

The influences of alcohol and substance use on suicidal ideation among Thai transgender adults

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This study focused on the effects of alcohol and substance use on suicidal ideation among Thai transgender.

Learning objectives are to address the mental health problems among sexual/gender minority in Thailand and its results for use in advanced research and clinical practice.

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Background

Suicide is a major mental health disparity worldwide. Notably, transgenders are more likely to be a high-risk group for suicide compared to other sex/gender groups. Established studies have demonstrated the most common risk factors of suicide include alcohol and drug use. However, little is known about the influences of alcohol/drug use on suicide among Thai transgenders.

Objectives

- 1) Measure the prevalence of past 12-month suicidal ideation among Thai transgender adults
- 2) Determine the influence of alcohol and drug use on suicide outcomes.

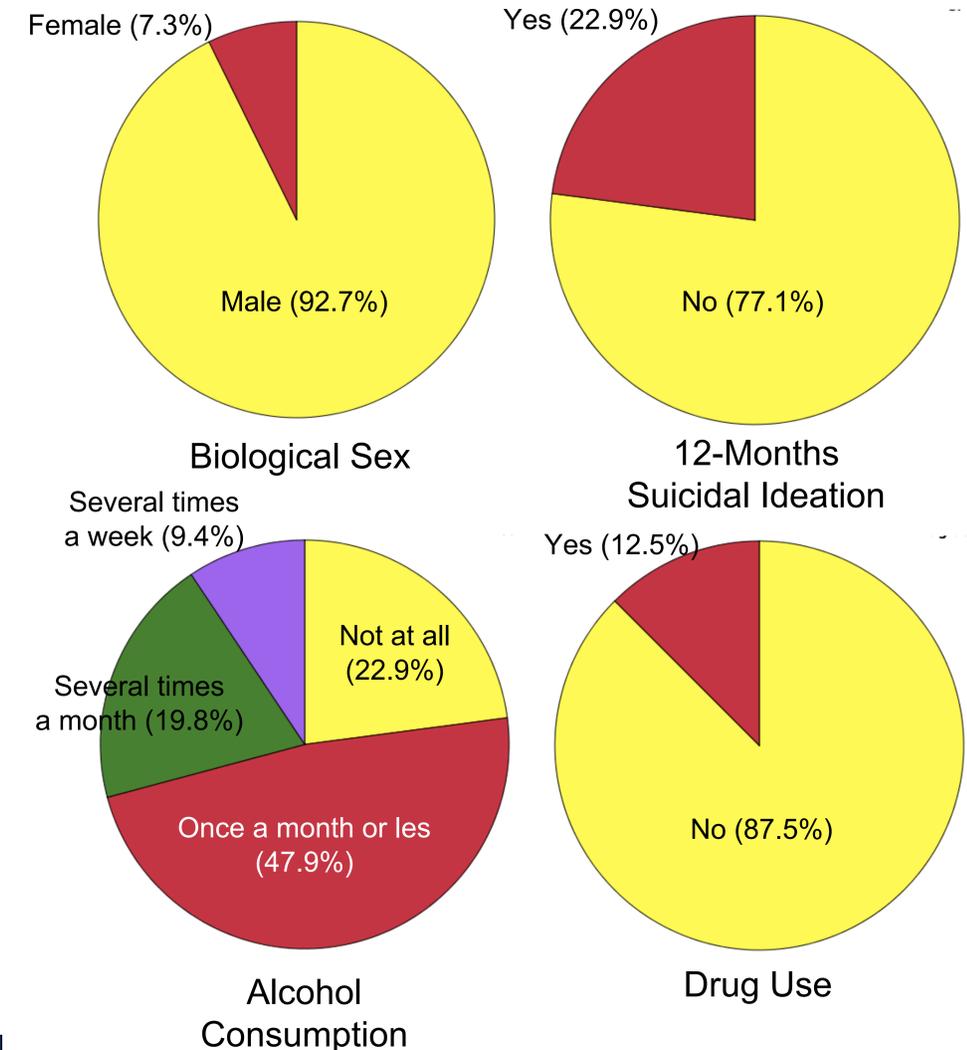
Methods

This study was conducted as part of a larger descriptive study of mental health among Thai LGBT adults. Standardized measures were selected and reviewed by an expert panel. Study participants were recruited using convenience and snowball sampling methods. Self-administered survey data were collected via an online and in-person data collection conducted at a leading Thai LGBT organization. Multivariate analyses were used.

Results

Among the 96 participants, the mean age was 28.68 years (S.D. = 7.25). The majority of participants reported being male N = 89 (92.7%) and female N = 7 (7.3%), were generally well-educated (69.8% bachelor and higher), lived in the central region (40.4%), reported monthly incomes < \$660 (63.5%). Suicidal ideation was common, with 22.9% of 12-month suicidal ideation. A total of 47.9% of them reported using alcohol once a month or less, while 12.5% experiencing drug use in their lifetime. The most common types of used substances were depressants (72.1%), followed by stimulants (61.9%). Predicting factors on suicidal ideation included younger age ($\beta = -.17, p < .05$) and using drug ($\beta = 2.19, p < .05$). However, alcohol consumption showed no association with suicidal ideation in our participants.

Variables	B	P value
Age	-.17	.022*
Biological Sex	-.14	.900
Education	1.16	.102
Living Area (Regions of Thailand)	0.36	.309
Monthly Income	-.52	.144
Alcohol Consumption	-.06	.875
Drug Use	2.19	.009*



Conclusions

Drug use was a strong predictor of suicidal ideation among Thai transgenders. Study findings have implications for mental health and psychiatric professionals. Advanced research is needed to examine the influences of drug and alcohol in lesbian, gay, and bisexual individuals.