

SOCIAL SUPPORT AND MENTAL HEALTH AMONG TRANSGENDER AND NONBINARY YOUTH IN QUEBEC



“ London-Nadeau K, Chadi N, Taylor AB, Chan A, Pullen Sansfaçon A, Chiniara L, Lefebvre C, Saewyc EM. Social Support and Mental Health Among Transgender and Nonbinary Youth in Quebec. *LGBT Health*. 2023 Feb 14. doi: 10.1089/lgbt.2022.0156. Epub ahead of print. PMID: 36787477. ”

Purpose

Transgender and nonbinary (TNB) youth face elevated levels of **discrimination, stigma, mental health disorders, and suicidality** when compared with their cisgender counterparts. **Family and school support** may mitigate some of the effects of the stressors facing TNB youth. This study aimed to **better understand the impact of each of these sources of support on TNB youths' mental health and wellbeing.**

Methods

We used data collected between **2018** and **2019** as part of the **Canadian Trans Youth Health Survey**, a bilingual online survey to measure social support, physical health, and mental health in a sample of **220 TNB youth aged 14–25 living in Québec**, Canada. We examined the relationships among different sources of support, and mental health and wellbeing outcomes using logistic regression. Analyses were conducted on the full sample and according to linguistic groups (French and English).



SAMPLE

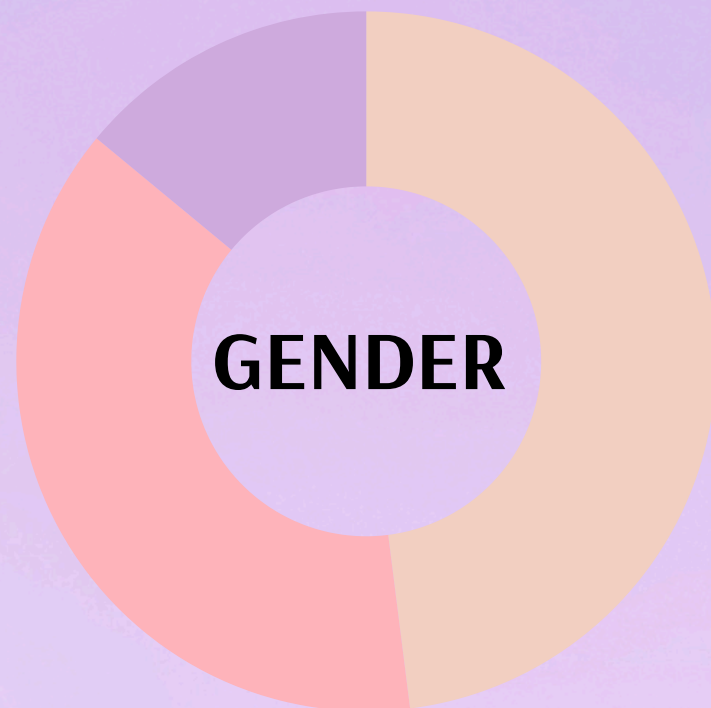


31.4% of participant were ages **18 or younger** and **68.6%** were ages **19–25**.

70.9% of the sample spoke **French**, and **29%** spoke **English**.

Most of the participants answered being **in a safe environment at home (80.7%)**.

48.2% identified as **trans boys/men**
38.2% identified as **non binary youth**
13.6% identified as **trans girls/women**



Results ...



English-speaking group mental health

Participants reported high levels of mental health symptoms, self-harm, and suicidality, and mental health symptoms were significantly higher in the English-speaking group : **92% of English speaking youth said their mental health was poor or fair, compared to 72.1% for francophone groups.**

Family connectedness

Family connectedness was **associated** with **good/excellent self-reported mental health** and **lower odds of having considered suicide or attempted suicide.**

School connectedness

School connectedness was **associated** with **higher odds of good/very good/excellent general** and **good/excellent mental health.**



Stigma and Resilience
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ÉQUIPE DE RECHERCHE SUR
**LES JEUNES TRANS
ET LEURS FAMILLES**

