

## SEXUAL ORIENTATION AND DEPRESSION AMONG YOUNG ADULT PEOPLE

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**Introduction:** Non-heterosexual orientations are widely stigmatized and frequently exposed to discrimination and victimization. Stigma has an impact on the formation of minority stress which base on the premise that non-heterosexuals in the society are subjected to chronic stress. This is a cause of the occurrence many psychological problems including depression among homosexual and bisexual individuals.

**Aims:** This study examined the relationship between sexual orientation and level of depression among young adult people.

**Methods:** The designed cross-sectional survey was used. The study comprised 316 participants who declare themselves as heterosexual ( $n=98$ ), homosexual ( $n=160$ ) and bisexual ( $n=58$ ). The following questionnaire methods were used: the Beck Depression Inventory and self-report questionnaire including items about demographic characteristics.

**Results:** Data analyses has shown that 30.7% of surveyed non-heterosexual people have a higher risk of depression. It's nearly three times greater than for general Polish population. The research also has distinguished level of depression according to sexual orientation of respondents (bisexual:  $M=13.22$ ,  $SD=10.69$ ; homosexual:  $M=8.85$ ,  $SD=8.29$ ; heterosexual:  $M=4.13$ ,  $SD=3.88$ ). Results present that the highest risk of depression occurs among bisexual individuals ( $F=3.68$ ,  $p < 0.01$ ), especially women.

**Conclusions:** Some of the excess depression among non-heterosexuals could be lessened by intervention strictly associated with gender and sexual orientation.