

The Identification: Social Factors affecting Mental Well-Being of LGBTQ+ Individuals an Integrative Review

Anjali Narwal¹, Vikram Kumar^{2*}

ABSTRACT

Individuals identifying as Lesbian, gay, bisexual, transgender and queer (LGBTQ), often face stigma and discrimination. This social opposition significantly affect their mental health condition in comparison with cis-gender and heterosexual people. The study aims to investigate and describe the social factors which challenges the LGBTQ community mental health. An integrated literature review conducted with the integration of different methodologies which explored various viewpoints on the mental health issues of LGBTQ individuals. The paper is conducted by using reviewed empirical studies published after 2000 from databases like Google, Google Scholar, PubMed, PsycINFO and E-Journals and emphasize on Meyer's Minority Stress Model by using it as a theoretical framework. Lesbian, gay, bisexual, transgender and queer people are found to encounter increased mental health challenges including, psychological distress, stigmatization, discrimination and family rejection is also a vital factor contributing to mental or psychological disturbance. The findings indicate that stigma and family rejection contribute to increase the risks of mental distress as well as suicidal ideation. A clear majority of studies reported that both external and internal stressors increase the risks of negative mental health consequences among LGBTQ people. Conversely, supportive environments and community connectedness contribute to better psychological health. This review paper underscores the importance of community connectedness and supportive environment tailored to LGBTQ individual's mental health. Future findings are needed to investigate the psychological health challenges of LGBTQ individuals in different cultures as well as different age groups.

Keywords: *LGBTQ, Mental Health, Discrimination, Stigmatization, Suicidal Ideation*

The term LGBTQ, also represented as LGBTQAP+, LGBTQA, LGBT, is an umbrella term encompassing individuals who identify themselves as lesbian, gay, bisexual, transgender and queer or questioning individuals, with the "+" signifying integration of other identities like intersex, asexual etc. The term involves a broad classification of gender and sexual identities beyond heterosexual and cis-gender people.

¹Student, Chandigarh University, Mohali

²Assistant Professor, Chandigarh University, Mohali

*Corresponding Author

Received: August 09, 2025; Revision Received: November 04, 2025; Accepted: November 07, 2025

The Identification: Social Factors affecting Mental Well-Being of LGBTQ+ Individuals an Integrative Review

Key terms include:

- Lesbian- Lesbian refers to the same-sex attracted women.
- Gay- Gay refers to the men whose primary romantic or sexual orientation is towards men.
- Bisexual- Individuals who experience romantic or sexual attraction toward more than one gender.
- Transgender- A person whose internal sense of gender identity does not align with the sex they were assigned at birth.
- Queer- A term applied to describe anyone who is non-heterosexual or cis-gender and also refers to those who are discovering their gender identity.

Historically, the LGBT community has experienced marginalization and neglect within society. This population encounters multiple obstacles in accessing quality healthcare, resulting in poorer mental health outcomes compared to heterosexual and cis-gender people. By highlighting the mental health of the LGBTQ individuals and its various social causes, this paper reports the outcomes of an integrated literature review by using the “Minority Stress Model (Meyer, 2003)” which provides a valuable framework to understand these inequalities.

Mental health is fundamental to every aspect of life, from healthy relationships and better occupational performance to physical health and better social functioning. Basically, it refers to a person’s emotional regulation, mental functioning and social well-being which influences the way how a person is thinking, feeling and behaving in everyday life and their ability to cope up with stress. Poor mental health of LGBTQ people can trigger different mental disorders such as, depression, anxiety, stress related disorders and often lead to substance abuse disorder which effects their daily life and productivity. Meyer, I.H. (2003) conducted a research study to analyze stereotyping, social stress, and psychological health of lesbian, gay, and bisexual (LGBs) individuals. The findings shows that individuals identifying as LGBs have a higher risk of experiencing mental health disorders than heterosexual population. The author developed a conceptualized framework to illustrate how stigma, prejudice, and discrimination create a stressful environment, thereby precipitating psychological issues. The study includes the framework that outlining stress procedure, like experiencing prejudice occasions, rejection and hiding and internalized homophobia.

Social factors affecting LGBTQ mental health outcomes

The LGBTQ individuals face substantial social and legal barriers which influence the mental health of these individuals. Societal attitudes, legal protections, family environment and other social support systems can either enhance mental health or contribute to mental distress, discrimination and stigmatization. Countries like Canada and Spain provide legal frameworks ensuring protection such as anti-discrimination laws and same sex marriage rights that can contribute to the psychological well-being of LGBTQ people. While countries like Russia and Saudi Arabia have restrictive laws which can result in fear, social isolation and mental distress. In the same way, the following social factors have a major role in challenging the mental health of these individuals as well as can work positively if managed properly.

Discrimination as a barrier to mental well-being

Discrimination is a major social stressor, occurs on the unfair factors like race, gender, sexual orientation, disability or socio-economic status, which is negatively affecting

individuals or communities like LGBTQ. The LGBTQ individuals face specific stressors rooted in biasness, social discrimination and marginalization and this unfair treatment plays a major role in pushing an individual towards psychological distress, contributing to conditions like anxiety, depression, stress disorders and also substance abuse disorder and studies consistently reveal that discrimination can lead to isolation, low confidence and even suicidal thoughts. Similarly, transgender people also face unique challenges which leads to mental distress. Conversely, a feeling of belongingness or a feeling that we are connected to something, like family, community or society is essential for better psychological health which can help us to live a meaningful and purposeful life. Discrimination not only cause mental distress but it acts as a barrier in formation of meaningful connections with others which can increase loneliness.

Discrimination and Self-Esteem

There is an interconnection between discrimination and self-esteem. Studies analyse that the individuals with the experience of discrimination are at higher risk of developing symptoms leading to depression and anxiety and it can detriment the sense of self. Self-Esteem is related to the opinion that we hold of ourselves and decrease in the self-esteem can be caused by many external factors, like being bullied or receiving negative comments from others, but discrimination can also adversely affect its development. Even when someone does not experience discrimination personally, watching others being discriminated can have an effect on self-esteem due to various traumas. This means that those who witness hate or discrimination happening to others can become impacted psychologically due to the feeling of powerless in that situation. Furthermore, low self-esteem often acts as an obstacle in therapies that might be helpful for mental health recovery.

Diana et al. (2007) carried out a research to study the influence of perceived discrimination on mental well-being and utilisation of mental health services among LGBT populations which helps to examine the experience of discrimination on LGBT individual's mental health. A cross-sectional survey of adults was done to collect data. The findings show the poorer psychological health (higher level of psychological distress which can result in developing mental disorders like depression, anxiety and substance abuse disorder) of LGBTQ individuals in comparison to heterosexual people.

Sutter, M., Perrin, P.B. (2016) conducted an academic investigation to examine the impact of prejudice on psychological well-being and suicidal ideation among LGBTQ people of colour. In the research study, two hundred LGBTQ people from ethnic minority backgrounds were asked about their experiences of discrimination, racism, mental well-being and suicidal ideation in a national online study based in the U.S. It was found that discrimination have secondary impact on suicidal ideation through impaired mental health.

Stigmatisation as a challenge to mental well-being

Internalized stigma, or the holding hostile societal attitudes towards one's self-identity, is a major factor that can contribute to various psychological issues within the LGBTQ population. The individuals of LGBTQ community internalize the social messages they receive, which can contribute to low confidence or low self-worth, feeling of shame in LGBTQ regarding their identity. This internalized stigma can create a feeling of self-doubt in LGBTQ people, where these people question their identity, and their ability to thrive in a world that does not always accepting for them. This self-doubt can be an obstacle in self-acceptance and later may result in various mental health issues, including depression,

anxiety, substance abuse, and even suicidal ideation. In many cases, the process of “coming out” or self-disclosure, can also be a major source of psychological distress in LGBTQ individuals. By facing these challenges, some LGBTQ people can turn to self-harming behaviours, such as cutting, burning or self-injury as a coping mechanism to overwhelm with emotions and feelings of distress.

Stigma related to Self-Harm and Self-Doubt

The stigma is not only contributing to self-harm activities but it also leads to self-doubt which creates a way to various mental health issues. Stigma can be of different types, includes social stigma (facing rejection, bullying, and discrimination), internalized stigma (negative social messages can leads to feeling of shame and self-destructive behaviours), and lack of support also plays a vital role in contributing to fear of judgement which can prevent LGBTQ individuals from seeking help, worsening the mental health. The chronic stress of being part of a marginalized or minority group can contribute to low self-esteem, self-doubt or difficulty in self-acceptance.

Kaniuka et al. (2019) undertook a research study on stigma and risk of suicide within the LGBTQ population by examining whether anxiety and depression are responsible and exploring the potential protective role of connectedness within the LGBTQ community. It was found that individuals identifying as LGBTQ may be at higher risk of suicidal ideation due to perceived stigma, which can be reduced by protective factors, like community connectedness. They examined depression and anxiety act as a mediator between internalised stigma and suicidal behaviour. A group of LGBTQ persons ($N=496$) was taken and it was analysed that addressing stigma and promoting social connectedness among LGBTQ individuals may lessen the risk of suicidal behaviour.

Family rejection as a mental health challenge

Family plays a significant role in shaping the mental well-being of LGBTQ population. If a family is accepting and supportive to the gender identity of their child, then it can contribute to resilience and well-being, but if the individual is facing rejection, then it can lead to significant psychological distress.

When the family is accepting and provide emotional support to the LGBTQ individual, then the chances of any psychological issues like depression, anxiety and substance abuse, reduces and it provide a sense of reassurance and belonging. The affirmation of gender or sexual identity from parents and siblings can help to minimize internalized stigma and helps to improve self-esteem. Conversely, rejection and pressure to suppress gender identity is associated with elevated risk of psychological disorders, substance abuse, suicidal behaviour, chronic stress, and create a feeling of self-doubt.

McConnell et al. (2016) carried out an investigation on the role of families support in shaping mental health outcomes among LGBT youth. Over a 5.5 year period, a group of 232 LGBT adolescents between 16-20 years was examined to compare developmental paths of mental distress among three empirically derived social support cluster types at baseline: individuals who reported consistently limited level of support, individuals who indicated consistently high support, and the individuals who indicated non-family support (i.e., family support clusters reported higher risk to develop mental disorders in comparison to individuals with high family support.

Minority Stress Model as a conceptual framework

The minority stress model (Meyer, 2003) holds considerable significance in exploring the health and mental well-being of sexual and gender minority. This theory hypothesized that sexual minority faces health disparities due to excessive exposure to social stressors which is divided into three major components, includes both distal and proximal stressors. Distal stressors include external environmental stressors that adversely affect LGBTQ individual. These include any type of discrimination like anti-LGBTQ laws, major life events (such as losing a job, being subjected to acts violence), everyday experiences of discrimination, chronic stressors, and treated disrespectfully are the major factors contributing poor mental health of sexual minority individuals. Proximal stressors are the internal stressors which include gender minority people reject themselves (internalized stigma), and expectations of rejection often compels them to hide their gender identity to protect themselves from social stressors. Collectively, these stressors give excessive burden to the LGBTQ or gender minority individuals which is a major factor for contributing poor mental health as compared to cisgender people.

Conversely, there are some protective or resilience factors which works as coping mechanisms to reduce minority stress. It includes social support from family & friends, and affirming policies to prevent mental disorders in gender minority or LGBTQ individuals.

As this paper aims to establish a suitable contextual framework for understanding the influence of social factors on the mental well-being of LGBTQ individuals, Minority Stress Model plays a central role by giving framework to understand different stressors that effects minority mental well-being as well as some protective factors is also discussed.

REVIEW OF LITERATURE

The studies related to the topic are as follows:

1. Gnan, G. H., Rahman, Q., Ussher, G., Baker, D., West, E., & Rimes, K. A. (2019) explored general and specific factors influencing mental well-being and susceptibility to suicide among LGBTQ students. This research also explores well-being services, as well as the prevalence of suicide risk and self-harm in LGBTQ university students (ages 16-25) in the year 1948. The findings identified associated factors like female gender, experiences of sexual or other abuse, exposure to violence, and identified as transgender. The additional associated factors encompassed identifying as bisexual, perceiving oneself as LGBTQ under the age of 10, disclosing one's identity as LGBTQ under the age of 16, not getting acceptance from others and experiencing LGBTQ related crime. Moreover, having negative experiences related to gender identity, may heighten the risk of adverse mental health outcomes, risk of suicide or self-injury in LGBTQ students.

2. Watson, R.J., Grossman, A.H., & Russell, S.T. (2016) undertook a research study to identify the sources of social support and psychological health among LGB youth. The study explores inequalities in psychosocial adaptation for lesbian, gay, and bisexual (LGB) youth, and explores several forms of social support accessible to LGB youth. Social support theory serves as a foundation to analyse the ways of social support that may facilitate better psychosocial adaptation among LGB youth. A diverse sample (N=835) was employed to understand the association between social support from family, friends and educators and levels of depression and self-esteem. The outcomes revealed that parental support can leads to elevated self-esteem and lower the risk of depression but absence of social support was

The Identification: Social Factors affecting Mental Well-Being of LGBTQ+ Individuals an Integrative Review

associated with self-esteem of lesbians. Teacher and peer group provide comparatively stronger support than others.

3. Valentine, S.E., & Shipherd, J.C. (2018) undertook a systematic review to examine the impact of social stressors on the psychological health of transgender and gender non-conforming individuals in the United States. This review analysed 77 peer-reviewed publications between January 1, 1997 and March 22, 2017. Generally, depression, suicide, relational trauma, substance use disorder, anxiety, and psychological distress have found among transgender and gender non-conforming (TGNC) adults. Minority stress model was also used as a groundwork for the literature review. Findings suggest that TGNC people are subjected to a range of social stressors such as stigma, discrimination, and biasness that has a substantial influence in contributing to the prevalence of mental health issues. Whereas, presence of social support, engagement with the community and coping strategies can be beneficial.

4. Moagi, M. M., Van Der Wath, A. E., Jiyane, P. M., & Rikhotso, R. S. (2021, October 12) conducted an academic review on the mental health challenges experienced by the individuals identified as lesbian, gay, bisexual and transgender. For this integrative literature review, the databases used were: Academic Search Premier, Africa-Wide Information, Business Source Premier, eBook collection (EBSCOhost), E-Journals, ERIC, family and society studies worldwide, health source: Nursing/Academic Edition, humanities source, Master File Premier, MEDLINE, PsycARTICLES, social work abstracts, TOC Premier, WorldCat.org, Taylor and Francis journals, biomed central and Wiley online library. A web-based search was carried out using google and google scholar as primary search engines. From 2545 titles, 345 abstracts and 57 full-text articles were explored and out of them, 21 addressed the mental health related concerns encountered by LGBTQ individuals, encompassing emotional discomfort, stigmatisation, discrimination and barriers in accessing healthcare services.

5. McDermott, E., Hughes, E., & Rawlings, V. (2018) conducted a mixed method study exploring the societal determinants of suicidality lesbian, gay, bisexual and transgender youth in England. The study included 29 semi-structured interviews with LGBT youth aged 13-25 years old, alongside a self-administered questionnaire employing an online community-based sampling approach (n=789). The findings highlight the following five social factors associated with suicidal risk: homophobia, biphobia or transphobia; sexual and gender norms; navigating sexual and gender identities across multiple life domains; being unable to talk; and confronting other life crises.

6. Gonçalves, C. C., Waters, Z., Quirk, S. E., Haddad, P. M., Lin, A., Williams, L. J., & Yung, A. R. (2024) did a structured review to identify hindlers and facilitators to accessing and engaging with mental health services for LGBTQ+ people experiencing psychosis. This review paper included 37 papers and identify total of 89 obstacles and 63 facilitators to accessing mental health support. After analyzation, five themes were developed i.e. service-related factors, stigma, social network dynamics, personal factors, and factors intrinsic to psychosis. These findings highlight the intricate interaction of factors that serves as barriers to care this population. Earlier detection and provision of quality care can improve the community.

The Identification: Social Factors affecting Mental Well-Being of LGBTQ+ Individuals an Integrative Review

7. Moore, K., Camacho, D., & Spencer-Suarez, K. N. (2021) carried out a mixed-methods investigation of social identities within mental health services among LGBTQ young adults of color. The study emphasized on how identities within society such as sexual, ethnic-racial, religious, socioeconomic, gender, family, and generational, influence to mental health care. The paper included a sample of 31 black and Latinx young adults (Mage = 22.16) in New York who identified as a part of sexual minority groups. The findings suggest that young LGBTQ people of color need more assistance and interventions to address self-stigma and discrimination encountered within cultural settings, family environment, as well as mental health professionals.

8. Shaikh, A., Kamble, P., Daulatabad, V., Singhal, A., Madhusudhan, U., & John, N. A. (2024) carried out a study entitled “Mental health difficulties faced by the LGBTQ community: A societal imperative”. It illustrates how social determinants like ongoing discrimination, exclusion, and the enforcement of heteronormative expectations lead to elevated stress level, resulting in increased rates of mental health issues like anxiety, depression, and suicidality. Moreover, Covid-19 pandemic has also contributed to psychological issues to many individuals, particularly the marginalized people such as LGBTQ. A supportive environment such as laws of equality, marriage equality, healthcare policies, and campaigns to aware public challenging stereotypes have a vital role in shaping the mental health and support system for LGBTQ population.

9. Fossum, A. M. (2023) carried out a literature review exploring the social and economic factors that influence the mental well-being of LGBTQ college students. It illustrates how the academic pressures of college challenge the psychological well-being among LGBTQ individuals. The intersections between social isolation, institutional discrimination, and economic insecurity effects their mental well-being, resulting in higher incidence of psychiatric disorders among LGBTQ individuals compared to others. The findings underscore the importance of support services from educational institutions to provide a safer and more welcoming campus environment.

10. Gonsiorek, J. C. (1988) highlight the mental health vulnerabilities faced by gay and lesbian adolescents. Meanwhile, social pressures and psychological problems are also discussed with particular attention on homophobia, developmental concerns, and the process of coming-out. The recommendations regarding treatment planning are provided by highlighting the distinctions in mental health concerns of gay and lesbian people.

DISCUSSION

The above studies included in this review collectively reinforce the Minority Stress Model (Meyer, 2003) as a conceptual model to understand the psychological concerns among LGBTQ individuals and the impact of social stressors in mental health disparities experienced by sexual and gender minority population.

- **External stressors: Discrimination, stigma and victimization**

The external stressors have a vital role in contributing psychological disparities among LGBTQ people. From above studies Sutter & Perrin (2016), Gnan et al. (2-19), Burgess et al. (2008), Valentine & Shipherd (2018) and Moagi et al. (2019) analysed that discrimination, stigma and victimization are the major factors playing a part in adverse mental health outcomes among LGBTQ people. These stressors are not uniformly experienced across the LGBTQ spectrum. Sutter & Perrin (2016) focus on the LGBTQ

people of colour showing both racial and sexual/gender identity-based oppression. Gonçalves, C. C. et al. (2024) did a structured review by including 37 papers to find out hindrances and enablers of access and engagement to care LGBTQA+ individuals experiencing psychosis. It finds out Five factors which include service-related problems, stigma, social connections, subjective factors, and psychosis related factors, can affect routes to care within this population and underscore the relevance of sectionalism. Moore, K., Camacho, D., & Spencer-Suarez, K. N. (2021) conducted a mixed-methods investigation of social identities and mental health care experiences among LGBTQ+ young adults of color, comprising a sample of 31 black and Latinx young adults. The findings show that LGBTQ+ people of colour need more support to address internalized-stigma and discrimination encountered within culture, family and mental health practitioners. Fossum, A. M. (2023) conducted a literature review focusing on how the intersections between social isolation, discrimination (like in institutions), and economic instability effects their mental health. The findings underscore the importance of support services from educational institutions to create a safer and more inclusive campus environment.

- **Internal stressors: self-stigma, identity concealment and anticipated social rejection**

Internalized form of stress such as stigma and identity concealment because of expectations of rejection from others are also central. Gnan et al. (2019) cross-sectional survey and McDermott et al. (2017) two-stage sequential mixed methods focus on the social factors leading to mental issues and suicide. These findings echo Meyer's Minority stress model which includes not only external factors of stress but also internal factors contributing psychological distress. Gonsiorek, J. C. (1988) conducted a review paper examine psychological issues of gay and lesbian adolescent by giving particular attention on homophobia, developmental concerns, and the self-disclosure.

- **Protective factors: Social support and community connectedness**

The Minority stress model also accounts for resilience factors that can buffer the stress of sexual/ gender minority like LGBTQ. Kaniuka et al. (2019) focus on the role of community cohesion as a protective mechanism against minority stress. McConnell et al. (2016) and Watson et al. (2016) show the importance of peers and familiar support in addressing the adverse psychological effects of minority stress. Watson et al. (2016) find out the importance of social support by taking the social support theory as a framework. Shaikh, A., Kamble, P., Daulatabad, V., Singhal, A., Madhusudhan, U., & John, N. A. (2024) examine how social determinants like constant discrimination, social exclusion, and cultural heteronormative norms contribute to heightened the level of stress. A supportive environment such as anti-discrimination laws, marriage equality, healthcare policies, and campaigns for public awareness challenging stereotypes plays a vital role in shaping A supportive environment such as laws prohibiting discrimination, marriage equality, healthcare policies, and campaigns raising awareness by challenging stereotypes have a vital role in formation of the mental well-being and opportunities for LGBTQ population.

Overall, the review of 15 studies highlights the subtle interplay of social, cultural and internal factors in influencing mental well-being of marginalized individuals such as LGBTQ population. The paper carries a consistent theme of how stigma, discrimination, rejection and internal conflicts placed a burden on the LGBTQ individuals, resulting in psychological issues like anxiety, depression, substance abuse and suicidal ideation.

The Identification: Social Factors affecting Mental Well-Being of LGBTQ+ Individuals an Integrative Review

In most studies, stigma and discrimination (like bullying, institutional discrimination and non-supportive laws) emerge as central stressors. This reflects minority stress model i.e. how social marginalization leads to chronic stress, resulting in mental disorders in LGBTQ individuals.

However, the review also identifies the significance of protective factors including social support, community connectedness, and supportive laws (like anti-discrimination laws, marriage equality, healthcare policies, and public awareness campaigns targeting the deconstruction of stereotypes or misconceptions concerning LGBTQ individuals) to providing positive mental health to LGBTQ people. Moreover, peer and family support and acceptance have a crucial role in not only contributing positive mental health but also save them from internalized stigma and concealment of identity.

Future findings

This paper examined impacts of social factors on the mental well-being of LGBTQ+ individuals limited to general population without any culture bias and without focusing on a single age group of LGBTQ+ community. Future research can include the psychological issues of LGBTQ+ individuals under different age categories as well as in different cultures.

REFERENCES

- Burgess, D., Lee, R., Tran, A., & Van Ryn, M. (2007). Effects of perceived discrimination on mental health and mental health services utilization among gay, lesbian, bisexual and transgender persons. *Journal of LGBT Health Research*, 3(4), 1–14. <https://doi.org/10.1080/15574090802226626>
- Fossum, A. M. (2023). *An Exploration of the Social and Economic Factors that Influence the Mental Health of LGBTQ College Students*. Scholar Commons. https://scholarcommons.sc.edu/senior_theses/585/
- Gnan, G. H., Rahman, Q., Ussher, G., Baker, D., West, E., & Rimes, K. A. (2019). General and LGBTQ-specific factors associated with mental health and suicide risk among LGBTQ students. *Journal of Youth Studies*, 22(10), 1393–1408. <https://doi.org/10.1080/13676261.2019.1581361>
- Gonçalves, C. C., Waters, Z., Quirk, S. E., Haddad, P. M., Lin, A., Williams, L. J., & Yung, A. R. (2024). Barriers and facilitators to mental health care access and engagement for LGBTQ+ people with psychosis: a scoping review. *Psychiatry Research*, 343, 116281. <https://doi.org/10.1016/j.psychres.2024.116281>
- Gonsiorek, J. C. (1988). Mental health issues of gay and lesbian adolescents. *Journal of Adolescent Health Care*, 9(2), 114–122. [https://doi.org/10.1016/0197-0070\(88\)90057-5](https://doi.org/10.1016/0197-0070(88)90057-5)
- Kaniuka, A., Pugh, K. C., Jordan, M., Brooks, B., Dodd, J., Mann, A. K., Williams, S. L., & Hirsch, J. K. (2019). Stigma and suicide risk among the LGBTQ population: Are anxiety and depression to blame and can connectedness to the LGBTQ community help? *Journal of Gay & Lesbian Mental Health*, 23(2), 205–220. <https://doi.org/10.1080/19359705.2018.1560385>
- McConnell, E. A., Birkett, M., & Mustanski, B. (2016). Families Matter: Social support and mental health trajectories among lesbian, gay, bisexual, and transgender youth. *Journal of Adolescent Health*, 59(6), 674–680. <https://doi.org/10.1016/j.jadohealth.2016.07.026>

The Identification: Social Factors affecting Mental Well-Being of LGBTQ+ Individuals an Integrative Review

- McDermott, E., Hughes, E., & Rawlings, V. (2017). The social determinants of lesbian, gay, bisexual and transgender youth suicidality in England: a mixed methods study. *Journal of Public Health, 40*(3), e244–e251. <https://doi.org/10.1093/pubmed/fox135>
- Meyer, I. H. (2003). Prejudice, social stress, and mental health in lesbian, gay, and bisexual populations: Conceptual issues and research evidence. *Psychological Bulletin, 129*(5), 674–697. <https://doi.org/10.1037/0033-2909.129.5.674>
- Moagi, M. M., Van Der Wath, A. E., Jiyane, P. M., & Rikhotso, R. S. (2021, October 12). *Mental health challenges of lesbian, gay, bisexual and transgender people: An integrated literature review*. <https://www.ajol.info/index.php/hsa/article/view/215927>
- Moore, K., Camacho, D., & Spencer-Suarez, K. N. (2021). A mixed-methods study of social identities in mental health care among LGBTQ young adults of color. *American Journal of Orthopsychiatry, 91*(6), 724–737. <https://doi.org/10.1037/ort0000570>
- Shaikh, A., Kamble, P., Daulatabad, V., Singhal, A., Madhusudhan, U., & John, N. A. (2024). Mental health challenges within the LGBTQ community: A societal imperative. *Journal of Family Medicine and Primary Care, 13*(9), 3529–3535. https://doi.org/10.4103/jfmpe.jfmpe_321_24
- Sutter, M., & Perrin, P. B. (2016). Discrimination, mental health, and suicidal ideation among LGBTQ people of color. *Journal of Counseling Psychology, 63*(1), 98–105. <https://doi.org/10.1037/cou0000126>
- Valentine, S. E., & Shipherd, J. C. (2018). A systematic review of social stress and mental health among transgender and gender non-conforming people in the United States. *Clinical Psychology Review, 66*, 24–38. <https://doi.org/10.1016/j.cpr.2018.03.003>
- Watson, R. J., Grossman, A. H., & Russell, S. T. (2016). Sources of social support and mental health among LGB youth. *Youth & Society, 51*(1), 30–48. <https://doi.org/10.1177/0044118x16660110>

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Narwal, A. & Kumar, V. (2025). The Identification: Social Factors affecting Mental Well-Being of LGBTQ+ Individuals an Integrative Review. *International Journal of Indian Psychology, 13*(4), 882-891. DIP:18.01.079.20251304, DOI:10.25215/1304.079