



2024 Philippines
National Survey on the
Mental Health of
LGBTQ+ Young People



TABLE OF CONTENTS

TABLE OF CONTENTS	1
EXECUTIVE SUMMARY	2
Key Findings	3
Methodology Summary	3
Recommendations	3
BACKGROUND	4
METHODOLOGY	6
DEMOGRAPHICS	8
RESULTS	12
Mental Health & Suicide Risk	12
Suicide Risk	12
Mental Health	14
Self-Harm	15
Risk Factors	17
Conversion Therapy	17
Homelessness	19
Anti-LGBTQ+ Discrimination and Victimization	20
Self-Stigmatization	21
Access to Care	22
Protective Factors	23
Community Acceptance	23
LGBTQ+ Affirming Experiences	24
Support Factors	26
Religion	27
RECOMMENDATIONS	28
About The Trevor Project	31
Acknowledgments	31
Recommended Citation	31
Media inquires	31
Research-related inquiries	31
REFERENCES	32

EXECUTIVE SUMMARY

The 2024 Philippines National Survey on the Mental Health of LGBTQ+ Young People is the first country-wide survey to focus on LGBTQ+ young people and individual and socioeconomic factors that influence their mental health. While more recent national demographic studies have begun to capture information on sexual orientation and gender identity (SOGI), this survey is the first of this scale to examine LGBTQ+ youth mental health in the Philippines.

This project was led by The Trevor Project and the Psychological Association of the Philippines (PAP) LGBT Psychology Special Interest Group, the first formally recognized collective of psychologists and allied mental health professionals in Southeast Asia.

The survey underscores the unique experiences and stressors that LGBTQ+ young people face. While these findings illustrate a number of mental health challenges among this group, they also offer valuable insight into the protective factors that may lead to better mental health outcomes for LGBTQ+ people.

For LGBTQ+ young people in the Philippines, anxiety, depression, and considering or attempting suicide remain far too common. However, the survey shows that accepting communities, supportive family members, and participation in religious practices, among other factors, were associated with lower rates of adverse mental health outcomes.

These findings give us a roadmap to better understand the mental health and experiences of LGBTQ+ young people across the country, and what steps we can take as adults and allies to support these young people.

We hope that mental health care providers, policymakers, educators, and other youth-facing professionals and organizations use these data as a resource to help build the safe and affirming world that all young people – including LGBTQ+ Filipino young people – deserve.

Key Findings

1. 3 in 4 (75%) LGBTQ+ young people have ever seriously considered suicide, and nearly half (46%) have ever attempted suicide. More than one in three (34%) attempted suicide in the past year.
2. The majority reported recent symptoms of depression (62%) and anxiety (62%), as well as engaging in self-harm in the past year (59%).
3. Nearly 1 in 5 (19%) LGBTQ+ young people reported being threatened with or subjected to conversion therapy, which was related to higher rates of mental health concerns.
4. Nearly two-thirds (63%) saw their LGBTQ+ identity as a burden and more than half (58%) did not feel comfortable interacting with others as their true selves, which were both related to higher rates of depression, anxiety, and self-harm.
5. Feeling affirmed in one's LGBTQ+ identity, living in an accepting community, receiving helpful therapy, and developing healthy coping strategies were all associated with lower rates of mental health concerns.

Methodology Summary

A quantitative cross-sectional design was used to collect data through an online survey platform between June 9, 2023 and June 30, 2023. The survey was offered in English, Filipino (Tagalog), Cebuano, and Hiligaynon. A sample of LGBTQ+ individuals aged 15 to 24 who resided in the Philippines was recruited via targeted ads on social media. Participants were asked questions about their mental health, as well as risk and protective factors. The analyses in this report include a final analytic sample of 5,515 LGBTQ+ young people.

Recommendations

Based on the findings, the report strongly emphasizes the urgent need for prioritizing the mental health of LGBTQ+ young people in the Philippines. Recommendations include fostering supportive and accepting environments, particularly from family and friends, as important protective factors against mental health issues and suicide. The report advocates for accessible, LGBTQ+ affirming health care and community services, recognizing these as fundamental to managing stress and promoting healing. Given the high cost of mental health services and the prevalence of unsupportive or financially incapable families, it becomes critical to ensure independent access to mental health care for LGBTQ+ young people. Addressing the harmful practice of conversion therapy, the report calls for complete eradication of this dangerous and discredited practice. Additionally, the report highlights the necessity for access to gender-affirming care for transgender and nonbinary youth,

underscoring its potential to be lifesaving. Lastly, the recommendations advocate for an intersectional, systemic approach in addressing the mental health needs of LGBTQ+ young people in the Philippines, and increased awareness and policy development for protecting marginalized subgroups within the LGBTQ+ community.

BACKGROUND

LGBTQ+ people in the Philippines face considerable and unique life challenges and stressors, which are understood to be associated with various adverse mental health outcomes (Institute of Medicine [IOM], 2011; United Nations Development Programme, United States Agency for International Development [UNDP, USAID], 2014). One of the most serious of these outcomes is suicide, which is the fourth leading cause of death among individuals aged 15 to 29 (World Health Organization [WHO], 2021b). As of 2019, the WHO has prioritized the reduction of suicide mortality by its inclusion as an indicator of the United Nations' Sustainable Development Goals (SDGs target 3.4.2) in the WHO 13th General Programme of Work 2019-2023 (WHO, 2019) and WHO Mental Health Action Plan 2013-2030 (WHO, 2021a). While the mechanisms for suicide risk continue to be researched – for example, how risk factors for suicide such as depression are mediated by contexts like income (Cleofas & Alibudbud, 2022) – it is well understood that these experiences of minority stress contribute grossly to the disproportionate suicide risk experienced by LGBTQ+ people even when accounting for other factors (Almeida et al., 2009; Haas et al., 2011).

These outcomes are known to be attributable to what is called *minority stress*, defined broadly as a person's 'excess exposure to social stress ... due to their stigmatized social status' (Frost & Meyer, 2023), specifically based on their sexual orientation and gender identity (SOGI). These social stressors, which can take various forms of discrimination and exclusion, include a variety of experiences such as bullying and harassment, limited access to crucial health services, or being raised on cultural norms that explicitly paint non-heterosexual and non-cisgender experiences as abnormal or immoral (Alibudbud, 2023; 2021; ASEAN SOGIE Caucus, 2017; Manalastas, 2016, 2013; Manalastas & Torre, 2016; Meyer, 2003; Reyes et al., 2015; Reyes et al., 2017a; Reyes et al., 2017b; Tan & Saw, 2022). These stressors are also known to lead to the development of *internalized stigma* which is broadly defined as discomfort towards one's own SOGI due to the internalization of negative norms and attitudes, also known as *internalized homophobia* (Meyer & Frost, 2009) or *internalized transphobia* (Garro et al., 2022), that further exacerbates risks to LGBTQ+ people's mental health (Kittiteerasack et al., 2021; Reyes et al., 2017; Tan et al., 2019).

The same patterns are seen in studies done in the Philippine context, as found by Reyes et al. (2024), indicating that the mental health of LGBTQ+ Filipinos is generally poor. This contributes to higher risks of suicidal ideations among LGBTQ+ Filipinos compared to their heterosexual and cisgender counterparts. These risks are compounded by other individual and social factors, including pre-existing mental health conditions, recent suicide attempts by loved ones, and experiences of threat and victimization based on their SOGI. Such factors increase internalized stigma (Alibudbud, 2023; Cleofas & Alibudbud, 2023; Bautista et al., 2017; Manalastas, 2013; 2016; Manalastas & Torre, 2016; Reyes et al., 2015; Reyes et al., 2017a; Reyes et al., 2017b; Tan & Saw, 2022).

More recent global events, especially the COVID-19 pandemic, have also compounded the stress experienced by Filipino youth (Joaquin et al., 2020; Hechanova et al., 2022). For instance, mental health risks for LGBTQ+ young people enrolled in college during the lockdown were found to have been exacerbated by having to return to living with unsupportive individuals or family members (Fish et al., 2020).

Social and cultural factors, as seen in the research, pose a serious barrier to effective mental health responses for LGBTQ+ Filipinos. Data from extant survey research suggests that Filipinos have a high acceptance rate of same-sex relationships (Abad, 2020; Pew Research Center, 2019), and some claim that the country is relatively accepting of LGBTQ+ people (Tubeza, 2013). However, others argue that this seeming acceptance of LGBTQ+ Filipinos is conditional and moderate at best (Manalastas et al., 2017). Recent scholarship suggests that negative attitudes toward LGBTQ+ people and their experiences continue to operate as a dominant and default perspective (Reyes et al., 2021; Reyes et al., 2023).

Although identifying as or expressing oneself as LGBTQ+ is not criminalized in the Philippines as it is in other Southeast Asian nations (ASEAN SOGIE Caucus, 2021), LGBTQ+ Filipinos still face significant legal challenges. These include the lack of legal gender recognition and limitations on the economic rights and legal decision-making for same-sex couples (e.g., authority to make medical decisions for one's same-sex partner in health emergencies). Most emblematic of the challenges within the country's legal landscape is the 'SOGIE Equality Bill,' which, in its more than two decades of deliberation in various forms, has sought to provide comprehensive legal protections for LGBTQ+ Filipinos, remains pending as of this writing (Ildfonso, 2024). Although there are more than twenty-eight local government units that have implemented local SOGIE anti-discrimination ordinances (Talabong, 2020), implementation is haphazard at best and only covers the jurisdictions of a small portion of the country (Bilon, 2018; Bilon & de Leon, 2018; Manalastas, 2017). The legal context in the

Philippines reflects societal attitudes toward LGBTQ+ people, where discrimination is widespread and negative views are prevalent (Abesamis & Alibudbud, 2024; Bernardo, 2013; Manalastas & Torre, 2013; Reyes et al., 2015). Discriminatory laws and a lack of legal protection contribute to stigma and discrimination, heightening the risk of mental health issues and suicide among LGBTQ+ people (Figueiredo & Abreu, 2015; Greene-Rooks et al., 2021; Ventriglio et al., 2022).

Finally, while Filipino LGBTQ+ youth demonstrate a strategic use of social media to support each other's SOGI (Hanckel et al., 2019), the Psychological Association of the Philippines (PAP) underscored the lack of LGBTQ+ education, noting the scarcity of informed queer studies (Manalastas, 2013; Manalastas & Torre, 2016). There is a pressing need for more inclusive curricula, as most schools in the country do not integrate LGBTQ+ education (Sayson & Nisperos, 2015). Moreover, nationwide and large-scale quantitative studies focusing on the lives of sexual and gender minority populations are few and far between, particularly those addressing LGBTQ+ mental health concerns.

This national study was initiated to get a picture of the mental health landscape among LGBTQ+ young people in the Philippines, recognizing the urgent need to address the various issues faced by Filipino LGBTQ+ youth regarding their mental health. This research, initiated by The Trevor Project, aims to provide insights to inform interventions, policies, and support systems tailored to the needs of the LGBTQ+ community unique to the Philippine context.

METHODOLOGY

The content and methodology for The Trevor Project's 2024 Philippines National Survey on the Mental Health of LGBTQ+ Young People was approved by an independent Institutional Review Board in the United States and a local independent Institutional Review Board in the Philippines, The Philippine Social Science Council-Social Science Ethics Review Board.

A quantitative cross-sectional design was used to collect data through an online survey platform between June 9, 2023 and June 30, 2023. A sample of individuals ages 15 to 24 who resided in the Philippines was recruited via targeted ads on social media. No recruitment advertisements were posted onto The Trevor Project's website or social media accounts. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than heterosexual, a gender identity other than cisgender, or both. Recruitment was monitored to ensure adequate sample sizes with respect to age, region, gender identity, and

sexual orientation. Qualified respondents completed a secure online questionnaire that included a maximum of 70 questions.

There were 21,724 respondents who started the survey. In total, 12,872 consented to start the survey and were identified as unique respondents based on spam and duplicate identifiers. Of those, 704 respondents were pathed out due to age (not 15-24) or location (not in the Philippines). An additional 3,876 respondents were pathed out for not meeting other demographic requirements, such as not completing the demographic questions on sexual orientation and gender identity and not being LGBTQ+. An additional 2,019 were removed for either not making it to or passing the validity question, 159 were excluded for taking the survey multiple times, and 197 were excluded for not being honest throughout the survey. **This resulted in an eligible sample of 5,515 LGBTQ+ young people aged 15-24 in the Philippines.**

Chi-square tests were used to examine differences between groups. Comparisons are statistically significant at $p < 0.05$ unless otherwise noted, which means there was a $< 5\%$ likelihood of the results occurring by chance. Only statistically significant findings are included unless otherwise noted in the charts. All other non-significant findings have been excluded. Small participant numbers were also provided in the notes. All comparisons included sub-group sample sizes of $n > 50$ except when noted otherwise.

Questions on considering and attempting suicide, as well as engaging in self-harm in the past year, were taken from the Centers for Disease Control and Prevention's Youth Risk Behavior Survey. Questions regarding anxiety and depression were taken from the Generalized Anxiety Disorder 2 (GAD-2) and the Patient Health Questionnaire 2 (PHQ-2), respectively.

Each question related to mental health and suicide was preceded by a message stating, "**If at any time you need to talk to someone about your mental health or thoughts of suicide, please contact:**" with a list of PH-based, LGBTQ+ affirming psychological chat and hotline services.

Questions regarding well-being were taken from the World Health Organization's Five Well-Being Index (WHO-5). The well-being score was developed by taking the mean WHO-5 score of the sample (40.9), and creating a 3-level split variable using the standard deviation of the mean (21.5). Several questions were also taken from the Philippines National Demographic and Health Survey (2017).

This report uses LGBTQ+ as an umbrella term for all non-cisgender and non-heterosexual young people. “Trans and nonbinary” is used as an umbrella term of all non-cisgender young people. This includes trans and nonbinary young people, as well as genders beyond the binary (e.g., genderqueer, agender, genderfluid, gender neutral, bigender).

Geographic regions are coded as follows: **Luzon** [Ilocos Region, Cagayan Valley, Central Luzon, Calabarzon, Bicol Region, Cordillera Administrative Region, Mimaropa, and National Capital Region], **Visayas** [Western Visayas, Central Visayas, and Eastern Visayas], and **Mindanao** [Zamboanga Peninsula, Northern Mindanao, Davao Region, Soccsksargen, Caraga Administrative Region, and Autonomous Region in Muslim Mindanao].

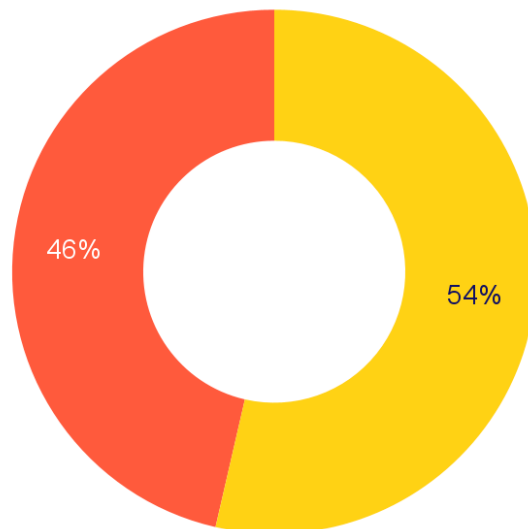
Ethnicity categories are coded as follows: **Bicolano, Bisaya, Cebuano, Ilocano, Ilonggo, Kapampangan, Tagalog, Waray, and An ethnicity not listed above** [includes Maranao and Tausug].

Religion categories are coded as follows: **Roman Catholic, Protestant, Iglesia ni Cristo, Other Christian, Another religion not listed here** [includes Aglipay and Islam], and **No religion**.

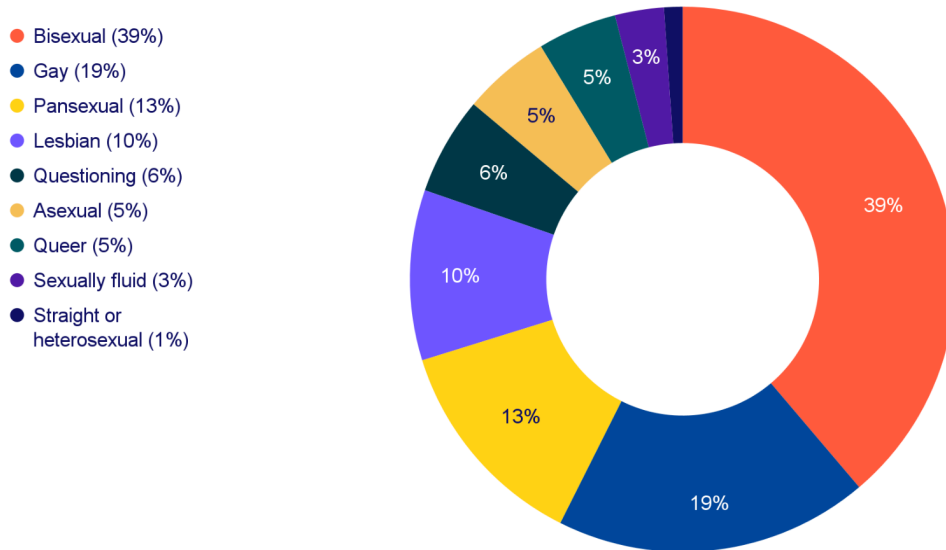
DEMOGRAPHICS

Age Among LGBTQ+ Young People in the Philippines

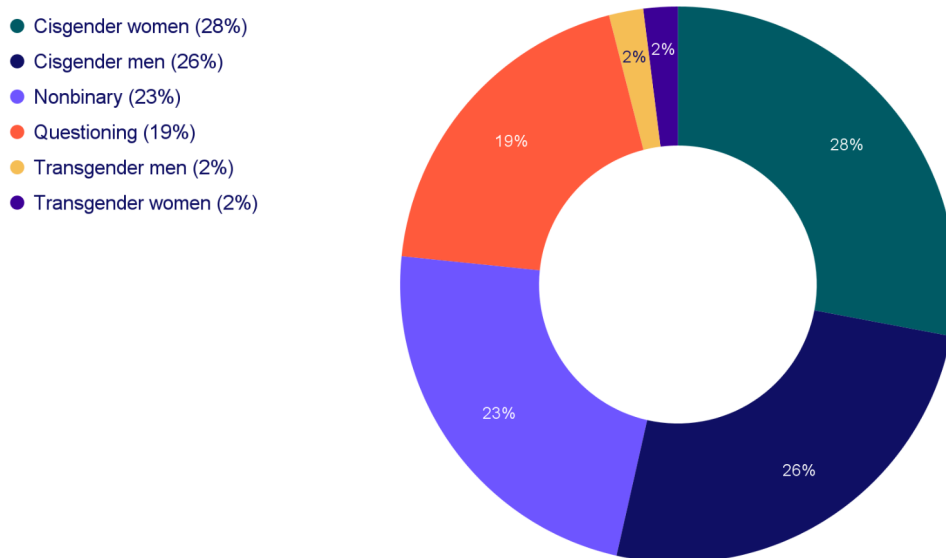
- 15 to 18 years old (54%)
- 19 to 24 years old (46%)



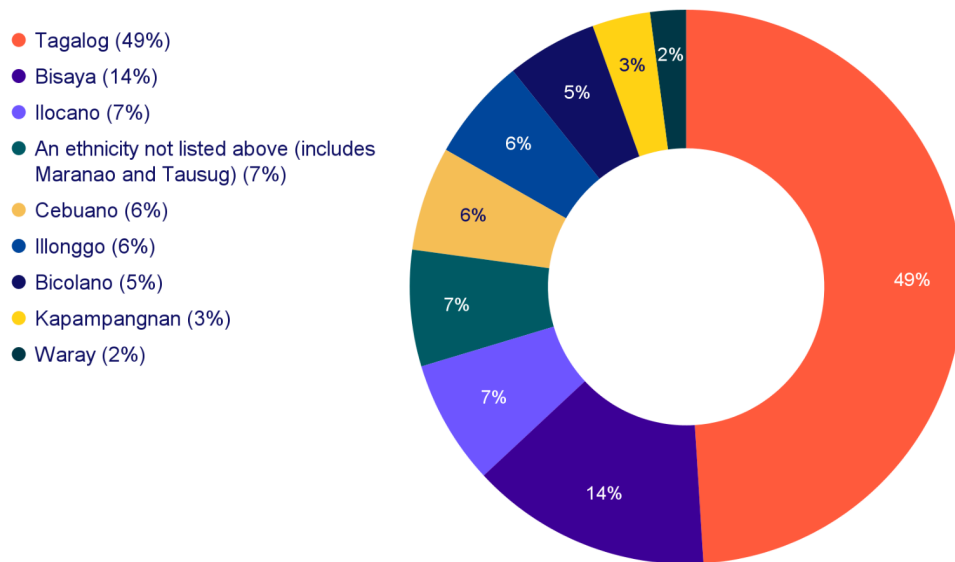
Sexual Orientation Among LGBTQ+ Young People in the Philippines



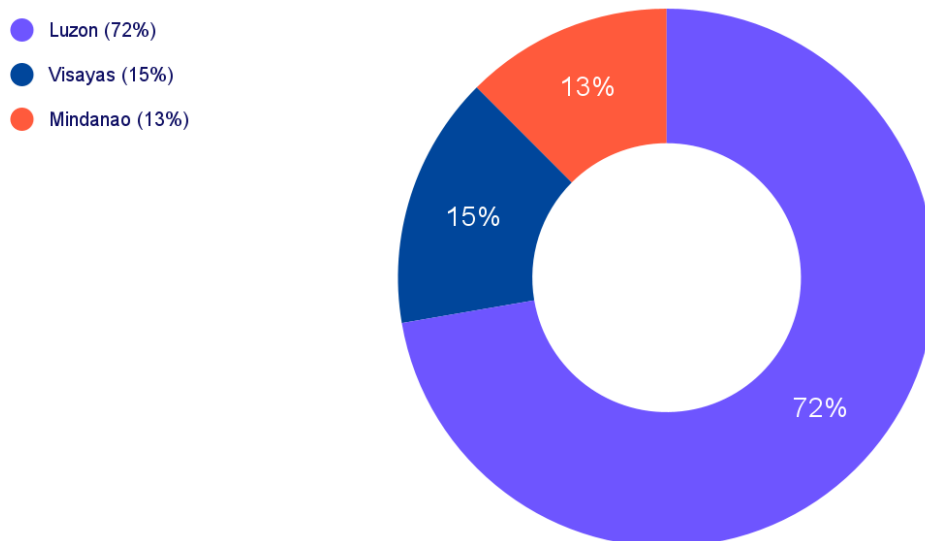
Gender Identity Among LGBTQ+ Young People in the Philippines



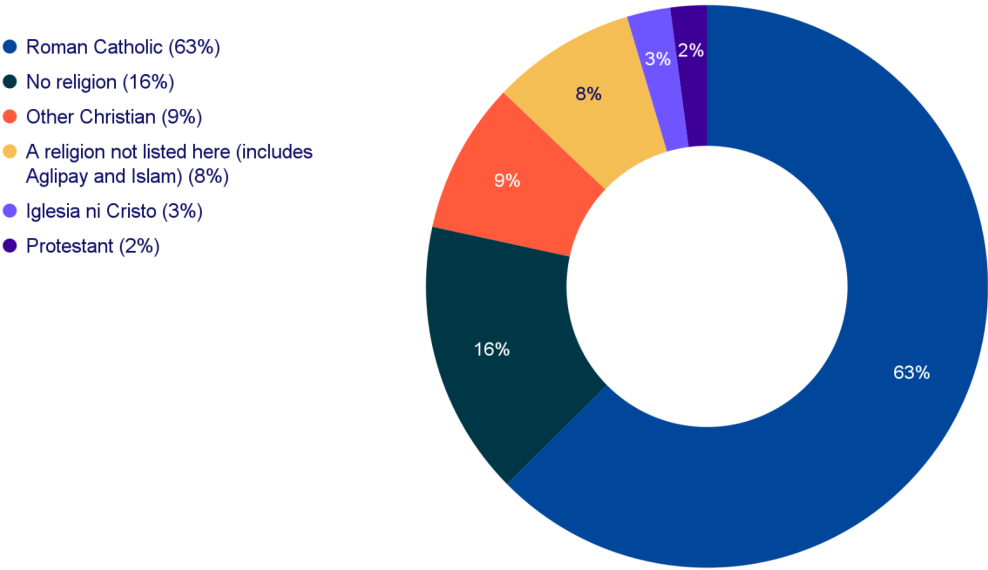
Race and Ethnicity Among LGBTQ+ Young People in the Philippines



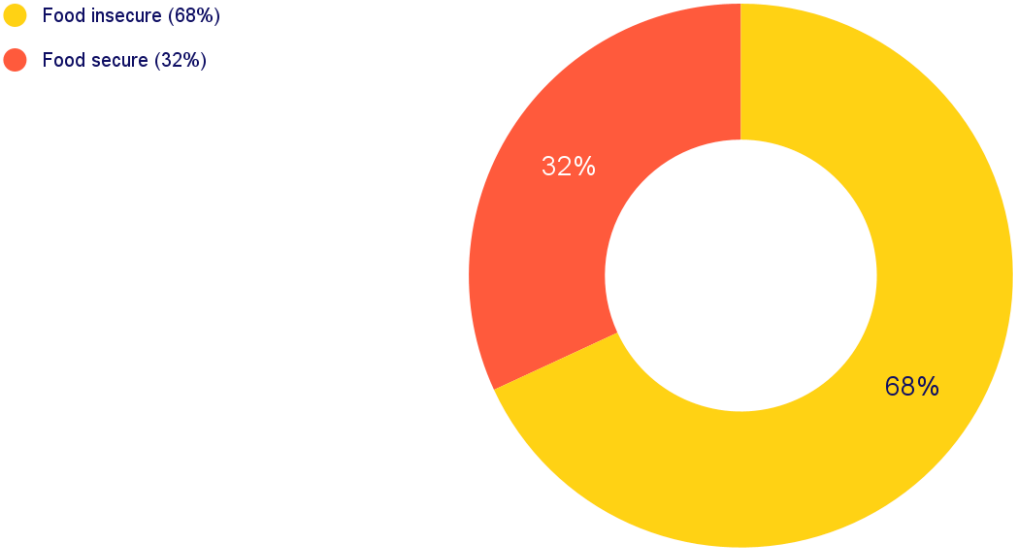
Regions Among LGBTQ+ Young People in the Philippines



Religion Among LGBTQ+ Young People in the Philippines



Food Security Among LGBTQ+ Young People in the Philippines



RESULTS

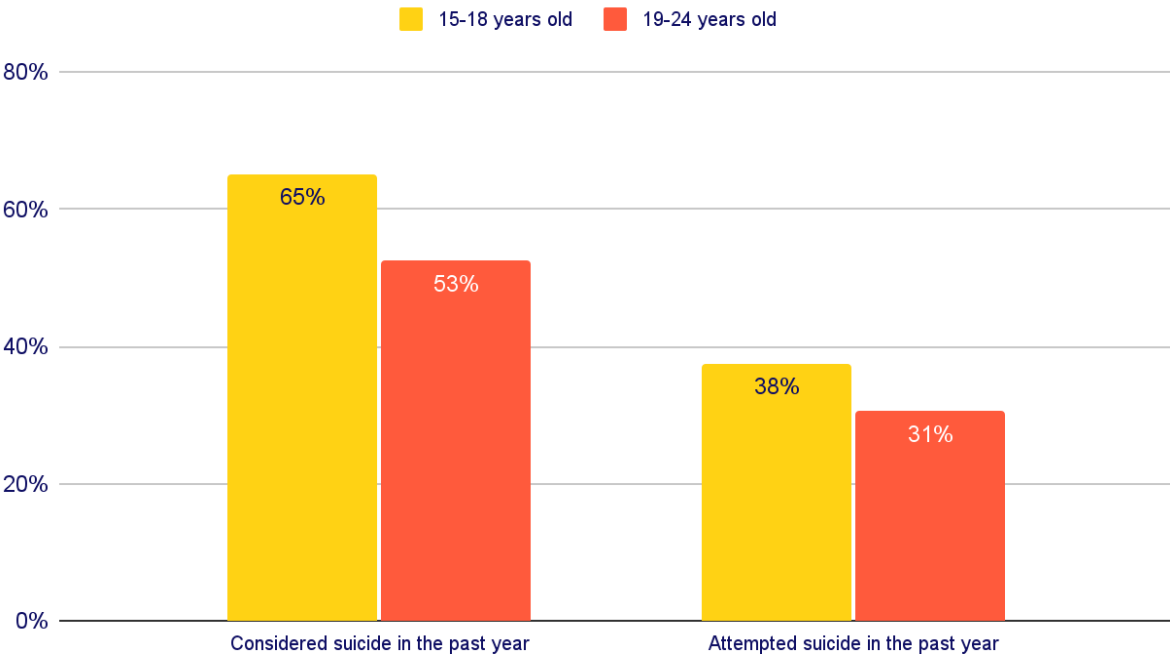
Mental Health & Suicide Risk

Suicide Risk

Three-quarters of LGBTQ+ young people (75%) in the Philippines have ever seriously considered suicide. Over half (59%) considered suicide in the past year. Nearly half (46%) attempted suicide at some point, with more than one-third (34%) attempting suicide in the past year. We found significant differences in suicide risk among different subgroups of LGBTQ+ young people in the Philippines:

- By age, more LGBTQ+ young people in the Philippines 15 to 18 years old reported having ever considered suicide (78%) compared to those 19 to 24 years old (71%). Of these, 65% of LGBTQ+ young people aged 15 to 18 years reported considering suicide in the past year compared to those aged 19 to 24 years (53%). Similarly, more LGBTQ+ young people aged 15 to 18 years reported having ever attempted suicide (48%) than those aged 19 to 24 years (44%). More LGBTQ+ young people in the 15 to 18 age group reported attempting suicide in the past year (38%) than LGBTQ+ young people aged 19 to 24 years (31%).

Suicide Risk Among LGBTQ+ Young People in the Philippines by Age

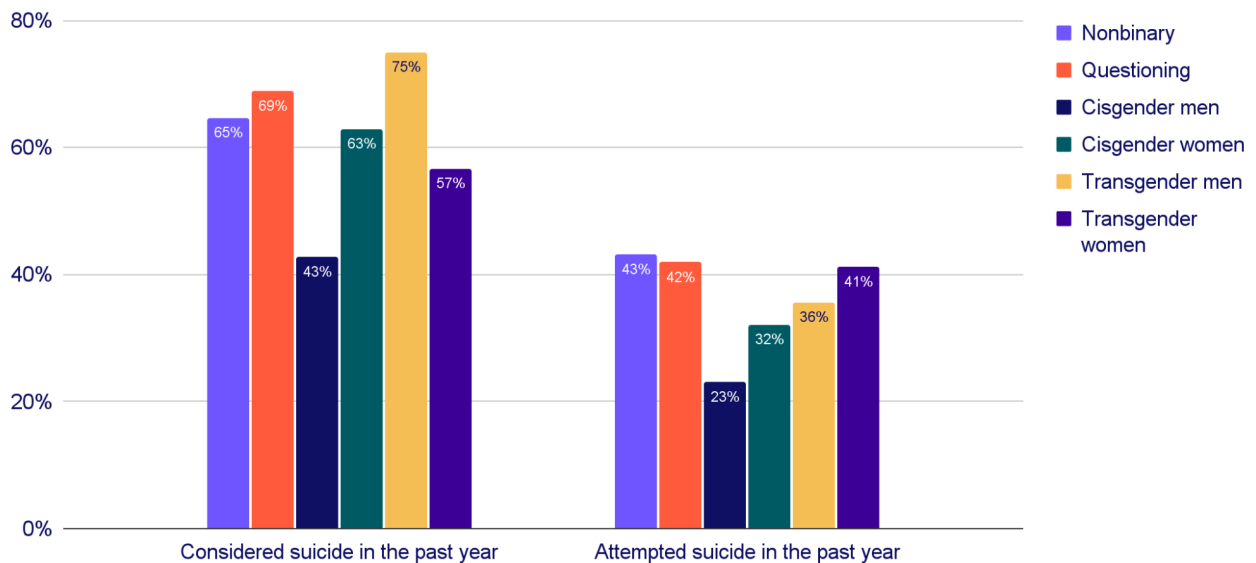


- By sexual orientation, more LGBTQ+ young people in the Philippines who identified as sexually fluid or pansexual reported considering suicide in the past year (both 72%)

than other sexual orientation subgroups, including those who identified as gay (44%), lesbian (68%), bisexual (57%), queer (65%), asexual (70%), or questioning (64%). Similarly, more LGBTQ+ young people who identified as sexually fluid or pansexual reported attempting suicide in the past year (48% and 46%, respectively) than other subgroups, including those who identified as gay (24%), lesbian (41%), bisexual (34%), queer (32%), asexual (34%), or questioning (32%).

- By gender identity, more transgender young men reported considering suicide in the past year (75%) than young people who identified as nonbinary (65%), questioning (69%), cisgender men (43%), cisgender women (63%), and transgender women (57%). Similarly, more nonbinary young people reported attempting suicide in the past year (43%) than young people who identified as questioning (42%), cisgender men (23%), cisgender women (32%), transgender men (36%), and transgender women (41%).

Suicide Risk Among LGBTQ+ Young People in the Philippines by Gender Identity



- By ethnicity, more Tagalog and Waray LGBTQ+ young people reported considering suicide in the past year (both 61%) compared to other ethnic groups, including Bicolano (57%), Bisaya (60%), Cebuano (55%), Ilocano (56%), Ilonggo (56%), Kapampangan (58%), and other ethnicities including Maranao and Tausug (58%).
- By religion, more LGBTQ+ young people in the Philippines who reported having no religious affiliation reported considering suicide in the past year (70%) than LGBTQ+ young people from other religious groups, including Roman Catholic (56%), Protestant (43%), Iglesia ni Cristo (63%), other Christian denominations (60%), and

other religious groups, such as Aglipay and Islam (65%). Additionally, more LGBTQ+ young people belonging to other religious groups reported attempting suicide in the past year (41%) compared to Roman Catholic (33%), Protestant (24%), Iglesia ni Cristo (40%), other Christian denominations (35%), and those with no religious affiliation (37%).

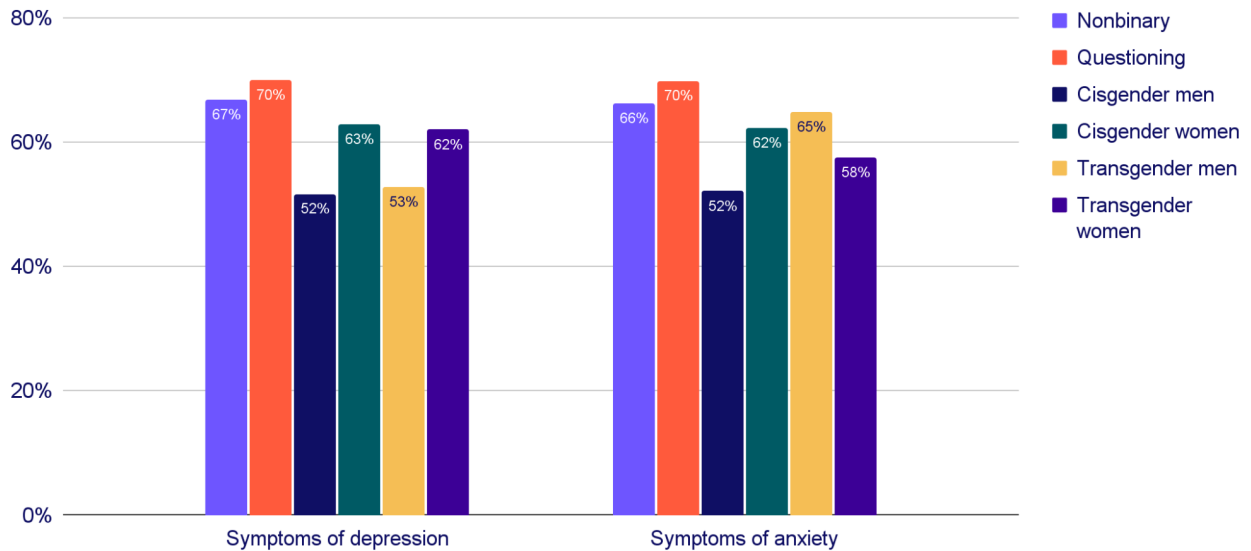
- By socioeconomic status, more LGBTQ+ young people in the Philippines who reported experiencing food insecurity also reported considering suicide in the past year (62%) than LGBTQ+ young people who reported being food secure (53%). Similarly, more of those who reported experiencing food insecurity also reported attempting suicide (39%) compared to LGBTQ+ young people who reported being food secure (25%).

Mental Health

The majority of LGBTQ+ young people in the Philippines reported recent symptoms of depression (62%) and recent symptoms of anxiety (62%) in the past two weeks. Within every subgroup, at least 50% of LGBTQ+ young people reported experiencing symptoms of depression and anxiety in the past two weeks. We found differences in symptoms of depression and anxiety across various subgroups of LGBTQ+ young people in the Philippines:

- By age, younger LGBTQ+ young people 15 to 18 years old reported more depressive symptoms (65%) and more anxiety symptoms (64%) than LGBTQ+ young people 19 to 24 years old (58% for depressive symptoms and 59% for anxiety symptoms).
- By sexual orientation, asexual young people and pansexual young people reported more symptoms of depression and anxiety than their peers of other sexual identities, with more than 70% of LGBTQ+ young people in both groups reporting higher rates of depression and anxiety.
- By gender identity, those questioning their gender identity reported higher rates of depression (70%) and anxiety (70%) than other gender identity groups.

Mental Health Among LGBTQ+ Young People in the Philippines by Gender Identity



- By socioeconomic status, those who reported experiencing food insecurity reported higher rates of depression (67%) and anxiety (67%) compared to those who reported being food secure (50% for depression; 52% for anxiety).
- By religion, more LGBTQ+ young people in the Philippines who reported their religion as Iglesia ni Cristo (66%) and other religious groups including Aglipay and Islam (66%) reported recent symptoms of depression than those who identified as Roman Catholic (60%), Protestant (57%), other Christian denominations (64%), and those who indicated having no religious affiliation (65%).

Self-Harm

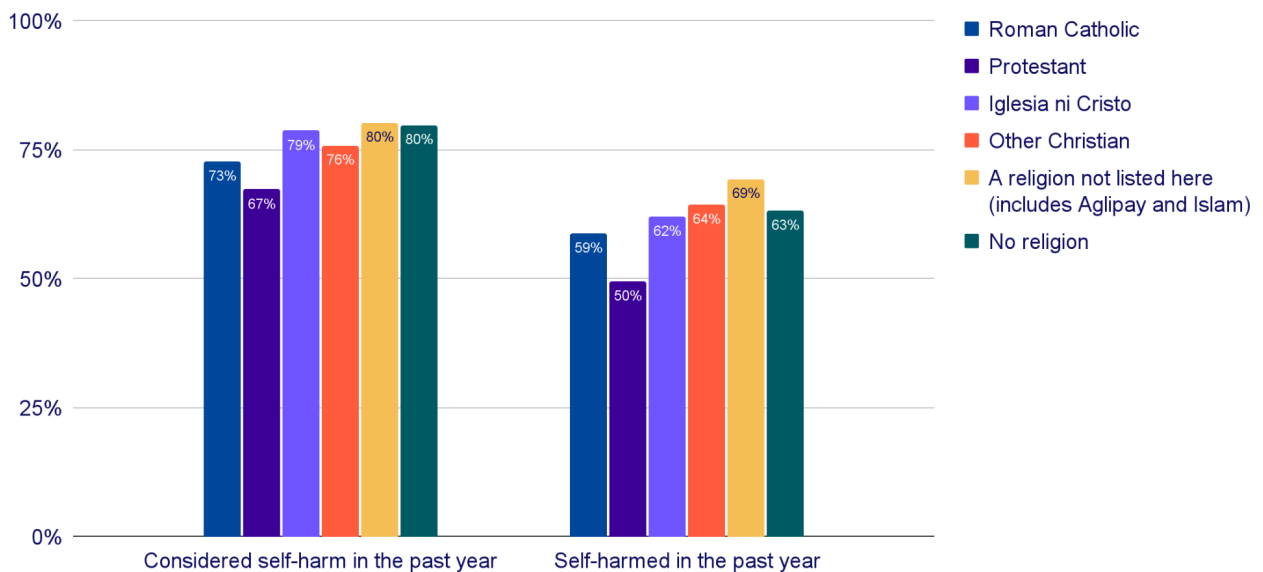
Three-quarters of LGBTQ+ young people (75%) in the Philippines reported considering self-harm in the past year. Of those, 59% reported self-harming in the past year. We also found significant differences in self-harm among different subgroups of LGBTQ+ young people in the Philippines:

- By age, more LGBTQ+ young people in the Philippines 15 to 18 years old reported considering self-harm in the past year (80%) than LGBTQ+ young people 19 to 24 years old (69%). Of those, more LGBTQ+ young people ages 15 to 18 years reported engaging in self-harm in the past year (68%) than those aged 19 to 24 years (53%).
- By sexual orientation, more LGBTQ+ young people in the Philippines who identified as asexual and sexually fluid reported considering self-harm in the past year (88% and 87%, respectively) compared to other groups, including those who identified as gay

(59%), lesbian (84%), bisexual (74%), queer (81%), pansexual (84%), and questioning (77%). However, more LGBTQ+ young people who identified as lesbian and sexually fluid reported self-harming in the past year (73% and 75%, respectively) than those of other sexual orientations, including those who identified as gay (43%), bisexual (60%), queer (68%), pansexual (71%), asexual (68%), or questioning (61%).

- By gender identity, more transgender men reported considering self-harm in the past year (87%) than those of other gender identity groups, including young people who identified as nonbinary (80%), questioning (84%), cisgender men (59%), cisgender women (80%), and transgender women (66%). Similarly, more transgender young men reported self-harming in the past year (72%) than young people of other gender identity groups, including young people who identified as nonbinary (67%), questioning (71%), cisgender men (43%), cisgender women (65%), and transgender women (55%).
- By socioeconomic status, more LGBTQ+ young people in the Philippines who reported experiencing food insecurity reported considering self-harm in the past year (77%) compared to those who reported being food secure (70%).
- By religion, young people who identified with the religions Aglipay, Islam, or another religion reported the highest rates of considering self-harm in the past year (80%) and self-harming in the past year (69%).

Self-Harm Among LGBTQ+ Young People in the Philippines by Religion



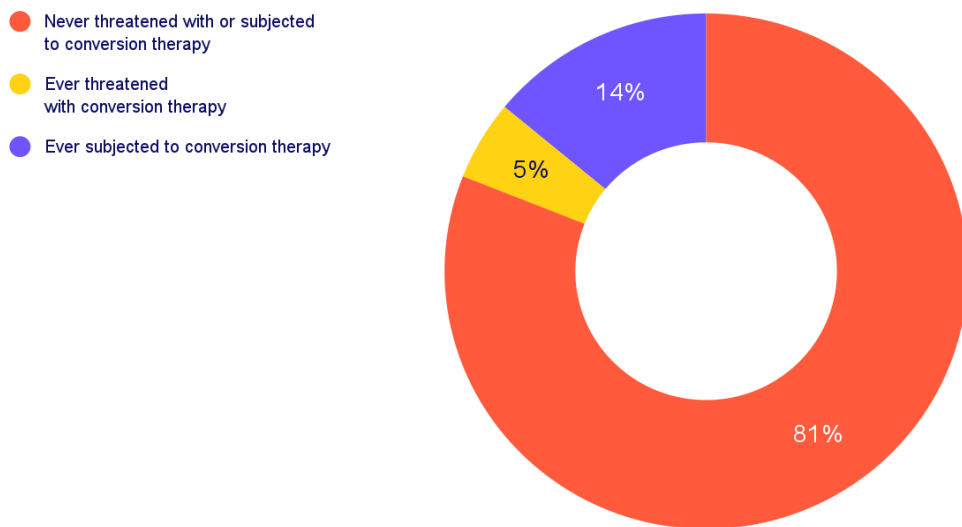
- By geographic region, more LGBTQ+ young people in the Philippines living in the Luzon region reported considering self-harm in the past year (76%) than LGBTQ+ young people living in the Visayas region (75%) and the Mindanao region (71%).

Risk Factors

Conversion Therapy

Nearly 1 in 5 LGBTQ+ young people in the Philippines (19%) reported having ever been threatened with or subjected to conversion therapy. Conversion therapy refers to a range of dangerous and discredited practices aimed at changing one's sexual orientation or gender identity or expression.

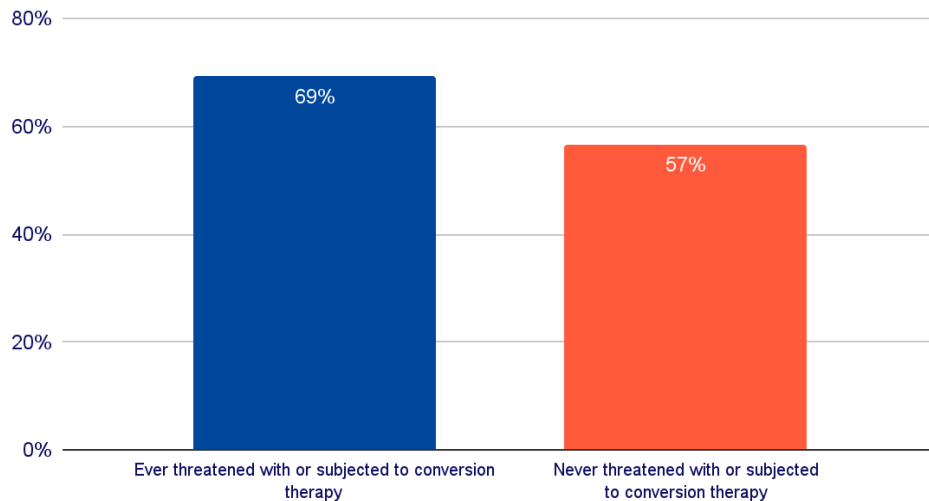
Conversion Therapy Among LGBTQ+ Young People in the Philippines



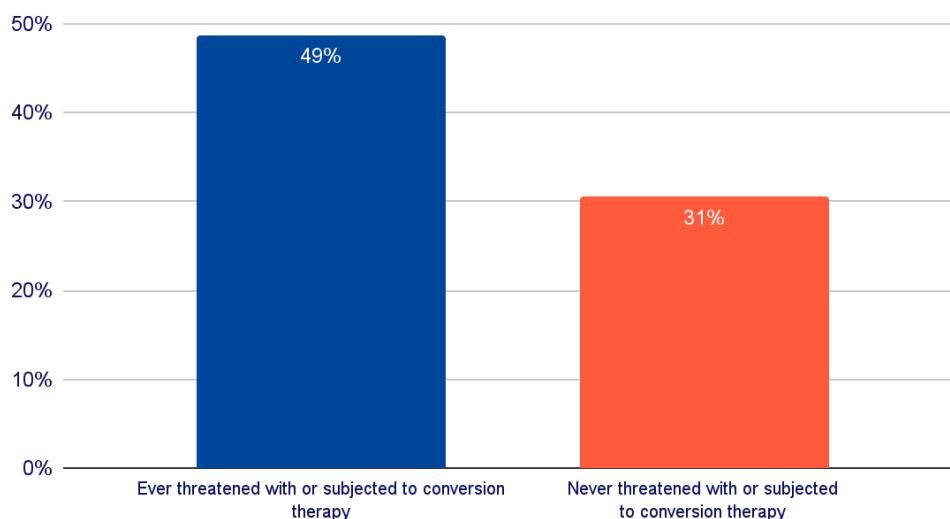
LGBTQ+ young people who reported having ever been threatened with or subjected to conversion therapy reported greater suicide risk, higher rates of mental health concerns, and higher rates of self-harm than young people who had never been threatened with or subjected to conversion therapy.

Those who reported having been threatened with or subjected to conversion therapy also reported considering (69%) and attempting suicide more in the past year (49%) than those who had reported not experiencing attempts to change their sexual orientation or gender identity (57% for considering suicide and 31% for attempting suicide, respectively).

LGBTQ+ Young People in the Philippines Who Considered Suicide in the Past Year, Comparison Across Conversion Therapy



LGBTQ+ Young People in the Philippines Who Attempted Suicide in the Past Year, Comparison Across Conversion Therapy



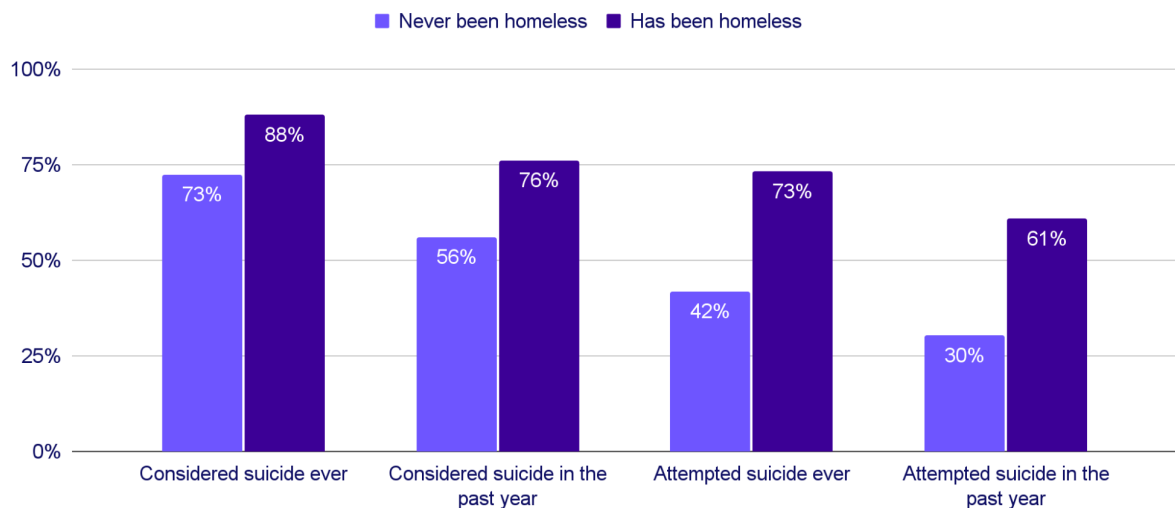
Similarly, being threatened with or subjected to attempts to change one's LGBTQ+ identity was associated with higher rates of recent symptoms of depression (67%), anxiety (68%), and self-harm in the past year (75%).

Homelessness

More than 1 in 10 (12%) of LGBTQ+ young people in the Philippines reported having been homeless due to running away from home or being kicked out by their parents or caregivers. Of those who ran away or were kicked out, slightly less than 1 in 3 (30%) reported that it was due to their LGBTQ+ identity. Experiencing homelessness, specifically due to one's LGBTQ+ identity, was associated with greater suicide risk, higher rates of mental health concerns, and higher rates of self-harm among LGBTQ+ young people in the Philippines.

- Among LGBTQ+ young people in the Philippines, those who had experienced homelessness reported higher rates of considering (76%) and attempting (61%) suicide in the past year than those who had never been homeless (56% for considering suicide and 30% for attempting suicide, respectively).

Suicide Risk Among LGBTQ+ Young People in the Philippines and Experiences of Homelessness



- Similarly, LGBTQ+ young people who had experienced homelessness reported higher rates of recent symptoms of depression (73%) and anxiety (72%) than those who had never been homeless (60% for both depression and anxiety symptoms).
- We found similar trends for self-harm among those who had experienced homelessness, with higher rates of considering (85%) and engaging in self-harm in the past year (78%) compared to those who had never been homeless (73% reported considering self-harm, 58% reported self-harming in the past year).
- For those who reported their homelessness was directly due to their LGBTQ+ identity, rates of considering (83%) and attempting suicide (72%) in the past year were higher than for those whose homelessness was not related to their sexual orientation or gender identity.

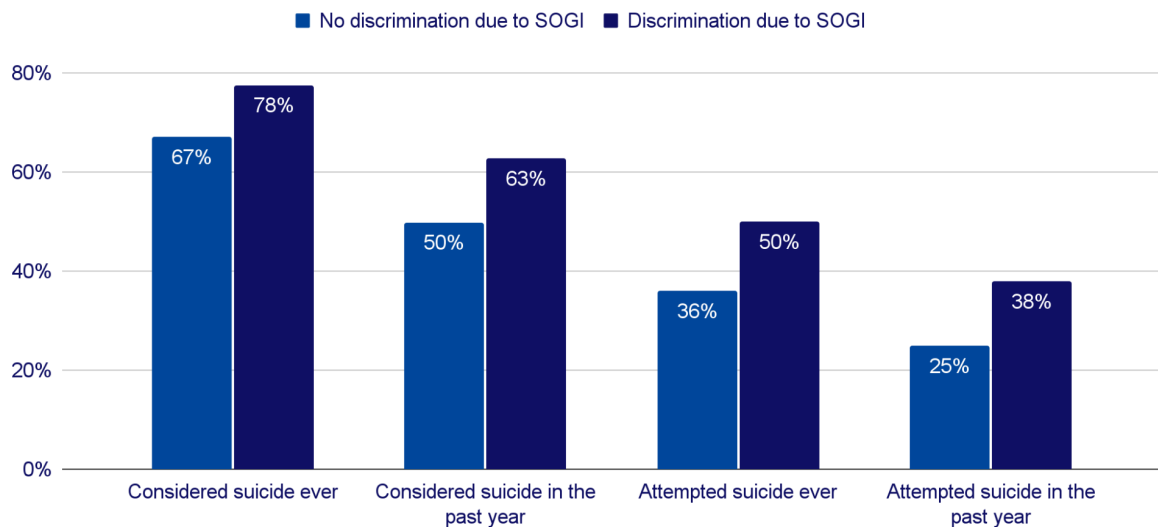
- LGBTQ+ young people who experienced homelessness due to their sexual orientation or gender identity also reported higher rates of recent depressive symptoms (79%), recent anxiety symptoms (80%), self-harm ideation in the past year (90%), and self-harm in the past year (84%).

Anti-LGBTQ+ Discrimination and Victimization

Nearly three-quarters (74%) of LGBTQ+ young people in the Philippines reported that they had ever been discriminated against due to their sexual orientation or gender identity. More than one-third (34%) of LGBTQ+ young people reported being physically threatened or abused due to their sexual orientation or gender identity. These experiences of discrimination and victimization are associated with higher rates of mental health concerns and greater suicide risk for LGBTQ+ young people in the Philippines.

- LGBTQ+ young people in the Philippines who had been discriminated against because of their sexual orientation and/or gender identity reported higher rates of suicide ideation (63%) and suicide attempts (38%) in the past year than LGBTQ+ young people who had not reported discrimination.

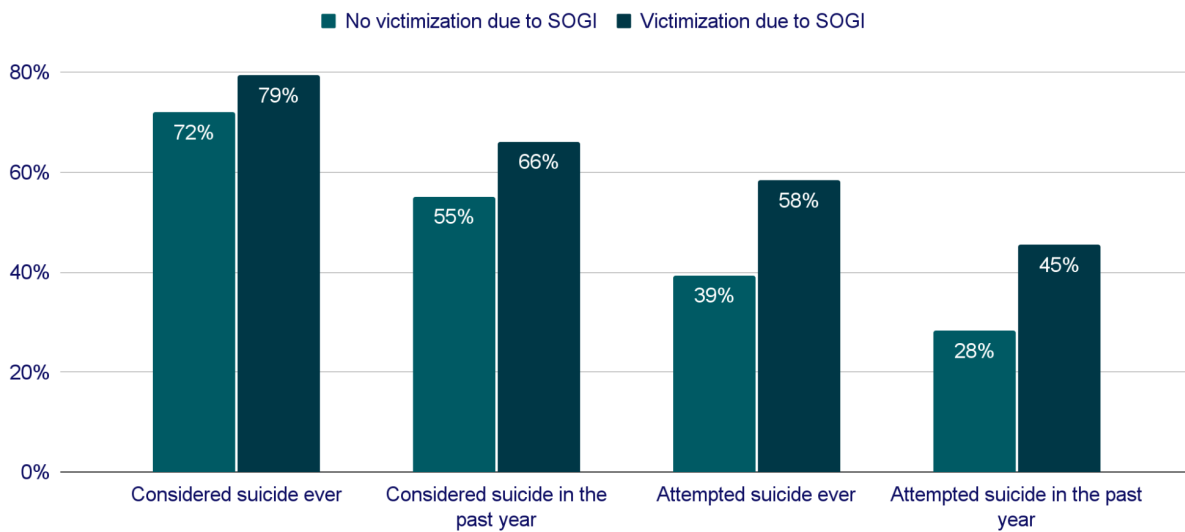
Suicide Risk Among LGBTQ+ Young People in the Philippines and Anti-LGBTQ+ Discrimination



- Similarly, more LGBTQ+ people who reported experiencing discrimination also reported recent symptoms of depression (64%) and recent symptoms of anxiety (64%) than young people who had not reported discrimination.

- Self-harm ideation (77%) and engaging in self-harm (64%) in the past year were more frequently reported among LGBTQ+ young people who had experienced discrimination because of their sexual orientation and/or gender identity.
- LGBTQ+ young people in the Philippines who reported experiencing physical victimization due to their sexual orientation and/or gender identity reported higher rates of suicide ideation (66%) and suicide attempts (45%) in the past year. These rates were higher than suicide ideation and suicide attempt rates for LGBTQ+ young people who had not reported victimization.

Suicide Risk Among LGBTQ+ Young People in the Philippines and Anti-LGBTQ+ Victimization



- Similarly, more LGBTQ+ people who reported experiencing victimization also reported recent symptoms of depression (68%) and recent symptoms of anxiety (69%) than young people who were not victimized.
- Both past-year self-harm ideation (79%) and past-year self-harm engagement (69%) were higher for LGBTQ+ young people in the Philippines who had experienced being victimized.

Self-Stigmatization

Nearly two-thirds (63%) of LGBTQ+ young people in the Philippines view their sexual orientation or gender identity as a burden. Over half (58%) of LGBTQ+ young people reported that they do not feel comfortable interacting with others as their true selves. Conversely, the majority of LGBTQ+ young people in the Philippines (79%) believe that their sexual orientation and/or gender identity allowed them to enjoy their rights and

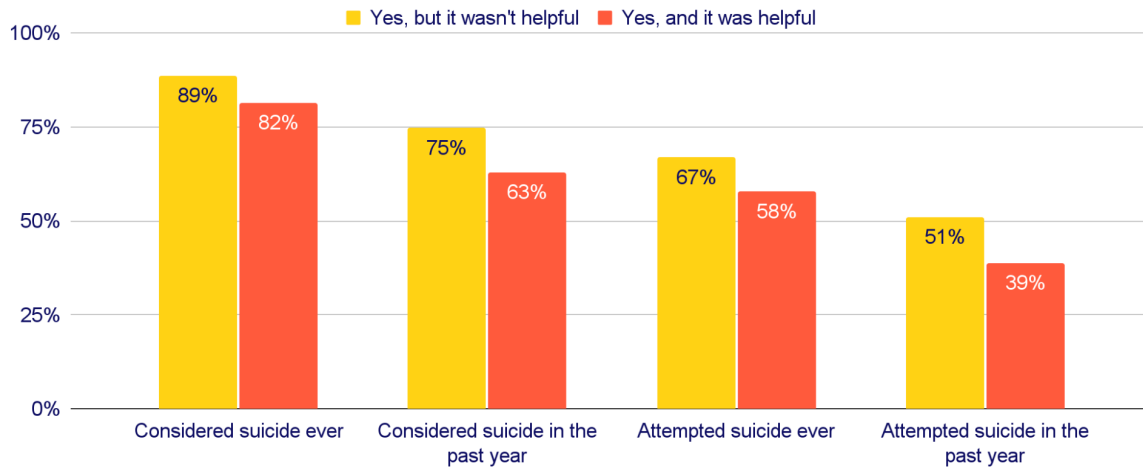
privileges as a person. Similarly, the majority of LGBTQ+ young people also stated that they did not believe that they would be happier if they were different. Self-stigmatization is associated with higher rates of mental health concerns and self-harm, as well as greater suicide risk for LGBTQ+ young people in the Philippines.

- LGBTQ+ young people who perceived their sexual orientation or gender identity to be burdensome on others reported more suicide ideation (61%) than those who did not report similar feelings (54%). Similarly, rates of recent depressive symptoms (64%) and recent anxiety symptoms (65%) were higher for those who believed that their LGBTQ+ identity was a burden than for those who did not (57% for depressive symptoms and 54% for anxiety symptoms). Those who believed their LGBTQ+ identity was a burden reported more self-harm ideation (78%) and self-harm engagement (64%) in the past year than those who did not view their LGBTQ+ identity as a burden (69% for self-harm ideation and 54% for self-harm engagement).
- LGBTQ+ young people in the Philippines who believed that their LGBTQ+ identity kept them from enjoying all their rights and privileges as a person reported higher rates of considering suicide in the past year (66%) and self-harming in the past year (63%) than those who did not (56% for considering suicide and 59% for self-harm).

Access to Care

Despite 77% of LGBTQ+ young people in the Philippines indicating that they had ever wanted emotional counseling or therapy in the past, only 15% reported that they had ever received mental health care. Of those who ever wanted emotional counseling or therapy, only 8% received care and said that they found it helpful. The majority of LGBTQ+ young people (88%) reported that they wanted emotional counseling or therapy in the past year, however, only 9% actually received care in the past year. For LGBTQ+ young people in the Philippines, finding therapy helpful is associated with lower rates of mental health concerns and lower suicide risk. LGBTQ+ young people who reported receiving counseling or therapy and finding it helpful reported lower rates of considering (63%) and attempting (39%) suicide in the past year than those who received counseling or therapy but did not find it helpful.

Have you ever received psychological or emotional counseling/therapy from a counselor, psychologist or mental health care professional?



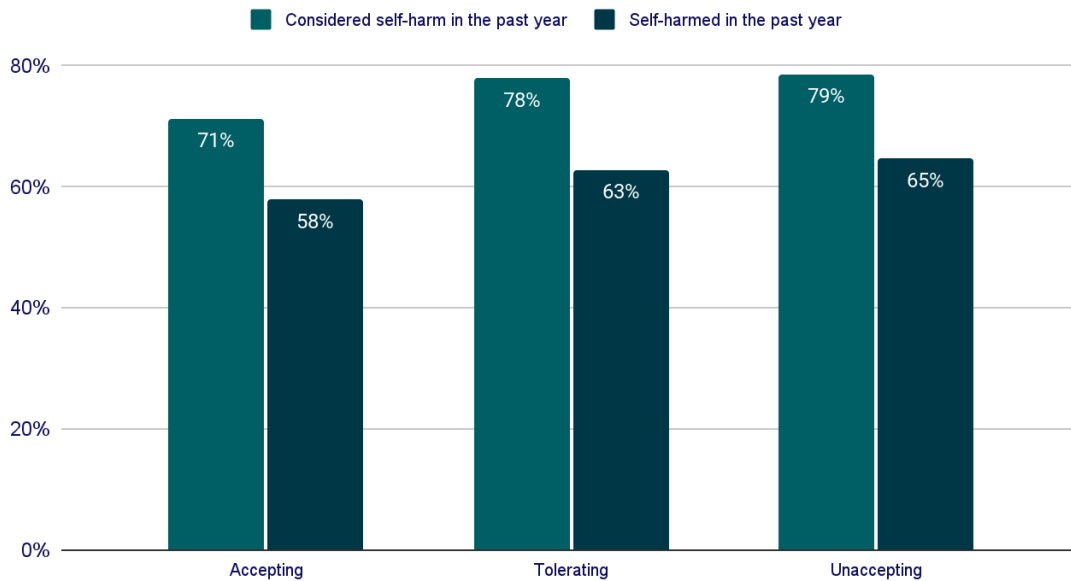
Protective Factors

Community Acceptance

Only half (47%) of LGBTQ+ young people in the Philippines reported that the community where they lived was accepting of LGBTQ+ people. Over one-third (36%) reported that they lived in a community that was only tolerant of LGBTQ+ people, and 17% reported living in a community that was unaccepting of LGBTQ+ people. Living in a community that was accepting of LGBTQ+ people was associated with lower suicide risk, less self-harm, and fewer mental health concerns for LGBTQ+ young people in the Philippines.

- LGBTQ+ young people in the Philippines who lived in a community that was accepting of LGBTQ+ people reported considering suicide in the past year (54%) less frequently than young people living in communities that only tolerated (62%) or did not accept LGBTQ+ people (67%).
- Similarly, LGBTQ+ young people living in a community that was accepting of LGBTQ+ people (58%) also reported self-harming less frequently than those living in tolerant communities (63%) and unaccepting communities (65%).

Acceptance Among the Community Where LGBTQ+ Young People Sleep

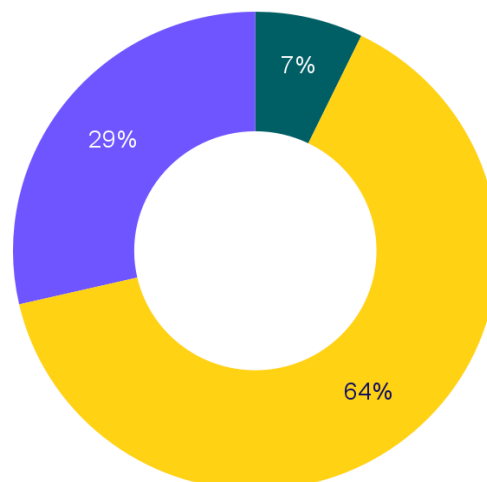


LGBTQ+ Affirming Experiences

Among LGBTQ+ young people in the Philippines, the vast majority reported that they had someone in their life who supported their sexual orientation (94%) or gender identity (97%). Among trans and nonbinary young people in the Philippines, most young people (64%) reported that a few or some of the people in their lives respected their pronouns and 29% of trans and nonbinary young people said that most or everyone in their lives respects their pronouns.

How many people in your life respect your pronouns?

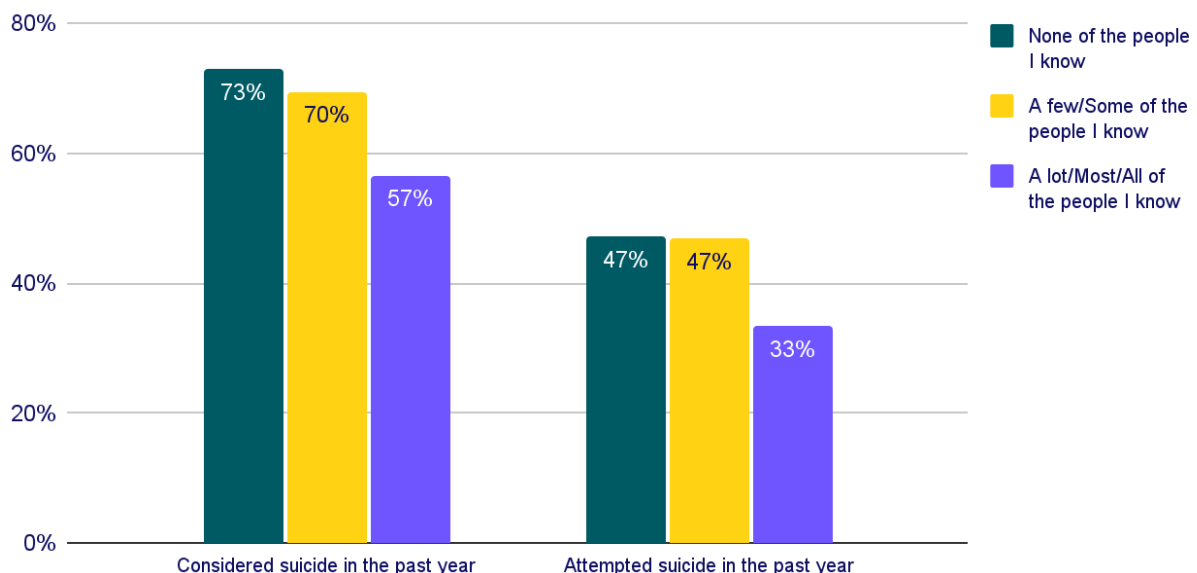
- None of the people I know
- A few/Some of the people I know
- A lot/Most/All of the people I know



For LGBTQ+ young people in the Philippines, having support for their sexual orientation and/or gender identity, and being able to be in LGBTQ+ affirming spaces was associated with lower rates of mental health concerns. For trans and nonbinary young people in the Philippines, having people in their lives who respected their pronouns was associated with lower suicide risk and lower rates of mental health concerns.

- Most LGBTQ+ young people in the Philippines reported that their LGBTQ+ friends had been supportive of their sexual orientation (79%) and/or gender identity (78%).
- For LGBTQ+ young people in the Philippines, being able to be in spaces that affirmed their LGBTQ+ identity was associated with lower rates of depressive (61%) and anxiety symptoms (61%) compared to young people who could not be in LGBTQ+ affirming spaces.
- For TGNB young people in the Philippines, the rates of considering suicide (57%) and attempting suicide (33%) in the past year were lower for young people who said most or all the people in their lives respect their pronouns. In contrast, those who reported that only a few or some of the people respect their pronouns had higher rates (70% for considering suicide and 47% for attempting suicide in the past year).
- TGNB young people who said that no one in their lives respects their pronouns reported higher rates of depressive (76%) and anxiety symptoms (78%) compared to those who said most or all the people in their lives respect their pronouns (61% for depressive symptoms and 60% for anxiety symptoms).

How many people in your life respect your pronouns?



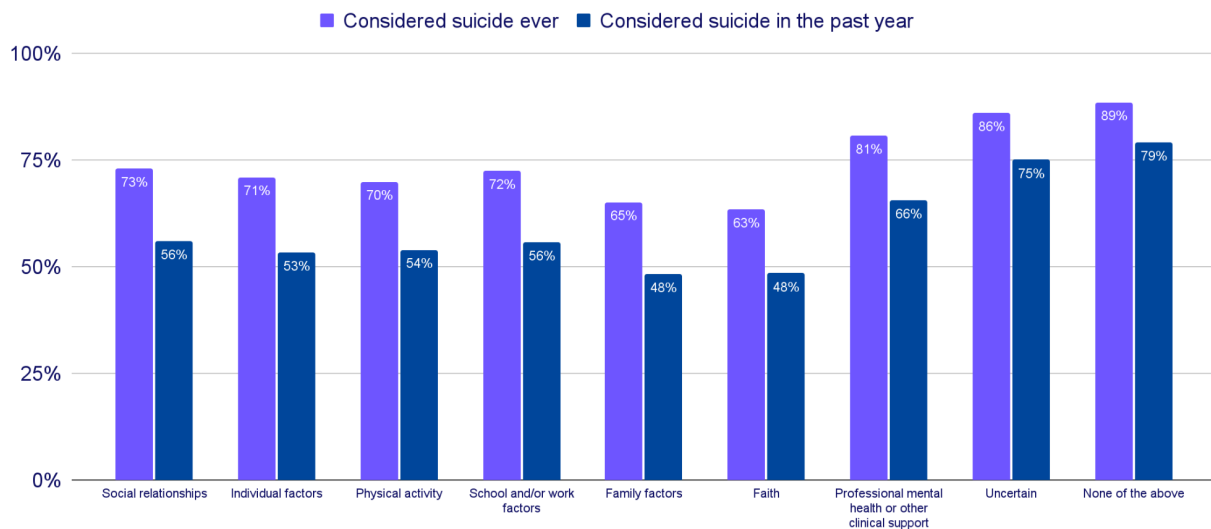
Support Factors

Most LGBTQ+ young people in the Philippines (62%) reported that social relationships, including support from family and friends, helped them manage life challenges. Additionally, 59% reported that individual factors, such as resilience, self-esteem, and optimism assisted them in facing life's challenges.

LGBTQ+ young people in the Philippines who reported that they had none of these factors or had professional mental health support to help them with life challenges reported greater suicide risk and higher rates of mental health concerns.

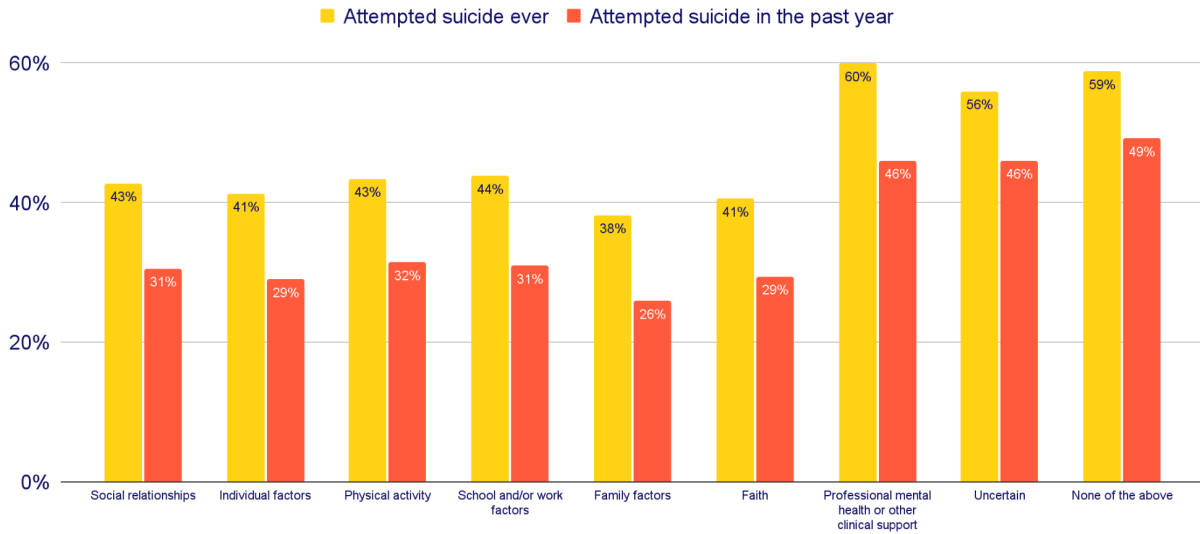
- Conversely, having family support was associated with the lowest suicide risk among all factors studied. Specifically, rates of considering suicide in the past year (51%) and attempting suicide in the past year (26%) were the lowest among those who identified family support as an important factor in managing life difficulties.

Suicide Risk Among LGBTQ+ Young People in the Philippines and Protective Factors



- LGBTQ+ young people in the Philippines who said they received support from mental health professionals, had no support factors, or were uncertain about their support factors consistently reported greater suicide risk, higher rates of recent symptoms of depression and anxiety, and higher rates of self-harm in the past year than young people who reported receiving support from the aforementioned factors.

Suicide Risk Among LGBTQ+ Young People in the Philippines and Protective Factors



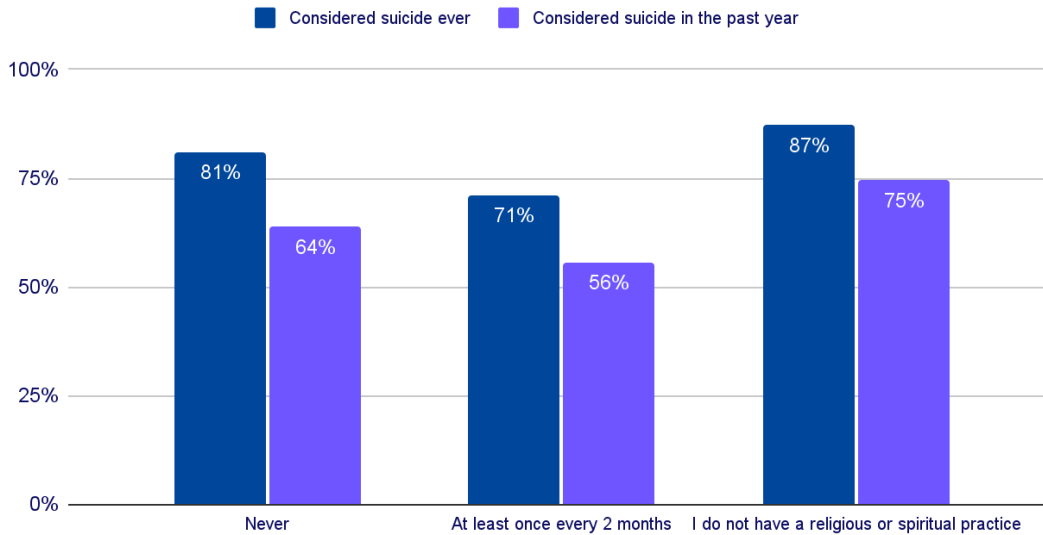
Religion

Nearly three-quarters of LGBTQ+ young people in the Philippines (74%) reported engaging in religious practices at least once every two months. Nearly two-thirds (63%) identified as Roman Catholic, while 16% indicated that they did not engage in religious practice.

Engaging in a religious practice at least once every two months was associated with lower suicide risk, fewer mental health concerns, and less self-harm for LGBTQ+ young people in the Philippines.

- LGBTQ+ young people in the Philippines who reported not having a religious practice reported higher rates of considering suicide (75%) in the past year compared to those who reported engaging in religious practices at least once every two months (56%) and those who identified having a religious affiliation but never practiced it (64%).

How often do you pray, meditate, or reflect on your religion?



- LGBTQ+ young people in the Philippines who reported not having a religious practice reported high rates of recent symptoms of depression (69%) than young people who reported engaging in a religious practice at least once every two months (60%) and young people who reported having a religious affiliation but never practiced it (65%). Similarly, those who reported not having a religious practice reported higher rates of recent symptoms of anxiety (69%) than young people who reported engaging in a religious practice at least once every two months (60%) and those who reported having a religious affiliation but did not engage in its practice (64%).

RECOMMENDATIONS

Based on the insights generated from the study, we recommend the following action points for the country's communities of practitioners and policymakers:

Implement comprehensive anti-discrimination laws and policies to ensure that the social and economic rights influencing the mental health outcomes of LGBTQ+ Filipinos are protected. Providing an inclusive and comprehensive legal response to a person's rights is increasingly seen as greatly benefiting the mental health of LGBTQ+ young people (Mann et al., 2016). This applies to suicide risk as well: Besides providing a legal basis for affirmative action, the existence of inclusive laws that explicitly name LGBTQ+ people and identities as a protected group has a protective effect on both suicide and a variety of other health factors (Aivadyan et al., 2023; Prairie et al., 2022). As such, those concerned with addressing suicide

among LGBTQ+ youth in the Philippines also have a stake in ongoing advocacy efforts within the legislature, as the effectiveness of their efforts is also greatly influenced by the legal landscape in which they operate. There are at least three tracks for such efforts: (a) the approval and implementation of comprehensive anti-discrimination policies at the level of individual municipalities; (b) ensuring the inclusion of LGBTQ+ people's needs in the interpretation of existing state policies and actions, as seen in the efforts of various LGBTQ+ advocacy groups to use the Gender and Development (GAD) policies for LGBTQ+ human rights advocacies (Delos Santos & Cavenett, 2022); and (c) the passage of national laws explicitly naming LGBTQ+ people as a protected group, seen not just in the struggle of the SOGIE Equality Bill in its current iteration but also in other laws such as the Safe Spaces Act of 2019.

Increase literacy and psycho-education about LGBTQ+ people's experiences and mental health to debunk and pre-bunk myths and stereotypes. Creating inclusive and supportive environments for LGBTQ+ people requires increasing literacy and psycho-education across various contexts. This can help debunk and pre-bunk myths and stereotypes surrounding LGBTQ+ individuals, promote understanding and empathy, and ultimately foster a more accepting and inclusive society (Cramwinckel et al., 2018). By providing accurate information about SOGIE and LGBTQ+ experiences, we can challenge misconceptions, address biases, and combat discrimination within educational settings and beyond. One way to achieve this is by developing inclusive anti-bullying policies in schools. These policies can help create safe and supportive environments for LGBTQ+ students, reducing the risk of victimization and promoting mental and physical well-being (Russell et al., 2021).

Establish community support programs for LGBTQ+ youth and their families. LGBTQ+ individuals may face significant minority stress at home, which can include a range of rejections that can lead to increased exposure to domestic hostility, violence, homelessness, and displacement. Establishing community support programs can help create inclusive and safe environments. Enhancing SOGIE literacy within the homes of LGBTQ+ people and their families would build a stronger base of allies and LGBTQ+ advocates. This effort will help dispel myths and misconceptions about LGBTQ+ people, increase compassion and empathy towards LGBTQ+ individuals, and enhance access to helpful resources. Moreover, it can strengthen partnerships with government and non-government organizations, social services agencies, social justice and human rights foundations, and psychosocial health clinics that provide relevant support for LGBTQ+ youth and families in addressing challenges related to safe housing initiatives, crisis intervention services, and peer support programs.

Implement policies and programs to ensure LGBTQ+ people's access to competent, comprehensive, and affirmative mental health care. At the level of individual health care providers and health care institutions, providing LGBTQ+ affirmative care is essential for responding to the mental health of stigmatized groups whose disproportionate risk for suicide is well-documented in the research. A call to action to facilitate this would be to increase and improve the training of mental health practitioners and allied services providers to ensure ethical and LGBTQ+ affirmative practices. This includes understanding the unique impacts of minority stress, leveraging LGBTQ+ people's unique experiences and strengths, and promoting LGBTQ+ people's well-being by engaging in activities geared towards ensuring that LGBTQ+ people receive the appropriate care.

Generate more robust evidence on sexual orientation and gender identity change efforts (SOGICE) and related practices in the Philippine context. One of the unique features of this research is its inclusion of measures related to sexual orientation and gender identity change efforts (SOGICE), which has also been labeled loosely as "reparative therapy," "conversion therapy," and others (Fenaughty et al., 2023; Kinitz et al., 2021). In its current practice, significant misunderstanding and uncertainty remain about SOGICE. With a dearth of data and studies documenting SOGICE in the Philippines, its forms, extent, and impact remain unclear. There is an urgent need for comprehensive research to clarify the prevalence, methods, and consequences of SOGICE in the Philippines, which will inform policies and interventions aimed at protecting LGBTQ+ individuals from these harmful practices.

Generate more robust evidence regarding LGBTQ+ people's mental health needs in the Philippine context. Research is vital in advancing LGBTQ+ rights in the Philippines to create more inclusive and positive learning environments for LGBTQ+ adolescents. It is crucial to address the significant barriers LGBTQ+ people face through evidence-based data. The LGBTQ+ community in the Philippines faces persistent discrimination, stigma, and prejudicial attitudes. Studies show that approximately a quarter of the Filipino population holds negative attitudes towards gay men and lesbians (Alibudbud, 2023; Manalastas & Del Pilar, 2005; Poushter & Kent, 2020). Additionally, a study by Alibudbud (2023) involving Filipino students found that non-gender-variant participants reported more genderism and transphobia than their gender-variant peers. These findings highlight the need for more evidence-based research to address the complexities and intersectionality of LGBTQ+ issues in the Philippines (Evangelista et al., 2022; Marshall et al., 2019).

About The Trevor Project

[The Trevor Project](#) is the leading suicide prevention and crisis intervention organization for LGBTQ+ young people. Trevor offers 24/7 crisis services, connecting highly trained counselors with LGBTQ+ young people whenever they need support. To drive prevention efforts, The Trevor Project also operates robust research, advocacy, education, and peer support programs.

If you or someone you know needs help or support, The Trevor Project's trained crisis counselors are available 24/7 at 1-866-488-7386, via chat at [TheTrevorProject.org/Get-Help](https://thetrevorproject.org/Get-Help), or by texting START to 678678.

Acknowledgments

This report was led by The Trevor Project's Research Team in the United States, in collaboration with our academic partners Marc Eric S. Reyes, Beatriz A. Torre, Angelie D. Bautista, Jan Gabriel M. Castañeda, Junix Jerald I. Delos Santos, and Moniq M. Muyargas at the Psychological Association of the Philippines' LGBT Psychology Special Interest Group. The authors of this report acknowledge the contributions of the following individuals: Marissa Cohnen, Dr. Myeshia Price, Nathanio Strimpopulos, Nolan Scott, Paul Pham, Dr. Will Cole, Zach Eisenstein, and the Psychological Association of the Philippines. Special thanks are also extended to all the participants for their valuable time and insights.

Recommended Citation:

Reyes, M.E.S, Torre, B.T., Bautista, A.D., Castañeda, J.G.M., Delos Santos, J.J.I., Muyargas, M.M., Taylor, A.B., Eden, T. M., Hobaica, S., Lara, E.A., Jauregui, J.C., Jarrett, B.A., Suffredini, K., & Nath, R. (2024). 2024 Philippines national report on the mental health of LGBTQ+ young people. West Hollywood, California: The Trevor Project.
[<https://thetrevorproject.org/survey-international/ph/2024/en/>]

Media inquires:

Press@TheTrevorProject.org

Research-related inquiries:

Research@TheTrevorProject.org



REFERENCES

- Abesamis, L. E. A., & Alibudbud, R. (2024). From the bathroom to a national discussion of LGBTQ+ rights: A case of discrimination in the Philippines. *Journal of Lesbian Studies*, 28(1), 84-99. <https://doi.org/10.1080/10894160.2023.2251775>
- Aivadyan, C., Slavin, M. N., & Wu, E. (2023). Inclusive state legislation and reduced risk of past-year suicide attempts among lesbian, gay, bisexual, and questioning adolescents in the United States. *Archives of Suicide Research: Official Journal of the International Academy for Suicide Research*, 27(1), 63-79. <https://doi.org/10.1080/13811118.2021.1967237>
- Alibudbud, R. C. (2023). Gender in mental health: Toward an LGBTQ+ inclusive and affirming psychiatry and mental healthcare in the Philippines. *Frontiers in Psychiatry*, 14, 1189231, 1-4. <https://doi.org/10.3389/fpsyt.2023.1189231>
- Alibudbud, R. C. (2021). "Does sexual orientation matter?": A comparative analysis of the prevalence and determinants of depression and anxiety among heterosexual and non-heterosexual college students in a university in Metro Manila. *Journal of Homosexuality*, 1-19. <https://doi.org/10.1080/00918369.2021.2015953>
- Almeida, J., Johnson, R. M., Corliss, H. L., Molnar, B. E., & Azrael, D. (2009). Emotional distress among LGBT youth: The influence of perceived discrimination based on sexual orientation. *Journal of Youth and Adolescence*, 38(7), 1001-1014. <https://doi.org/10.1007/s10964-009-9397-9>
- ASEAN SOGIE Caucus. (2017). *The rainbow in context: An overview of the situation of lesbian, gay, bisexual, transgender, intersex, and queer (LGBTIQ) persons in Southeast Asia*. ASEAN SOGIE Caucus.
- ASEAN SOGIE Caucus (2021). *Sexual orientation, gender identity and expression, and sex characteristics (SOGIESC) and the UN human rights mechanisms in Southeast Asia (2017-2020)*. ASEAN SOGIE Caucus.
- Bautista, A. D., Pacayra, E. E., Sunico-Quesada, C. R., Reyes, M. E. S., & Roger, D. D., (2017). The fizzling effect: A phenomenological study on suicidality among Filipino lesbian women and gay men. *Psychological Studies*, 62(3), 334-343. <https://doi.org/10.1007/s12646-017-0411-0>

- Bernardo, A. B. (2013). Exploring social cognitive dimensions of sexual prejudice in Filipinos. *Philippine Journal of Psychology*, 46(2), 19-48.
- Bilon, X. J., & de Leon, C. (2018, June 25). With no national law, can we rely on local ordinances to protect LGBTQs against discrimination?. *CNN Philippines*. <https://cnnphilippines.com/life/culture/2018/06/25/antidiscrimination-bill-lgbtq.html>
- Cleofas, J. V., & Alibudbud, R. C. (2023). Emerging from a two-year-long quarantine: A retrospective study on life satisfaction trajectory and depression among young LGBTQ+ students in the Philippines. *SAGE Open Nursing*, 9, 23779608231158980. <https://doi.org/10.1177/23779608231158980>
- Cramwinckel, F. M., Scheepers, D. T., & van der Toorn, J. (2018). Interventions to reduce blatant and subtle sexual orientation- and gender identity prejudice (SOGIP): Current knowledge and future directions. *Social Issues and Policy Review*, 12(1), 183-217. <https://doi.org/10.1111/sipr.12044>
- Delos Santos, J. J. I., & Cavenett, T. (2022). *Bahagi ka ng bahaghari: Advocating a gender-responsive program against LGBTQ+ prejudice and discrimination in the Philippines*. 2021-22 LLI capstone project, Global Psychology Learning Leadership Institute. <https://www.apa.org/international/networks/global-psychology-alliance/learning-leadership-institute>
- Evangelista, Z. M., Lido, C., Swingler, M., & Bohan, J. (2022). Exploring LGBT+ campus climate in the UK and Philippines: How prejudice and belonging shape inclusion in higher education. *European Journal of Social Psychology*, 52(2), 342-360. <https://doi.org/10.1002/ejsp.2801>
- Fenaughty, J., Tan, K., Ker, A., Veale, J., Saxton, P., & Alansari, M. (2023). Sexual orientation and gender identity change efforts for young people in New Zealand: Demographics, types of suggesters, and associations with mental health. *Journal of Youth and Adolescence*, 52(1), 149-164. <https://doi.org/10.1007/s10964-022-01693-3>
- Figueiredo, A. R., & Abreu, T. (2015). Suicide among LGBT individuals. *European Psychiatry*, 30(S1), 1-1. [https://doi.org/10.1016/S0924-9338\(15\)31398-5](https://doi.org/10.1016/S0924-9338(15)31398-5)
- Fish, J. N., McInroy, L. B., Pacey, M. S., Williams, N. D., Henderson, S., Levine, D. S., & Edsall, R. N. (2020). I'm kinda stuck at home with unsupportive parents right now: LGBTQ

- youths' experiences with COVID-19 and the importance of online support. *Journal of Adolescent Health*, 67(3), 450–452. <https://doi.org/10.1016/j.jadohealth.2020.06.002>.
- Frost, D. M., & Meyer, I. H. (2023). Minority stress theory: Application, critique, and continued relevance. *Current Opinion in Psychology*, 51. <https://doi.org/10.1016/j.copsyc.2023.101579>
- Garro, M., Novara, C., Di Napoli, G., Scandurra, C., Bochicchio, V., & Lavanco, G. (2022). The role of internalized transphobia, loneliness, and social support in the psychological well-being of a group of Italian transgender and gender non-conforming youths. *Healthcare*, 10(11), 2282. <https://doi.org/10.3390/healthcare10112282>
- Greene-Rooks, J. H., Schuermann, H., Pearce, J., Khan, S., & Dunlap, C. (2021). LGBTQ clients and adverse laws: Mental health concerns and advocacy suggestions. *Journal of LGBTQ Issues in Counseling*, 15(3), 329–349. <https://doi.org/10.1080/15538605.2021.1914276>
- Haas, A. P., Eliason, M., Mays, V. M., Mathy, R. M., Cochran, S. D., D'Augelli, A. R., Silverman, M. M., Fisher, P. W., Hughes, T., Rosario, M., Russell, S. T., Malley, E., Reed, J., Litts, D. A., Haller, E., Sell, R. L., Remafedi, G., Bradford, J., Beautrais, A. L., Brown, G. K., ... Clayton, P. J. (2011). Suicide and suicide risk in lesbian, gay, bisexual, and transgender populations: review and recommendations. *Journal of Homosexuality*, 58(1), 10–51. <https://doi.org/10.1080/00918369.2011.534038>
- Hanckel, B., Vivienne, S., Byron, P., Robards, B., & Churchill, B. (2019). 'That's not necessarily for them': LGBTIQ+ young people, social media platform affordances and identity curation. *Media, Culture & Society*, 41(8), 1261–1278. <https://doi.org/10.1177/0163443719846612>
- Hechanova, M. R., Valentin, A.P., & Alampay, K.P. (2022). Age, COVID-19, and Mental Health in the Philippines: A Multidimensional Perspective. *Asia-Pacific Social Science Review*, 22(1), 142-157.
- Ildefonso, T. M. (2024). SOGIE equality bill deliberations in the 18th Congress of the Philippines: A persisting battle against discrimination. *South East Asia Research*. <https://doi.org/10.1080/0967828X.2024.2320819>
- IOM (Institute of Medicine). 2011. *The health of lesbian, gay, bisexual, and transgender people: Building a foundation for better understanding*. The National Academies Press.

Joaquin, J. J. B., Biana, H. T., & Dacela, M. A. (2020). The Philippine higher education sector in the time of COVID-19. *Frontiers in Education*, 5.

<https://doi.org/10.3389/feduc.2020.576371>

Kinitz, D.J., Salway, T., Dromer, E., Giustini, D., Ashley, F., Goodyear, T., Ferlatte, O., Kia, H., & Abramovich, A. (2021). The scope and nature of sexual orientation and gender identity and expression change efforts: A systematic review protocol. *Systematic Reviews*, 10, 14. <https://doi.org/10.1186/s13643-020-01563-8>

Kittiteerasack, P., Matthews, A. K., Steffen, A., Corte, C., McCreary, L. L., Bostwick, W., Park, C., & Johnson, T. P. (2021). The influence of minority stress on indicators of suicidality among lesbian, gay, bisexual and transgender adults in Thailand. *Journal of Psychiatric and Mental Health Nursing*, 28(4), 656–669.

<https://doi.org/10.1111/jpm.12713>

Manalastas, E. J., & Del Pilar, G. E. H. (2005). Filipino attitudes toward lesbians and gay men: Secondary analysis of 1996 and 2001 national survey data. *Philippine Journal of Psychology*, 38(2), 53-75.

Manalastas, E. J. (2013). Sexual orientation and suicide risk in the Philippines: Evidence from a nationally representative sample of young Filipino men. *Philippine Journal of Psychology*, 46(1), 1-13.

Manalastas, E. J. (2016). Suicide ideation and suicide attempt among young lesbian and bisexual Filipina women: Evidence for disparities in the Philippines. *Asian Women*, 32(3), 101-120.

Manalastas, E. J. (2017, May). Anti-discrimination ordinances. *Eric Julian Manalastas*. <https://pages.upd.edu.ph/ejmanalastas/policies-ordinances>.

Manalastas, E. J., Ojanen, T. T., Torre, B. A., Ratanashevorn, R., Hong, B. C. C., Kumaresan, V., & Veeramuthu, V. (2017). Homonegativity in Southeast Asia: Attitudes toward lesbians and gay men in Indonesia, Malaysia, the Philippines, Singapore, Thailand, and Vietnam. *Asia-Pacific Social Science Review*, 17(1), 25–33.

Manalastas, E. J. D., & Torre, B. A. (2013). *Social psychological aspects of advocating LGBT human rights in the Philippines*. Gender and Justice Action Research Program, Institute of Human Rights, University of the Philippines Law Center.

- Manalastas, E. J., & Torre, B. A. (2016). LGBT psychology in the Philippines. *Psychology of Sexualities Review*, 7(1), 60–72. <https://doi.org/10.53841/bpssex.2016.71.60>
- Marshall, Z., Welch, V., Minichiello, A., Swab, M., Brunger, F., & Kaposy, C. (2019). Documenting research with transgender, nonbinary, and other gender diverse (trans) individuals and communities: Introducing the global trans research evidence map. *Transgender Health*, 4(1), 68–80. <https://doi.org/10.1089/trgh.2018.0020>
- 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. <https://doi.org/10.1037/0033-2909.129.5.674>
- Mann, S. P., Bradley, V. J., & Sahakian, B. J. (2016). Human rights-based approaches to mental health: A review of programs. *Health and human rights*, 18(1), 263–276.
- Poushter, J., & Kent, N. (2020). *The global divide on homosexuality persists*. Pew Research Center. <https://www.pewresearch.org/global/2020/06/25/global-divide-on-homosexuality-persists/>
- Prairie, K., Kivisto, A. J., Gray, S. L., Taylor, N., & Anderson, A. M. (2023). The association between hate crime laws that enumerate sexual orientation and adolescent suicide attempts. *Psychology, Public Policy, and Law*, 29(2), 196–209. <https://doi.org/10.1037/law0000360>
- Frost, D. M., & Meyer, I. H. (2009). Internalized homophobia and relationship quality among lesbians, gay men, and bisexuals. *Journal of Counseling Psychology*, 56(1), 97–109. <https://doi.org/10.1037/a0012844>
- Reyes, M. E. S., Barroga, P. A. B., Bracino, H. A., Danseco, A. R. P., Garcia, J. A. A., Ventura, D. C., Pacquing, M. C. T., & Cuambot, J. I. V. (2024). OK, ba ako? LGBTQ Filipino emerging adults' mental health amidst the pandemic. *North American Journal of Psychology*, 26(1), 139–166.
- Reyes, M. E. S., Cabanilla, V. F. C., Gavino, A. J. S., Gonzaga, R. I. S., Hojilla, M. L. H., Isidro, M. K. R., Mesina, D. M. C., Tan, A. C. C., & Konopka, K. (2023). Transvisibility: A look into Filipinos' attitudes toward transgender individuals. *Sexuality and Culture*. <https://doi.org/10.1007/s12119-023-10130-x>

- Reyes, M. E. S., Davis, R. D., Dacanay, P. M. L., Antonio, A. S. B., Beltran, J. S. R., Chuang, M. D., Leoncito, A. L. I. (2017a). The presence of self-stigma, perceived stress, and suicidal ideation among selected LGBT Filipinos. *Psychological Studies*, 62(3), 284–290. <https://doi.org/10.1007/s12646-017-0422-x>
- Reyes, M. E. S., Davis, R. D., David, A. J. A., Del Rosario, C. J. C., Dizon, A. P. S., Fernandez, J. L. M., & Viquiera, M. A. (2017). Stigma burden as a predictor of suicidal behavior among lesbians and gays in the Philippines. *Suicidology Online*, 8(26), 1-10. <http://suicidology-online.com/pdf/SOL-2017-8-26.pdf>
- Reyes, M. E. S., Davis, R. D., Salonga, B. M., Cheng, H. A. T., Vasquez, A. N. V., Cruz, G. J. S., Muslim, N. M., Medriano, K. K. S., & McCutcheon, L. E. (2021). Sexual prejudice: Filipinos' attitudes toward lesbians and gay men. *North American Journal of Psychology*, 23(4), 617–638.
- Reyes, M. E. S., Lanic, P. J. P., Lavadia, E. N. T., Tactay, E. F. J. L., Tiongson, E. R., Tuazon, P. J. G., & McCutcheon, L. E. (2015). Self-stigma, self-concept clarity, and mental health status of Filipino LGBT individuals. *North American Journal of Psychology*, 17(2), 343–350.
- Reyes, M. E. S., Victorino, M. C., Chua, A. P., Oquendo, F. Y., Puti, A. S., Reglos, A. A., & McCutcheon, L. E. (2015). Perceived parental support as a protective factor against suicidal ideation of self-identified lesbian and gay Filipino adolescents. *North American Journal of Psychology*, 17(2), 245–250.
- Russell, S. T., Bishop, M. D., Saba, V. C., James, I., & Ioverno, S. (2021). Promoting school safety for LGBTQ and all students. *Policy Insights from the Behavioral and Brain Sciences*, 8(2), 160–166. <https://doi.org/10.1177/23727322211031938>
- Talabong, R. (2020, October 29). Isko Moreno signs Manila anti-discrimination ordinance. *Rappler*. <https://www.rappler.com/nation/isko-moreno-signs-anti-discrimination-ordinance-manila-october-2020>.
- Sayson, F., & Nisperos, M. (2015, July 22). Gender and sexuality 101: Learn before you discriminate. *Rappler*. <https://r3.rappler.com/move-ph/issues/gender-issues/100125-gender-sexuality-term-s-education>.
- Tan, A. C. C., Reyes, M. E. S., & Davis, R. D. (2019). Parental attitude, internalized homophobia, and suicidal ideation among selected self-identified Filipino gay men in the

Philippines. *Suicidology Online*, 10(8).
<http://www.suicidology-online.com/pdf/SOL-2019-10-8.pdf>

Tan, K. K., & Saw, A. T. (2022). Prevalence and correlates of mental health difficulties amongst LGBTQ people in Southeast Asia: A systematic review. *Journal of Gay & Lesbian Mental Health*, 27(4), 401-420. <https://doi.org/10.1080/19359705.2022.2089427>

Tubeza, P. C. (2013, June 8). PH ranks among most gay-friendly in the world. *Inquirer*.
<https://globalnation.inquirer.net/76977/ph-ranks-among-most-gay-friendly-in-the-world#ixzz70vfQSz2X>

UNDP, USAID (2014). *Being LGBT in Asia: The Philippines Country Report*. Bangkok.
<https://www.undp.org/publications/being-lgbt-asia-philippine-country-report>

Ventriglio, A., Mirandola, M., Galeazzi, G. M., Amaddeo, F., Pinna, F., Converti, M., Fiorillo, A., & Italian Working-Group on LGBTQI Mental Health. (2022). Mental health for LGBTQI people: A policies' review. *International Review of Psychiatry*, 34(3-4), 200-214.
<https://doi.org/10.1080/09540261.2022.2052266>

World Health Organization. (2021a). *Comprehensive mental health action plan 2013–2030*. World Health Organization. <https://www.who.int/publications/i/item/9789240031029>

World Health Organization. (2021b). *Suicide worldwide in 2019: Global health estimates*. World Health Organization.
<https://apps.who.int/iris/bitstream/handle/10665/341728/9789240026643-eng.pdf>

WHO. (2019). *Suicide worldwide in 2019*. World Health Organization.
<https://www.who.int/publications/i/item/9789240026643>

© The Trevor Project 2024