

Background

- Sexual minority young people (SMYP) use alcohol at disproportionate levels including short and long-term high risk consumption^{1,2}
- In this population, little is known about:
 - Alcohol dependency symptoms
 - Relationship between dependency/high-risk use and minority stress

Methods

- Anonymous, cross-sectional online survey among 1,556 SMYPs in Australia (mean age: 22.6 years)
- Variables: Demographics, alcohol use and dependency symptoms, psychological distress, minority stress
- Analysis: descriptive and correlational analyses, binary logistic regressions

References

- 1 Australian Institute for Health and Welfare (2017). National drug strategy household survey 2016. Canberra
- 2 Demant, D. et al. (2020). Queer Binge: harmful alcohol use among sexual minority young people in Australia. *Public Health* 179:18-26

Results

- Most participants were gay or lesbian (59%, n=893) and men (55%, n=825)
- High-risk alcohol consumption in 52% (n=779) using AUDIT-C
- 43% (n=683) binge-drink at least once per month
- Dependency symptoms common in sample
 - Daily urge to use: 7% (n=98)
 - Resulting in health, social, legal or financial problems: 17% (n=247)
 - Other concerned about their use: 27% (n=395)
 - Tried to cut down but failed: 16% (n=239)
 - Failed general expectations because of use: 18% (n=270)
- Gay men and bisexual women more likely to report high-risk use and dependency symptoms
- High-risk use correlated with violence and harassment based minority stress ($p=0.001$)
- Family reaction and sexual orientation conflict minority stress correlated with some dependency symptoms but not high-risk use

Conclusion

- High levels of high-risk alcohol use and dependency symptoms in SMYPs
- Disparities not equally distributed: future interventions should focus on subgroups not whole community
- High-risk use and some dependency variables associated with minority stress: potential route for future interventions in this population