

Mental health of LGBT adults and their close social relationships

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INTRODUCTION

- Lesbian, gay, bisexual and trans (LGBT) adults face increased risks of poor mental health compared to heterosexual adults
- They are more likely to develop a "family of choice" - people who are as close as family, even if they have no biological relationship
- This study aimed to examine the families of choice compared to biological families of LGBT adults and their associations with depressive symptoms

METHODS

- N=482 Israeli LGBTs aged 50+
- Online survey

RESULTS

- Most participants had families of choice, mostly partners and friends, but also family members of one's partner, ex-partners, colleagues
- Stability and negativity of the relationship were particularly meaningful for depressive symptoms

Figure 1. Comparing families of choice and biological families

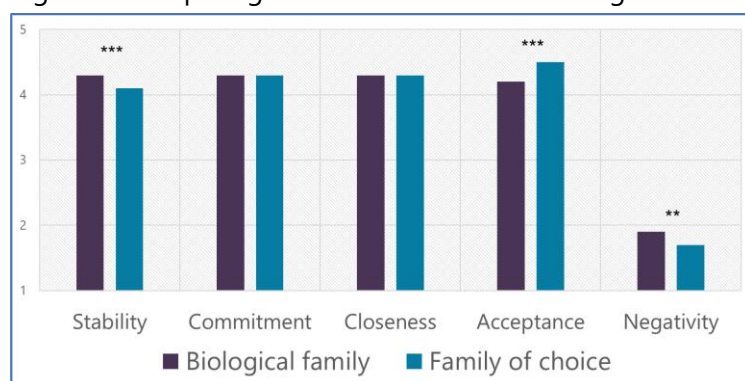


Table 1. Linear regression predicting depressive symptoms

Depressive symptoms	B (SE)
Biological family – stability of the relationship	-.02 (.04)
Family of choice – stability of the relationship	-.12 (.04) **
Biological family – acceptance	-.07 (.04)
Family of choice – acceptance	-.02 (.05)
Biological family – negative aspects	.07 (.04) *
Family of choice – negative aspects	.10 (.04) **

DISCUSSION

- The family of choice has advantages and disadvantages
- It's important to strengthen the various sources of support of LGBT adults and other populations who may have difficulties with their biological families

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We're happy to share our data and collaborate!

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