# Study Shows Alarming Increase in Mental Distress and Depression Rates Among Transgender and Gender-Diverse American Adults



A study published on June 24, 2024, in JAMA Internal Medicine reveals that self-reported mental distress and depression rates among American adults identifying as transgender or gender-diverse (TGD) have more than doubled from 2014 to 2022. This analysis, conducted by a team led by Michael Liu from Harvard Medical School, utilized data from the Behavioral Risk Factor Surveillance System.

The study found that the prevalence of frequent mental distress among TGD individuals increased from 18.8% in 2014 to 38.9% in 2022. In comparison, cisgender individuals saw a smaller increase from 11.2% to 15.5%. Depression rates for TGD adults rose from 19.7% to 51.3%, while rates for cisgender adults saw a slight increase from 18.6% to 21.1%. Additionally, the percentage of TGD adults rating their health as "fair" or "poor" increased from 26.6% to 35.1%, compared to a stable 17% among cisgender individuals.

In an editorial linked to the study, experts highlighted that numerous state laws targeting transgender and nonbinary populations contribute to increasing mental health challenges. They warn that the sociopolitical landscape is likely to exacerbate these issues. The editorialists include Dr. Carl Streed of Boston University, Kellan Baker from Johns Hopkins School of Public Health, and Arjee Javellana Restar from the University of Washington School of Public Health.