



International Conference on LGBT studies

📅 09-11 December 2022 📍 Berlin, Germany

Lesbians, Gays and Bisexuals Mental health and Minority Stress during the COVID-19 in Brazil

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Abstract

COVID-19 imposed several challenges worldwide. Minority populations around the world were one of the most affected, especially because of poor access to health. Specifically, the mental health of LGB people might be notably sensitive to COVID-19 restrictions. Dramatic differences in mental health status of LGB can be found when compared to heterosexuals. Minority stress theory (MS) is the framework used to explain such disparities. This study aimed to compare MS and depressive symptoms between Lesbians, Gays, and Bisexuals and to test if LGB people have higher rates and odds of depression when compared with a Heterosexual group during the pandemic. Participated 1050 persons who self-declared themselves as Lesbians, Gays, or Bisexuals and 983 heterosexuals. As a result, diverse patterns of MS were detected across LGB, as well as levels of depressive symptoms. Bisexuals presented higher levels of depression while Gay people had higher levels of internalized homophobia. The odd ratio of severe depressive symptoms was 1.7 times higher for LGB than Heterosexual participants. Brazilian policy and hate speech spread during last years aggravated the mental health rates in LGBs. We advise further studies to advance such topics.

Keywords: Minority Stress, Depression, LGBT, COVID-19