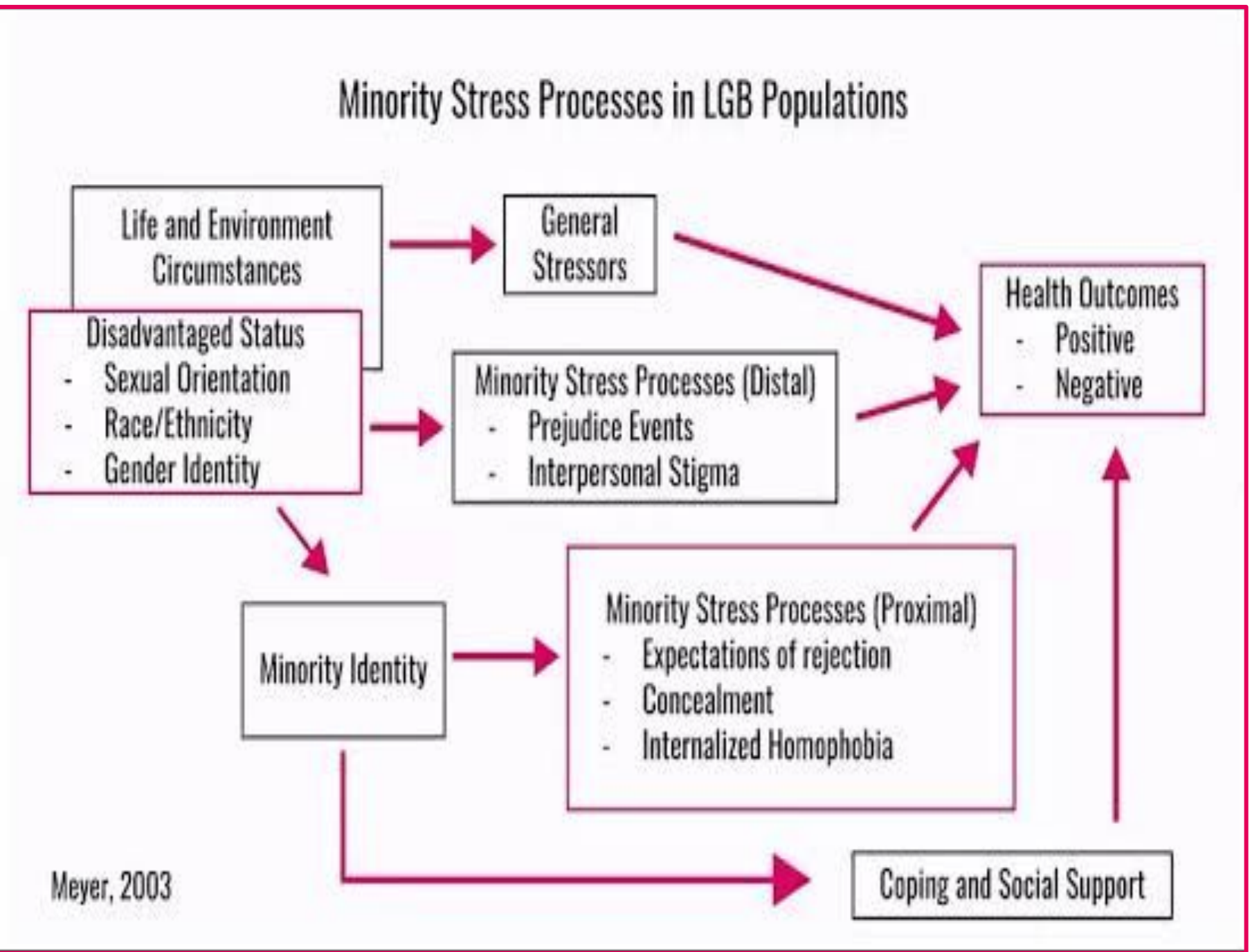


Prevalence of common mental health disorders and associated factors in sexual and gender minority youth in Nairobi City County, Kenya

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Introduction

- Sexual and gender minority (SGM) youth face higher rates of mental health challenges compared to their heterosexual peers.
- Drivers include factors such as discrimination, stigma, and minority stress.
- Local gap:** scarcity of localized data on the mental health status of SGM youth in sub-Saharan African urban center
- Theoretical framework:** grounded in the minority stress theory.



Objective

To determine the prevalence of common mental health conditions, and the risk and protective factors, among SGM youth in Nairobi City County.

Methodology

- Study Design:** Analytical cross-sectional, questionnaire-based online study.
- Participants:** 172 self-identified SGM youth (ages 18+) residing in Nairobi.
- Sampling:** Participants were recruited using purposive sampling through civil society organizations (CSOs) and community groups working with SGM individuals.
- Measures/Tools:**
 - Sociodemographic & psychosocial questionnaire
 - Depression: **PHQ-9** (cut-off: ≥ 10)
 - Anxiety: **GAD-7** (cut-off: ≥ 10)
 - PTSD: **PC-PTSD** (cut-off: ≥ 3)
 - Substance Use: **AUDIT-C** (cut-off: ≥ 5); **DAST-10** (cut-off: ≥ 5)
- Analysis:** Descriptives; χ^2 /t-tests for associations; logistic regression (bivariate \rightarrow multivariate) reporting aORs with 95% CI; $\alpha = 0.05$.

Results

Figure 1: Affirmed Gender

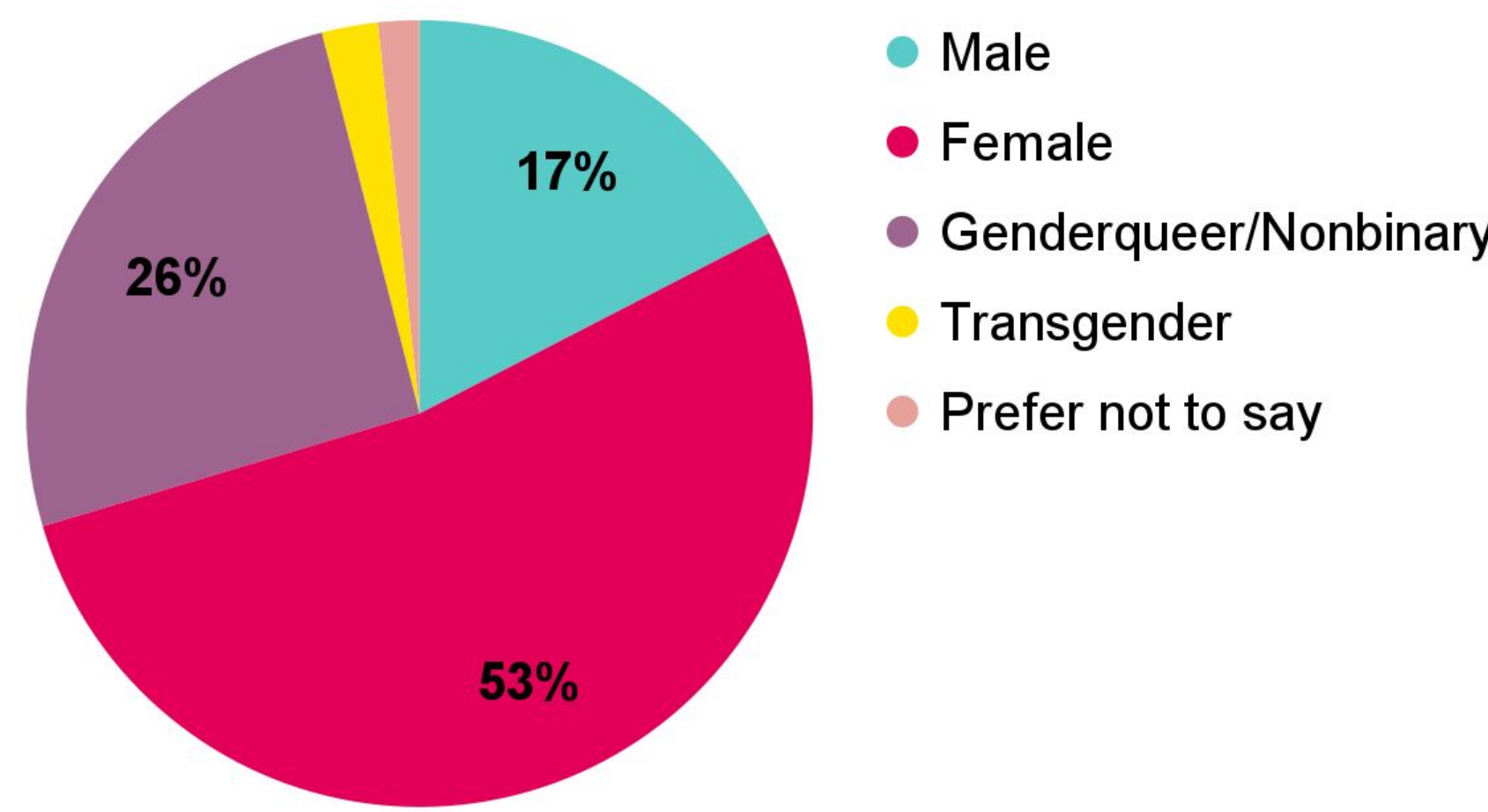


Figure 3: Prevalence of Clinically Significant Symptoms

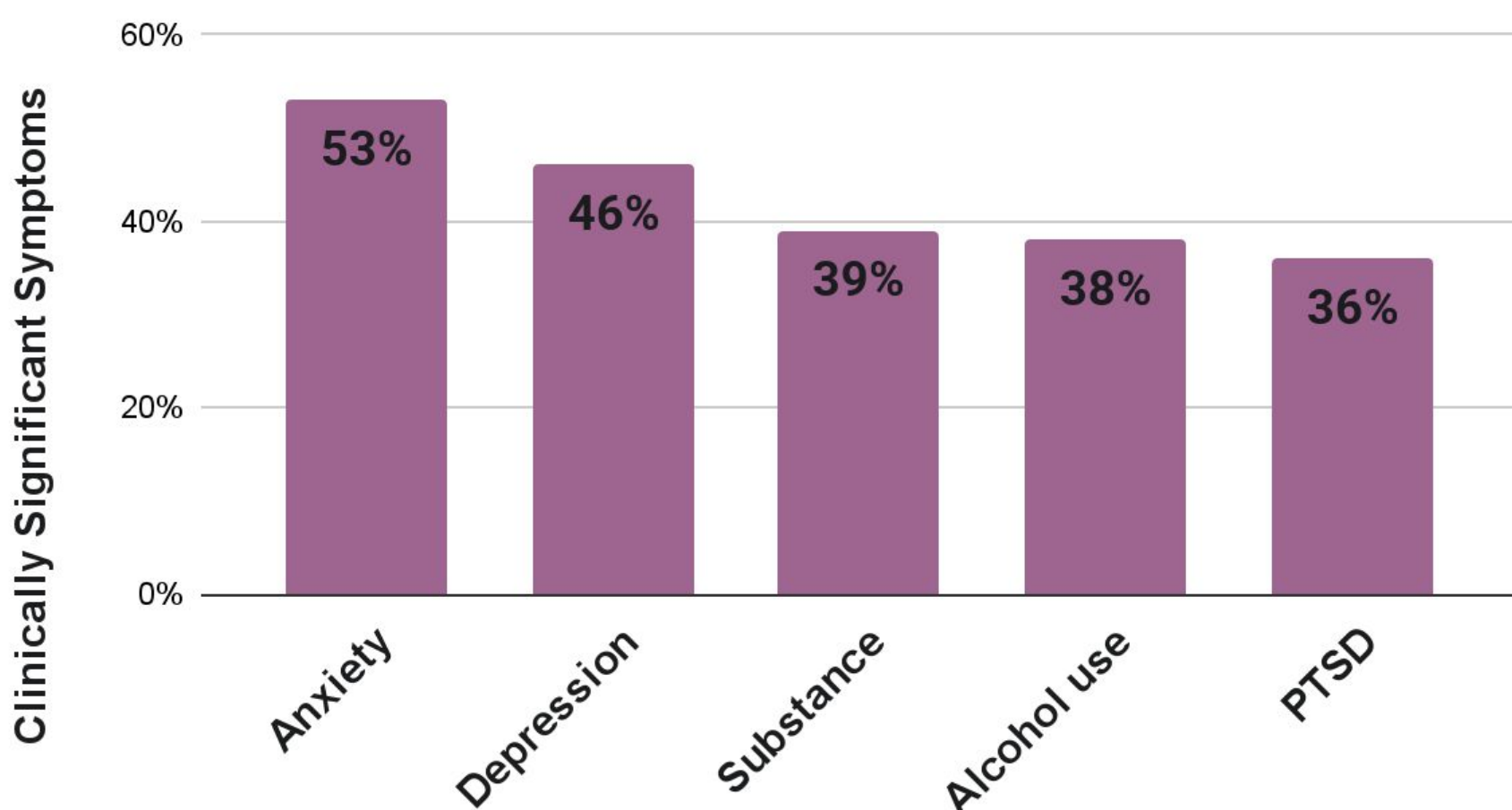


Figure 5: Risk factors associated with mental health outcomes

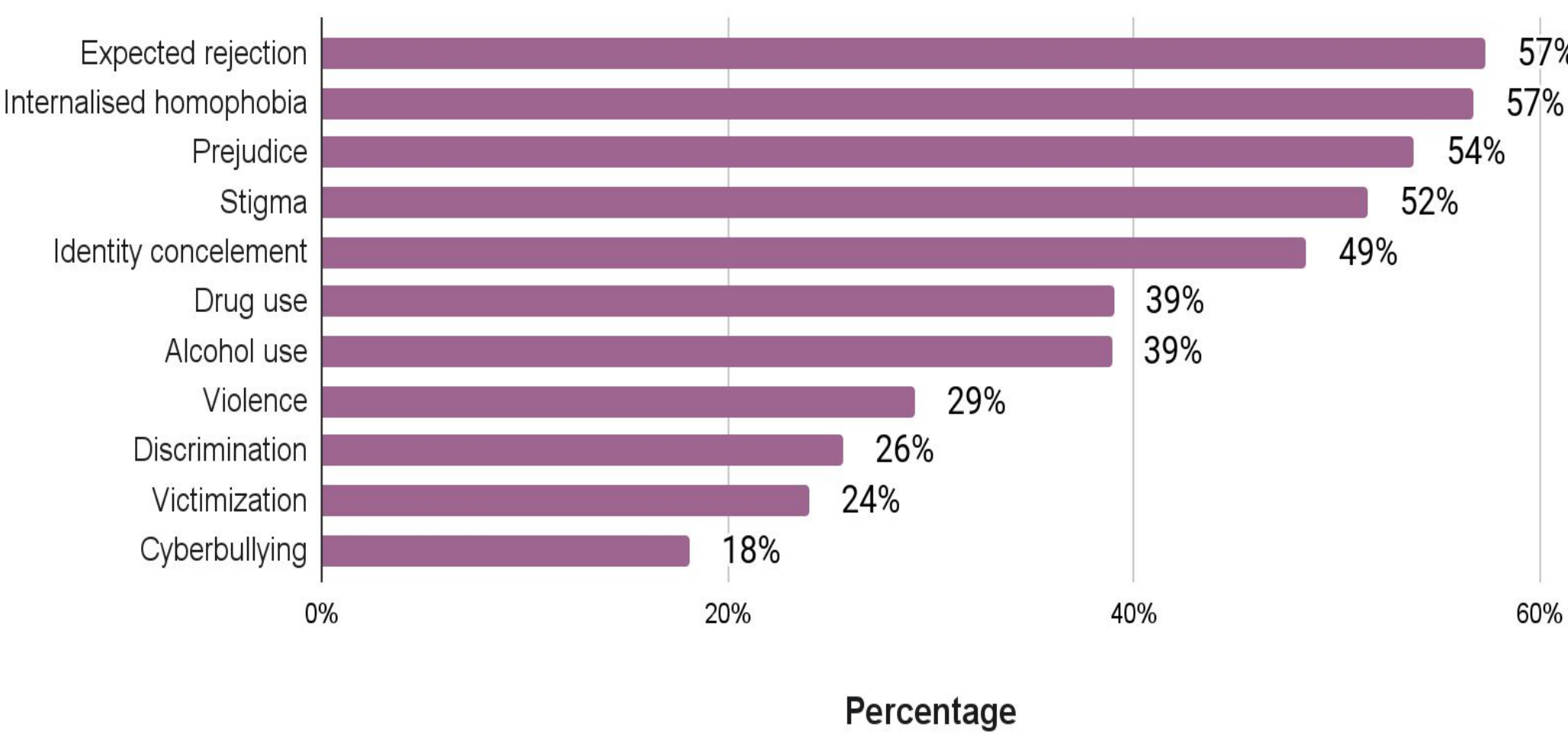


Figure 7: Impact of Emotional Support

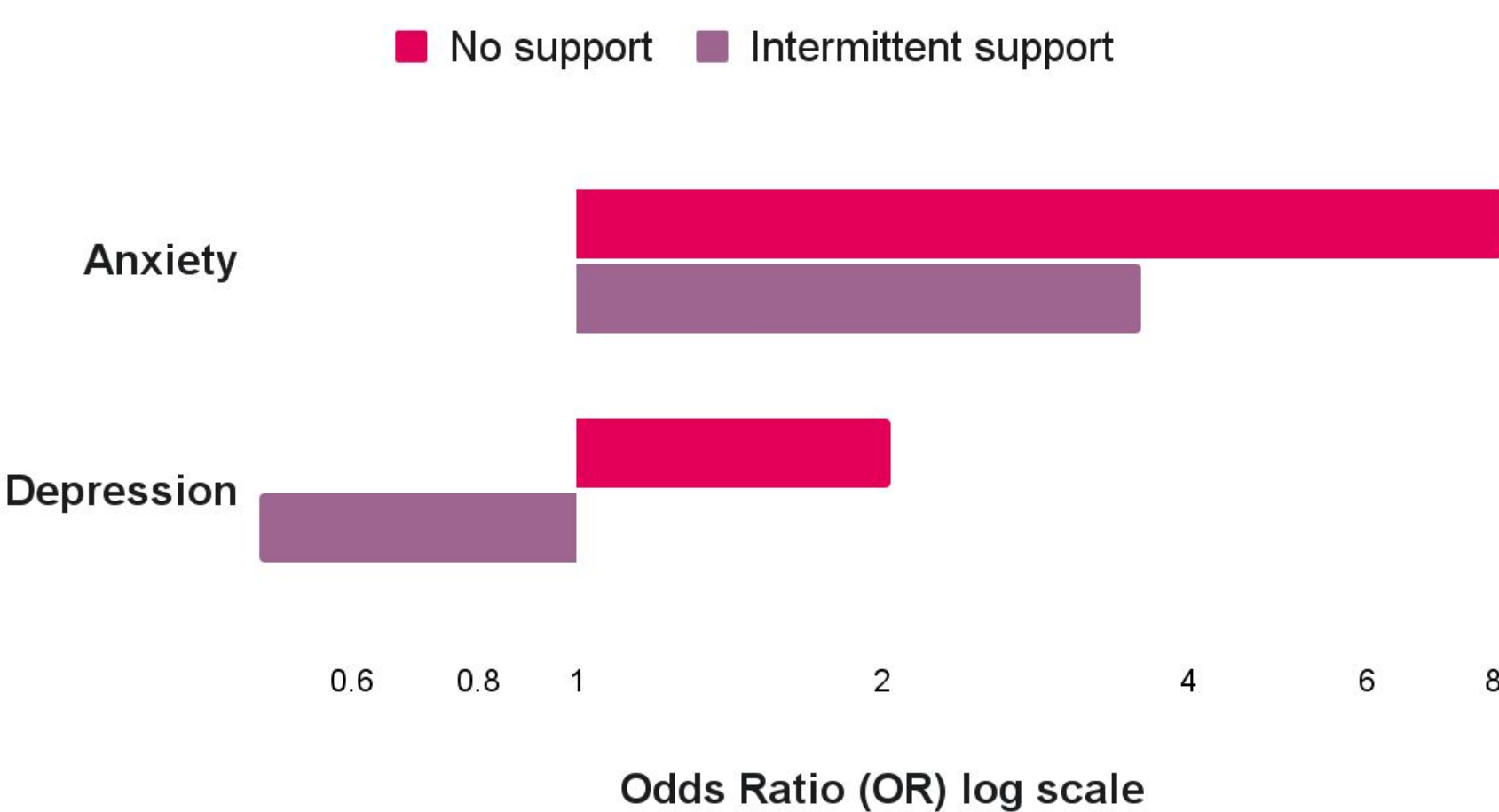


Figure 2: Sexual Orientation

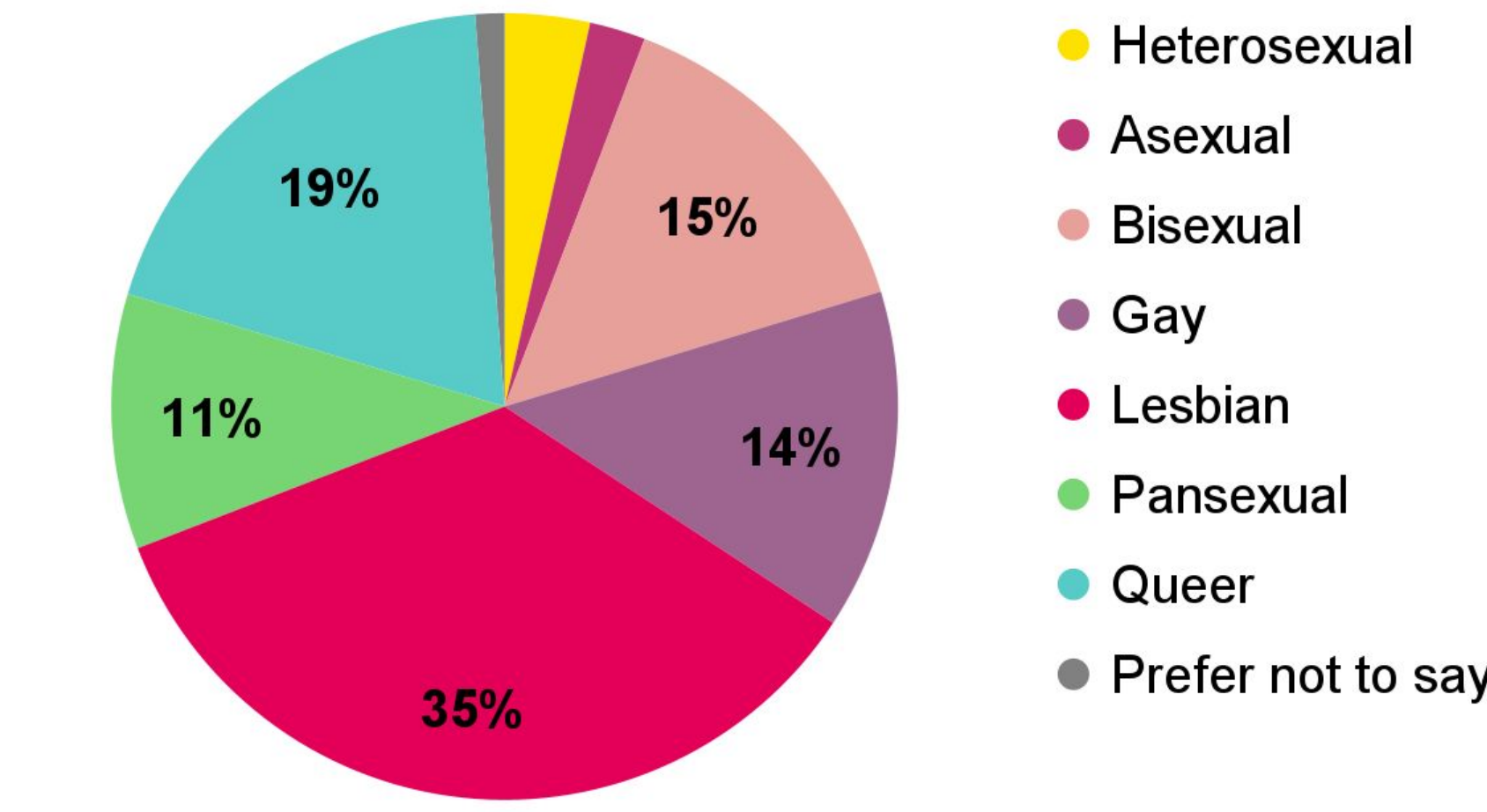


Figure 4: Co-occurrence of Mental Health conditions

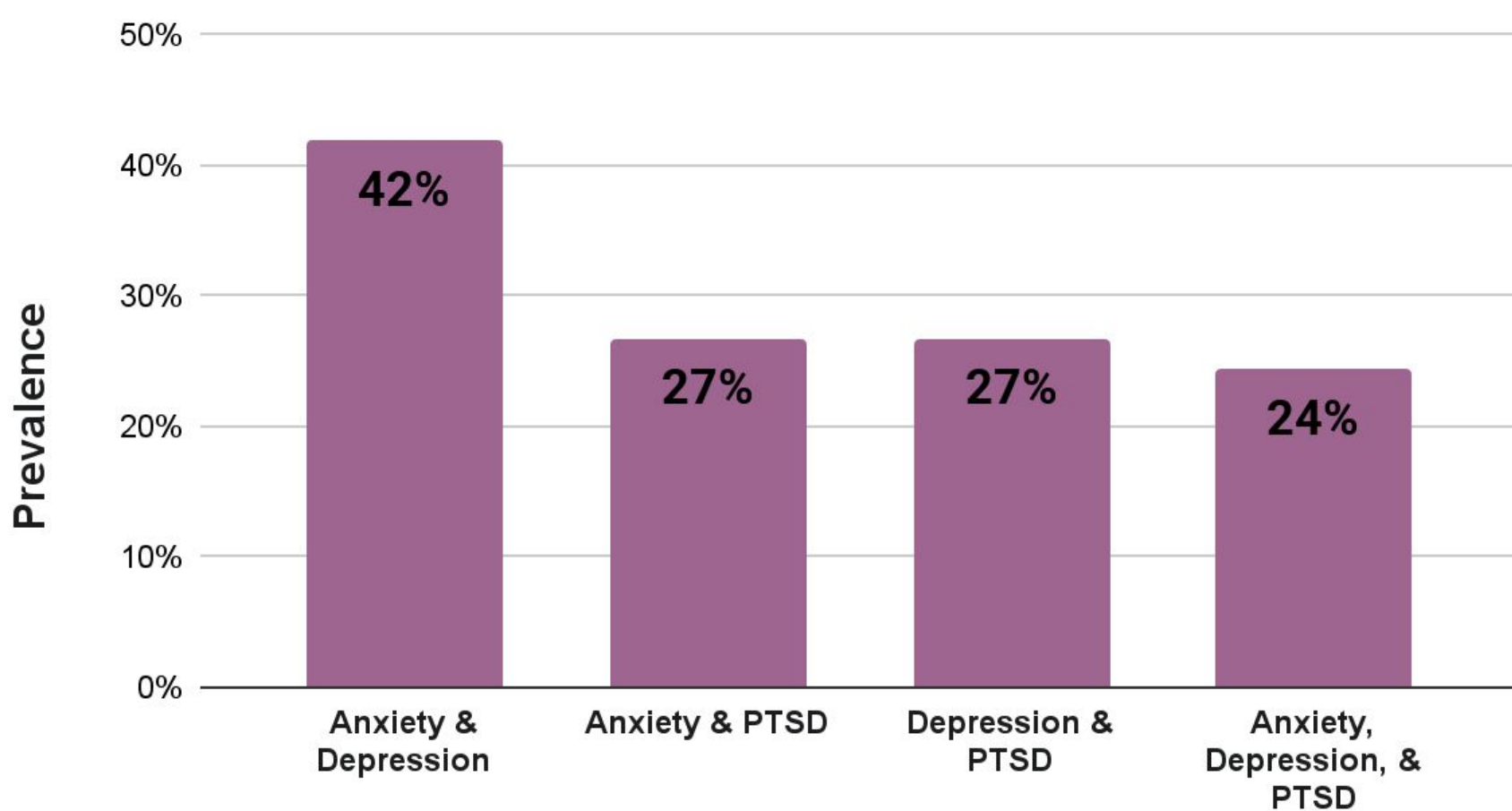


Figure 6: Protective factors associated with mental health outcomes

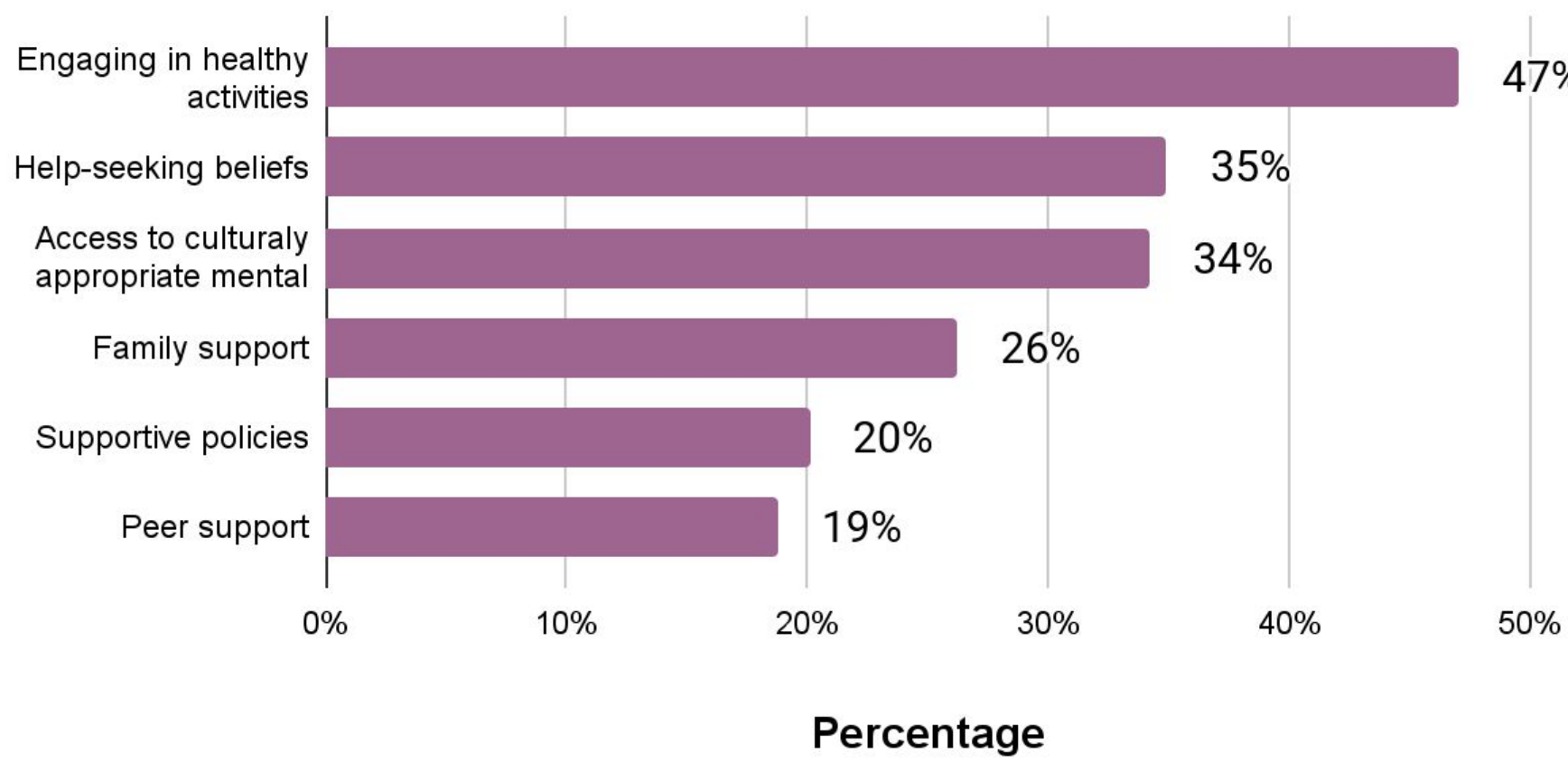
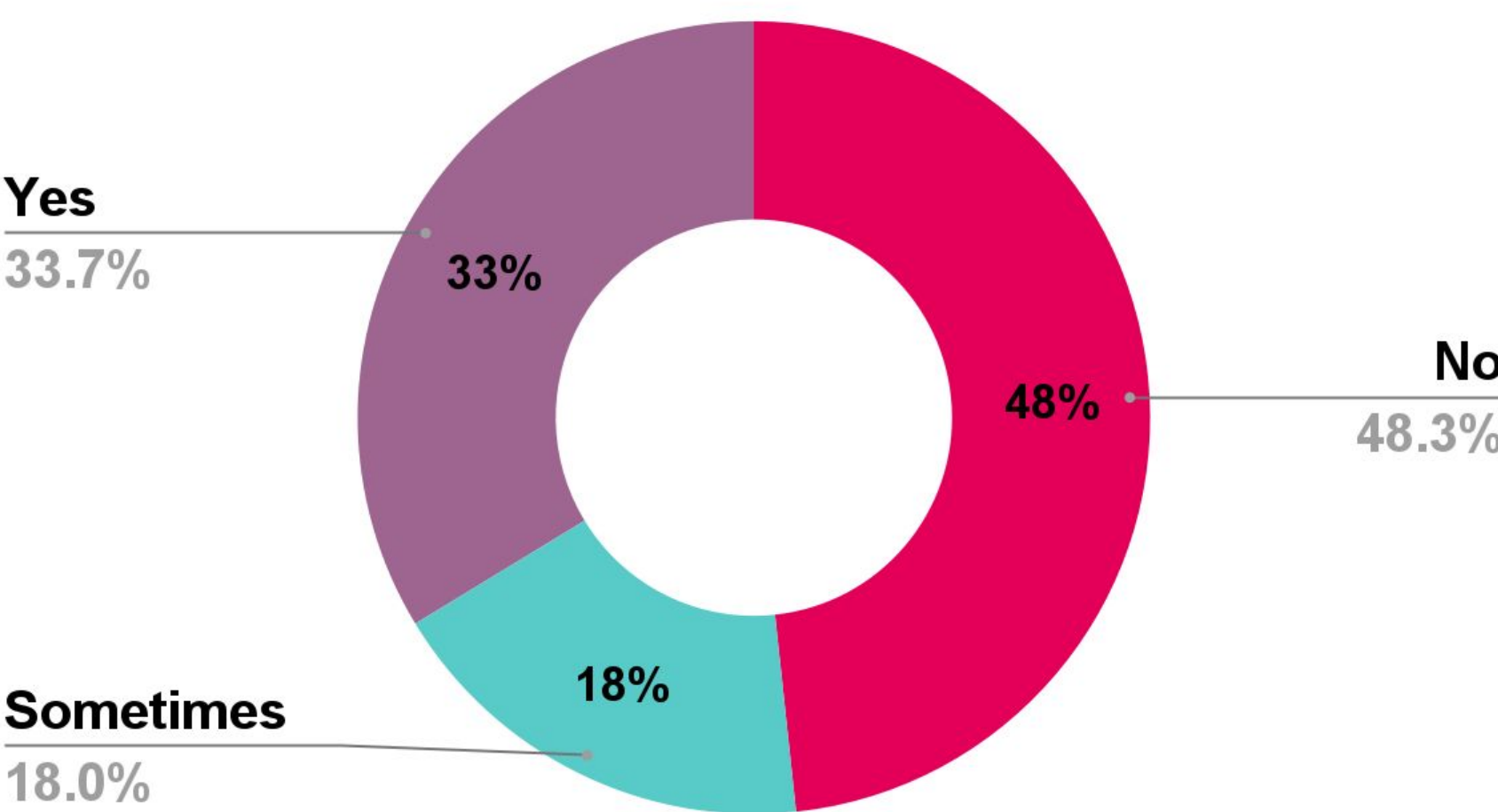


Figure 8: Comfortable discussing mental health with providers



Sociodemographics:

- Age:** 43% (18-24), 51.8% (25-35), 5.2% (>35)
- Unemployed:** 44.8%
- Education:** 61% undergraduate, 18.6% college, 12.2% secondary, 8.1% postgraduate
- Financial dependence:** 56.4%
- Living arrangement:** 52.3% family & friends, 39% alone, 7% partner, 1.2% shared housing, 0.6% homeless

Discussion

Comparative studies

Study population	Depression prevalence	Anxiety prevalence	PTSD prevalence
U.S SM youth	49%	44%	
Western Kenya GBMSM youth	16%	13%	32%
Western Kenya SGM adults	26%		53%

Clinical Implications

- There is a significant mental health burden among SGM youth in Nairobi.
- This is driven by a combination of social, psychological, and systemic risk factors.
- The study highlights the crucial role of emotional and social support as a protective factor.
- Enhancing healthcare provider training in SGM inclusive, affirming, and accessible mental health interventions would help reduce stigma and build confidence in patient-provider relationships.

Strengths

- Included the entire spectrum of SGM identities.

Limitations

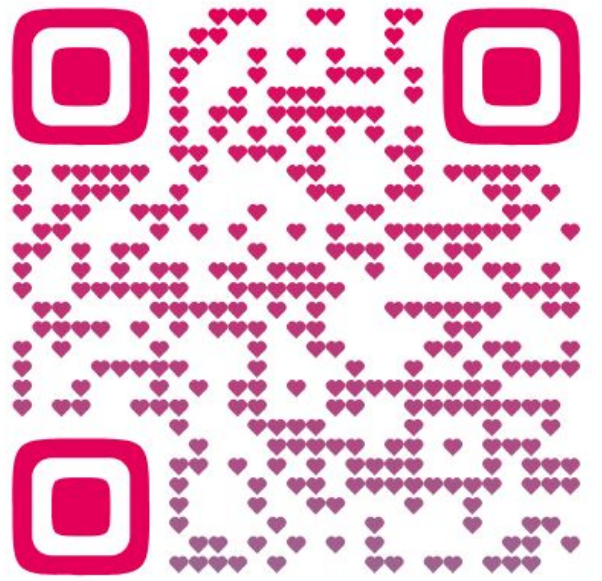
- Sampling method may limit generalisability to SGM not affiliated with community networks and healthcare services.
- The use of self reported measures could introduce recall bias which could lead to under-reporting or over-reporting of symptoms.

Future Research

- A qualitative study is needed to explore the specific reasons for discomfort experienced with healthcare providers.
- Longitudinal studies are needed to understand the long term effect of risk and protective factors.

Acknowledgements

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Scan me!