Depressive Symptoms among High School Students in Delaware

According to the CDC, lesbian, gay, and bisexual (LGB) students are at increased risk of experiencing violence, bullying, and other negative health outcomes, which may, in turn, contribute to substance use and other risk behaviors. The Delaware 2017 Youth Risk Behavior Survey findings indicate that among Delaware high school students, 1 in 5 straight students report depressive symptoms¹, while 1 in 2 gay or lesbian students and 3 in 5 bisexual students report these symptoms. When developing prevention strategies, it is important to consider intervening factors that may disproportionately impact LGB students and contribute to depression, such as degree of parental support, peer support, and acceptance.

¹ Depressive symptoms are measured by asking students if during the past 12 months they had felt so sad or hopeless every day for two weeks or more in a row that they had stopped doing some usual activities.

Source: 2017 Delaware High School Youth Risk Behavior Survey. Additional information on LGB health risk are available online at: https://www.cdc.gov/features/lgb-student-health/index.html. Funding for this project has been provided by the Department for Health and Social Services, Division of Substance Abuse and Mental Health - State of Delaware through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA, SP020704). DDATAgrams may be copied without permission. Please cite SEOW as the source. Additional DDATAgrams are available at: https://www.cdhs.udel.edu/seow/publications.