IMPACT OF PEER HARASSMENT ON MENTAL HEALTH OF LGBT YOUTH
AN INTERGRATIVE REVIEW
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INTRODUCTION
• Many regard the 1969 Stonewall Inn Riots as the inception of the Lesbian, Gay, Bisexual, and Transgender [LGBT] rights movement. Since then, LGBT rights in the United States have been steadily improving (Teal, 2010). Positive LGBT representation has increased in the media over time (Gay & Lesbian Association Against Defamation [GLAAD], 2016), as well as the Supreme Court of the United States ruling in favor of same-sex marriage nationwide in 2015 (Liptak, 2015).
• While the improvement in legislative equality is easy to see, LGBT individuals still suffer inequalities in other areas, such as healthcare

BACKGROUND & PURPOSE
• This report serves to review the literature on the effects of LGBT youth’s mental health outcomes. After reviewing Whittemore & Knafl (2005), this review uses the methods described in order to synthesize and present relevant data.
• At the time of publication, there had been no synthesized data on the negative mental health outcomes of LGBT youth.
• In practice, nurses must be aware of the unique risks LGBT individuals face in order to competently care for their patients. For example, mental health nurses must be able to identify LGBT youth at increased likelihood for suicide ideation (Almeida et al., 2009).
• Literature pointed to the lack of bisexual visibility and advocacy. This is especially important for youth who are already being victimized and feel as if they cannot seek help.

METHODS
• A computerized search was conducted. The search terms LGBT OR gay OR sexual minority AND harassment OR bullying AND mental health were used in each database. Initial results from each database were as follows:
  • PubMed: 94 articles
  • CINAHL: 65 articles
  • ProQuest: 332 articles
• Studies’ abstracts were then reviewed and on a two point scale were deemed relevant or irrelevant. Relevant studies were then reviewed in depth and there was a total of 6 relevant studies were found for the purpose of this report.

RESULTS
FREQUENCY OF HARASSMENT
• Sexual minority youth were more likely to report discrimination based on their sexual orientation rather than heterosexual youth and that LGBT boys reported higher discrimination than LGBT girls (Almeida et al., 2009).
• LGBT status was correlated with a 110% increase in standard deviation in the likelihood of harassment (Martin-Storey et al., 2012).
• Within LGBT youth males, some racial and ethnic minorities, as well as transgender individuals had greater victimization than other LGBT youth (Birkett, Newcomb, & Mutanski, 2015).

DEPRESSION
• Results suggested that bullying and peer harassment may lead to an increased suicide rate for some LGBT youth, notably bisexual individuals. Researchers pointed to the lack of bisexual visibility and advocacy. However, this study also showed similar rates of suicide ideation of other sexual minority youth to be similar to their heterosexual peers (Ybarra, Mitchell, Kosciw, & Korchmaros, 2015).
• Perceived discrimination, that is the respondents felt because the lack behind their harassment was their sexual orientation, played a role in boys’ risk for suicide ideation and not for girls’ (Almeida et al., 2009).
• LGBT youth that reported high harassment in the past were 5.6 times more likely to disclose that they had attempted suicide so severe that it required medical attention (Russell, Ryan, Diaz, & Sanchez, 2011).

PTSD
• LGBT youth who had moderate or high level of victimization that was increasing, steady, or declining were found to have greater likelihood for meeting PTSD criteria than those who had little victimization (Mustanski, Andrews, & Puckett, 2016).

CONCLUSION
• Overall, mental health outcomes continue to be a pervasive disparity between the LGBT community and their heterosexual peers.
• LGBT youth face an increased risk of negative mental health outcomes in the already turbulent times of adolescence.
• In general, LGBT youth were more likely to be targeted for their sexual orientation (Martin-Storey et al., 2012).

REFERENCES