

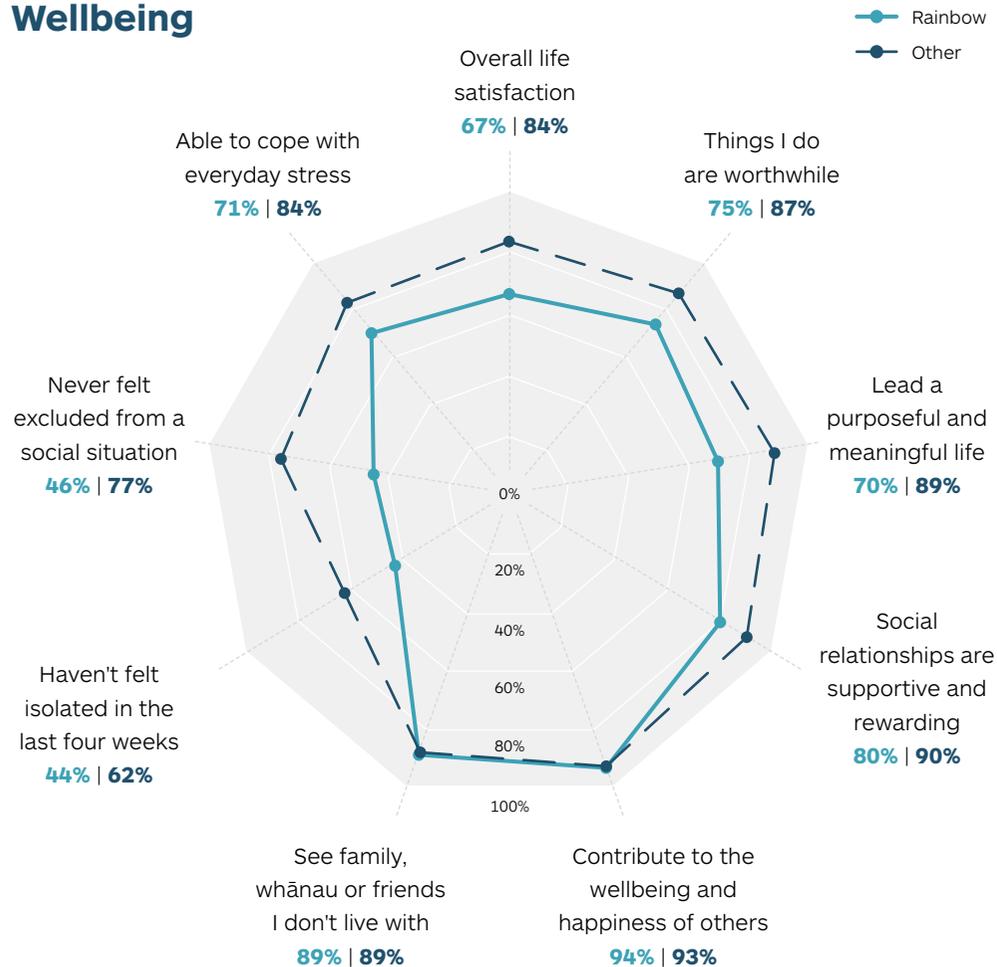
Wellbeing and Mental Health among Rainbow New Zealanders

Results from the New Zealand Mental Health Monitor

15+



Wellbeing



Compared to the total population, Rainbow people report experiencing lower overall life satisfaction and were more likely to report being socially excluded.

Rainbow people were lower for seven out of nine wellbeing measures when compared to the total population.

While the differences for the majority of these measures were not statistically significant after controlling for age, gender and ethnicity, the overall pattern is concerning, and consistent with other research.¹



Fewer rainbow participants were satisfied with their life overall than the total population.

After controlling for age, gender, and ethnicity, rainbow participants were 19%² less likely to report being satisfied with life overall.



Rainbow participants report being more excluded from a social situation.

After allowing for age, gender and ethnic differences, rainbow participants were 75%³ more likely to report being socially excluded.



Despite the higher rates of social exclusion, rainbow participants remained active contributors to their family, whānau, friends, and society.

Notes:

Rainbow people in this analysis were those identifying as: gay, lesbian, bisexual, takatāpui, or gender diverse. Total population excludes rainbow people.

1. Clunie, M. (2018). Rainbow communities, mental health and addictions: A submission to the Government Inquiry into Mental Health and Addiction.

2. RR=0.815, t=-2.24, p=0.026.

3. RR=1.75, t=3.62, p<.001.

Mental distress

The effects of discrimination, prejudice and exclusion (as demonstrated by the higher rates of social exclusion found in the wellbeing analyses) contribute to poorer mental health outcomes for rainbow people^{a,b,c}. Rainbow participants reported higher rates of anxiety, depression, and psychological distress. This is in line with what previous studies have found, further strengthening the need for national approaches that “increase social acceptance and belonging”^b

- a. Adams, J., Dickinson, P., & Asiasiga, L. (2013). Mental health issues for lesbian, gay, bisexual and transgender people: A qualitative study. *International Journal of Mental Health Promotion*, 15(2), 105-120;
- b. Clunie, M. (2018). Rainbow communities, mental health and addictions: A submission to the Government Inquiry into Mental Health and Addiction;
- c. Rosenstreich, G. (2013). *LGBTI People Mental Health and Suicide*. Revised 2nd Edition. Sydney, Australia: National LGBTI Health Alliance.

Data

Te Hiringa Hauora started collecting sexual identity data in the Mental Health Monitor from 2016. The findings summarised here draw on a pooled dataset from the 2015, 2016 and 2018 surveys. 3.2% of the sample were rainbow (n=93 unweighted) from a total of 2,938 New Zealanders aged 15 or older. All reported RRs adjusted for age, gender (not the gender identity question), and ethnicity.

Mental distress is measured by Kessler Psychological Distress Scale, Patient Health Questionnaire (for depression), Generalised Anxiety 7-Item Disorder Scale and a question asking about lifetime experience of mental illness.

Want to know more?

Wellbeing and Mental Distress in Aotearoa

New Zealand: Snapshot 2016

<https://www.hpa.org.nz/research-library/research-publications/wellbeing-and-mental-distress-in-aotearoa-new-zealand-snapshot-2016>

Te Oranga Hinengaro: Māori Mental Wellbeing

<https://www.hpa.org.nz/research-library/research-publications/te-oranga-hinengaro-m%C4%81ori-mental-wellbeing>

Te Kaveinga – Mental health and wellbeing of Pacific peoples

<https://www.hpa.org.nz/research-library/research-publications/te-kaveinga-mental-health-and-wellbeing-of-pacific-peoples>



Need help?

Need to talk?
(free call or text 1737)

www.thelowdown.co.nz

(for young people, free text 5626)

www.depression.org.nz

(for adults, free text 4202)

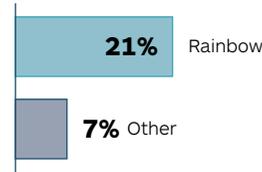
www.outline.org.nz

(for LGBTIQ+, call 0800 688 5463)



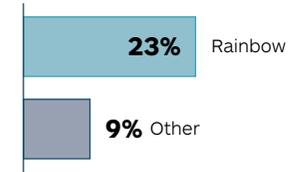
Rainbow participants were more likely to report **moderate or severe anxiety, moderate or severe depression, high or very high levels of psychological distress, and having ever experienced mental illness.**

Moderate or severe anxiety (last 2 weeks)



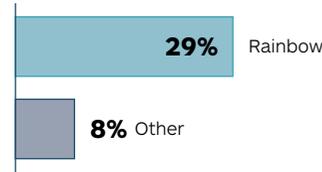
RR=2.013, t=2.77, p=0.006

Moderate or severe depression (last 2 weeks)



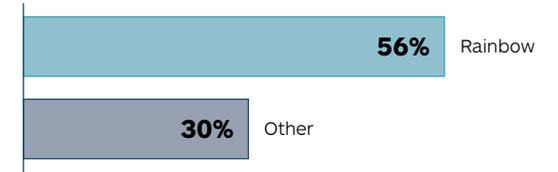
RR=1.744, t=2.53, p=0.012

High or very high levels of psychological distress (last 4 weeks)



RR=2.282, t=4.63, p<.001

Experienced mental illness (lifetime)



RR=1.667, t=-5.5, p<.001