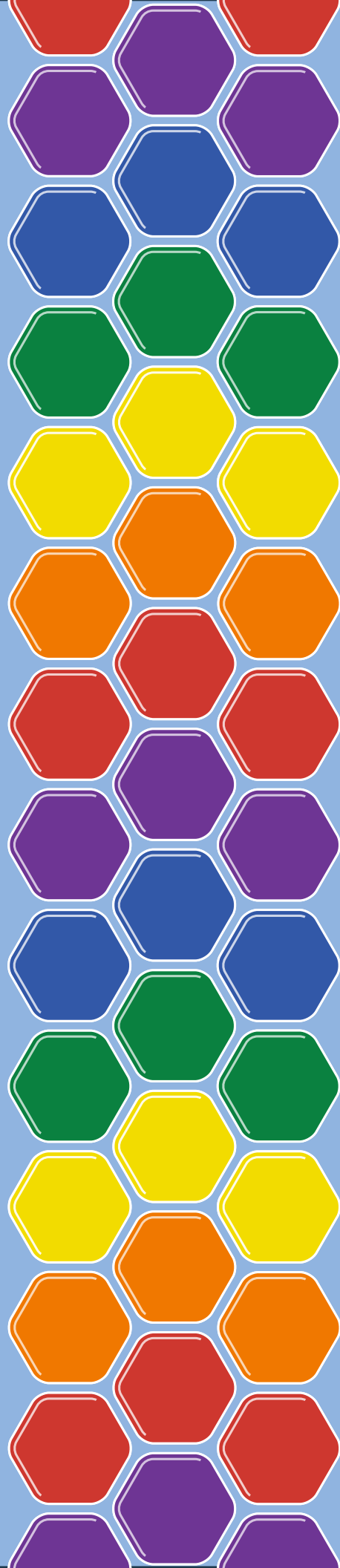


Behavioral Health of Adolescents across Sexual Identities:

Results from the 2023
National Survey on
Drug Use and Health



Behavioral Health of Adolescents across Sexual Identities:

Results from the 2023 National Survey on Drug Use and Health

Acknowledgments

This report was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA), under Contract No. 75S20322C00001 with SAMHSA, U.S. Department of Health and Human Services (HHS). Marlon Daniel served as the government project officer and as the contracting officer representative. SAMHSA review was led by Douglas Richesson; additional SAMHSA reviewers included Iva Magas, Samantha Brown, Shawn Linman, Jennifer Hoenic, and Tenecia Smith.

Public Domain Notice

All material appearing in this report is in the public domain and may be reproduced or copied without permission from SAMHSA. Citation of the source is appreciated. However, this publication may *not* be reproduced or distributed for a fee without the specific, written authorization of the Office of Communications, SAMHSA, HHS.

Electronic Access

This publication may be downloaded at <https://store.samhsa.gov>. Or call SAMHSA at 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).

Recommended Citation

Substance Abuse and Mental Health Services Administration. (2024). *Behavioral health of adolescents across sexual identities: Results from the 2023 National Survey on Drug Use and Health* (SAMHSA Publication No. PEP24-07-028). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/lgb-adolescent-behavioral-health-2023>

Originating Office

Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, 5600 Fishers Lane, Room 15-E09D, Rockville, MD 20857. For questions about this report, please email CBHSQrequest@samhsa.hhs.gov.

Nondiscrimination Notice

The Substance Abuse and Mental Health Services Administration (SAMHSA) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, religion, or sex (including pregnancy, sexual orientation, and gender identity). SAMHSA does not exclude people or treat them differently because of race, color, national origin, age, disability, religion, or sex (including pregnancy, sexual orientation, and gender identity).

Substance Abuse and Mental Health Services Administration
Center for Behavioral Health Statistics and Quality
Office of Population Surveys

Introduction

Adolescence is an important period for the development of one's sexual orientation. Research suggests that many people who identify as lesbian, gay, or bisexual or with another nonheterosexual identity (LGB+) develop sexual attractions and define their sexual identity in adolescence.¹ Further, younger generations, such as the millennial generation, may feel more comfortable identifying as LGB+ at younger ages than other generations such as the baby boom cohort.¹ However, even as public support for LGB+ people has increased in the United States over time, disparities in mental health and substance use persist for LGB+ youths.²

LGB+ youths have disproportionately higher prevalence of behavioral health issues when compared with their heterosexual (or straight) peers, including depression, suicidality, and substance use.^{3,4,5} LGB+ youths experience unique stressors such as bullying and discrimination that can contribute to adverse substance use and mental health outcomes.⁶ Research has also shown that people who use other identity labels to describe themselves (e.g., pansexual) have increased prevalence of depression and anxiety.⁷ Many of these social stressors are preventable. In addition, protective factors such as social support and coping strategies can increase resilience among LGB+ youths.⁶

Survey Background

The National Survey on Drug Use and Health (NSDUH) is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services. NSDUH covers residents of households and people in noninstitutional group settings. The survey excludes people with no fixed address, military personnel on active duty, and residents of institutional group settings, such as jails, nursing homes, mental health institutions, and long-term care hospitals. Further information about the NSDUH design and methods can be found in the *2023 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions*.⁸ Appendix A in *Results from the 2023 National Survey on Drug Use and Health: Detailed Tables* also defines relevant measures and terms.⁹

The sexual identity questions in NSDUH were updated in 2023 to be more inclusive, and, for the first time, questions were asked regarding the sexual identity of youths aged 12 to 17. In addition to choices for heterosexual/straight, gay or lesbian, and bisexual, NSDUH respondents in 2023 could have reported that they use a different term to describe their sexual identity (and could have specified the other term), that they are not sure about their sexual identity, or that they do not know what the sexual identity question is asking. Beginning with the 2023 NSDUH, respondents were also asked to report their sex at birth (male or female) and their gender identity, including whether they identify as male, female, transgender, or another identity.

Presentation of Estimates and Statistical Testing

This report focuses on mental health and substance use indicators among adolescents (subsequently referred to as youths) aged 12 to 17 in the United States based on NSDUH data from 2023. Estimates are presented by sex at birth for the following sexual identity groups: (1) LGB+, (2) not sure about their sexual identity, and (3) heterosexual or straight (referred to as “straight” in this report). This report presents only a binary measure of sex at birth (i.e., male or female). Additional years of NSDUH data will allow presentation of estimates for youths who identify as transgender or estimates for youths in specific sexual identity groups, including for those who use an identity other than straight, lesbian, gay, or bisexual.

All estimates (e.g., percentages and numbers) presented in the report are derived from survey data that are subject to sampling errors and have met the criteria for statistical precision.¹⁰ These estimates can be found in Appendix A. Comparisons of estimates across groups were performed according to statistical testing procedures described in the 2023 Methodological Summary and Definitions report.¹¹ Differences in estimates were considered statistically significant at the .05 level of significance. Statistically significant differences resulting from these testing procedures are described using terms such as “higher,” “lower,” “more likely,” “twice as likely,” or “less likely.” Statements use terms such as “similar” or “the same” when a difference was not statistically significant. When estimates are presented without reference to differences across groups, statistical significance is not implied.

Definitions

SEX AT BIRTH AND SEXUAL IDENTITY

Sex at birth refers to the sex that respondents were assigned at birth on their original birth certificate. Response choices were male or female.

For **sexual identity**, respondents were asked whether they considered themselves to be heterosexual (i.e., straight), gay or lesbian, or bisexual; they used a different term; they were not sure about their sexual identity; or they did not know what the question about sexual identity was asking. Respondents were classified as LGB+ if they reported that they were gay or lesbian or bisexual, or that they used a different term to describe their sexual identity. Separate categories were included for respondents who were not sure about their sexual identity or who considered themselves to be straight.

MENTAL HEALTH

National Survey on Drug Use and Health (NSDUH) respondents were classified as having a **major depressive episode (MDE)** in the past 12 months if (1) they had at least one period of 2 weeks or longer in the past year when for most of the day nearly every day they felt depressed or lost interest or pleasure in daily activities; and (2) they also had problems with sleeping, eating, energy, concentration, self-worth, or having recurrent thoughts of death or recurrent suicidal ideation. The MDE questions are based on diagnostic criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5).¹² Impairment is based on the Sheehan Disability Scale role domains, which measure the impact of a disorder on a youth's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) chores at home, (2) school or work, (3) close relationships with family, and (4) social life. Ratings greater than or equal to 7 on a scale of 0 to 10 in any of the role domains were considered **severe impairment**.

All NSDUH respondents, regardless of their age, were asked whether at any time during the past 12 months they had **seriously thought** about trying to kill themselves, whether they had **made a plan** to kill themselves, or whether they had **tried to kill themselves**. In addition to standard response choices for "yes" and "no," **questions about suicidal thoughts and behaviors among youths aged 12 to 17** included response choices for "I'm not sure" and "I don't want to answer." Some youths were unsure or unwilling to disclose whether they had suicidal thoughts or behaviors. Thus, estimates of suicidal thoughts and behaviors among youths may be underestimated.

SUBSTANCE USE

Nicotine vaping means the use of an e-cigarette or other vaping device to vape nicotine.

Binge drinking means consumption of four or more drinks on the same occasion for females and five or more drinks on the same occasion for males on at least 1 day in the past 30 days.

Illicit drug use includes the use of marijuana, cocaine, heroin, hallucinogens, inhalants, and methamphetamine, as well as the misuse of prescription drugs (pain relievers, tranquilizers, stimulants, or sedatives). **Misuse of prescription drugs** means use in any way not directed by a doctor, such as use without a prescription of one's own, or use in greater amounts, more often, or longer than told to take a drug.

SUBSTANCE USE DISORDERS

Substance use disorders (SUDs) are characterized by impairment caused by the recurrent use of alcohol or other drugs (or both), including health problems, disability, and failure to meet major responsibilities at work, school, or home. Respondents who used alcohol or drugs in the past 12 months were classified as having SUDs in that period if they met DSM-5 criteria.¹² Respondents who used marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, or prescription psychotherapeutic drugs were classified as having a **drug use disorder (DUD)** if they had a disorder related to any of these substances that they used in the past year. Respondents who used alcohol in the past year were classified as having an **alcohol use disorder (AUD)** if they met criteria for an AUD in the past year. Respondents were classified as having an SUD if they had an AUD or a DUD in the past year.

YOUTH EXPERIENCES

Measures of **youth experiences** examined the following protective factors for suicidality, an MDE, or substance use among youths: (1) their parents or guardians sometimes or always told them they were **proud of something they had done**, (2) their teachers sometimes or always let them know when they were **doing a good job with their schoolwork**, and (3) **they had someone to whom they could turn** if they wanted to talk about a serious problem (a parent or guardian, a boyfriend or girlfriend, some other adult, or some other person).

Mental Health

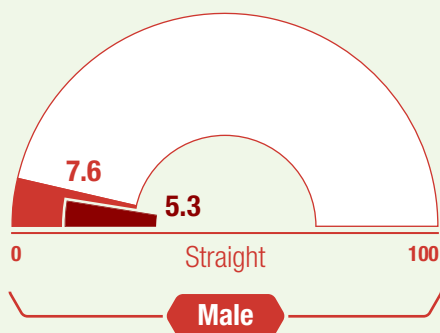
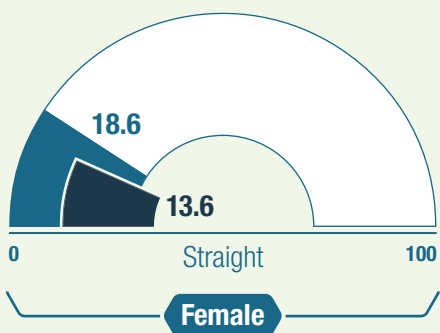
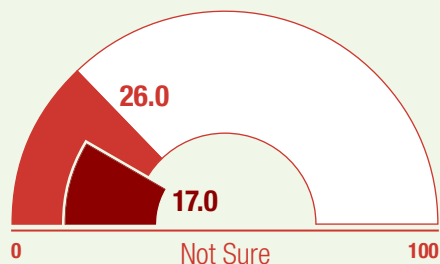
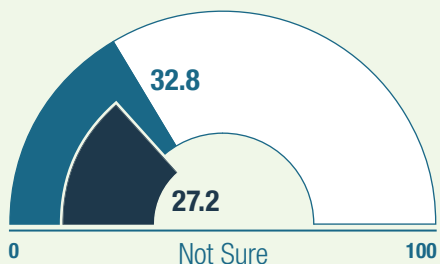
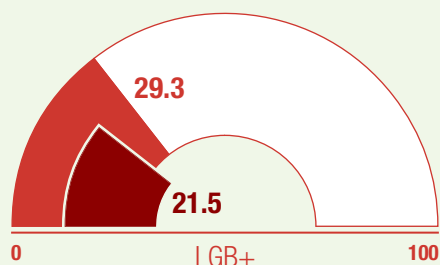
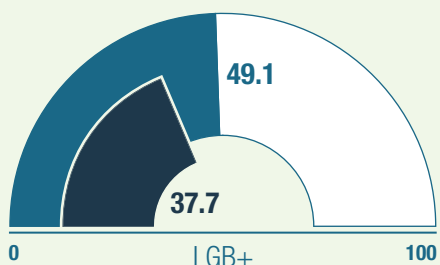
Major Depressive Episode | Major Depressive Episode with Severe Impairment



MAJOR DEPRESSIVE EPISODE

Percentage of youths in past year

Major Depressive Episode (MDE)
MDE with Severe Impairment



Although nearly 1 in 5 straight female youths had an MDE in the past year, **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity were more likely to have had an MDE. **Almost half of LGB+ female youths** and **nearly 1 in 3 female youths** who were **not sure** about their sexual identity had an MDE.

LGB+ male youths were **about 4 times more likely** than straight male youths to have had an MDE. **Male youths** who were **not sure** about their sexual identity also were **more likely** than straight male youths to have had an MDE; **about 1 in 4 male youths** who were **not sure** about their sexual identity had an MDE.

LGB+ youths and **youths** who were **not sure** about their sexual identity also were **more likely** than their straight counterparts to have had an MDE with severe impairment.

Note: MDE with severe impairment is a subset of MDE.

NSDUH respondents were classified as having an **MDE** in the past 12 months if (1) they had at least one period of 2 weeks or longer in the past year when for most of the day nearly every day they felt depressed or lost interest or pleasure in daily activities; and (2) they also had problems with sleeping, eating, energy, concentration, self-worth, or having recurrent thoughts of death or recurrent suicidal ideation. The MDE questions are based on diagnostic criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition. Impairment is based on the Sheehan Disability Scale role domains, which measure the impact of a disorder on a youth's life. Impairment is defined as the highest severity level of role impairment across four domains: (1) chores at home, (2) school or work, (3) close relationships with family, and (4) social life. Ratings greater than or equal to 7 on a scale of 0 to 10 in any of the role domains were considered **severe impairment**.

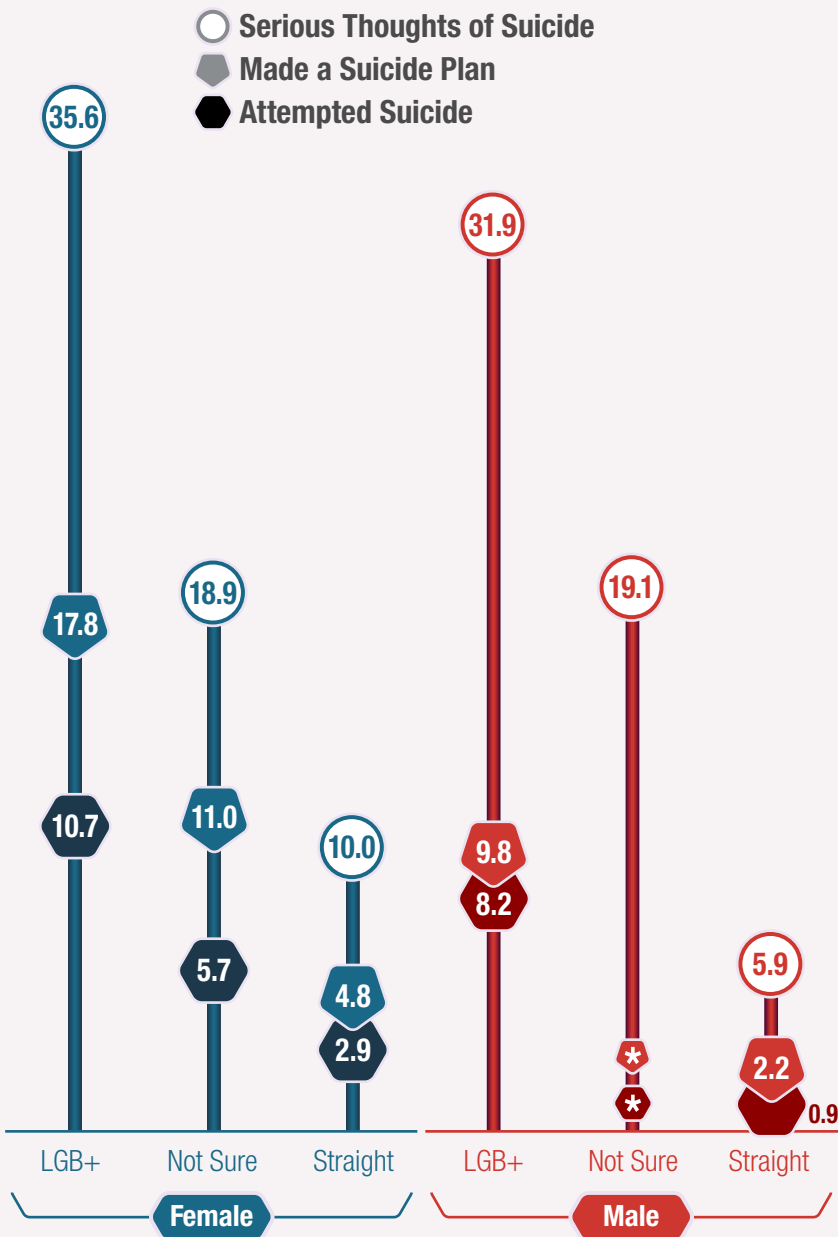
Suicidal Thoughts and Behaviors

Had Serious Thoughts of Suicide | Made a Suicide Plan | Attempted Suicide



SUICIDAL THOUGHTS AND BEHAVIORS

Percentage of youths in past year



- **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity were **more likely** than straight female youths to have had serious thoughts of suicide in the past year. **More than 1 in 3 LGB+ female youths** and **nearly 1 in 5 female youths** who were **not sure** about their sexual identity had serious thoughts of suicide.
- **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity were **more likely** than straight female youths to have made a suicide plan. **More than 1 in 6 LGB+ female youths** and **about 1 in 9 female youths** who were **not sure** about their sexual identity made a suicide plan.
- **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity were **more likely** than straight female youths to have attempted suicide. **More than 1 in 10 LGB+ female youths** and **more than 1 in 20 female youths** who were **not sure** about their sexual identity attempted suicide.
- Compared with straight male youths, **LGB+ male youths** were **about 5 times as likely** to have had serious thoughts of suicide, **about 4 times as likely** to have made a suicide plan, and **about 9 times as likely** to have attempted suicide.

* Low precision; no estimate reported.

Note: Respondents could indicate multiple suicidal thoughts or behaviors; thus, these outcomes are not mutually exclusive.

All NSDUH respondents, regardless of their age, were asked whether at any time during the past 12 months they had **seriously thought** about trying to kill themselves, whether they had **made a plan** to kill themselves, or whether they had **tried to kill themselves**. In addition to standard response choices for “yes” and “no,” questions about **suicidal thoughts and behaviors among youths aged 12 to 17** included response choices for “I’m not sure” and “I don’t want to answer.” Some youths were unsure or unwilling to disclose whether they had suicidal thoughts or behaviors. Thus, estimates of suicidal thoughts and behaviors among youths may be underestimated.

Substance Use

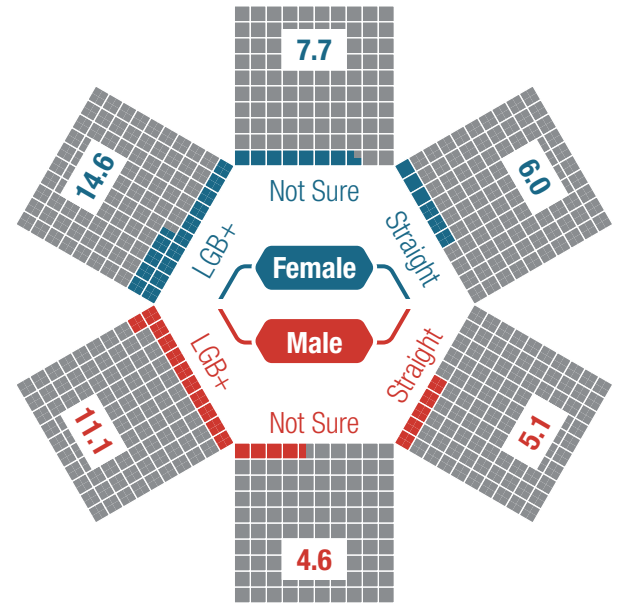
Nicotine Vaping | Alcohol Use



NICOTINE VAPING

Percentage of youths using in past month

- **LGB+ female youths** were **about twice as likely** to have vaped nicotine in the past month compared with straight female youths and **female youths** who were **not sure** about their sexual identity.
- **LGB+ male youths** were **about twice as likely** to have vaped nicotine compared with straight male youths and **male youths** who were **not sure** about their sexual identity.



Nicotine vaping means the use of an e-cigarette or other vaping device to vape nicotine.



ALCOHOL USE

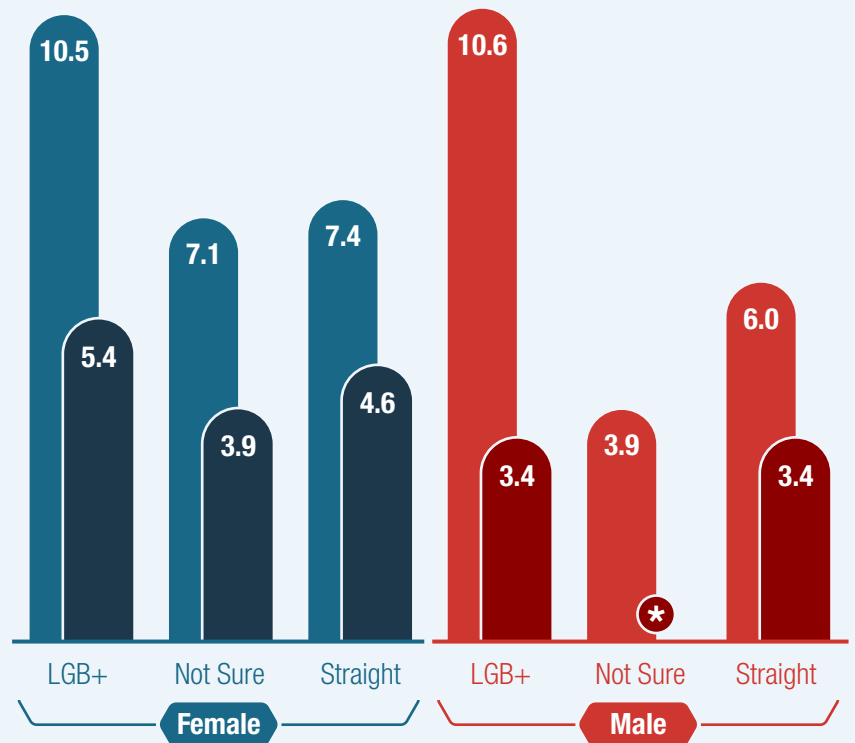
Percentage of youths using in past month

- **LGB+ youths** were **more likely than** their straight counterparts to have used alcohol in the past month.
- **About 1 in 10 LGB+ youths** used alcohol.
- Percentages of **LGB+ youths** who engaged in binge drinking **did not differ significantly** from the percentages for straight youths.

* Low precision; no estimate reported.

Note: Binge alcohol use is a subset of any alcohol use.

Any Alcohol Use — Binge Alcohol Use



Binge drinking means consumption of four or more drinks on the same occasion for females and five or more drinks on the same occasion for males on at least 1 day in the past 30 days.

Substance Use

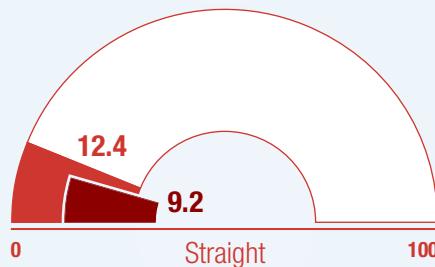
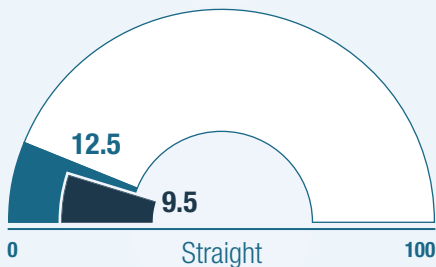
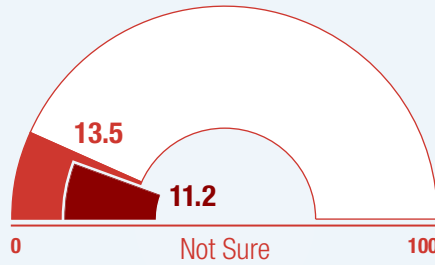
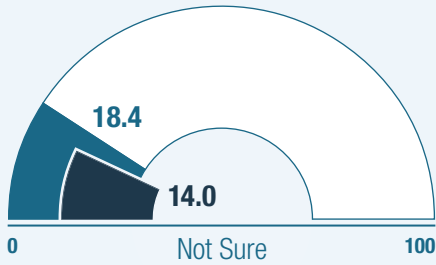
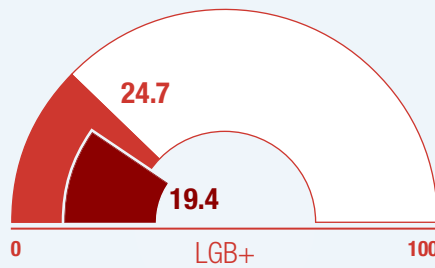
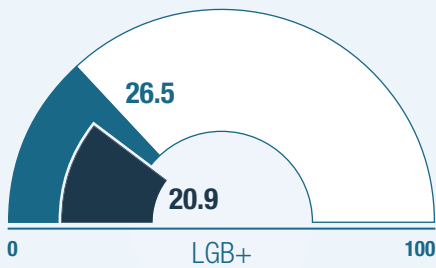
Any Illicit Drug Use | Marijuana Use



ILLICIT DRUG USE

Percentage of youths using in past year

Any Illicit Drug Use
Marijuana Use



Female

Male

- **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity were **more likely** than straight female youths to have used marijuana in the past year. **More than 1 in 5 LGB+ female youths** and **about 1 in 7 female youths** who were **not sure** about their sexual identity used marijuana compared with about 1 in 10 straight female youths.
- **LGB+ male youths** were **about twice as likely** as straight male youths to have used marijuana.
- Illicit drug use patterns were **similar** to marijuana use patterns among **LGB+ youths**.

Note: Marijuana use is a subset of any illicit drug use.

Illicit drug use includes the use of marijuana, cocaine, heroin, hallucinogens, inhalants, and methamphetamine, as well as the misuse of prescription drugs (pain relievers, tranquilizers, stimulants, or sedatives).

Substance Use

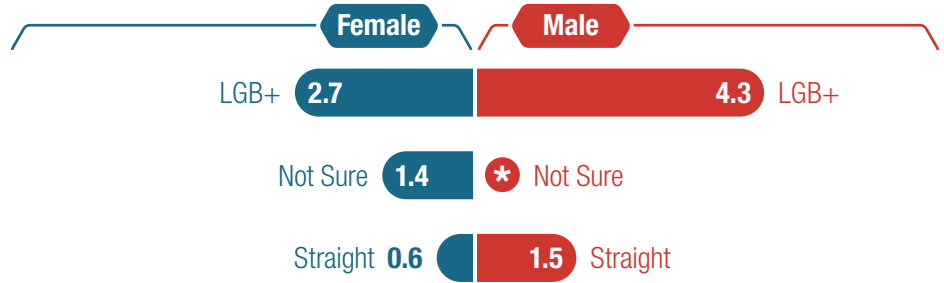
Hallucinogen Use | Inhalant Use | Prescription Drug Misuse



HALLUCINOGEN USE

Percentage of youths using in past year

- **LGB+ female youths** were **about 4 times more likely** than straight female youths to have used hallucinogens in the past year.
- Use of hallucinogens **did not differ significantly** by sexual identity for **male youths**.



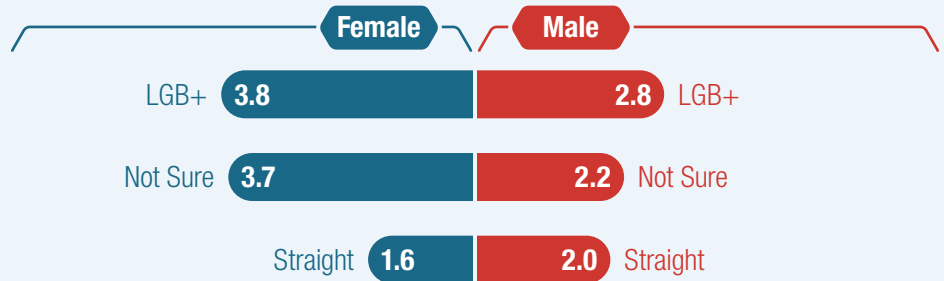
* Low precision; no estimate reported.



INHALANT USE

Percentage of youths using in past year

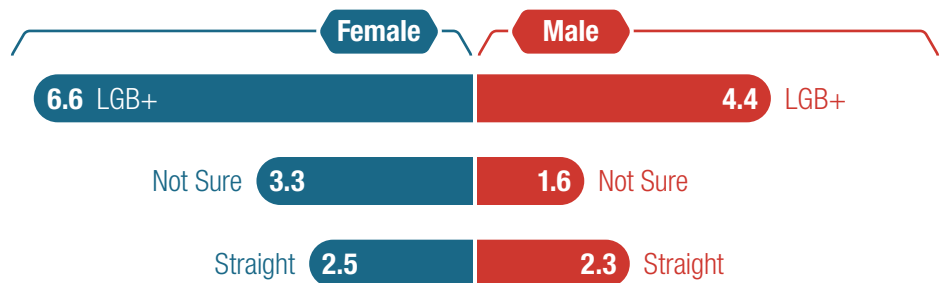
- **LGB+ female youths** were **about twice as likely** as straight female youths to have used inhalants in the past year.
- Use of inhalants **did not differ significantly** by sexual identity for **male youths**.



PRESCRIPTION DRUG MISUSE

Percentage of youths misusing in past year

- **LGB+ female youths** were **about 3 times more likely** than straight female youths to have misused prescription drugs in the past year.
- Misuse of prescription drugs **did not differ significantly** by sexual identity for **male youths**.



Misuse of prescription drugs means use in any way not directed by a doctor, such as use without a prescription of one's own, or use in greater amounts, more often, or longer than told to take a drug.

Substance Use Disorders

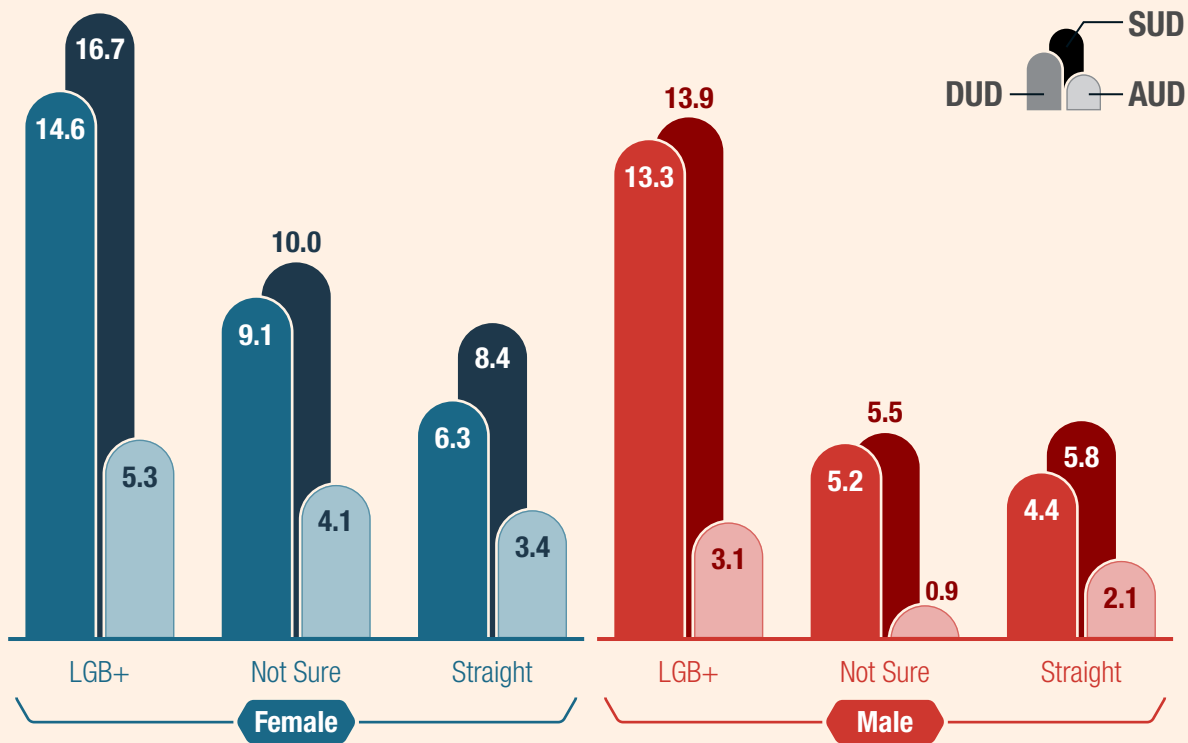
Alcohol Use Disorder | Drug Use Disorder



SUBSTANCE USE DISORDERS

Percentage of youths in past year

- **LGB+ youths** were **about twice as likely** as straight youths to have had a substance use disorder (SUD) in the past year. **About 1 in 6 LGB+ female youths** and **about 1 in 7 LGB+ male youths** had an SUD.
- Alcohol use disorder (AUD) **did not differ significantly** by sexual identity among youths.
- **Over 1 in 8 LGB+ male youths** had a drug use disorder (DUD). This percentage was **about 3 times** the rate for straight male youths.
- **Over 1 in 7 LGB+ female youths** had a DUD. This percentage was **about twice** the rate for straight female youths.

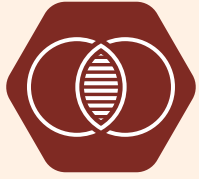


Note: AUD and DUD are nonmutually exclusive subsets of SUD.

SUDs are characterized by impairment caused by the recurrent use of alcohol or other drugs (or both), including health problems, disability, and failure to meet major responsibilities at work, school, or home. Respondents were classified as having an SUD in the past year if they met criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition. Respondents who used marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, or prescription psychotherapeutic drugs were classified as having a **DUD** if they had a disorder related to any of these substances that they used in the past year. Respondents who used alcohol in the past year were classified as having an **AUD** if they met criteria for an AUD in the past year. Respondents were classified as having an SUD if they had an AUD or a DUD in the past year.

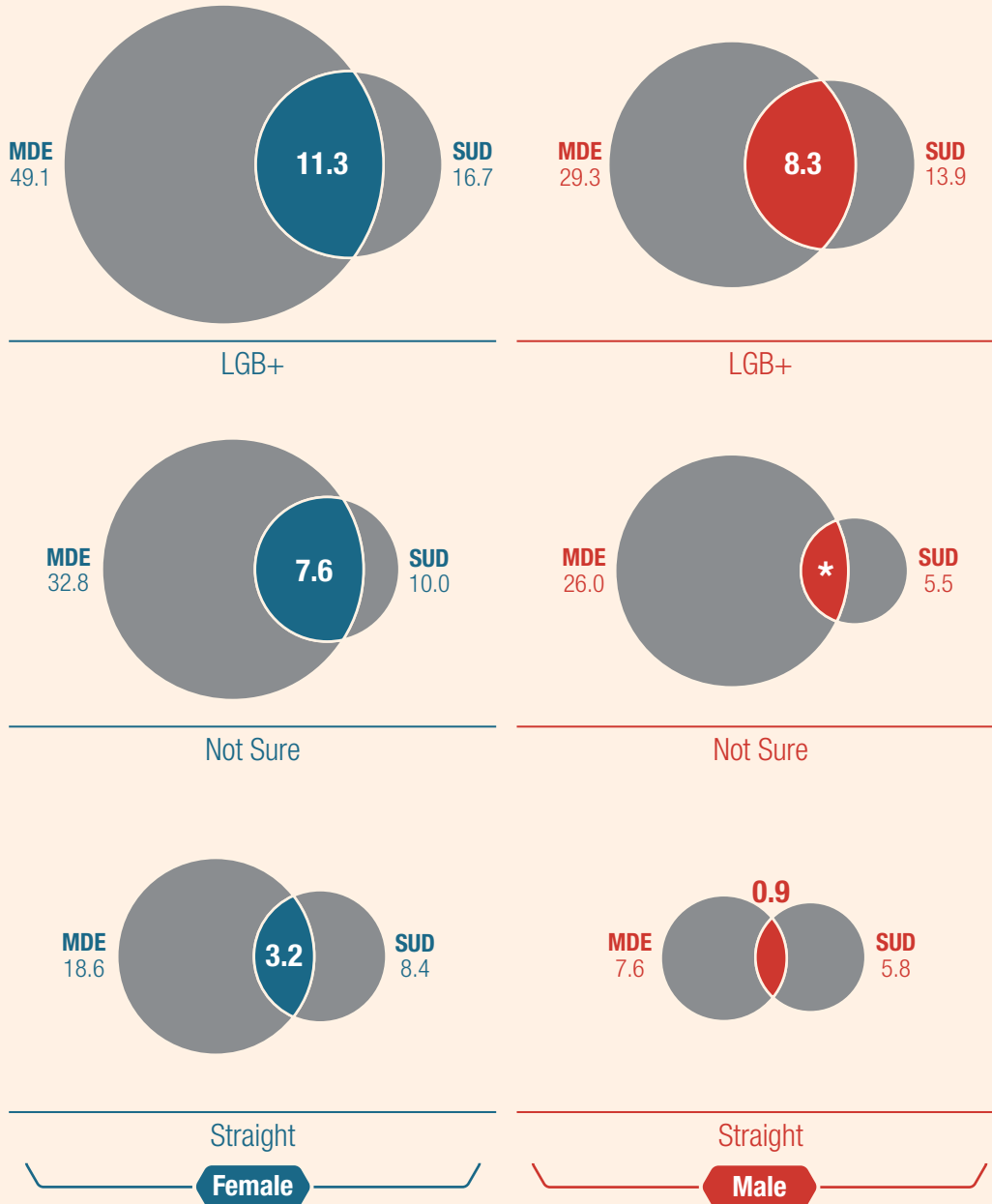
Substance Use Disorders

Co-Occurring Major Depressive Episode and Substance Use Disorder



CO-OCCURRING MAJOR DEPRESSIVE EPISODE AND SUBSTANCE USE DISORDER

Percentage of youths in past year



◆ **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity were **about 2 to 4 times as likely** as straight female youths to have had both a major depressive episode (MDE) and a substance use disorder (SUD) in the past year. **About 1 in 9 LGB+ female youths** and **about 1 in 13 female youths** who were **not sure** about their sexual identity had a co-occurring MDE and an SUD.

◆ **LGB+ male youths** were **about 9 times as likely** as straight male youths to have had a co-occurring MDE and an SUD. **About 1 in 12 LGB+ male youths** had a co-occurring MDE and an SUD.

* Low precision; no estimate reported.

Youth Experiences

Parental Pride | Teacher Praise | Trusted Person

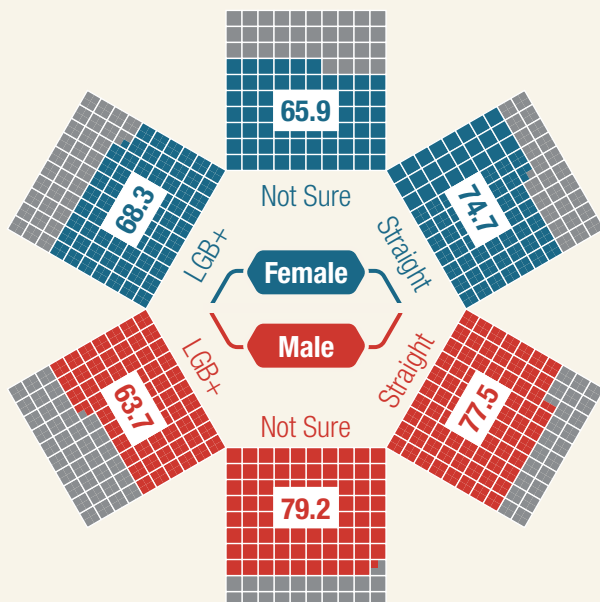
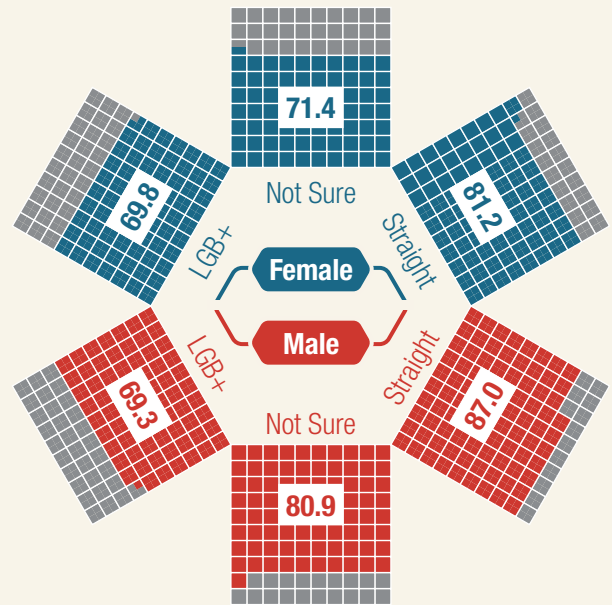


YOUTH EXPERIENCES

Percentage of youths in past year

Parental Pride

- Among **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity, **about 7 in 10** thought their parents sometimes or always were proud of something they had done. In comparison, about 8 in 10 straight female youths thought their parents sometimes or always were proud of something they had done.
- Among **LGB+ male youths**, **about 7 in 10** thought their parents sometimes or always were proud of something they had done compared with about 9 in 10 straight male youths.



Teacher Praise

- Among **LGB+ female youths** and **female youths** who were **not sure** about their sexual identity, **about 2 in 3** had teachers who sometimes or always told them they were doing a good job. In comparison, about 3 in 4 straight female youths had teachers who sometimes or always told them they were doing a good job.
- Among **LGB+ male youths**, **about 5 in 8** had teachers who sometimes or always told them they were doing a good job compared with nearly 8 in 10 straight male youths.

Trusted Person

- Most youths (about 9 in 10 or more)**, regardless of sexual identity, thought they had someone to whom they could turn if they wanted to talk about a serious problem.

Measures of **youth experiences** examined the following protective factors for suicidality, an MDE, or substance use among youths: (1) their parents or guardians sometimes or always told them they were **proud of something they had done**, (2) their teachers sometimes or always let them know when they were **doing a good job with their schoolwork**, and (3) **they had someone to whom they could turn** if they wanted to talk about a serious problem (a parent or guardian, a boyfriend or girlfriend, some other adult, or some other person).

Summary and Implications

Results from the 2023 NSDUH indicate that LGB+ youths are more likely than straight youths to experience mental health issues, including MDE and serious thoughts of suicide. Substance use among LGB+ youths was more nuanced; patterns in substance use by sexual identity sometimes differed by sex at birth. Co-occurring MDE and SUD, however, was more prevalent among LGB+ youths than among straight youths. Regardless of sexual identity or sex at birth, most youths (more than 90%) had someone to whom they could turn if they wanted to talk about a serious problem.

SAMHSA is committed to eliminating health inequities experienced by the lesbian, gay, bisexual, transgender, queer, or intersex (LGBTQI+) community, including LGBTQI+ youths. As such, SAMHSA has several efforts focused on LGBTQI+ people, including issuing funding announcements focused on sexual and gender minorities, expanding data collection efforts to capture the experiences of LGBTQI+ people more accurately, and issuing [guidance to states and communities on using federal funding](#) to support mental health services for LGBTQI+ youths. For more information, see <https://www.samhsa.gov/behavioral-health-equity/lgbtqi>.

Endnotes

1. Hall, W. J., Dawes, H. C., & Plocek, N. (2021). Sexual orientation identity development milestones among lesbian, gay, bisexual and queer people: A systematic review and meta-analysis. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.753954>
2. Pew Research Center. (2020, June). *The global divide on homosexuality persists: Rising acceptance of homosexuality by people in many countries around the world over the past two decades*. https://www.pewresearch.org/global/2020/06/25/global-divide-on-homosexuality-persists/pg_2020-06-25_global-views-homosexuality_0-02-png/
3. Kidd, J. D., Jackman, K. B., Wolff, M., Veldhuis, C. B., & Hughes, T. L. (2018). Risk and protective factors for substance use among sexual and gender minority youth: A scoping review. *Current Addiction Reports*, 5(2), 158-173. <https://doi.org/10.1007/s40429-018-0196-9>
4. Plöderl, M., & Tremblay, P. (2015). Mental health of sexual minorities. A systematic review. *International Review of Psychiatry*, 27(5), 367-385. <https://doi.org/10.3109/09540261.2015.1083949>
5. Jones, C. M., Clayton, H. B., Deputy, N. P., Roehler, D. R., Ko, J. Y., Esser, M. B., Brookmeyer, K. A., & Hertz, M. F. (2020). Prescription opioid misuse and use of alcohol and other substances among high school students — Youth Risk Behavior Survey, United States, 2019. *MMWR Supplement*, 69(1), 38-46. <https://doi.org/10.15585/mmwr.su6901a5>
6. Choukas-Bradley, S., Thoma, B. C., MacMullin, L. N., VanderLaan, D. P., & van der Miesen, A. I. (2022). Mental health among LGBT youth. In D. P. VanderLaan & W. I. Wong (Eds.), *Gender and sexuality development: Contemporary theory and research* (pp. 539-565). Springer.
7. Borgogna, N. C., McDermott, R. C., Aita, S. L., & Kridel, M. M. (2019). Anxiety and depression across gender and sexual minorities: Implications for transgender, gender nonconforming, pansexual, demisexual, asexual, queer, and questioning individuals. *Psychology of Sexual Orientation and Gender Diversity*, 6(1), 54-63. <https://doi.org/10.1037/sgd0000306>
8. Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health: Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>
9. Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health: Detailed tables*. <https://www.samhsa.gov/data/report/2023-nsduh-detailed-tables>
10. For a discussion of the criteria for suppressing (i.e., not publishing) unreliable estimates, see Section 3.2.2 in the following reference: Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health: Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>
11. See Section 3.2.3 in the following reference: Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health: Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>
12. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

Appendix A

Table 1. Mental Health in the Past Year: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Percentages and Corresponding Standard Errors, 2023

Mental Health	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
Major Depressive Episode¹	49.1 ^{bc} (1.92)	32.8 ^{ac} (2.83)	18.6 ^{ab} (0.92)	29.3 ^f (3.26)	26.0 ^f (4.70)	7.6 ^{de} (0.55)
Major Depressive Episode with Severe Impairment^{1,2}	37.7 ^{bc} (1.89)	27.2 ^{ac} (2.72)	13.6 ^{ab} (0.88)	21.5 ^f (3.09)	17.0 ^f (4.26)	5.3 ^{de} (0.49)
Had Serious Thoughts of Suicide	35.6 ^{bc} (1.93)	18.9 ^{ac} (2.36)	10.0 ^{ab} (0.79)	31.9 ^{ef} (3.42)	19.1 ^{df} (4.05)	5.9 ^{de} (0.49)
Made a Suicide Plan	17.8 ^{bc} (1.37)	11.0 ^{ac} (1.82)	4.8 ^{ab} (0.56)	9.8 ^f (2.29)	* (*)	2.2 ^d (0.31)
Attempted Suicide	10.7 ^{bc} (1.04)	5.7 ^{ac} (1.32)	2.9 ^{ab} (0.40)	8.2 ^f (2.25)	* (*)	0.9 ^d (0.17)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

^a The difference between this estimate and the estimate for LGB+ females is statistically significant at the .05 level.

^b The difference between this estimate and the estimate for females who were not sure about their sexual identity is statistically significant at the .05 level.

^c The difference between this estimate and the estimate for straight females is statistically significant at the .05 level.

^d The difference between this estimate and the estimate for LGB+ males is statistically significant at the .05 level.

^e The difference between this estimate and the estimate for males who were not sure of their sexual identity is statistically significant at the .05 level.

^f The difference between this estimate and the estimate for straight males is statistically significant at the .05 level.

¹ Respondents with unknown past year major depressive episode data were excluded.

² Respondents with unknown impairment data were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

Table 2. Mental Health in the Past Year: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Numbers in Thousands and Corresponding Standard Errors, 2023

Mental Health	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
Major Depressive Episode¹	1,491 (83)	397 (40)	1,348 (77)	236 (31)	97 (21)	829 (65)
Major Depressive Episode with Severe Impairment^{1,2}	1,142 (71)	328 (37)	984 (70)	174 (28)	63 (18)	572 (56)
Had Serious Thoughts of Suicide	1,112 (80)	241 (31)	753 (61)	264 (35)	74 (18)	659 (56)
Made a Suicide Plan	557 (48)	141 (24)	357 (42)	81 (20)	* (*)	247 (35)
Attempted Suicide	334 (35)	73 (17)	219 (29)	68 (19)	* (*)	103 (19)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

¹ Respondents with unknown past year major depressive episode data were excluded.

² Respondents with unknown impairment data were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

Appendix A

Table 3. Substance Use: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Percentages and Corresponding Standard Errors, 2023

Substance Use	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
PAST MONTH						
Nicotine Vaping	14.6 ^{bc} (1.23)	7.7 ^a (1.61)	6.0 ^a (0.54)	11.1 ^{ef} (2.03)	4.6 ^d (1.80)	5.1 ^d (0.47)
Alcohol Use	10.5 ^c (1.21)	7.1 (1.46)	7.4 ^a (0.67)	10.6 ^{ef} (2.20)	3.9 ^d (1.94)	6.0 ^d (0.57)
Binge Alcohol Use	5.4 (0.95)	3.9 (1.05)	4.6 (0.55)	3.4 (1.30)	* (*)	3.4 (0.45)
PAST YEAR						
Illicit Drug Use	26.5 ^{bc} (1.58)	18.4 ^{bc} (2.30)	12.5 ^{ab} (0.78)	24.7 ^{ef} (3.31)	13.5 ^d (3.54)	12.4 ^d (0.69)
Marijuana Use	20.9 ^{bc} (1.50)	14.0 ^{bc} (1.98)	9.5 ^{ab} (0.74)	19.4 ^f (2.99)	11.2 (3.39)	9.2 ^d (0.58)
Hallucinogen Use	2.7 ^c (0.60)	1.4 (0.85)	0.6 ^a (0.16)	4.3 (1.49)	* (*)	1.5 (0.24)
Inhalant Use	3.8 ^c (0.62)	3.7 (1.39)	1.6 ^a (0.28)	2.8 (1.75)	2.2 (1.21)	2.0 (0.36)
Prescription Drug Misuse	6.6 ^{bc} (0.96)	3.3 ^a (1.00)	2.5 ^a (0.36)	4.4 (1.32)	1.6 (0.84)	2.3 (0.32)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

^a The difference between this estimate and the estimate for LGB+ females is statistically significant at the .05 level.

^b The difference between this estimate and the estimate for females who were not sure about their sexual identity is statistically significant at the .05 level.

^c The difference between this estimate and the estimate for straight females is statistically significant at the .05 level.

^d The difference between this estimate and the estimate for LGB+ males is statistically significant at the .05 level.

^e The difference between this estimate and the estimate for males who were not sure of their sexual identity is statistically significant at the .05 level.

^f The difference between this estimate and the estimate for straight males is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

Table 4. Substance Use: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Numbers in Thousands and Corresponding Standard Errors, 2023

Substance Use	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
PAST MONTH						
Nicotine Vaping	456 (42)	98 (21)	451 (42)	93 (18)	18 (7)	571 (55)
Alcohol Use	328 (42)	90 (19)	552 (52)	88 (19)	15 (8)	667 (66)
Binge Alcohol Use	170 (32)	50 (14)	345 (43)	29 (11)	* (*)	381 (51)
PAST YEAR						
Illicit Drug Use	828 (59)	235 (33)	940 (64)	207 (33)	52 (15)	1,378 (89)
Marijuana Use	655 (52)	178 (28)	715 (60)	162 (28)	43 (14)	1,022 (72)
Hallucinogen Use	85 (19)	18 (11)	48 (12)	36 (13)	* (*)	163 (27)
Inhalant Use	120 (19)	48 (18)	122 (21)	24 (15)	8 (5)	218 (40)
Prescription Drug Misuse	207 (32)	42 (13)	191 (27)	37 (11)	6 (3)	261 (37)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

Appendix A

Table 5. Substance Use Disorder (SUD) and Co-Occurring Major Depressive Episode (MDE) and SUD in the Past Year: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Percentages and Corresponding Standard Errors, 2023

SUD and Co-Occurring MDE and SUD	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
SUD	16.7 ^{bc} (1.34)	10.0 ^a (1.66)	8.4 ^a (0.69)	13.9 ^{ef} (2.75)	5.5 ^d (2.05)	5.8 ^d (0.49)
Drugs	14.6 ^{bc} (1.27)	9.1 ^a (1.62)	6.3 ^a (0.61)	13.3 ^{ef} (2.75)	5.2 ^d (2.04)	4.4 ^d (0.41)
Alcohol	5.3 (0.84)	4.1 (1.10)	3.4 (0.43)	3.1 (1.00)	0.9 (0.64)	2.1 (0.31)
Co-Occurring MDE and SUD¹	11.3 ^{bc} (1.17)	7.6 ^{ac} (1.51)	3.2 ^{ab} (0.41)	8.3 ^f (2.33)	* (*)	0.9 ^d (0.16)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: SUD estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

^a The difference between this estimate and the estimate for LGB+ females is statistically significant at the .05 level.

^b The difference between this estimate and the estimate for females who were not sure about their sexual identity is statistically significant at the .05 level.

^c The difference between this estimate and the estimate for straight females is statistically significant at the .05 level.

^d The difference between this estimate and the estimate for LGB+ males is statistically significant at the .05 level.

^e The difference between this estimate and the estimate for males who were not sure of their sexual identity is statistically significant at the .05 level.

^f The difference between this estimate and the estimate for straight males is statistically significant at the .05 level.

¹ Respondents with unknown past year MDE data were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

Table 6. Substance Use Disorder (SUD) and Co-Occurring Major Depressive Episode (MDE) and SUD in the Past Year: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Numbers in Thousands and Corresponding Standard Errors, 2023

SUD and Co-Occurring MDE and SUD	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
SUD	522 (46)	128 (23)	628 (55)	117 (25)	21 (8)	647 (58)
Drugs	458 (44)	116 (22)	474 (47)	111 (25)	20 (8)	486 (48)
Alcohol	166 (27)	52 (14)	253 (34)	26 (8)	3 (2)	230 (35)
Co-Occurring MDE and SUD¹	343 (38)	91 (20)	232 (30)	67 (20)	* (*)	101 (17)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: SUD estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

¹ Respondents with unknown past year MDE data were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

Appendix A

Table 7. Youth Experiences in the Past Year: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Percentages and Corresponding Standard Errors, 2023

Youth Experiences	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
Parental Pride (Sometimes/Always)	69.8 ^c (1.64)	71.4 ^c (2.97)	81.2 ^{ab} (1.05)	69.3 ^{ef} (3.64)	80.9 ^d (3.82)	87.0 ^d (0.72)
Teacher Praise (Sometimes/Always)¹	68.3 ^c (1.83)	65.9 ^c (2.95)	74.7 ^{ab} (1.26)	63.7 ^{ef} (3.64)	79.2 ^d (4.02)	77.5 ^d (0.91)
Trusted Person	91.0 ^c (1.16)	92.5 (1.49)	95.6 ^a (0.45)	93.4 (1.59)	88.1 (3.79)	95.4 (0.39)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Respondents with unknown data were excluded from the analysis.

^a The difference between this estimate and the estimate for LGB+ females is statistically significant at the .05 level.

^b The difference between this estimate and the estimate for females who were not sure about their sexual identity is statistically significant at the .05 level.

^c The difference between this estimate and the estimate for straight females is statistically significant at the .05 level.

^d The difference between this estimate and the estimate for LGB+ males is statistically significant at the .05 level.

^e The difference between this estimate and the estimate for males who were not sure of their sexual identity is statistically significant at the .05 level.

^f The difference between this estimate and the estimate for straight males is statistically significant at the .05 level.

¹ Youths who did not report their school enrollment status or reported not being enrolled in school in the past 12 months were excluded from the analysis.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

Table 8. Youth Experiences in the Past Year: Among Youths Aged 12 to 17; by Sex at Birth and Sexual Identity, Numbers in Thousands and Corresponding Standard Errors, 2023

Youth Experiences	Female			Male		
	LGB+	Not Sure	Straight	LGB+	Not Sure	Straight
Parental Pride (Sometimes/Always)	2,172 (107)	892 (72)	6,057 (197)	568 (50)	309 (35)	9,565 (284)
Teacher Praise (Sometimes/Always)¹	2,035 (104)	810 (64)	5,279 (181)	502 (45)	287 (33)	7,966 (251)
Trusted Person	2,766 (122)	1,121 (80)	6,987 (211)	742 (60)	322 (35)	10,375 (302)

* Low precision; no estimate reported.

LGB+ = lesbian, gay, bisexual, or another nonheterosexual identity.

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: Respondents with unknown data were excluded from the analysis.

¹ Youths who did not report their school enrollment status or reported not being enrolled in school in the past 12 months were excluded from the analysis.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2023.

SAMHSA

Substance Abuse and Mental Health
Services Administration

SAMHSA Publication No. PEP24-07-028
2024

Substance Abuse and Mental Health
Services Administration

SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

1-877-SAMHSA-7 (1-877-726-4727)
1-800-487-4889 (TDD)

www.samhsa.gov