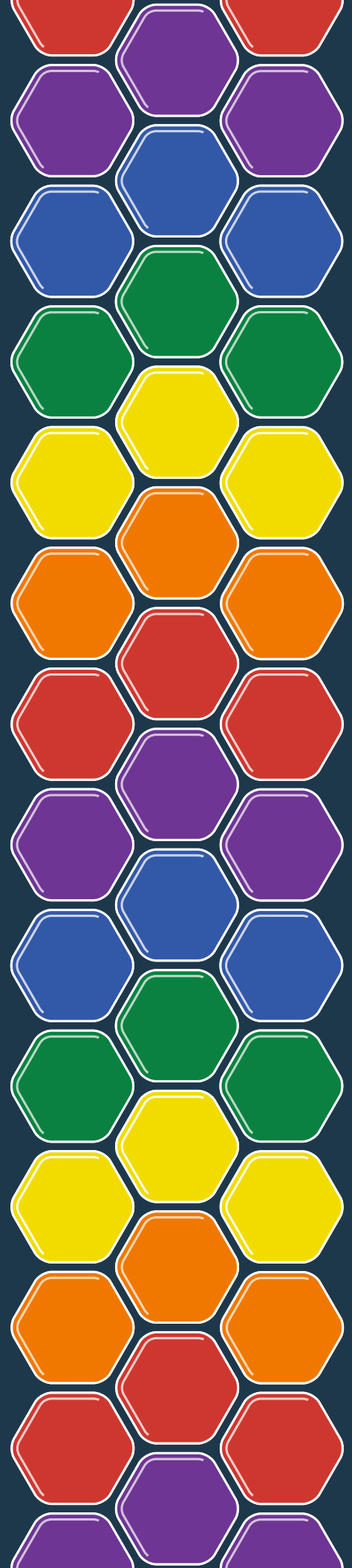


Lesbian, Gay, and Bisexual Behavioral Health:

Results from the
2021 and 2022 National
Surveys on Drug Use
and Health

SAMHSA

Substance Abuse and Mental Health
Services Administration



Lesbian, Gay, and Bisexual Behavioral Health:

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Acknowledgments

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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.

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

SAMHSA Publication Number PEP23-07-01-001
June 2023

INTRODUCTION

Substance use and mental health issues have significant impacts on people, families, communities, and societies. A higher prevalence of substance use and mental health issues has been well documented among people who identify as lesbian, gay, or bisexual (also referred to as sexual minorities) than among those who identify as heterosexual or straight.^{1,2,3} Sexual minorities experience unique stressors that can contribute to adverse substance use and mental health outcomes.^{4,5,6} People who identify as bisexual may experience additional problems with substance use and mental health due to sexual orientation-based discrimination, bisexual invisibility and erasure, and a lack of bisexual-affirmative support.⁷ Challenges faced by members of sexual minorities can be further compounded by the experience of being female or a person of color.^{8,9,10}

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 (SAMHSA) 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 *2021 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions*.¹¹ Appendix A in the 2021 Methodological Summary and Definitions report also defines relevant measures and terms.

Presentation of Estimates and Statistical Testing

This report focuses on substance use and mental health indicators among adults aged 18 or older in the United States based on pooled NSDUH data from 2021 and 2022. Estimates are presented by adults' sexual identity (i.e., gay/lesbian, bisexual, straight) and gender. 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.¹²

In the 2021 and 2022 National Surveys on Drug Use and Health (NSDUHs), only a binary measure of male or female was collected. The 2021 and 2022 NSDUHs also collected information on sexual identity only from adults. Therefore, this report does not present findings for transgender people, non-binary people, or those people with any other identity besides binary male or female, and it does not present findings on sexual identity for adolescents younger than 18. Beginning with the 2023 NSDUH, the survey asks respondents their sex at birth and their gender identity, including whether they identify as male, female, transgender, or another identity. The 2023 NSDUH also asks all respondents about their sexual identity, regardless of age. In addition to choices for heterosexual/straight, gay or lesbian, and bisexual, NSDUH respondents in 2023 can report that they use a different term (and specify the other term), they are not sure about their sexual identity, or they do not know what the sexual identity question is asking.

Because of differences in the age distributions for sexual identity groups in the 2021 and 2022 NSDUH samples, estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population in accordance with federal agency best practices.¹³ Figures in this report present the age-adjusted estimates. Tables in Appendix A present both unadjusted and age-adjusted estimates; the unadjusted estimates indicate the actual prevalence estimates among sexual identity groups before differences in age distributions were taken into account.

Comparisons of age-adjusted estimates across groups were performed according to statistical testing procedures described in the 2021 Methodological Summary and Definitions report.¹⁴ Differences in age-adjusted 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,” 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

SEXUAL IDENTITY

Sexual identity among adults refers to whether adults consider themselves to be straight (i.e., heterosexual), lesbian (if female), gay (if male), or bisexual.

SUBSTANCE 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. **Heavy drinking** means binge drinking on 5 or more days 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 criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.¹⁵

MENTAL HEALTH

Any mental illness (AMI) refers to the presence of a mental, behavioral, or emotional disorder in the past year of sufficient duration to meet criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, excluding developmental disorders and substance use disorders.¹⁶ **Serious mental illness (SMI)** refers to the presence of a mental, behavioral, or emotional disorder that substantially interfered with or limited one or more major life activities. AMI and SMI were estimated based on a statistical prediction model. For more details on the estimation of AMI and SMI, see the *2021 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* report.¹¹

National Survey on Drug Use and Health 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.¹⁵

SUBSTANCE USE

Cigarettes | Alcohol

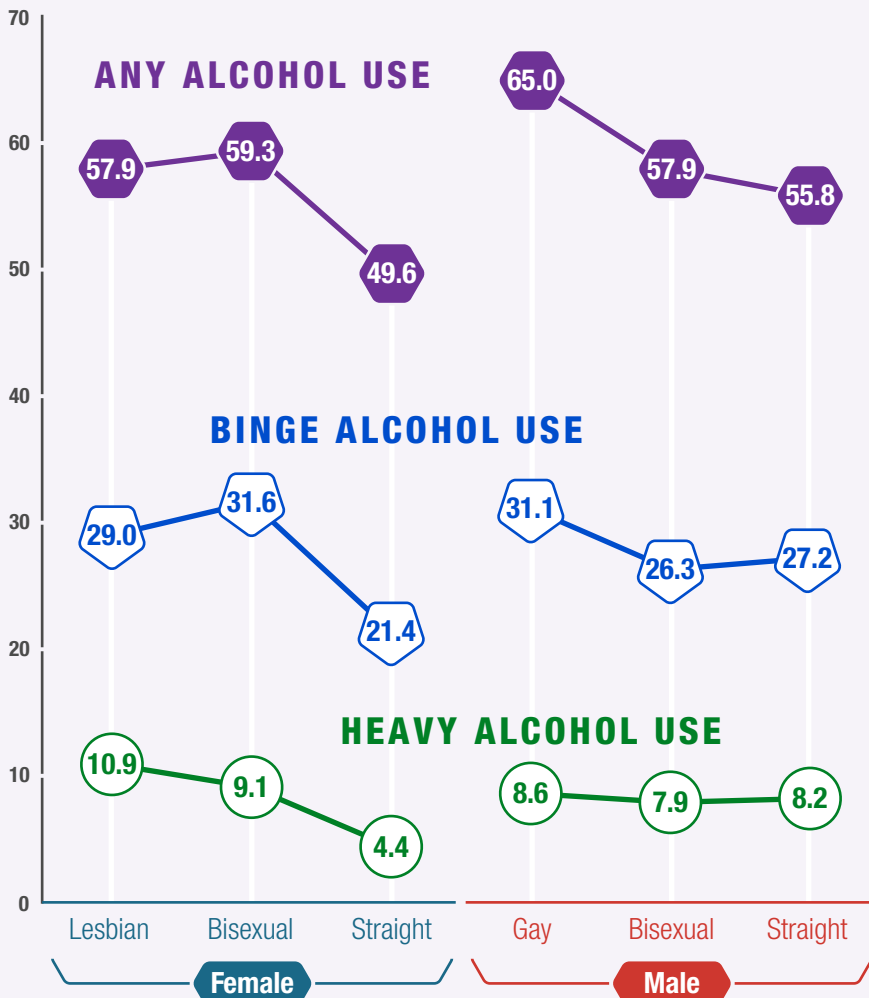
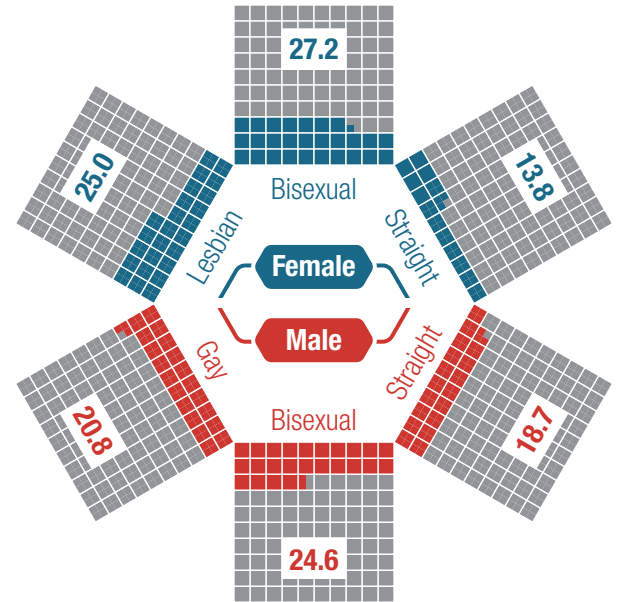


CIGARETTE SMOKING

Percentage using in past month

- For **sexual minority females**, the prevalence of cigarette smoking in the past month was **roughly twice** that for straight females.
- Bisexual males** were **more likely** than straight males to have been cigarette smokers in the past month, but the prevalence of cigarette smoking **did not differ** between **gay males** and straight males.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.



ALCOHOL USE

Percentage using in past month



- There was **no difference** in the prevalence of binge or heavy drinking in the past month between **sexual minority males** and straight males.
- Sexual minority females** were **more likely** than straight females to have been binge drinkers in the past month. **Sexual minority females** were **about twice as likely** as straight females to have been heavy drinkers in the past month.

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. **HEAVY DRINKING** means binge drinking on 5 or more days in the past 30 days.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

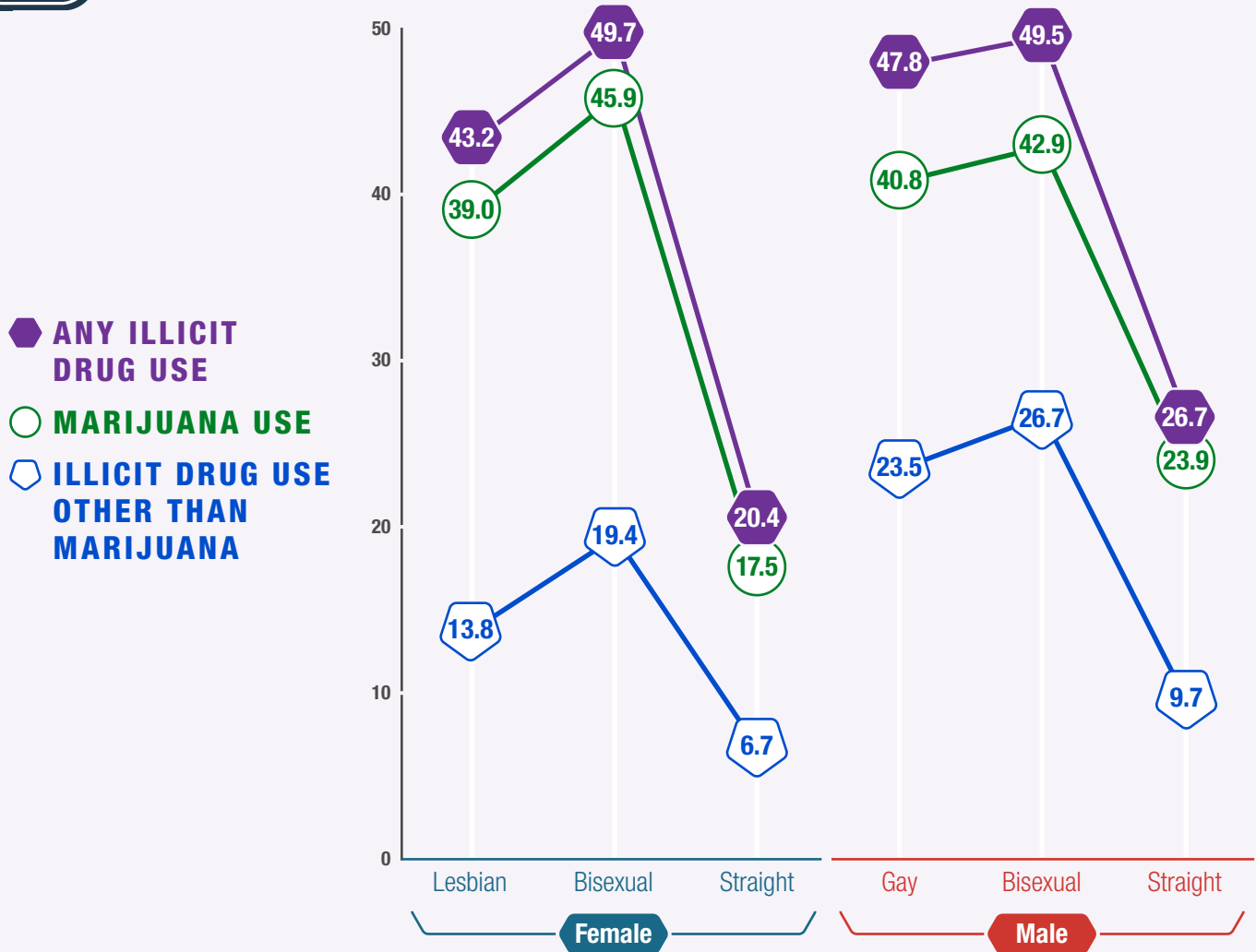
SUBSTANCE USE

Any Illicit Drugs | Marijuana | Illicit Drugs Other Than Marijuana



ILLICIT DRUG USE

Percentage using in past year



- Marijuana was by far the most commonly used illicit drug in the past year regardless of **sexual identity** or gender.

- **Sexual minority females** were **2 to 3 times more likely** than straight females to have used marijuana in the past year. The prevalence was **40% to 45%** for **sexual minority females**.

- Marijuana use in the past year among **sexual minority males** was **nearly twice as high** compared with marijuana use among straight males. The prevalence was roughly **40%** for **sexual minority males**.

- **Sexual minority males** were **2 to 3 times more likely** than straight males to have used illicit drugs other than marijuana in the past year.

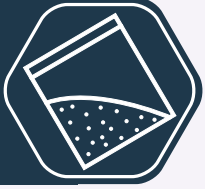
- **Sexual minority females** were **2 to 3 times more likely** than straight females to have used illicit drugs other than marijuana in the past year.

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.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

SUBSTANCE USE

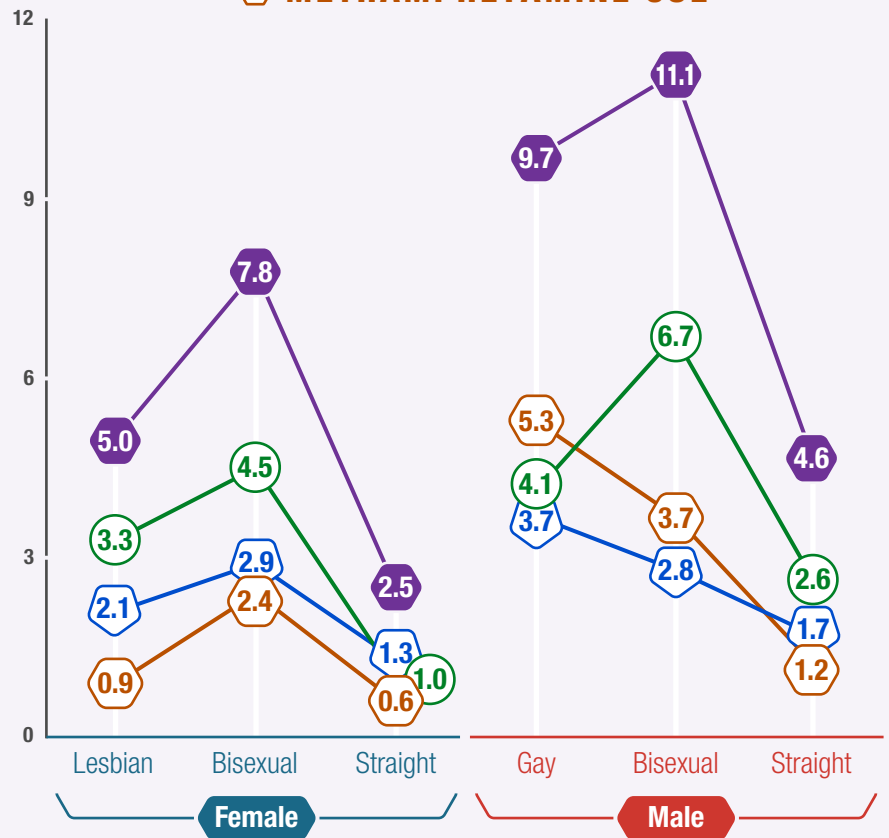
CNS Stimulants | Cocaine | Rx Stimulants | Methamphetamine | Opioids



CNS STIMULANTS

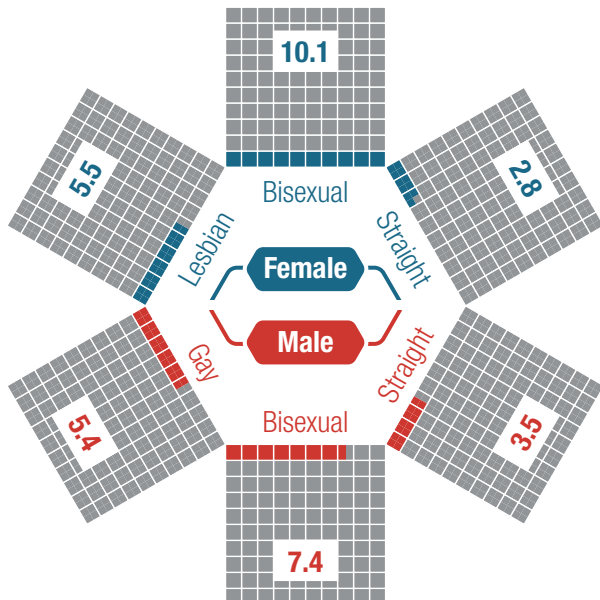
Percentage using or misusing in past year

- ◆ ANY CNS STIMULANT MISUSE
- COCAINE USE
- ◇ MISUSE OF RX STIMULANTS
- ◇ METHAMPHETAMINE USE



- **Sexual minority adults were at least twice as likely** as straight adults to have misused any CNS stimulant in the past year. Roughly similar patterns held for each individual CNS stimulant (cocaine, methamphetamine, or prescription stimulants).

CNS = central nervous system; Rx = prescription.
 Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.



OPIOID MISUSE

Percentage misusing in past year



- **Bisexual females were almost twice as likely as lesbian females and more than 3 times as likely** as straight females to have misused opioids in the past year.
- **Bisexual males were about twice as likely** as straight males to have misused opioids in the past year. The prevalence **did not differ** between **gay males** and straight males.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

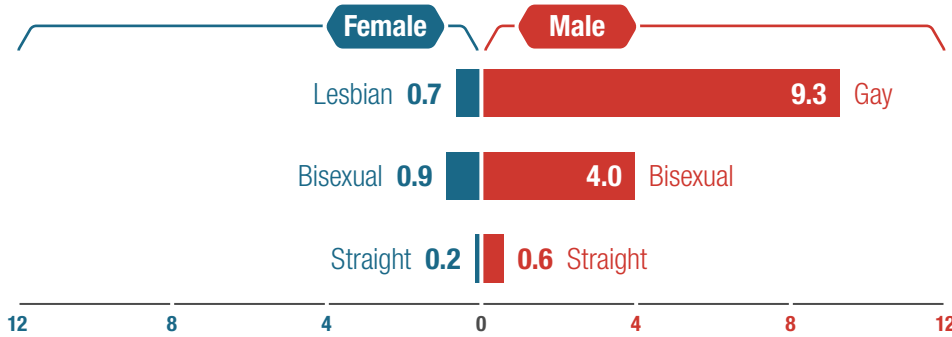
SUBSTANCE USE

Inhalants | Hallucinogens | Rx Tranquilizers or Sedatives



INHALANT USE

Percentage using in past year



◆ **Gay males** were **about twice as likely as bisexual males** and **about 15 times as likely** as straight males to have used inhalants in the past year.

◆ The prevalence of inhalant use in the past year among **females** was **low**.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

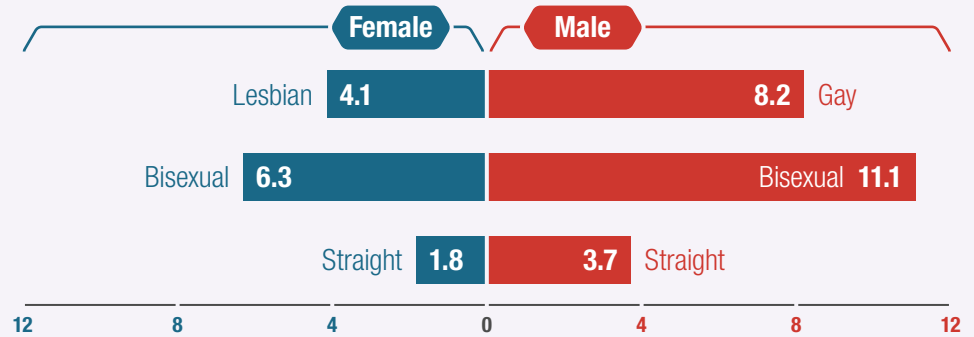
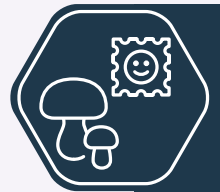
◆ Regardless of gender, **bisexual adults** were **about 3 times more likely** than their straight counterparts to have used hallucinogens in the past year.

◆ **Lesbian or gay adults** were **about twice as likely** as their straight counterparts to have used hallucinogens in the past year.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

HALLUCINOGEN USE

Percentage using in past year



◆ **Sexual minority adults** were **more likely** than straight adults to have misused prescription tranquilizers or sedatives in the past year, a pattern similar to the findings for hallucinogen use. The prevalence for **sexual minority adults** was **roughly twice as high** as for straight adults.

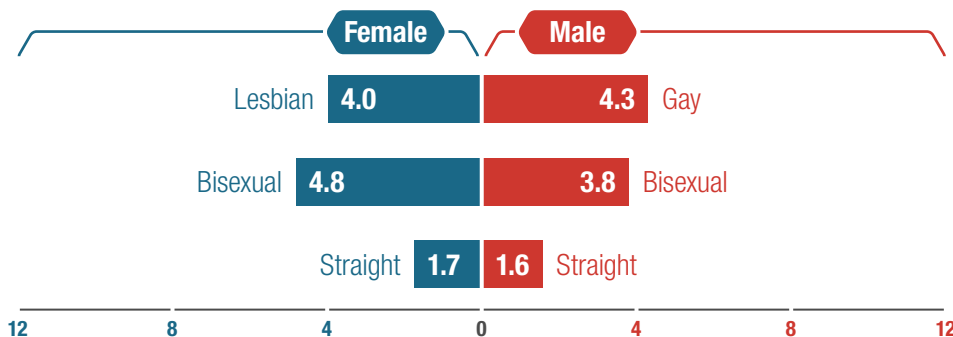
Rx = prescription.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.



MISUSE OF RX TRANQUILIZERS OR SEDATIVES

Percentage misusing in past year



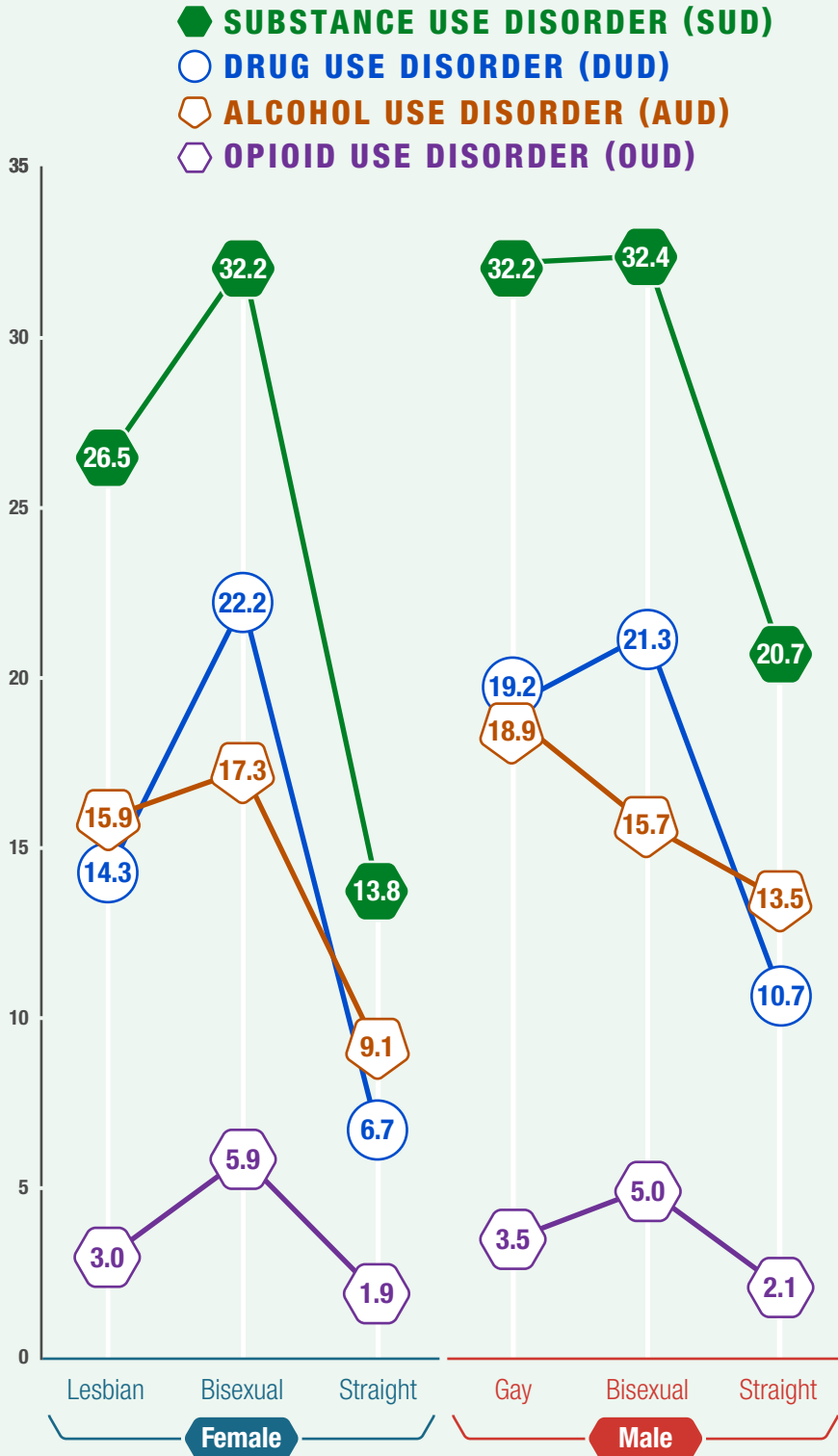
SUBSTANCE USE DISORDERS

Drug Use Disorder | Alcohol Use Disorder | Opioid Use Disorder



SUBSTANCE USE DISORDERS

Percentage with disorder in past year



Sexual minority adults were **more likely** than straight adults to have had an SUD in the past year.

About **one third** of **bisexual males**, **bisexual females**, and **gay males** had an SUD in the past year. About **one fourth** of **lesbian females** had an SUD in the past year.

Sexual minority adults were **more likely** than straight adults to have had a DUD in the past year; the **same pattern held for any SUD**.

About **1 in 5** **bisexual males**, **bisexual females**, and **gay males** had a DUD in the past year.

Sexual minority females were **more likely** than straight females to have had an AUD in the past year.

Gay males were **more likely** than straight males to have had an AUD in the past year. Percentages were **similar** between **bisexual males** and straight males.

Bisexual females were **3 times as likely** as straight females to have had an OUD in the past year.

For males, there were **no differences** in past year OUD by **sexual identity**.

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 criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.¹⁵

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

MENTAL HEALTH

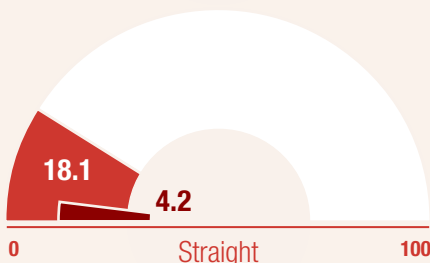
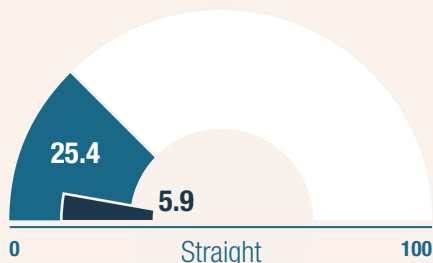
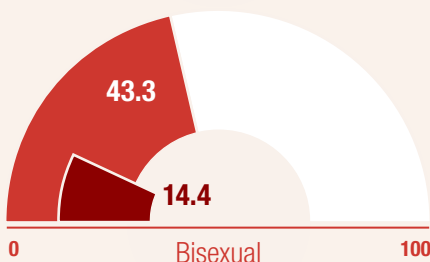
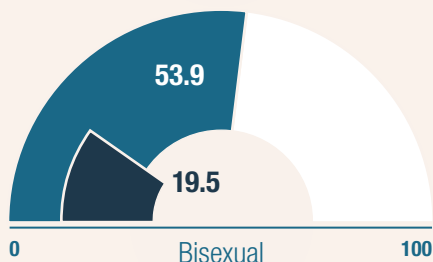
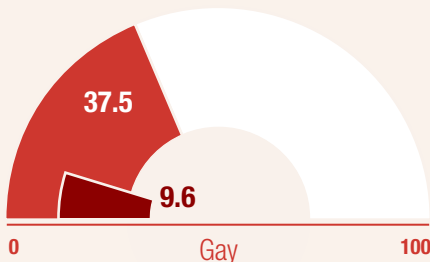
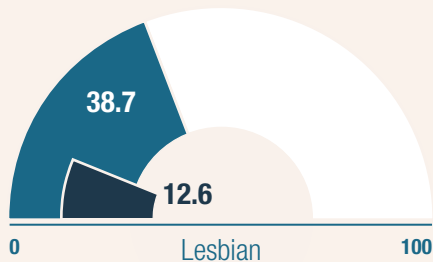
Any Mental Illness | Serious Mental Illness



MENTAL ILLNESS

Percentage in past year

ANY MENTAL ILLNESS (AMI)
SERIOUS MENTAL ILLNESS (SMI)



Female

Male

ANY MENTAL ILLNESS (AMI) refers to the presence of a mental, behavioral, or emotional disorder in the past year of sufficient duration to meet criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition,¹⁶ excluding developmental disorders and substance use disorders.

SERIOUS MENTAL ILLNESS (SMI) refers to the presence of a mental, behavioral, or emotional disorder that substantially interfered with or limited one or more major life activities. Estimates of SMI are a subset of estimates of AMI because SMI is limited to people with AMI that resulted in serious functional impairment.

AMI and SMI were estimated based on a statistical prediction model. For more details on the estimation of AMI and SMI, see the *2021 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* report.¹¹

- **Sexual minority females** were **more likely** than straight females to have had AMI in the past year. **Bisexual females** also were **more likely** than **lesbian females** to have had AMI; **more than half** of **bisexual females** had AMI.
- **Sexual minority males** were **at least twice as likely** as straight males to have had AMI in the past year.
- **Sexual minority females** were **more likely** than straight females to have had SMI in the past year, a pattern similar to the findings for past year AMI. **Bisexual females** also were **more likely** than **lesbian females** to have had SMI; **about 1 in 5 bisexual females** had SMI.
- The prevalence of SMI in the past year was **more than 3 times higher** among **bisexual males** than among straight males and **more than twice as high** among **gay males** than among straight males. **Bisexual males** also were **more likely** than **gay males** to have had SMI.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

MENTAL HEALTH

Major Depressive Episode | Co-Occurring AMI and SUD

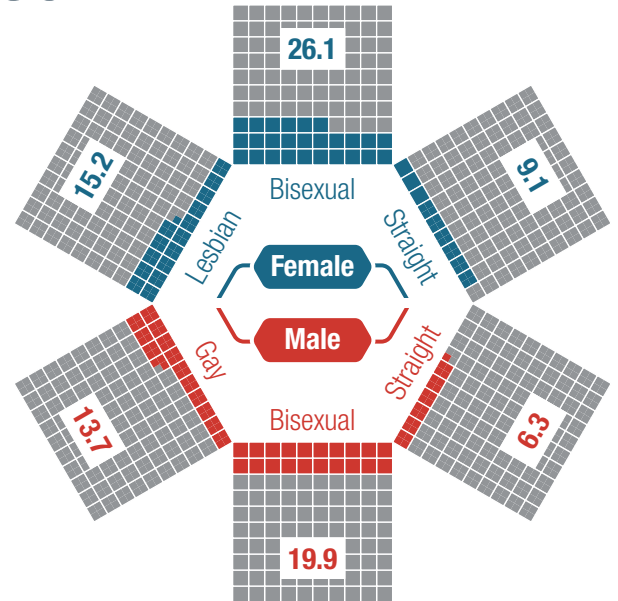


MAJOR DEPRESSIVE EPISODE

Percentage in past year

- Although nearly 1 in 10 straight females had a major depressive episode (MDE) in the past year, **sexual minority females** were **even more likely** to have had an MDE. **More than 1 in 4 bisexual females** and **more than 1 in 7 lesbian females** had an MDE. **Bisexual females** also were **more likely** than **lesbian females** to have had an MDE.
- Sexual minority males** were **2 to 3 times more likely** than straight males to have had an MDE in the past year. **Bisexual males** also were **more likely** than **gay males** to have had an MDE; **nearly 1 in 5 bisexual males** had an MDE.

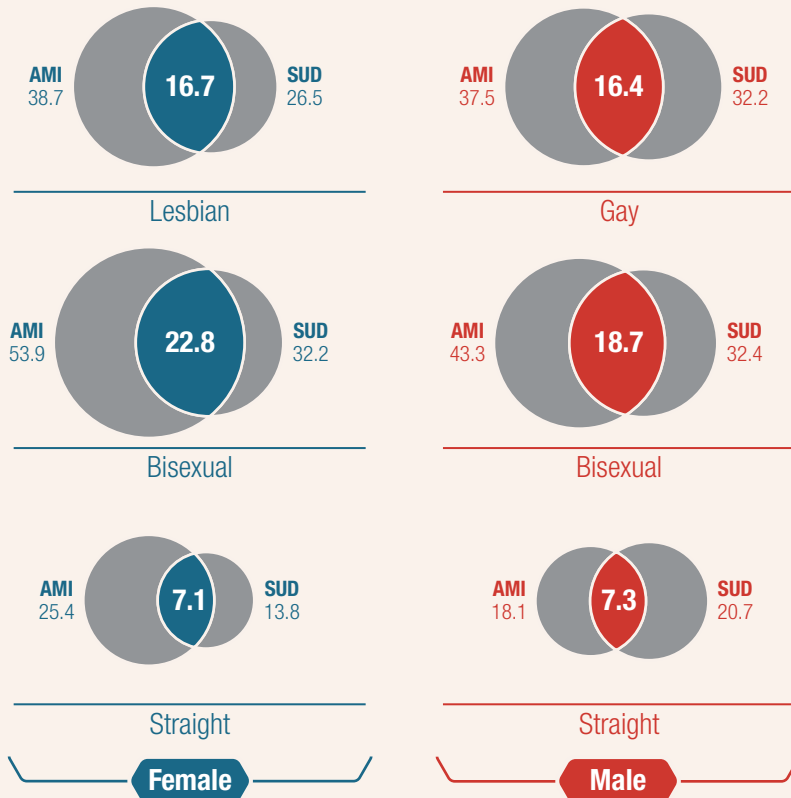
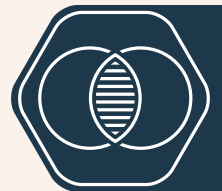
NSDUH respondents were classified as having a **MAJOR DEPRESSIVE EPISODE (MDE)** in the past 12 months if (1) they had at least one period of 2 weeks or longer in the past year when for most of the day nearly every day they felt depressed or lost interest or pleasure in daily activities; and (2) they 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.¹⁵



Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

CO-OCCURRING AMI AND SUD

Percentage in past year



- Sexual minority females** were **about 2 to 3 times more likely** than straight females to have had both AMI and an SUD in the past year. **Bisexual females** also were **more likely** than **lesbian females** to have had both AMI and an SUD; **more than 1 in 5 bisexual females** had an SUD and AMI.
- Sexual minority males** were **more than twice as likely** as straight males to have had both AMI and an SUD in the past year. However, the prevalence was **similar for bisexual males or gay males**.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

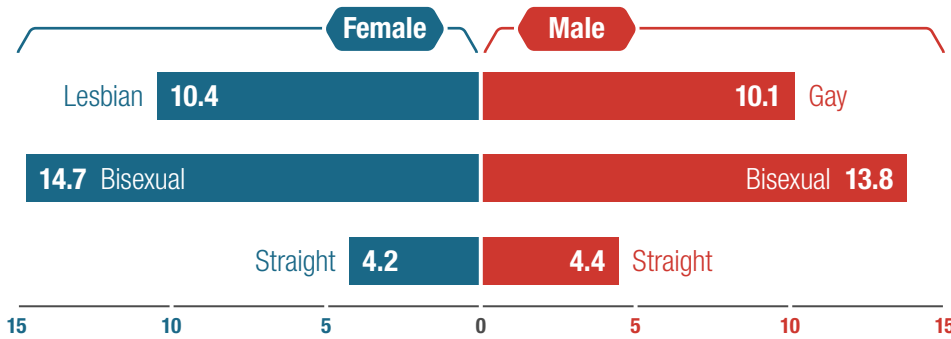
SUICIDAL THOUGHTS & BEHAVIORS

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



HAD SERIOUS THOUGHTS OF SUICIDE

Percentage in past year



Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

- Sexual minority females were **more likely** than straight females to have had serious thoughts of suicide in the past year. **Bisexual females** also were **more likely** than **lesbian females** to have had serious thoughts of suicide; **more than 1 in 7 bisexual females** had serious thoughts of suicide.

- Bisexual males** and **gay males** were **more likely** than straight males to have had serious thoughts of suicide in the past year (**about 3 times as likely** for **bisexual males** and **more than twice as likely** for **gay males**). However, the prevalence of serious thoughts of suicide in the past year **did not differ for bisexual males or gay males**.

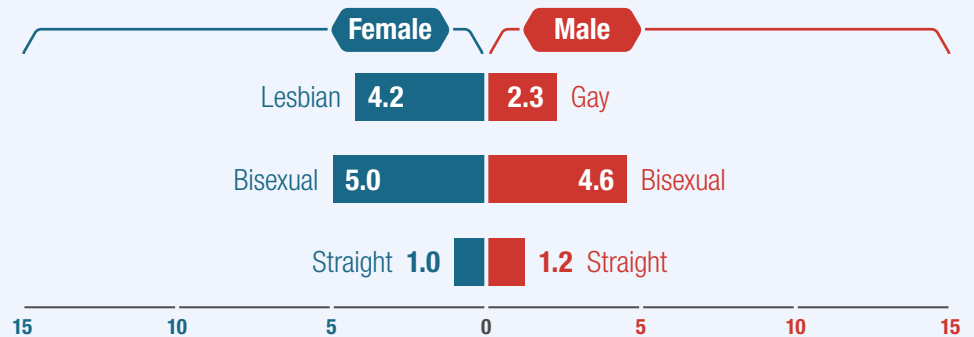
- The prevalence of making a suicide plan in the past year was **5 times higher** among **bisexual females** than among straight females. The prevalence among **lesbian females** was **more than 4 times higher** than among straight females.

- The prevalence of making a suicide plan in the past year was **highest** among **bisexual males**, followed by **gay males**, then by straight males.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

MADE A SUICIDE PLAN

Percentage in past year



- Bisexual females** were the **most likely** to have attempted suicide in the past year, followed by **lesbian females**, then by straight females. The prevalence among **bisexual females** was **6 times higher** than among straight females.

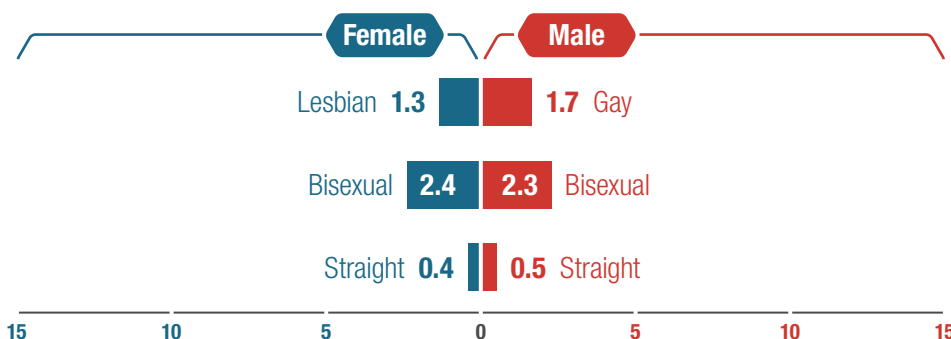
- The prevalence of past year suicide attempts was **higher among bisexual males** than among straight males.

Note: Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.



ATTEMPTED SUICIDE

Percentage in past year



SUMMARY & IMPLICATIONS

Results from the 2021 and 2022 NSDUHs indicate that lesbian, gay, and bisexual adults are more likely than straight adults to use substances, experience mental health issues including major depressive episodes, and experience serious thoughts of suicide. The findings in this report particularly underscore how these issues affect bisexual adults. However, these findings do not explain the reasons for these differences, such as the influence of stressors that are unique to people who identify as lesbian, gay, bisexual, transgender, queer, or intersex (LGBTQI+).

SAMHSA is committed to eliminating health inequities experienced by the LGBTQI+ community. As such, SAMHSA has several efforts focused on LGBTQI+ people, including encouraging states to consider LGBTQI+ needs in administering SAMHSA block grant resources, issuing funding announcements focused on sexual and gender minorities, and expanding data collection efforts to capture the experiences of LGBTQI+ people more accurately. For more information, see <https://www.samhsa.gov/behavioral-health-equity/lgbtqi>.

ENDNOTES

1. Medley, G., Lipari, R. N., Bose, J., Cribb, D. S., Kroutil, L. A., & McHenry, G. (2016, October). *Sexual orientation and estimates of adult substance use and mental health: Results from the 2015 National Survey on Drug Use and Health*. NSDUH Data Review. <https://www.samhsa.gov/data/report/sexual-orientation-and-estimates-adult-substance-use-and-mental-health-results-2015-national>
2. 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>
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APPENDIX A

Table 1. Substance Use: Among Adults Aged 18 or Older, by Gender and Sexual Identity, Percentages and Corresponding Standard Errors, Annual Averages, 2021 and 2022

Substance	Unadjusted						Age Adjusted						
	Male			Female			Male			Female			
	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight	
PAST MONTH													
Cigarette Smoking	20.2 (1.91)	22.5 ^c (1.88)	18.3 ^b (0.42)	22.2 ^f (2.10)	23.5 ^f (0.88)	13.8 ^{de} (0.33)	20.8 (1.92)	24.6 ^c (2.58)	18.7 ^b (0.41)	25.0 ^f (2.58)	27.2 ^f (1.97)	13.8 ^{de} (0.31)	
Alcohol	65.3 ^{bc} (2.37)	57.7 ^a (2.30)	55.3 ^a (0.49)	57.5 ^f (2.32)	61.6 ^f (1.08)	48.2 ^{de} (0.48)	65.0 ^c (2.40)	57.9 (3.24)	55.8 ^a (0.47)	57.9 ^f (2.78)	59.3 ^f (2.41)	49.6 ^{de} (0.44)	
Binge Alcohol ¹	31.3 ^c (2.19)	28.1 (1.77)	26.2 ^a (0.42)	29.6 ^f (2.44)	34.8 ^f (1.02)	19.4 ^{de} (0.33)	31.1 (2.25)	26.3 (2.23)	27.2 (0.41)	29.0 ^f (2.87)	31.6 ^f (2.18)	21.4 ^{de} (0.32)	
Heavy Alcohol	8.7 (1.20)	8.0 (1.07)	7.9 (0.24)	9.5 ^f (2.15)	9.8 ^f (0.60)	4.0 ^{de} (0.15)	8.6 (1.22)	7.9 (1.30)	8.2 (0.24)	10.9 ^f (2.62)	9.1 ^f (1.08)	4.4 ^{de} (0.15)	
PAST YEAR													
Illicit Drugs													
Marijuana	48.5 ^c (2.38)	51.9 ^c (2.05)	25.4 ^{ab} (0.41)	45.3 ^{ef} (2.58)	55.0 ^{ef} (1.07)	18.5 ^{de} (0.33)	47.8 ^c (2.43)	49.5 ^c (3.02)	26.7 ^{ab} (0.39)	43.2 ^f (3.11)	49.7 ^f (2.44)	20.4 ^{de} (0.32)	
Cocaine	41.6 ^c (2.34)	46.5 ^c (2.11)	22.6 ^{ab} (0.39)	41.5 ^{ef} (2.51)	51.9 ^{ef} (1.08)	15.6 ^{de} (0.31)	40.8 ^c (2.40)	42.9 ^c (3.10)	23.9 ^{ab} (0.37)	39.0 ^f (3.06)	45.9 ^f (2.41)	17.5 ^{de} (0.31)	
Hallucinogens	4.3 ^c (0.76)	5.6 ^c (1.41)	2.4 ^{ab} (0.13)	3.3 ^{ef} (1.02)	5.7 ^{ef} (0.50)	0.9 ^{de} (0.06)	4.1 ^c (0.77)	6.7 (2.11)	2.6 ^a (0.14)	3.3 (1.15)	4.5 ^f (0.92)	1.0 ^c (0.07)	
Inhalants	8.4 ^c (1.37)	12.1 ^c (1.54)	3.3 ^{ab} (0.14)	4.8 ^{ef} (0.84)	10.5 ^{ef} (0.61)	1.5 ^{de} (0.09)	8.2 ^c (1.40)	11.1 ^c (2.20)	3.7 ^{ab} (0.15)	4.1 ^f (0.85)	6.3 ^f (0.85)	1.8 ^{de} (0.11)	
Methamphetamine	9.5 ^{bc} (1.15)	4.0 ^{bc} (0.73)	0.5 ^{ab} (0.05)	0.8 ^e (0.36)	2.0 ^{ef} (0.27)	0.2 ^e (0.03)	9.3 ^{bc} (1.16)	4.0 ^{bc} (1.00)	0.6 ^{ab} (0.06)	0.7 (0.49)	0.9 ^f (0.14)	0.2 ^e (0.04)	
Misuse of Prescription Stimulants	5.1 ^c (1.41)	2.8 (0.87)	1.2 ^a (0.11)	0.8 ^e (0.32)	2.1 ^{ef} (0.33)	0.5 ^e (0.06)	5.3 ^c (1.47)	3.7 (1.33)	1.2 ^a (0.11)	0.9 ^e (0.34)	2.4 ^{ef} (0.51)	0.6 ^e (0.06)	
Misuse of Prescription Tranquilizers or Sedatives	3.7 ^c (1.04)	4.0 ^c (0.61)	1.5 ^{ab} (0.09)	2.6 ^{ef} (0.60)	4.4 ^{ef} (0.39)	1.0 ^{de} (0.07)	3.7 (1.07)	2.8 ^c (0.52)	1.7 ^b (0.10)	2.1 (0.50)	2.9 ^f (0.51)	1.3 ^e (0.08)	
Misuse of Central Nervous System Stimulants	4.0 ^c (0.85)	4.2 ^c (0.70)	1.5 ^{ab} (0.09)	3.7 ^f (0.92)	4.8 ^f (0.45)	1.6 ^{de} (0.10)	4.3 ^c (0.97)	3.8 ^c (0.72)	1.6 ^{ab} (0.09)	4.0 ^f (1.19)	4.8 ^f (0.88)	1.7 ^{de} (0.10)	
Illicit Drugs Other Than Marijuana ²	5.2 (1.21)	6.2 ^c (1.08)	3.3 ^b (0.16)	5.3 ^f (1.18)	7.2 ^f (0.57)	2.7 ^{de} (0.14)	5.4 (1.24)	7.4 ^c (1.65)	3.5 ^b (0.16)	5.5 ^{ef} (1.23)	10.1 ^{ef} (1.63)	2.8 ^{de} (0.13)	
	9.7 ^c (1.53)	10.5 ^c (1.62)	4.3 ^{ab} (0.18)	5.4 ^{ef} (1.17)	9.3 ^{ef} (0.61)	2.1 ^{de} (0.10)	9.7 ^c (1.61)	11.1 ^c (2.36)	4.6 ^{ab} (0.18)	5.0 ^f (1.24)	7.8 ^f (1.10)	2.5 ^{de} (0.12)	
	23.4 ^c (1.90)	25.6 ^c (1.95)	9.1 ^{ab} (0.24)	14.2 ^{ef} (1.75)	21.3 ^{ef} (0.83)	6.1 ^{de} (0.20)	23.5 ^c (1.99)	26.7 ^c (2.84)	9.7 ^{ab} (0.24)	13.8 ^{ef} (1.88)	19.4 ^{ef} (1.83)	6.7 ^{de} (0.19)	

* Low precision; no estimate reported.

Age adjusted = Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

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

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

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

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

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

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

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

¹ Estimates of binge alcohol use include use by those who were heavy alcohol users.

² Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

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Table 2. Substance Use: Among Adults Aged 18 or Older; by Gender and Sexual Identity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021 and 2022

Substance	Unadjusted					
	Male			Female		
	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight
PAST MONTH						
Cigarette Smoking	781 (87)	897 (83)	20,595 (568)	605 (65)	2,346 (110)	15,615 (421)
Alcohol	2,550 (155)	2,295 (141)	62,066 (968)	1,564 (111)	6,135 (196)	54,554 (874)
Binge Alcohol ¹	1,212 (105)	1,116 (80)	29,426 (598)	807 (86)	3,465 (136)	22,012 (474)
Heavy Alcohol	336 (49)	318 (44)	8,913 (292)	258 (64)	975 (67)	4,525 (185)
PAST YEAR						
Illicit Drugs						
Marijuana	1,879 (131)	2,066 (133)	28,484 (579)	1,233 (105)	5,484 (181)	20,952 (440)
Cocaine	1,614 (125)	1,850 (124)	25,361 (533)	1,129 (99)	5,178 (175)	17,682 (404)
Hallucinogens	167 (30)	222 (60)	2,747 (155)	89 (28)	566 (52)	982 (68)
Inhalants	326 (55)	482 (67)	3,713 (162)	131 (24)	1,048 (67)	1,700 (105)
Methamphetamine	369 (46)	158 (29)	568 (61)	21 (10)	200 (27)	197 (34)
Misuse of Prescription Stimulants	197 (57)	112 (36)	1,302 (124)	22 (9)	210 (34)	616 (72)
Misuse of Prescription Tranquilizers or Sedatives	144 (41)	160 (25)	1,732 (101)	70 (16)	443 (41)	1,185 (80)
Misuse of Opioids	153 (33)	168 (28)	1,679 (101)	100 (26)	482 (48)	1,804 (119)
Misuse of Central Nervous System Stimulants	202 (48)	247 (46)	3,736 (188)	144 (33)	714 (61)	3,049 (158)
Illicit Drugs Other Than Marijuana ²	375 (63)	418 (72)	4,821 (209)	147 (33)	931 (65)	2,371 (120)
	908 (83)	1,018 (98)	10,226 (303)	388 (53)	2,120 (101)	6,865 (232)

* Low precision; no estimate reported.

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

¹ Estimates of binge alcohol use include use by those who were heavy alcohol users.

² Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

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Table 3. Substance Use Disorder in Past Year: Among Adults Aged 18 or Older; by Gender and Sexual Identity, Percentages and Corresponding Standard Errors, Annual Averages, 2021 and 2022

Substance Use Disorder	Unadjusted						Age Adjusted					
	Male			Female			Male			Female		
	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight
DRUGS OR ALCOHOL	32.4 ^c (2.18)	35.2 ^c (2.03)	19.7 ^{ab} (0.37)	28.0 ^{ef} (2.14)	37.4 ^{ef} (1.03)	12.7 ^{de} (0.29)	32.2 ^c (2.24)	32.4 ^c (2.78)	20.7 ^{ab} (0.36)	26.5 ^{ef} (2.18)	32.2 ^{ef} (1.97)	13.8 ^{de} (0.28)
Drugs	19.6 ^c (1.92)	23.5 ^c (1.78)	10.0 ^{ab} (0.27)	16.3 ^{ef} (1.59)	26.6 ^{ef} (0.90)	6.1 ^{de} (0.21)	19.2 ^c (1.97)	21.3 ^c (2.44)	10.7 ^{ab} (0.27)	14.3 ^{ef} (1.55)	22.2 ^{ef} (1.68)	6.7 ^{de} (0.21)
Opioids	3.5 (1.05)	3.9 (1.16)	2.0 (0.14)	2.6 (0.72)	3.6 ^f (0.40)	2.0 ^g (0.12)	3.5 (1.04)	5.0 (1.82)	2.1 (0.13)	3.0 ^g (0.93)	5.9 ^{ef} (1.11)	1.9 ^g (0.11)
Drugs Other Than Marijuana	10.1 ^c (1.69)	7.4 ^c (1.30)	3.7 ^{ab} (0.17)	5.4 ^{ef} (0.94)	8.6 ^{ef} (0.58)	3.2 ^{de} (0.16)	10.2 ^c (1.69)	8.1 ^c (1.92)	3.9 ^{ab} (0.17)	5.7 ^{ef} (1.12)	9.5 ^{ef} (1.23)	3.2 ^{de} (0.14)
Alcohol	18.8 ^c (1.76)	17.9 ^c (1.46)	12.9 ^{ab} (0.32)	16.2 ^f (1.80)	20.0 ^f (0.86)	8.2 ^{de} (0.24)	18.9 ^c (1.81)	15.7 (1.85)	13.5 ^a (0.32)	15.9 ^f (1.89)	17.3 ^f (1.55)	9.1 ^{de} (0.24)

* Low precision; no estimate reported.

Age adjusted = Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

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

NOTE: Substance use disorder 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 gay males is statistically significant at the .05 level.

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

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

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

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

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

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

Table 4. Substance Use Disorder in Past Year: Among Adults Aged 18 or Older; by Gender and Sexual Identity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021 and 2022

Substance Use Disorder	Unadjusted					
	Male			Female		
	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight
DRUGS OR ALCOHOL	1,255 (110)	1,402 (102)	22,160 (502)	762 (69)	3,725 (135)	14,339 (378)
Drugs	761 (86)	935 (82)	11,239 (336)	444 (47)	2,656 (109)	6,934 (253)
Opioids	135 (42)	155 (48)	2,300 (155)	70 (20)	362 (41)	2,282 (140)
Drugs Other Than Marijuana	391 (70)	294 (54)	4,206 (201)	147 (27)	858 (62)	3,595 (182)
Alcohol	730 (77)	711 (64)	14,529 (403)	442 (56)	1,989 (99)	9,291 (299)

* Low precision; no estimate reported.

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

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

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

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Table 5. Mental Health Issues and Suicidal Thoughts and Behaviors in Past Year: Among Adults Aged 18 or Older; by Gender and Sexual Identity, Percentages and Corresponding Standard Errors, Annual Averages, 2021 and 2022

Mental Health Issues and Suicidal Thoughts and Behaviors	Unadjusted						Age Adjusted					
	Male			Female			Male			Female		
	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight
Any Mental Illness¹ Serious Mental Illness ¹	37.3 ^{bc} (2.24) 9.8 ^{bc} (1.27)	48.2 ^{bc} (2.05) 17.5 ^{bc} (1.40)	17.1 ^{ab} (0.35) 3.9 ^{ab} (0.16)	42.8 ^{ef} (2.46) 15.4 ^{ef} (1.66)	62.9 ^{ef} (1.03) 27.0 ^{ef} (0.89)	23.5 ^{de} (0.37) 5.3 ^{de} (0.18)	37.5 ^c (2.25) 9.6 ^{bc} (1.25)	43.3 ^c (2.71) 14.4 ^{bc} (1.72)	18.1 ^{ab} (0.34) 4.2 ^{ab} (0.17)	38.7 ^{ef} (2.48) 12.6 ^{ef} (1.49)	53.9 ^{ef} (2.43) 19.5 ^{ef} (1.29)	25.4 ^{de} (0.35) 5.9 ^{de} (0.18)
Major Depressive Episode	13.8 ^{bc} (1.51)	24.1 ^{bc} (1.64)	5.9 ^{ab} (0.19)	19.3 ^{ef} (1.71)	34.4 ^{ef} (1.03)	8.2 ^{de} (0.21)	13.7 ^{bc} (1.54)	19.9 ^{bc} (2.19)	6.3 ^{ab} (0.20)	15.2 ^{ef} (1.46)	26.1 ^{ef} (2.15)	9.1 ^{de} (0.20)
Co-Occurring Any Mental Illness and Substance Use Disorder^{1,2}	16.5 ^{bc} (1.68)	21.8 ^{bc} (1.66)	6.8 ^{ab} (0.21)	19.0 ^{ef} (1.85)	28.6 ^{ef} (0.90)	6.3 ^{ab} (0.20)	16.4 ^c (1.71)	18.7 ^c (2.12)	7.3 ^{ab} (0.22)	16.7 ^{ef} (1.69)	22.8 ^{ef} (1.67)	7.1 ^{de} (0.20)
Had Serious Thoughts of Suicide	10.4 ^{bc} (1.40)	18.4 ^{bc} (1.49)	4.1 ^{ab} (0.17)	13.1 ^{ef} (1.37)	22.0 ^{ef} (0.82)	3.7 ^{ab} (0.15)	10.1 ^c (1.38)	13.8 ^c (1.73)	4.4 ^{ab} (0.17)	10.4 ^{ef} (1.30)	14.7 ^{ef} (1.19)	4.2 ^{de} (0.15)
Made a Suicide Plan	2.3 ^{bc} (0.50)	7.1 ^{bc} (0.83)	1.1 ^{ab} (0.08)	5.5 ^{ef} (0.96)	8.4 ^{ef} (0.60)	0.9 ^{ab} (0.06)	2.3 ^{bc} (0.50)	4.6 ^{bc} (0.69)	1.2 ^{ab} (0.08)	4.2 ^{ef} (0.90)	5.0 ^{ef} (0.76)	1.0 ^{de} (0.07)
Attempted Suicide	1.7 (0.71)	3.5 ^c (0.61)	0.5 ^b (0.05)	2.1 ^{ef} (0.53)	4.4 ^{ef} (0.43)	0.4 ^{de} (0.05)	1.7 (0.74)	2.3 ^c (0.51)	0.5 ^b (0.06)	1.3 ^{ef} (0.32)	2.4 ^{ef} (0.36)	0.4 ^{de} (0.05)

* Low precision; no estimate reported.

Age adjusted = Estimates were age adjusted to the adult age distribution of the 2000 U.S. standard population.

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

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

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

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

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

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

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

¹ Mental illness aligns with criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

² Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in this row include prescription drug use disorder data from all past year users of prescription drugs. See the *2021 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* for details on these changes.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

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Table 6. Mental Health Issues and Suicidal Thoughts and Behaviors in Past Year: Among Adults Aged 18 or Older; by Gender and Sexual Identity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021 and 2022

Mental Health Issues and Suicidal Thoughts and Behaviors	Unadjusted					
	Male			Female		
	Gay	Bisexual	Straight	Lesbian	Bisexual	Straight
Any Mental Illness¹ Serious Mental Illness ¹	1,447 (106) 378 (49)	1,919 (109) 695 (59)	19,178 (472) 4,332 (188)	1,164 (84) 419 (48)	6,269 (191) 2,687 (112)	26,613 (528) 6,029 (215)
Major Depressive Episode	534 (60)	957 (75)	6,586 (236)	527 (49)	3,426 (136)	9,243 (260)
Co-Occurring Any Mental Illness and Substance Use Disorder^{1,2}	641 (70)	866 (72)	7,661 (261)	517 (56)	2,853 (114)	7,163 (238)
Had Serious Thoughts of Suicide	403 (55)	731 (62)	4,592 (200)	356 (38)	2,190 (97)	4,135 (173)
Made a Suicide Plan	91 (19)	281 (34)	1,233 (88)	149 (26)	837 (62)	976 (69)
Attempted Suicide	68 (28)	138 (25)	525 (56)	57 (14)	442 (44)	412 (56)

* Low precision; no estimate reported.

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

¹ Mental illness aligns with criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic status.

² Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in this row include prescription drug use disorder data from all past year users of prescription drugs. See the *2021 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* for details on these changes.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

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