adults (18 to 64) sexual minority adults are significantly more likely than those who identify as heterosexual to suffer from depression and anxiety. This holds true for both men and women, but the differences between sexual minority and heterosexual women are larger than the differences between men. The prevalence rates for depression and anxiety among gay/bisexual men are 37.3% and 36.5%, compared to 22.1% and 20.2% among heterosexual men. Whereas 27.8% and 30.9% of heterosexual women are depressed or anxious, the percentages are 46.5% and 54.1% among sexual minority women. These differences highlight the critical need for increased access to specialized mental health treatment for sexual minorities in the U.S., especially for women.

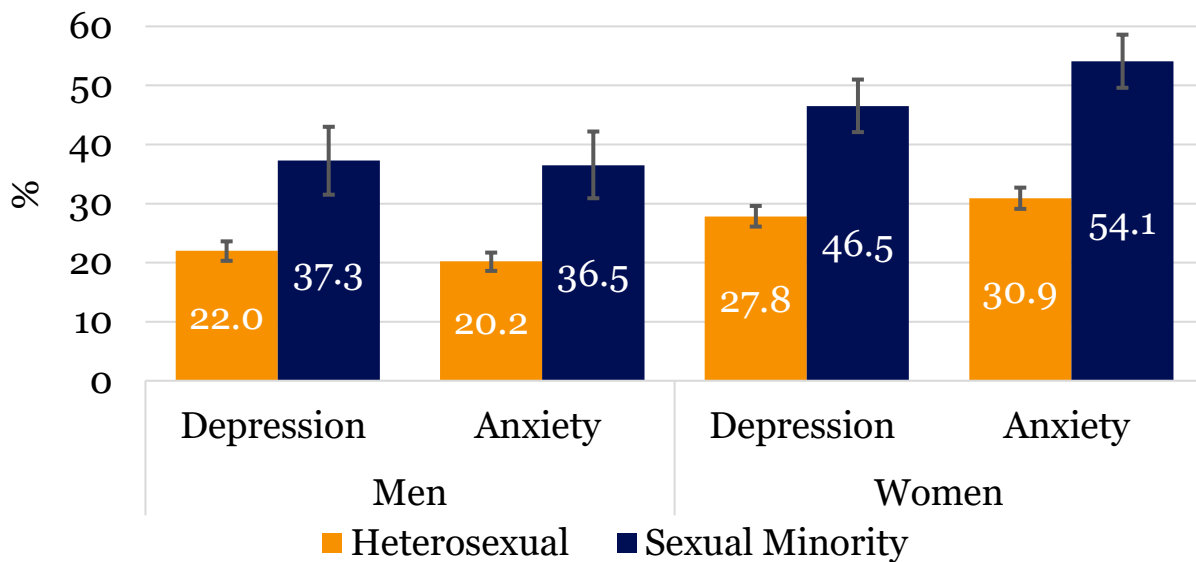


Figure 1. Differences in Depression and Anxiety by Sexual Orientation and Sex among Working-Age Adults (18-64) in the United States, 2022

Data Source: National Wellbeing Survey, 2022. *Notes:* Depression is based on respondents' answers to questions about having little interest and pleasure in doing things and feeling down, depressed, or hopeless. Anxiety is based on questions about feeling nervous, anxious, or on edge and being unable to control worrying. Percentages are weighted to be representative of the age 18-64 population by sex, age, race/ethnicity, education, and metro status. Error bars represent 95% confidence intervals (N=7,626).

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