



**MORNING CONSULT**



HOW COVID-19 IS  
IMPACTING LGBTQ  
YOUTH

**POLLING PRESENTATION**

August 2020

## METHODOLOGY

1

### LGBTQ YOUTH

This poll was conducted between July 21-July 29, 2020 among a national sample of 600 LGBTQ Youth Age 13-24. The interviews were conducted online. Results from the full survey have a margin of error of plus or minus 4 percentage points.

2

### BLACK LGBTQ YOUTH

This poll was conducted between July 21-July 29, 2020 among a national sample of 175 LGBTQ Youth Age 13-24. The interviews were conducted online. Results from the full survey have a margin of error of plus or minus 7 percentage points.

3

### STRAIGHT/ CISGENDER YOUTH

This poll was conducted between July 21-July 24, 2020 among a national sample of 600 Straight Cisgender Youth Age 13-24. The interviews were conducted online. Results from the full survey have a margin of error of plus or minus 4 percentage points.

4

### BLACK STRAIGHT/ CISGENDER YOUTH

This poll was conducted between July 21-July 24, 2020 among a national sample of 196 Straight Cisgender Youth Age 13-24. The interviews were conducted online. Results from the full survey have a margin of error of plus or minus 7 percentage points.

## KEY POINTS

1

COVID-19 has negatively impacted the mental health of LGBTQ youth and has presented them with unique challenges, including stressful living situations.

2

Forty-one percent of LGBTQ youth stated that COVID-19 impacted their ability to express their LGBTQ identity, including more than half of transgender and nonbinary youth (56%).

3

LGBTQ youth are significantly more likely than straight/cis youth to exhibit symptoms of depression, anxiety and/or both. Straight cis/youth are 26-points more likely to not exhibit any signs of anxiety or depression.

4

LGBTQ youth were less likely to have access to mental health care than their peers, with one in four LGBTQ youth unable to access the mental health care they desired.

5

More than one in three LGBTQ youth were distrusting of their family when it comes to providing health information on COVID-19 compared to one in five straight/cisgender youth.

6

When asked to indicate which emotions described how they have been feeling since the COVID-19 pandemic began, the top three emotions experienced by LGBTQ youth were “stressed” (68%), “tired” (61%), and “nervous” (54%).

## CONTENTS

1 COVID-19: General

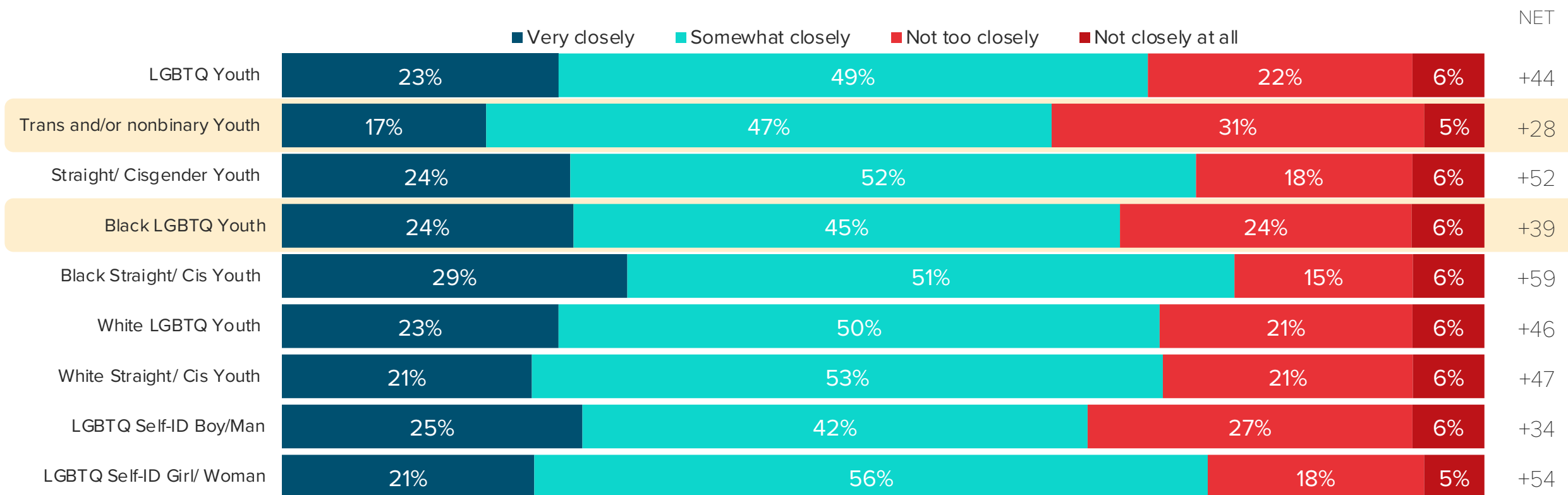
2 COVID-19: Impact



## COVID-19: GENERAL

A strong majority of LGBTQ and straight/cis youth report following news about the coronavirus (COVID-19) pandemic closely.

*How closely have you been following the news about the coronavirus (COVID-19) pandemic?*



## COVID-19: GENERAL

Which of the following emotions have you felt since the coronavirus (COVID-19) pandemic began seriously impacting the U.S. in March 2020? Please select all that apply.





<i>Emotions</i>	LGBTQ Youth	Trans and/or nonbinary Youth	Straight/ Cis Youth	Black LGBTQ Youth	Black Straight/ Cis Youth	White LGBTQ Youth	White Straight/ Cis Youth	LGBTQ Self-ID Boy/Man Youth	LGBTQ Self ID Girl/Woman Youth
Stressed	68%	70%	56%	61%	48%	74%	57%	66%	72%
Tired	61%	71%	45%	50%	42%	67%	46%	56%	64%
Nervous	54%	62%	44%	41%	34%	59%	52%	49%	58%
Lonely	54%	60%	38%	45%	29%	58%	42%	50%	57%
Sad	52%	54%	40%	40%	34%	59%	43%	51%	54%
Unsure	48%	52%	40%	38%	33%	53%	46%	47%	51%
Confused	47%	53%	42%	37%	42%	54%	43%	46%	47%
Fearful	43%	47%	33%	33%	30%	50%	37%	38%	47%
Anger	40%	42%	27%	37%	22%	45%	30%	35%	45%
Hopeless	38%	45%	26%	28%	20%	45%	28%	35%	43%
Helpless	38%	49%	24%	28%	23%	46%	26%	36%	41%
Mad	35%	37%	30%	31%	27%	36%	31%	31%	38%
Happy	25%	21%	27%	26%	31%	27%	24%	25%	27%
Peaceful	20%	15%	25%	22%	28%	18%	22%	20%	21%
None of the above	2%	1%	6%	2%	9%	2%	5%	3%	2%

TOP TIER EMOTION

MIDDLE-TIER EMOTION

LOWER-TIER EMOTION

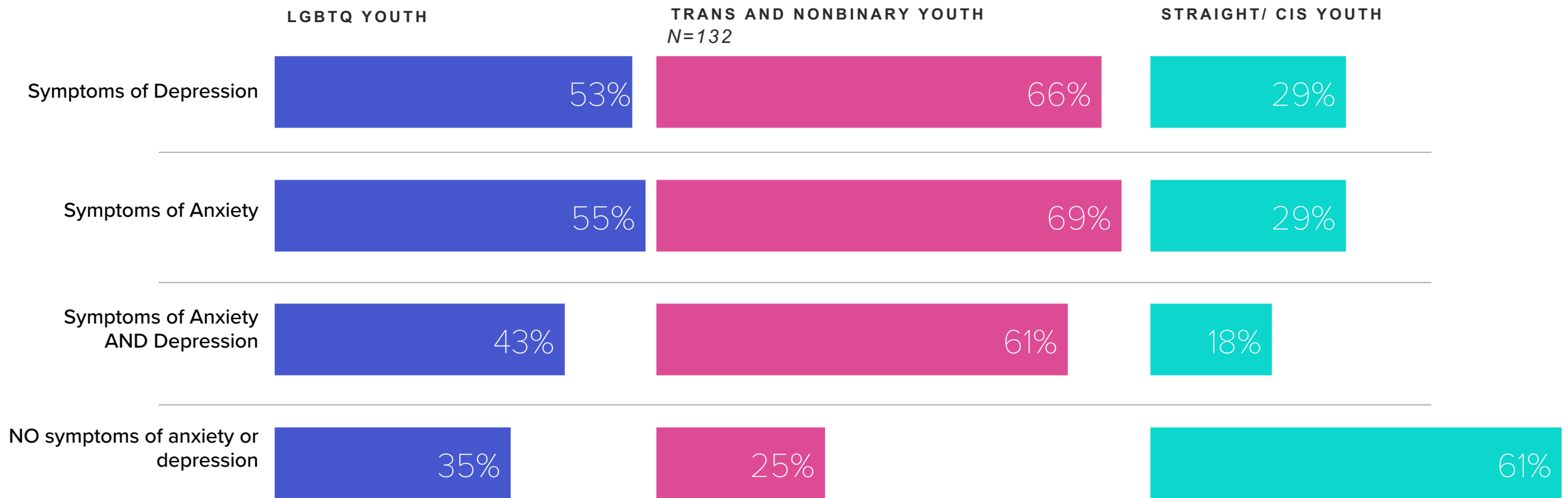
## EMOTIONS (COVID-19): TAKEAWAYS AND INSIGHTS

-  Across all key demographics, LGBTQ youth and straight/ cisgender youth are the most likely to report feeling ‘stressed,’ ‘tired,’ ‘nervous,’ and ‘lonely.’
-  Both Black and white straight/ cisgender youth are less likely to report they are feeling ‘lonely.’ Reported loneliness is much higher among LGBTQ youth populations than straight/cisgender youth.
-  Both LGBTQ youth populations and straight/cisgender youth are the less likely to report they’ve experienced ‘happiness,’ or ‘peace’ compared to emotions of stress and anger.
-  Both Black and white straight/cisgender youth report they have experienced ‘confusion’ as an emotion since the coronavirus (COVID-19) began seriously impacting the U.S.

## COVID-19: GENERAL

LGBTQ and trans and nonbinary youth are significantly more likely than straight/cis youth to exhibit symptoms of depression, anxiety and/or both. Straight cis/youth are 1.75x more likely than LGBTQ youth and 2.4 more likely than trans and nonbinary youth to exhibit no signs of either anxiety or depression.

*Over the last two weeks, how often have you been bothered by the following problems?*








## COVID-19: GENERAL

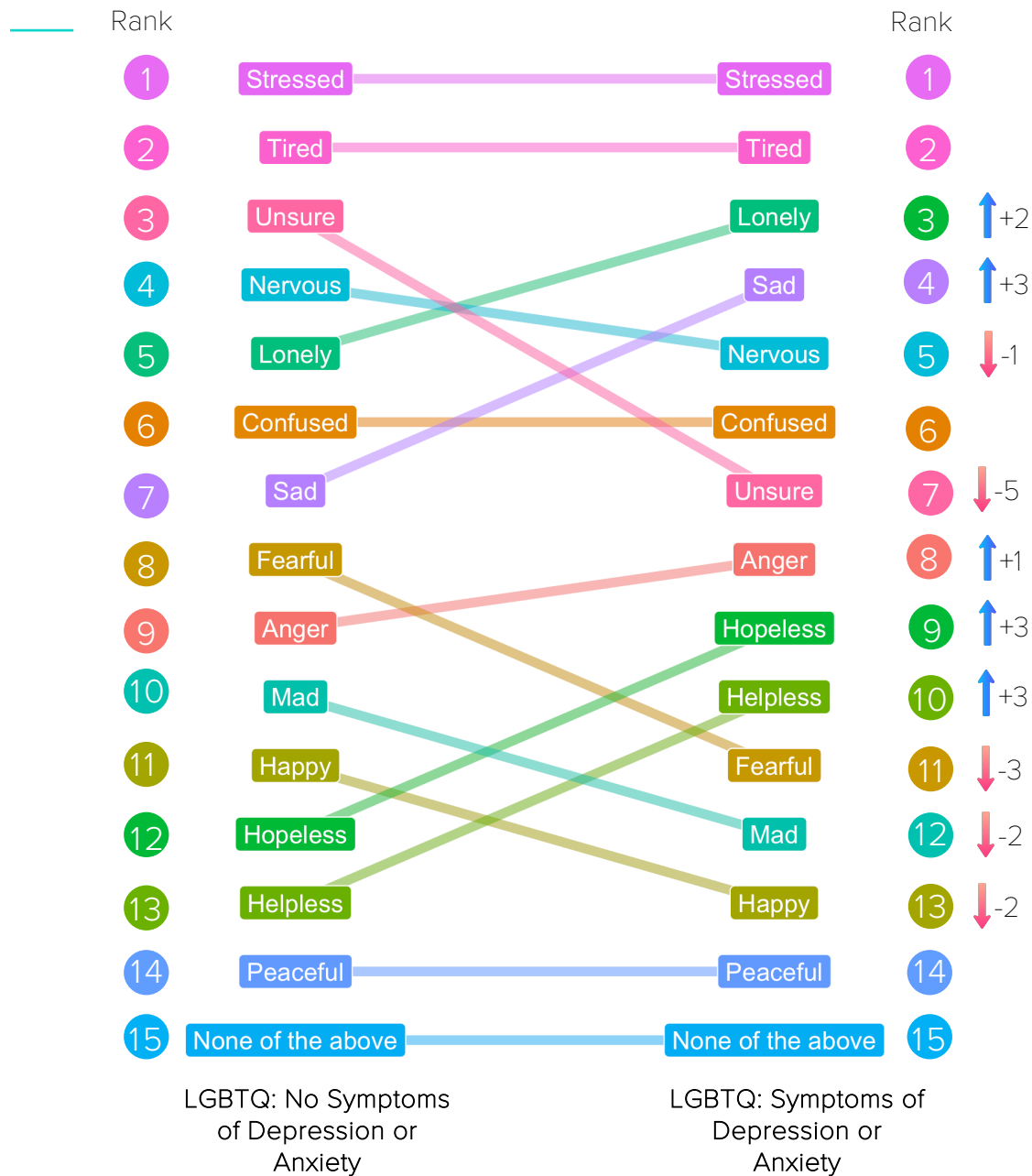
Which of the following emotions have you felt since the coronavirus (COVID-19) pandemic began seriously impacting the U.S. in March 2020? Please select all that apply.

	LGBTQ: Depressive or Anxious Symptoms	LGBTQ: No Depressive or Anxious Symptoms	Black LGBTQ: Depressive or Anxious Symptoms	White LGBTQ: Depressive or Anxious Symptoms	Straight/ Cis: Depressive or Anxious Symptoms	Straight/ Cis: No Depressive or Anxious Symptoms	Black Straight/ Cis: Depressive or Anxious Symptoms	White Straight/ Cis: Depressive or Anxious Symptoms
Stressed	74%	57%	67%	78%	66%	49%	62%	70%
Tired	67%	49%	60%	71%	51%	41%	39%	59%
Lonely	62%	39%	54%	68%	48%	31%	34%	51%
Sad	60%	38%	45%	64%	48%	34%	39%	50%
Nervous	59%	45%	37%	63%	52%	38%	36%	62%
Confused	51%	39%	41%	59%	44%	41%	35%	40%
Unsure	49%	47%	37%	51%	44%	38%	31%	45%
Anger	46%	30%	41%	54%	32%	24%	33%	39%
Hopeless	46%	23%	32%	58%	32%	22%	25%	37%
Helpless	46%	23%	33%	53%	32%	20%	32%	29%
Fearful	45%	38%	38%	54%	39%	29%	34%	36%
Mad	39%	28%	30%	42%	35%	26%	28%	31%
Happy	24%	26%	28%	24%	22%	30%	31%	14%
Peaceful	19%	22%	18%	20%	20%	28%	30%	19%
None of the above	2%	4%	0%	2%	3%	8%	2%	3%

Depression and Anxiety index was calculated using National HIV Curriculum: PHQ-2 (Depression) and GAD-2 (Anxiety)  
<https://www.hiv.uw.edu/page/mental-health-screening/phq-2>

## EMOTIONS (COVID-19): TAKEAWAYS AND INSIGHTS

-  Black straight/ cis youth who exhibit symptoms of depression or anxiety coalesce around feeling stressed (62%) since the coronavirus seriously began impacting the United States.
-  LGBTQ youth who exhibit symptoms of depression or anxiety are 23- points more likely to report they are feeling 'lonely' and 22-points likely to report they are feeling sad than LGBTQ youth who are not experiencing symptoms of depression or anxiety.
-  LGBTQ youth who exhibit symptoms of depression or anxiety are two times more likely than LGBTQ youth who are not experiencing symptoms of depression or anxiety to report they have been feeling 'hopeless' or 'helpless.'



## EMOTIONS (COVID-19): TAKEAWAYS AND INSIGHTS

*Which of the following emotions have you felt since the coronavirus (COVID-19) pandemic began seriously impacting the U.S. in March 2020? Please select all that apply.*

A

LGBTQ youth who exhibit symptoms of depression or anxiety are more likely to report they are lonely, sad, angry, hopeless, and helpless than LGBTQ youth who do not exhibit those similar behaviors.

B

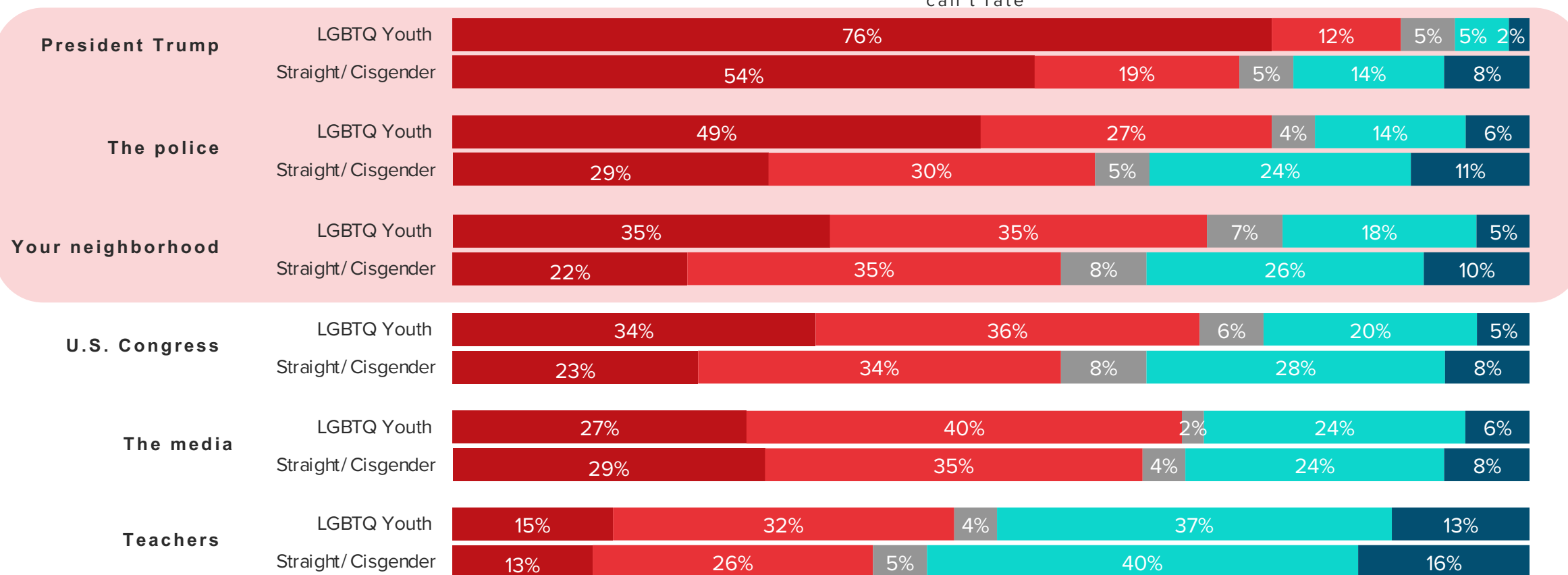
Hopelessness, helplessness, and sadness rank three points higher for LGBTQ youth who exhibit depressive or anxious behaviors than LGBTQ youth who do not.

## COVID-19: GENERAL

LGBTQ youth show more intense levels of distrust for President Trump, the police, and their own neighborhoods than straight/cisgender youths when it comes to information on the coronavirus (COVID-19) pandemic. However, each demographic group generally trust teachers.

*How much do you trust each of the following groups or people to provide health information on the coronavirus (COVID-19) pandemic?*

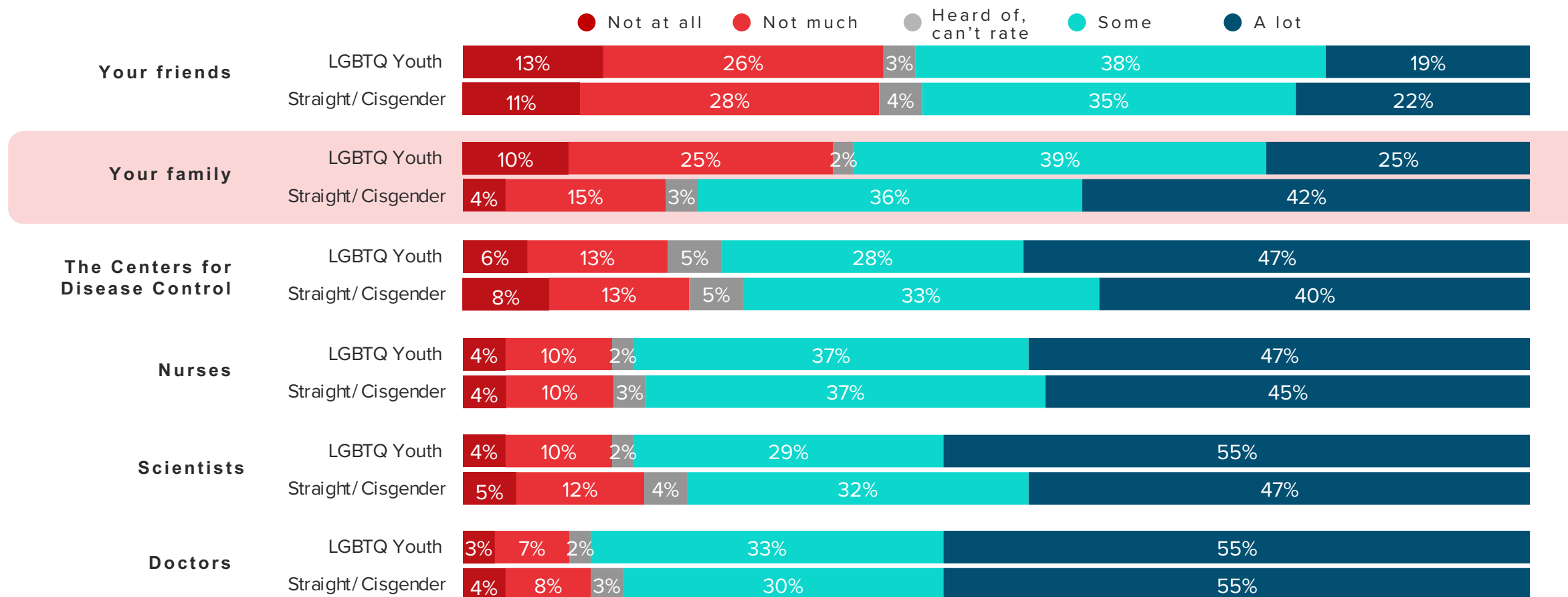
● Not at all   ● Not much   ● Heard of, can't rate   ● Some   ● A lot



## COVID-19: GENERAL

LGBTQ youth are 16-points more likely to distrust their family than straight/cisgender youth when it comes to information on the coronavirus (COVID-19) pandemic.

*How much do you trust each of the following groups or people to provide health information on the coronavirus (COVID-19) pandemic?*

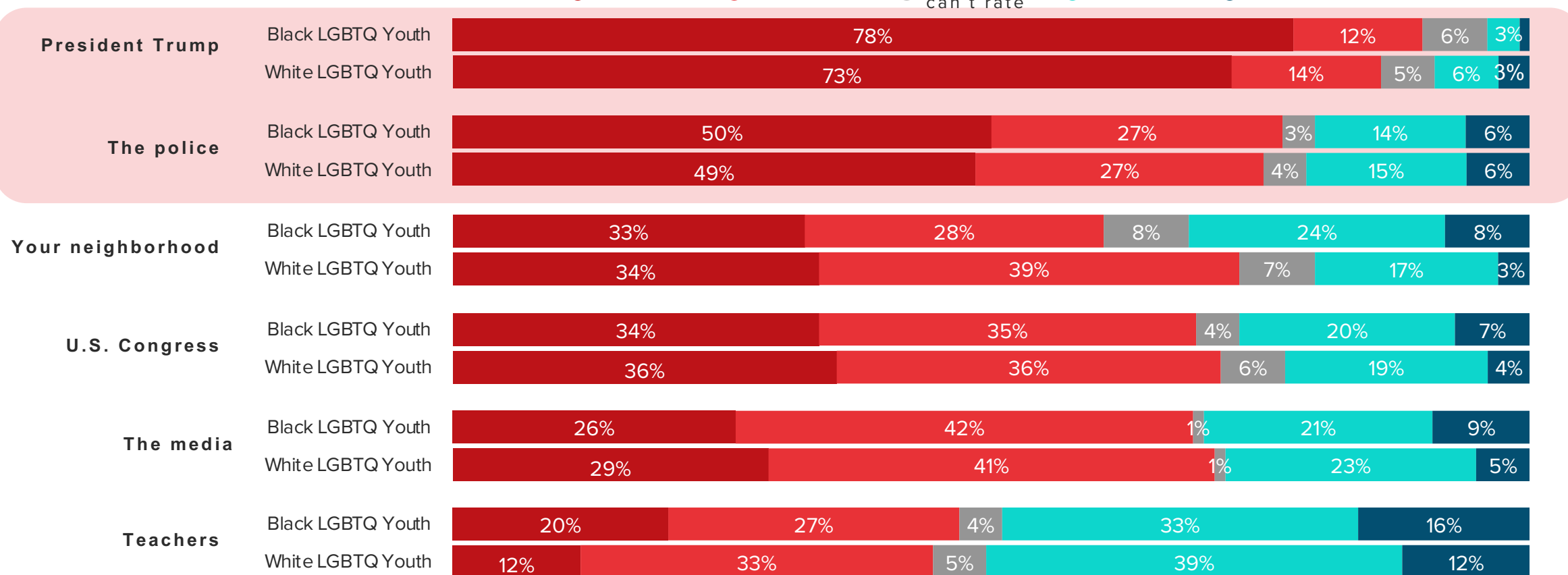


## COVID-19: GENERAL

Both Black and white LGBTQ youth show intense levels of distrust for President Trump and the police when it comes to information on COVID-19.

*How much do you trust each of the following groups or people to provide health information on the coronavirus (COVID-19) pandemic?*

● Not at all ● Not much ● Heard of, can't rate ● Some ● A lot

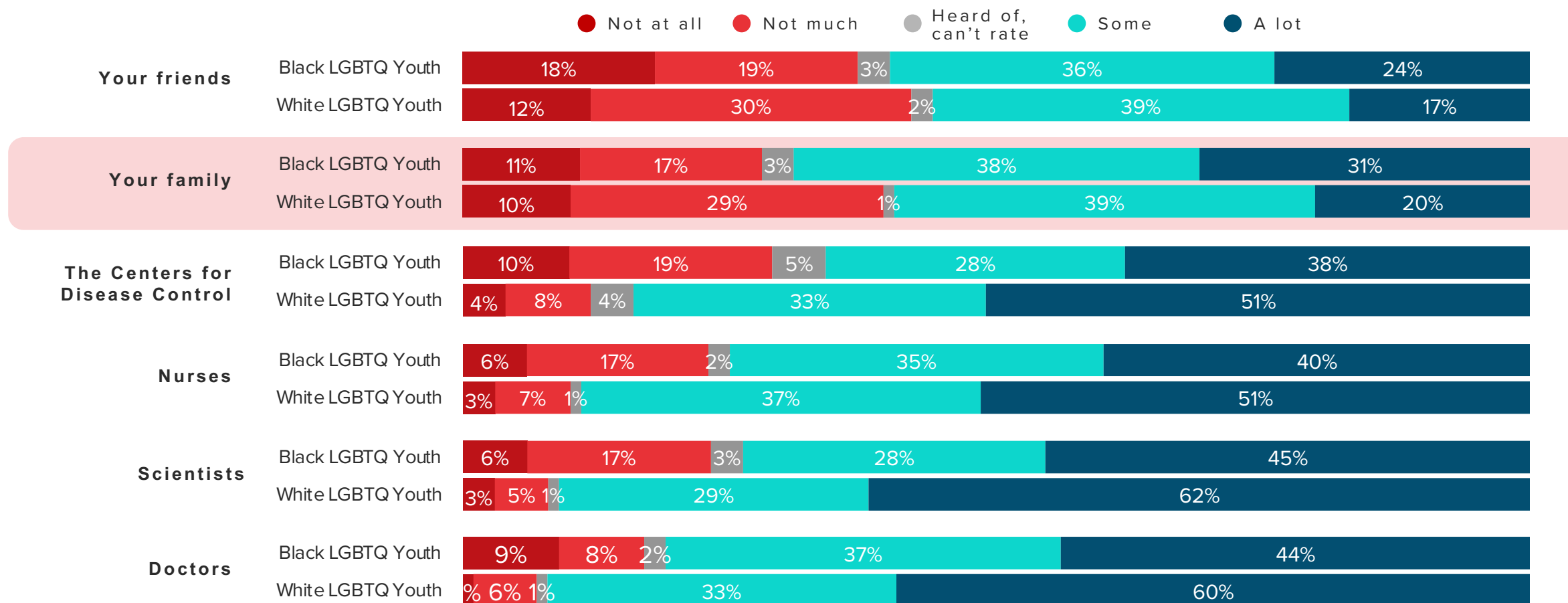




## COVID-19: GENERAL

Both white and Black LGBTQ youth show a higher level of distrust for their family when it comes to receiving health information on the coronavirus (COVID-19) pandemic than straight/cis youth.

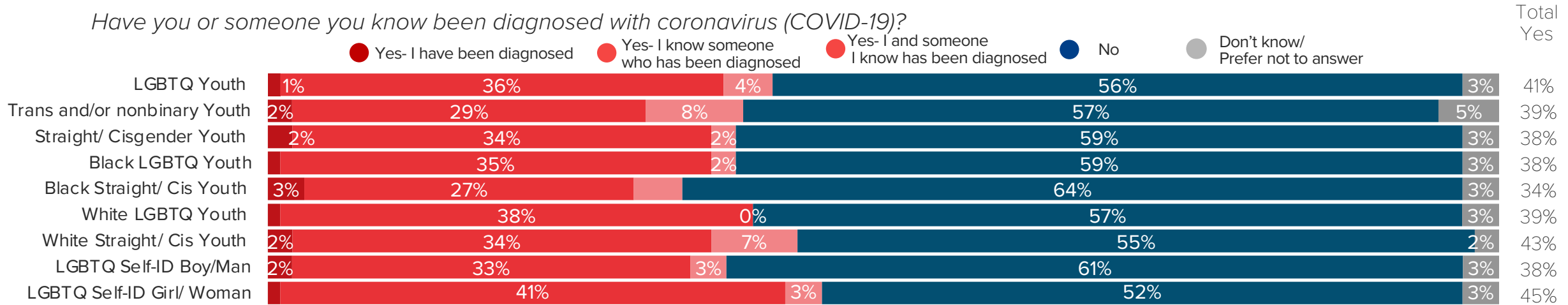
*How much do you trust each of the following groups or people to provide health information on the coronavirus (COVID-19) pandemic?*



## COVID-19: GENERAL

Knowing or personally being diagnosed with the coronavirus outpaces the level of knowing someone who who has died of the disease. Nevertheless, more than half of key demographics do not know someone who has either been diagnosed or has died.

*Have you or someone you know been diagnosed with coronavirus (COVID-19)?*



*Do you know someone who has died because of coronavirus (COVID-19)?*



## CONTENTS

1 COVID-19: General

2 COVID-19: Impact

## COVID-19: IMPACT

Access and desire for mental health care differs between LGBTQ youth and straight/cis youth. Straight/ Cis youth are 2x more likely to report they do not want mental health care than LGBTQ youth.

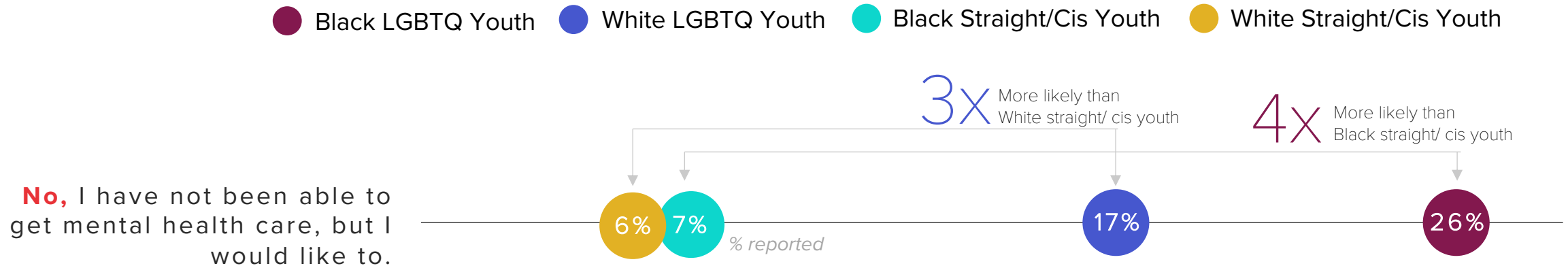
*Since the coronavirus (COVID-19) pandemic began seriously impacting the U.S. in March 2020, have you received care from a mental health professional?*

	<b>Yes, I have continued to receive the mental health care I was receiving prior to the coronavirus (COVID-19) pandemic</b>	<b>Yes, I started receiving mental health care since the coronavirus (COVID-19) pandemic began</b>	<b>No, I have not been able to get mental health care, but I would like to.</b>	<b>No, I have lost access to mental health care I had prior to the coronavirus (COVID-19) pandemic</b>	<b>No, I do not want mental health care</b>	<b>None of the above</b>
LGBTQ Youth	21%	5%	25%	12%	24%	13%
Trans and/or nonbinary youth	32%	9%	25%	16%	10%	8%
Straight/ Cisgender Youth	13%	3%	11%	8%	48%	18%
Black LGBTQ Youth	25%	5%	26%	11%	24%	9%
Black Straight/ Cis Youth	14%	4%	7%	10%	42%	22%
White LGBTQ Youth	22%	5%	17%	13%	26%	16%
White Straight/ Cis Youth	13%	4%	6%	9%	56%	12%
LGBTQ Self-ID Boy/Man Youth	22%	4%	22%	7%	30%	15%
LGBTQ Self ID Girl/Woman Youth	20%	3%	27%	13%	24%	13%

## COVID-19: IMPACT

Black LGBTQ youth were nearly 4x more likely than Black straight/cisgender youth to report they have not been able to receive mental health care but would like to. Similarly, white LGBTQ youth were 3x more likely than white straight/cisgender youth to report the same thing.

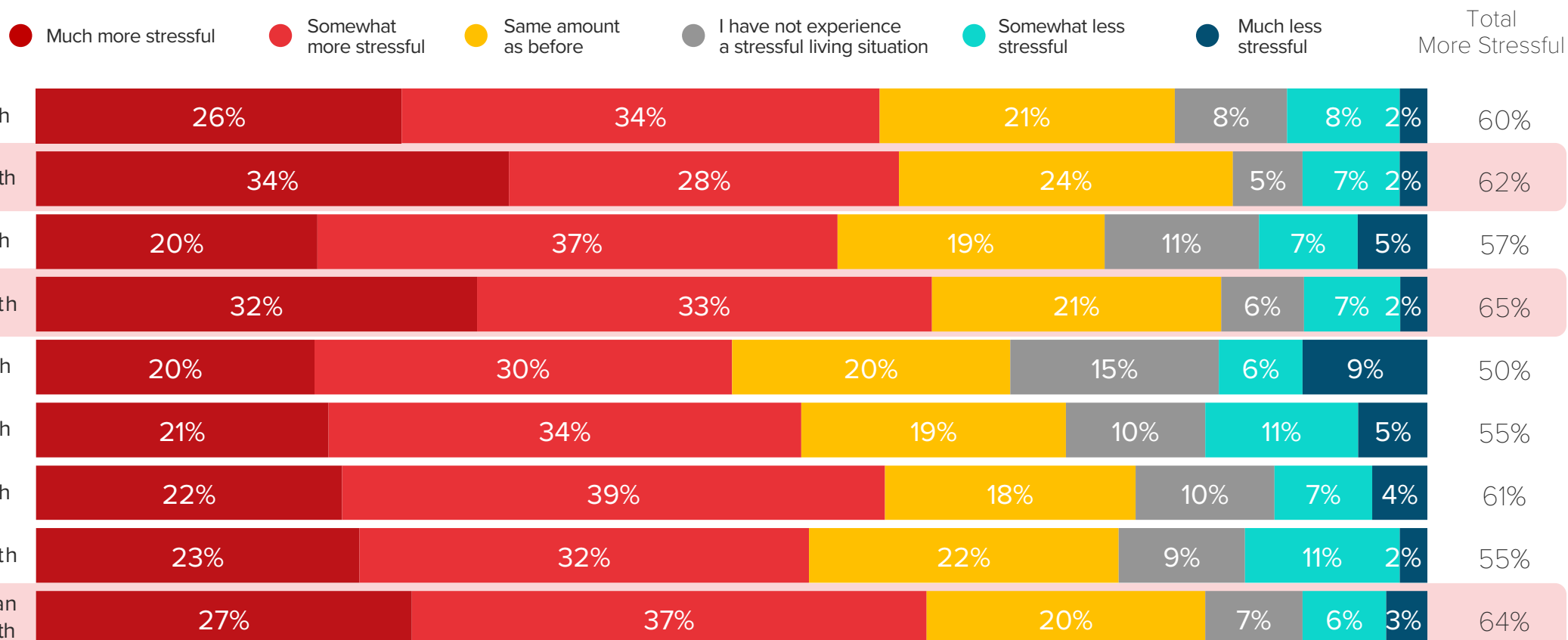
*Since the coronavirus (COVID-19) pandemic began seriously impacting the U.S. in March 2020, have you received care from a mental health professional?*



## COVID-19: IMPACT

Trans, Black LGBTQ youth and LGBTQ youth who identify as women report a higher level of stress caused by the coronavirus (COVID-19). Additionally, trans and Black LGBTQ youth indicate a more intense level of stress than any other demographic.

*Has the coronavirus (COVID-19) pandemic made your current living situation more or less stressful than before?*



*Total More Stressful = Much more + Somewhat more stressful*

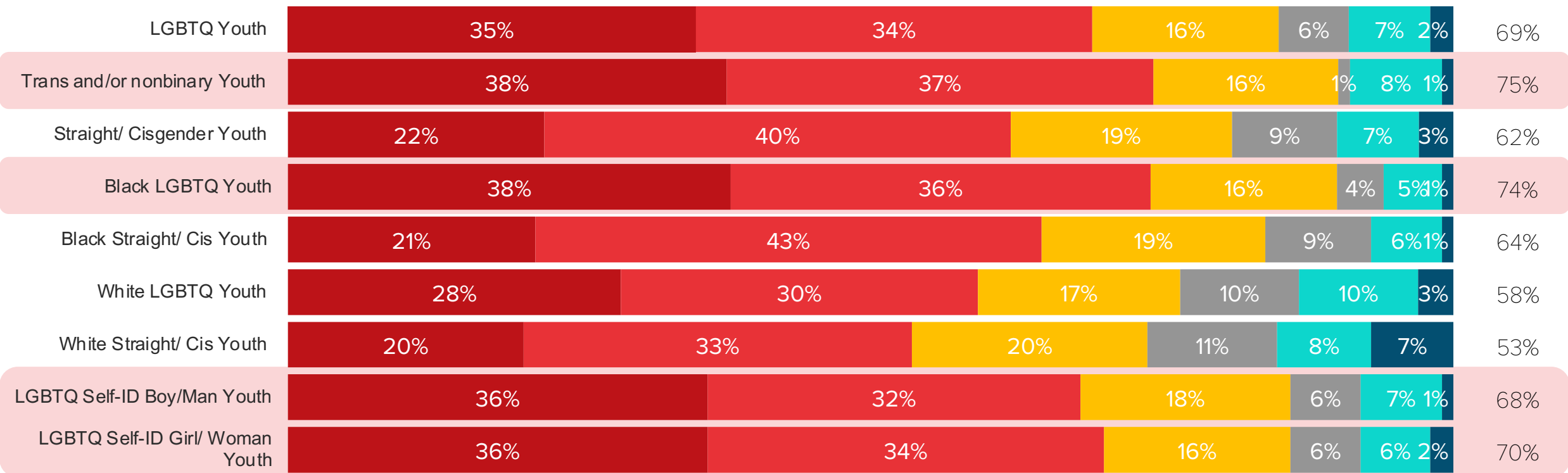


## COVID-19: IMPACT

Intensity of loneliness is most acutely felt by trans and Black LGBTQ youth. However, LGBTQ youth overall are 13-points more likely to report they are feeling ‘much more lonely’ than straight/ cis youth.

*Generally, have you recently felt more or less lonely since the start of the coronavirus (COVID-19) pandemic?*

● Much more lonely   
 ● Somewhat more lonely   
 ● No change since the start of the coronavirus (COVID-19)   
 ● I do not experience loneliness   
 ● Somewhat less lonely   
 ● Much less lonely   
 Total More Lonely



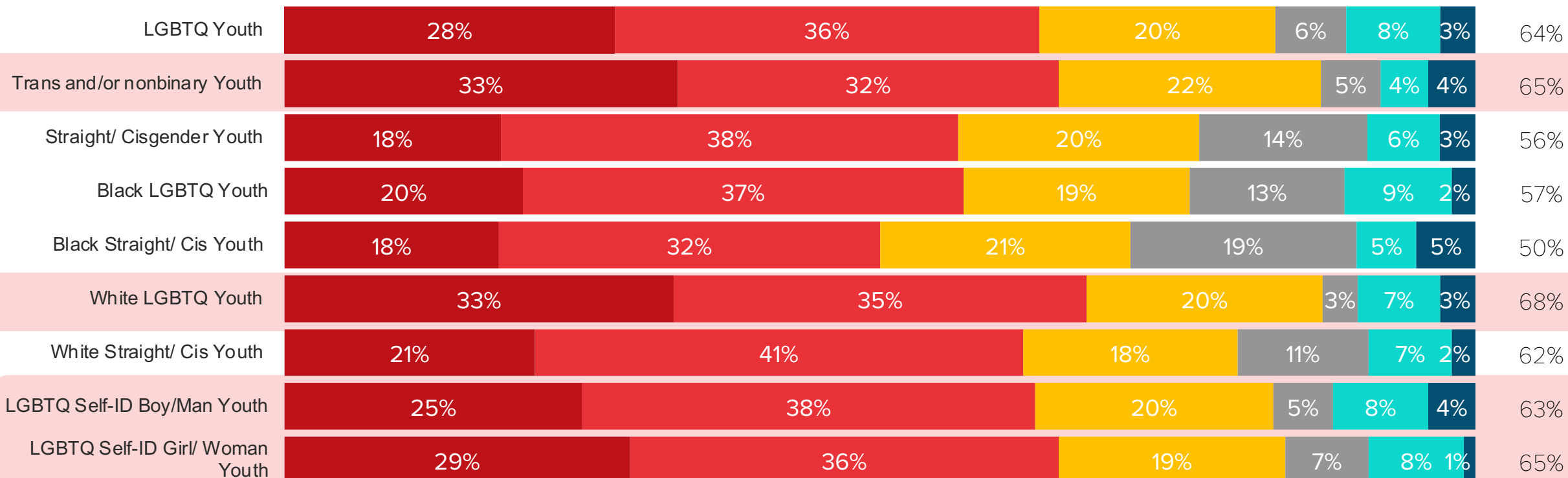
*Total More Lonely = Much more + Somewhat more lonely*

## COVID-19: IMPACT

Symptoms of anxiety are felt most strongly by trans and white LGBTQ youth; with a third of each reporting they are feeling ‘much more anxious’ and two-thirds, respectively, reporting they are feeling anxious generally.

*Have you felt more or less anxious or nervous since the coronavirus (COVID-19) pandemic began?*

● Much more anxious   
 ● Somewhat more anxious   
 ● Same amount as before   
 ● I have not experienced These feelings   
 ● Somewhat less anxious   
 ● Much less anxious   
 Total More Anxious



*Total More Anxious = Much more + Somewhat more anxious*

## COVID-19: IMPACT

Level of experience differs drastically between LGBTQ youth and straight/cis youth. Experiences, more so, differ in intensity for trans and/or nonbinary youth with them indicating the highest levels of hearing or reading negative comments about LGBTQ people and not being able to be themselves at home.

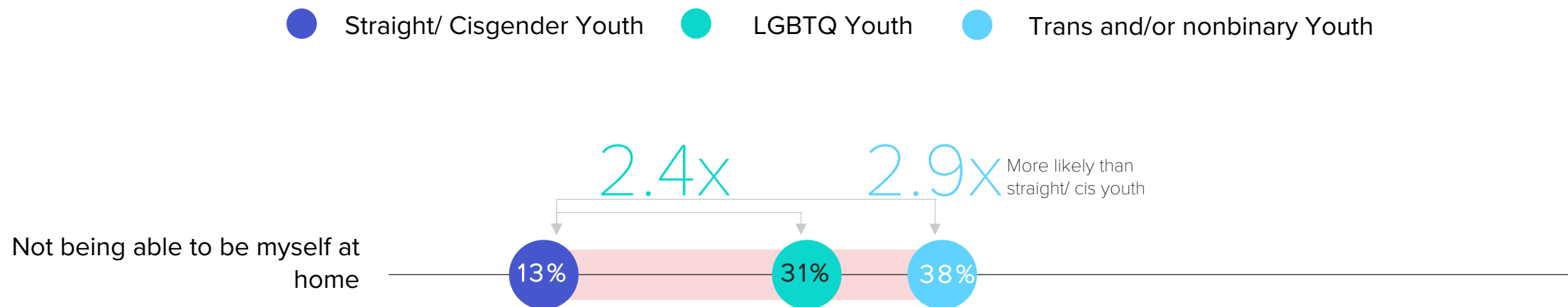
*Have you experienced any of the following since the start of the coronavirus (COVID-19) pandemic? Please select all that apply.*

Ranked by LGBTQ Youth (Top Tier)	LGBTQ Youth	Trans and/or nonbinary Youth	Straight/ Cis Youth	Black LGBTQ Youth	Black Straight/ Cis Youth	White LGBTQ Youth	White Straight/ Cis Youth	LGBTQ Self-ID Boy/Man Youth	LGBTQ Self-ID Girl/Woman Youth	
Being scared about the future	57%	54%	43%	44%	36%	64%	45%	56%	62%	TOP TIER EXPERIENCE
Hearing or reading racist comments	54%	58%	31%	40%	32%	61%	32%	50%	58%	
Isolation from friends	52%	55%	44%	38%	37%	60%	50%	53%	53%	
Hearing or reading negative comments about LGBTQ people	51%	61%	15%	42%	15%	53%	16%	50%	52%	
Positive interactions with friends	34%	35%	24%	24%	22%	39%	29%	33%	35%	MIDDLE TIER EXPERIENCE
Positive interactions with family	33%	28%	27%	30%	25%	36%	32%	32%	34%	
Not being able to be myself at home	31%	38%	13%	20%	9%	37%	14%	28%	34%	
Having to move home from college	28%	21%	22%	24%	15%	32%	29%	30%	29%	
Income has been reduced	24%	26%	21%	17%	11%	28%	24%	23%	27%	
Isolation from family	23%	30%	15%	15%	14%	26%	19%	19%	25%	
Struggles affording the things you need	22%	22%	16%	17%	10%	25%	21%	16%	28%	

## COVID-19: IMPACT

LGBTQ youth are 2.4x more likely to report not being able to be themselves at home than straight/cis youth.

This level is more perturbing when it comes to trans and/or nonbinary youth. Trans and/or nonbinary youth 2.9x more likely than straight/cis youth to report not being able to be themselves at home.

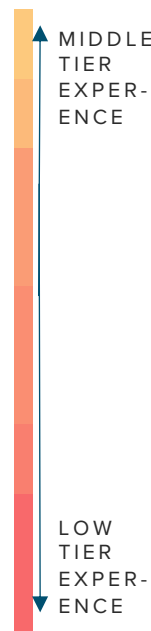


## COVID-19: IMPACT

Trans and/or nonbinary youth and white LGBTQ youth are more likely to report difficulty in getting mental health care. Hardly anyone reported having to move to support family/ friends.

*Have you experienced any of the following since the start of the coronavirus (COVID-19) pandemic? Please select all that apply.*

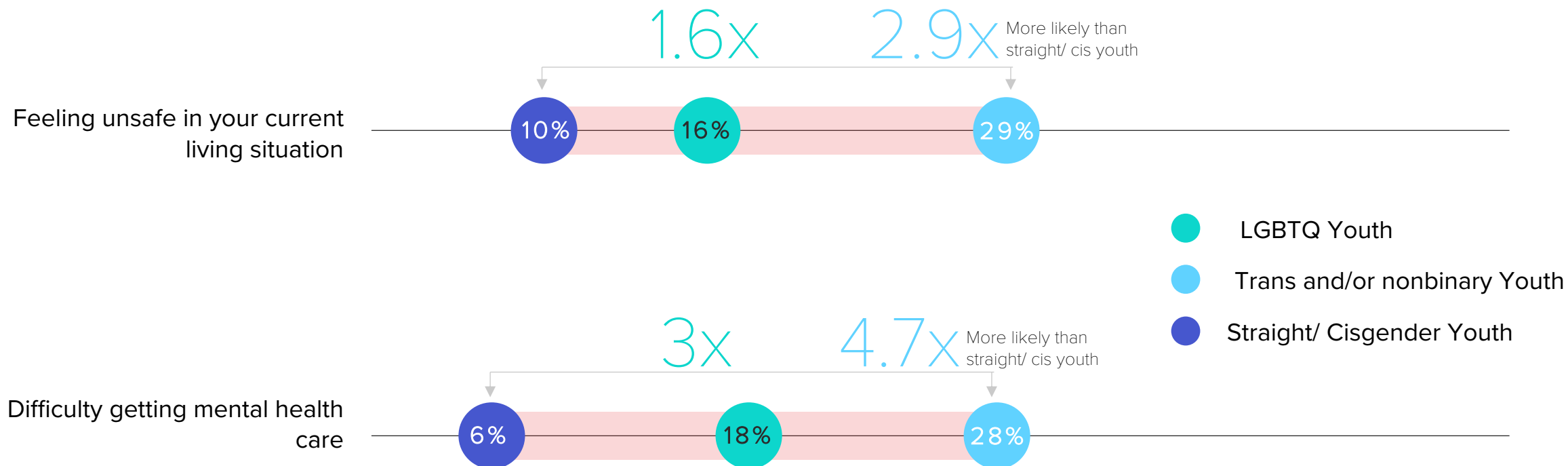
Ranked by LGBTQ Youth (Lower Tier)	LGBTQ Youth	Trans and/or nonbinary Youth	Straight/ Cis Youth	Black LGBTQ Youth	Black Straight/ Cis Youth	White LGBTQ Youth	White Straight/ Cis Youth	LGBTQ Self-ID Boy/Man Youth	LGBTQ Self-ID Girl/Woman Youth
Difficulty getting mental health care	18%	28%	6%	10%	7%	23%	7%	14%	19%
Feeling unsafe in your current living situation	16%	29%	10%	10%	7%	19%	10%	14%	13%
Difficulty getting physical health care	12%	18%	7%	8%	4%	15%	9%	8%	14%
Lost your job	12%	11%	10%	13%	8%	14%	10%	12%	14%
Bullying directed at you through the internet or texting	10%	14%	5%	7%	5%	12%	5%	11%	9%
Not being able to afford enough food	10%	11%	10%	9%	11%	11%	9%	6%	11%
Found mental health support online	8%	14%	3%	7%	4%	11%	3%	9%	8%
Needing to move or get roommates because of finances	5%	6%	3%	6%	2%	5%	4%	5%	6%
Moving to support family/friends	5%	5%	6%	7%	5%	6%	7%	3%	7%



## COVID-19: IMPACT

Trans and/or nonbinary youth are nearly three times more likely to report feeling unsafe in their current living situation than straight/cis youth and are 4.7x more likely to report having difficulty getting mental health care than straight/cis youth.

Additionally, LGBTQ youth report higher levels of both feeling unsafe in their current living situation and difficulty in getting mental health care.



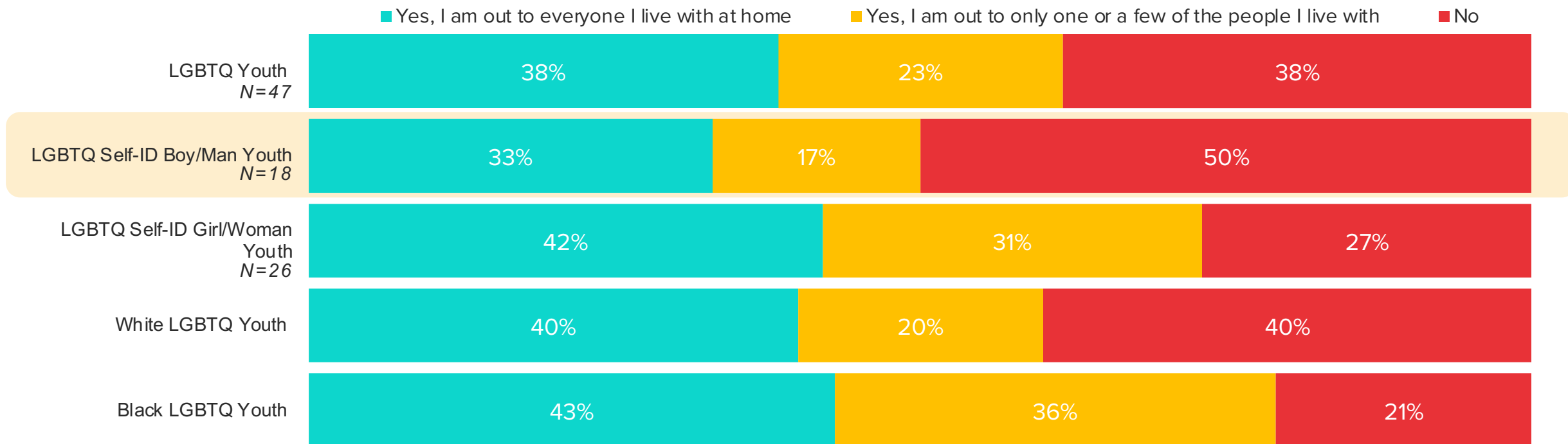


COVID-19: IMPACT

LGBTQ youth who identify as male and are in college, are the most likely to report they are not out about their LGBTQ identity to the people they live with at home.

Are you 'out' about your LGBTQ identity to the people you live with at home?

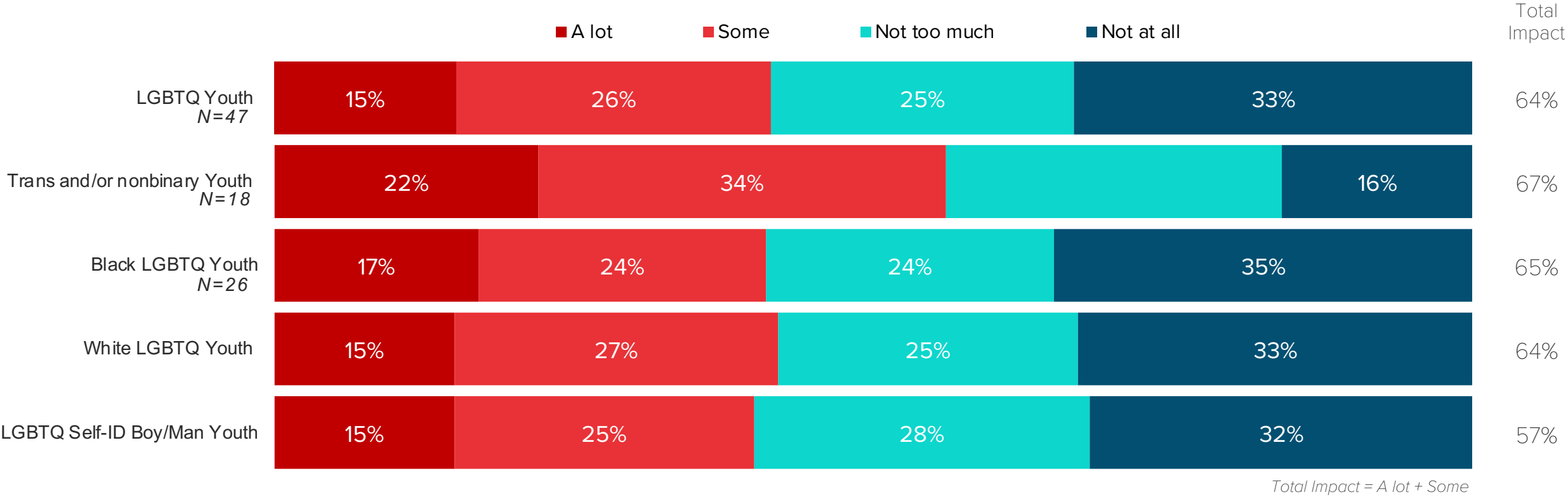
*(Respondents identified as LGBTQ and were in college and had to move back home since the start of the coronavirus (COVID-19) pandemic)*



COVID-19: IMPACT

Nearly two thirds of LGBTQ youth (64%) who were in college and had to move back home report the move impacted their ability to express their LGBTQ identity.

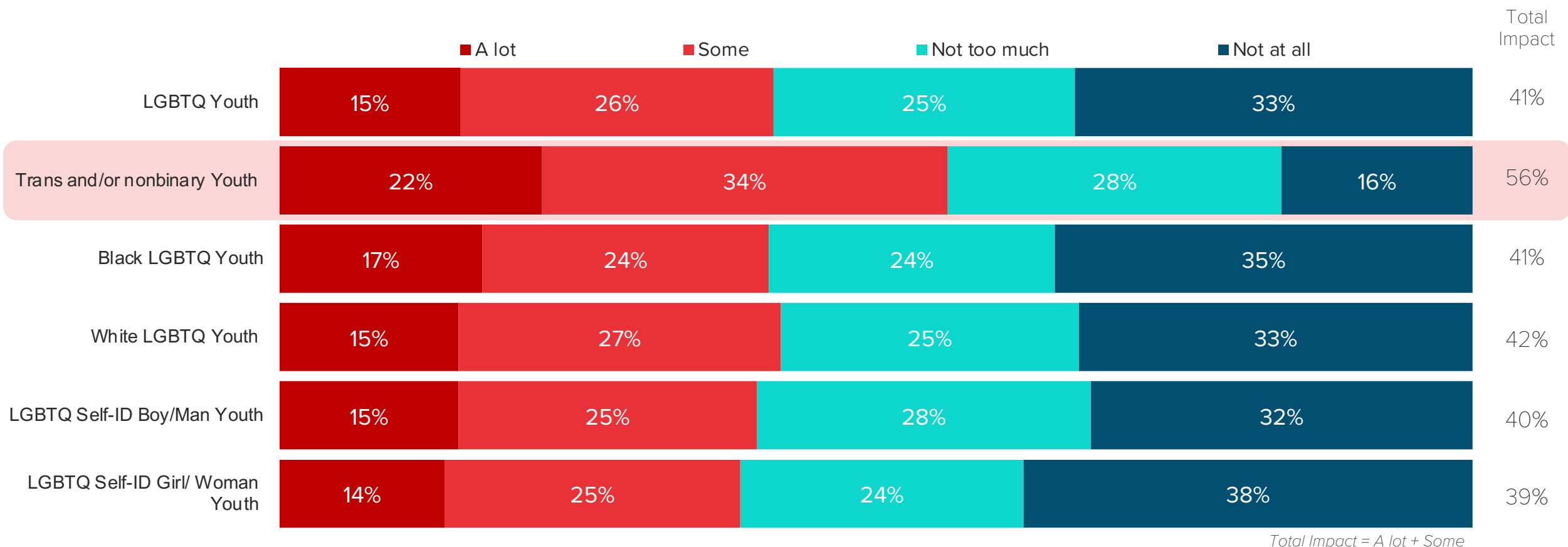
*How much did moving back home impact your ability to express your LGBTQ identity?*  
*(Respondents identified as LGBTQ and were in college and had to move back home since the start of the coronavirus (COVID-19) pandemic)*



COVID-19: IMPACT

Trans and/or nonbinary youth report the highest-level of impact on their ability to express their LGBTQ identity because of COVID-19.

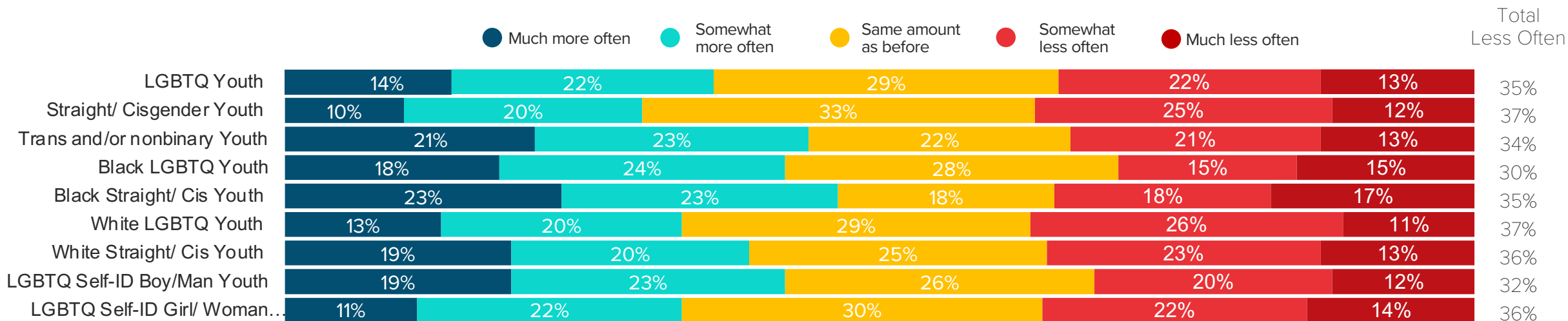
*How much has COVID-19 impacted your ability to express your LGBTQ identity?*



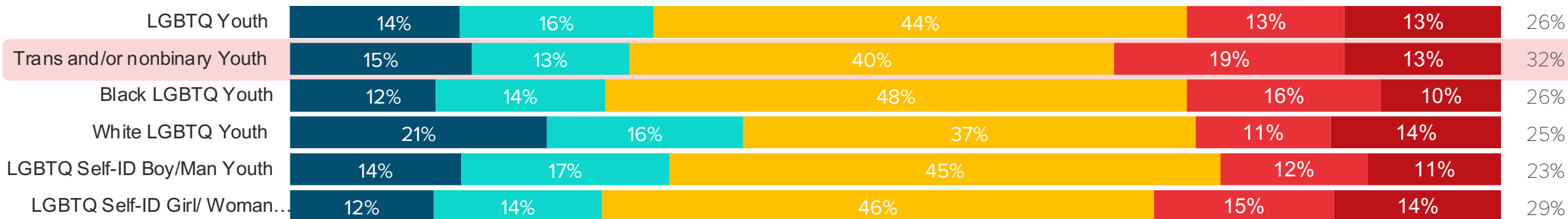
## COVID-19: IMPACT

Trans and/or nonbinary youth report the highest level of connecting less with friends and family who are supportive of their LGBTQ identity.

*Since the coronavirus (COVID-19) pandemic began, how often have you connected (in person or virtually) with friends or family?*



*Since the coronavirus (COVID-19) pandemic, how often have you connected (in person or virtually) with friends or family who are supportive of your **LGBTQ identity**?*



Total Less Often = Much less often + Somewhat less often

