

# Quantitative and qualitative findings from the UK LGBT+ Sex and Lifestyles Survey

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**TW: Drug use, sexual assault, mental health, suicide**

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# Background

- Sexualised drug use and chemsex has become an emerging public health issue among men who have sex with men (MSM)
- Reasons suggested for engagement (i.e. internalised stigma, discrimination) may also apply to women who have sex with women (WSW) and trans people
- Research into sexualised drug use and chemsex has often neglected the impact on psychological wellbeing
- Aim: To investigate sexualised drug use and chemsex among all LGBT people and impact on psychological wellbeing



# Methods - Survey




### Sex and Lifestyles survey

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Do you have 15 minutes to take part in an anonymous and confidential questionnaire?

We are looking to explore the sex and lifestyles of men who have sex with men who are aged 18 and over.

There is the opportunity to enter a prize draw to win a £50 Amazon voucher, or one of two runner up prizes of £25.



ljmupsych.qualtrics.com

**A survey for men who have sex with men** [LEARN MORE](#)

👍👎 Andy Stapleton and Quentin Harms

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### Sex and Lifestyles survey

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Researchers at LJMU are looking for LGBT+ people who are aged 18 and over to take part in our anonymous survey, researching the sex and lifestyles of LGBT+ people.

The survey will take around 15 minutes to complete and there is the opportunity to enter a prize draw to win a £50 Amazon voucher, or one of two runner up prizes of £25.

For more information and to take part, click the link below:... [See more](#)



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### Sex and Lifestyles survey

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Do you have 15 minutes to take part in an anonymous and confidential questionnaire?

We are looking to explore the sex and lifestyles of people who identify as trans, transgender, non-binary, or as having a... [More](#)



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**A survey for trans and non-binary people** [LEARN MORE](#)

👍 Louise Saft Robertson and Tracy Howells

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# Methods - Measures

100%

In the past 12 months have you taken any of the following? (Please select all that apply).

Alcohol

Amphetamine (speed)

Cannabis (weed/pot)

Cocaine

Crack cocaine

Ecstasy

Heroin

Ketamine (Vitamin K, K, Special K)

GHB/GBL (Gina, Liquid Ecstasy, Liquid G)

100%

Mephedrone (Drone, MCAT, meow meow)

Meth Amphetamine (Crystal meth, ice/glass, Tina)

Viagra or other erectile dysfunction drug

Poppers (Amyl or other nitrite inhalants)

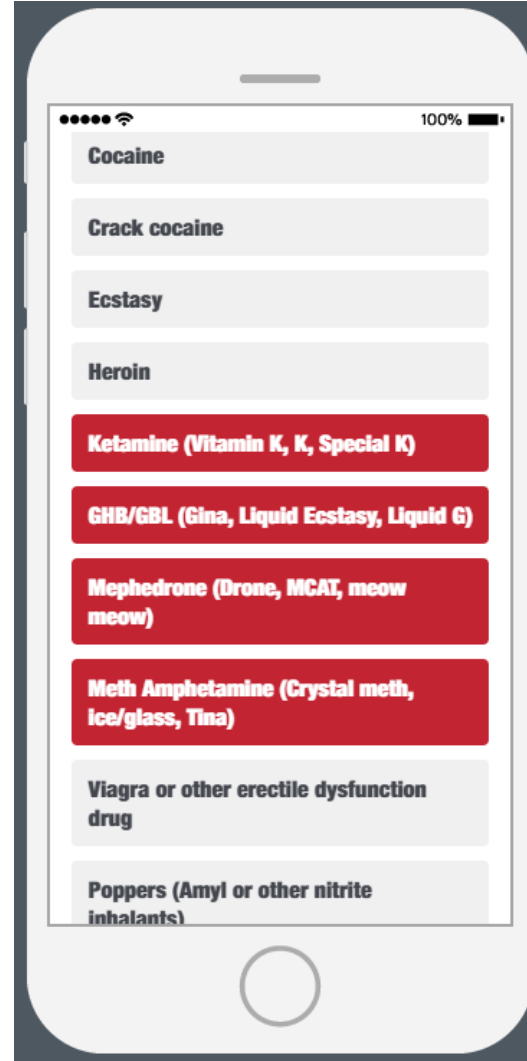
Other illicit drug or drugs, please specify:

None of the above

<< >>



# Methods



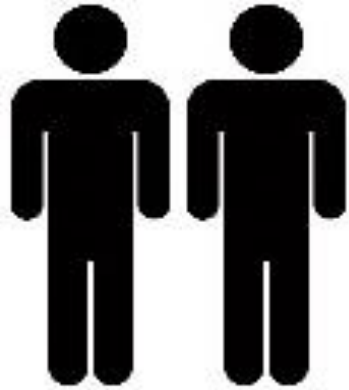
# Methods – Qualitative interviews

- 13 MSM recruited through online survey and community organisations
- 13 service providers recruited from 5 NHS trusts
- Semi-structured interviews:
  - Motivations for sexualised drug use
  - Engagement in sexualised drug use
  - Sexual health services
  - Barriers to care



# Results

- 4,690 surveys started, 3,507 completions (78% completion rate)



1,647 (48%) MSM

Mean age = 31

95% white ethnicity



1,501 (43%) WSW

Mean age = 29

97% white ethnicity



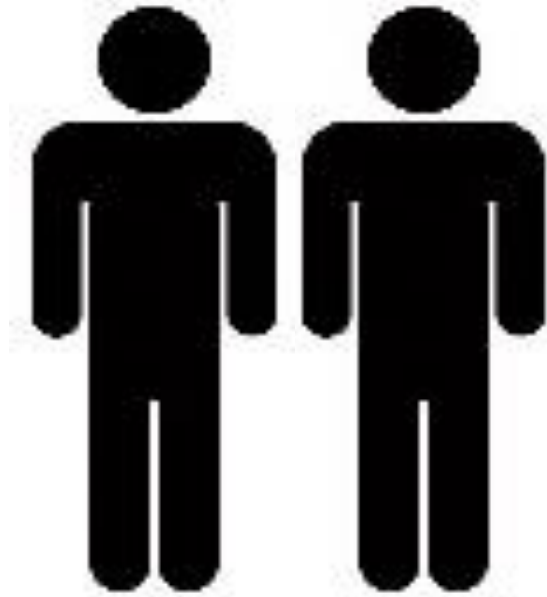
500 (14%) trans people

Mean age = 27

95% white ethnicity



# Men who have sex with men (MSM)



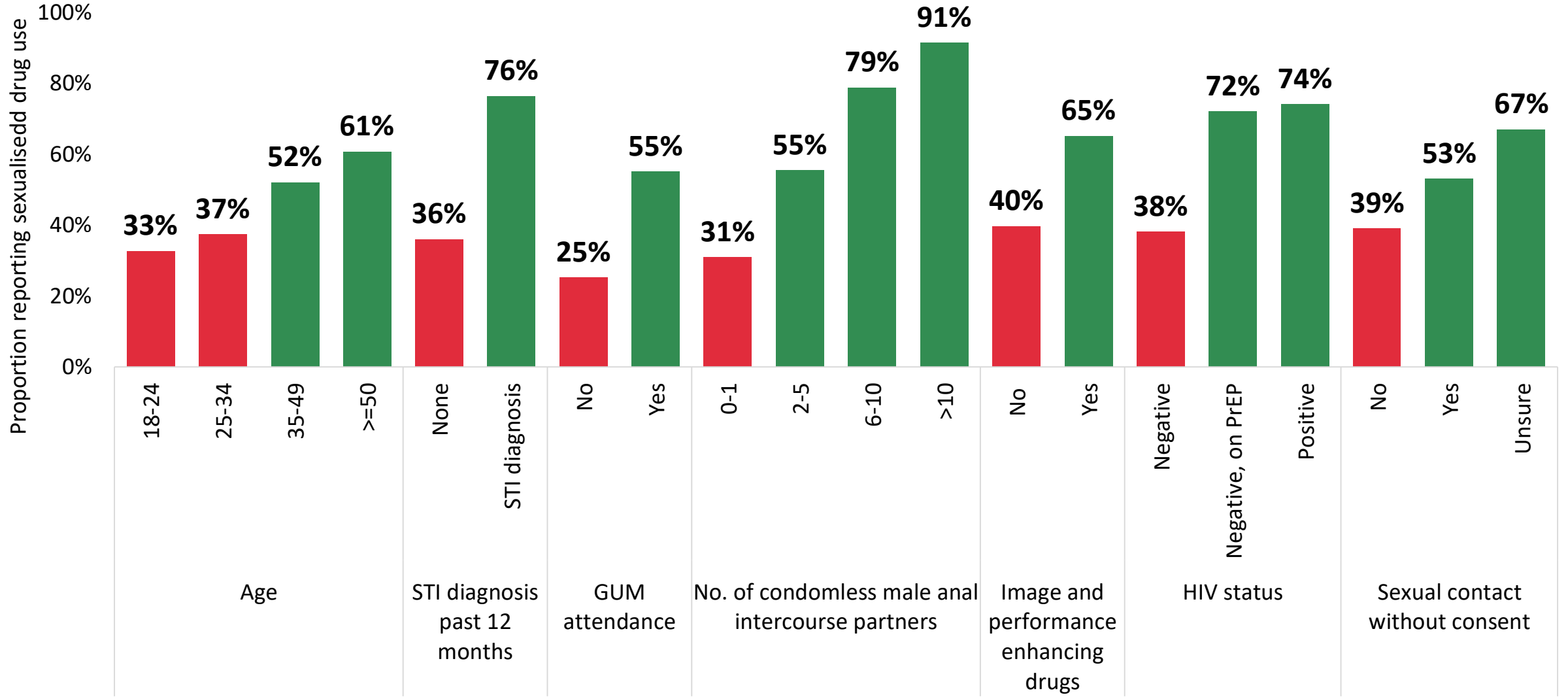
41% sexualised drug use

6% chemsex



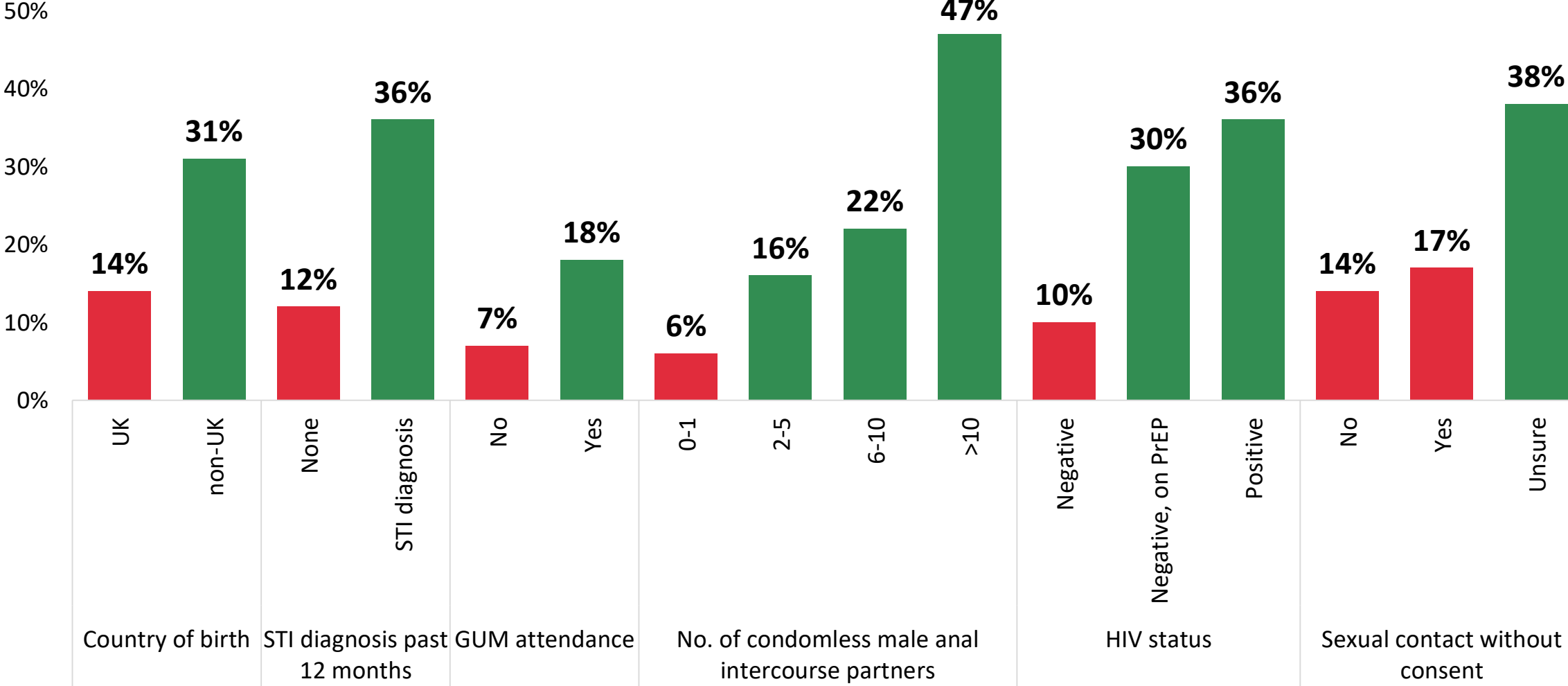


# MSM - sexualised drug use



# MSM - chemsex

Proportion reporting engaging in chemsex



# MSM – Qualitative interviews

He was like really surprised that I was still in touch with my family and they were accepting of me being gay...like he was just really shocked that I needed help. So that made me feel like, do I actually need this help? Am I kind of valid for it or am I just being ridiculous? So then when I get to a point that I know I need help, I'll just sit there for days and be like do I actually, or am I just being an idiot you know?



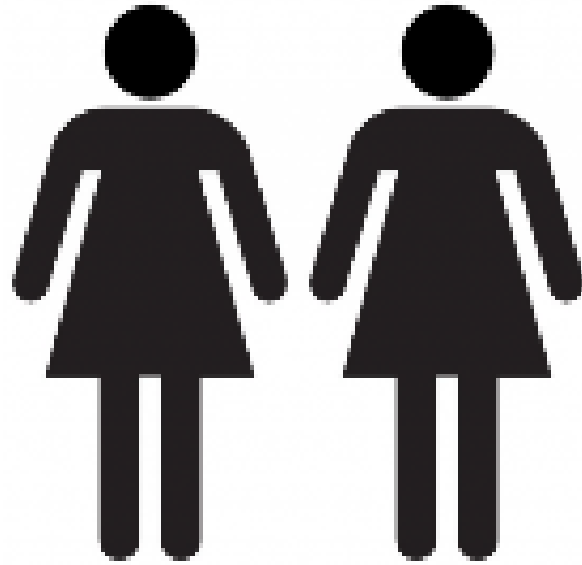
# MSM – Qualitative interviews

“When I tried to commit suicide the first time in 2015, there was nothing. There was absolutely nothing available. I wanted counselling at that time and there was an 18-month waiting period”

When I reported to my own GP and said actually, I've tried to kill myself because I'm a drug user, me GP gave me a telephone number for this team...that team had ceased existence five years ago



# Women who have sex with women (WSW)

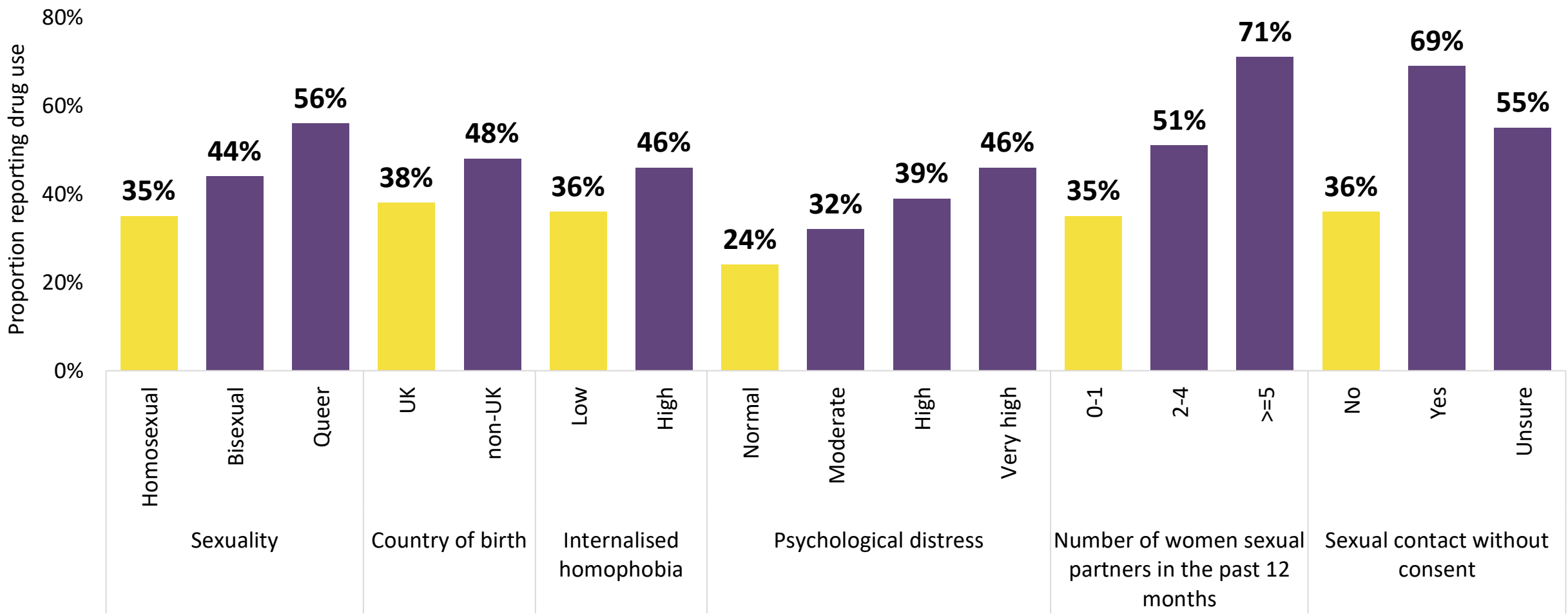


39% drug use

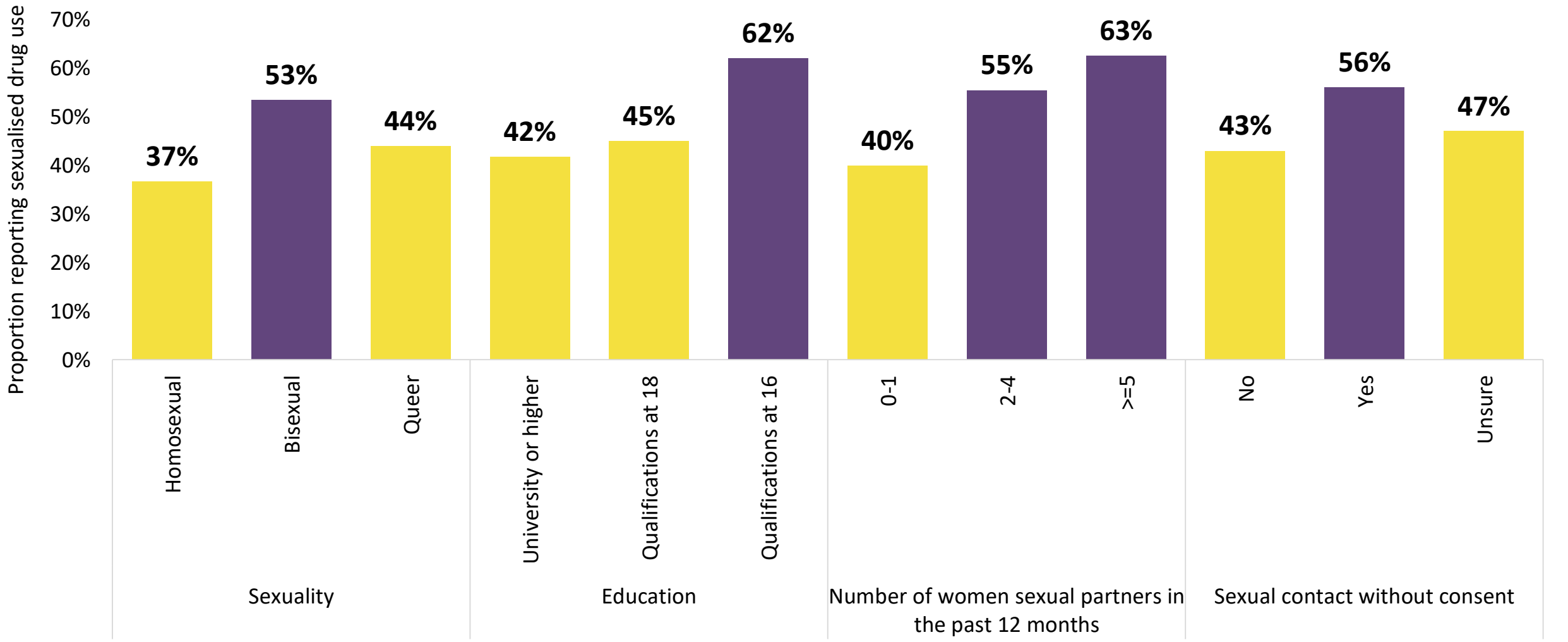
17% sexualised drug use



# WSW - drug use



# WSW - sexualised drug use



# Trans people



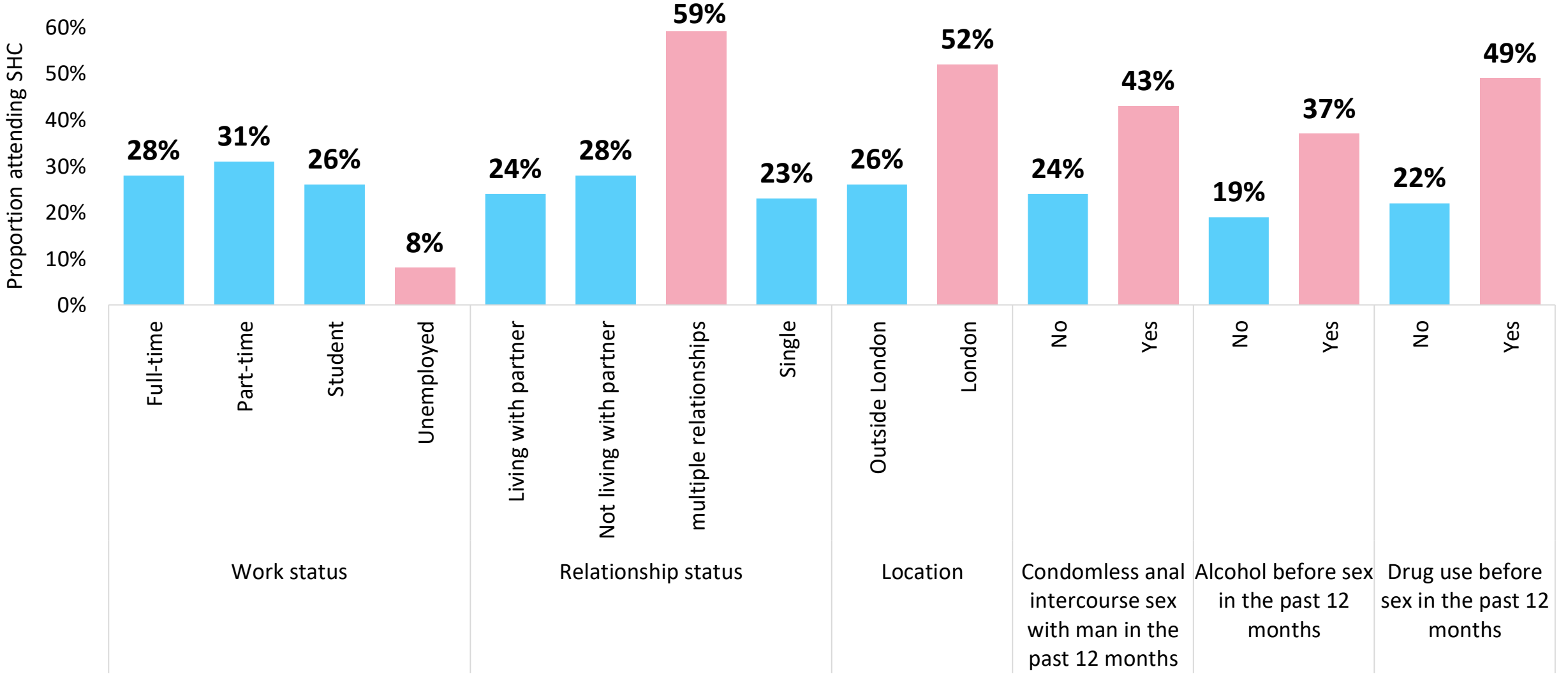
27% attended a sexual health clinic in the past 12 months

49% ever had an HIV test

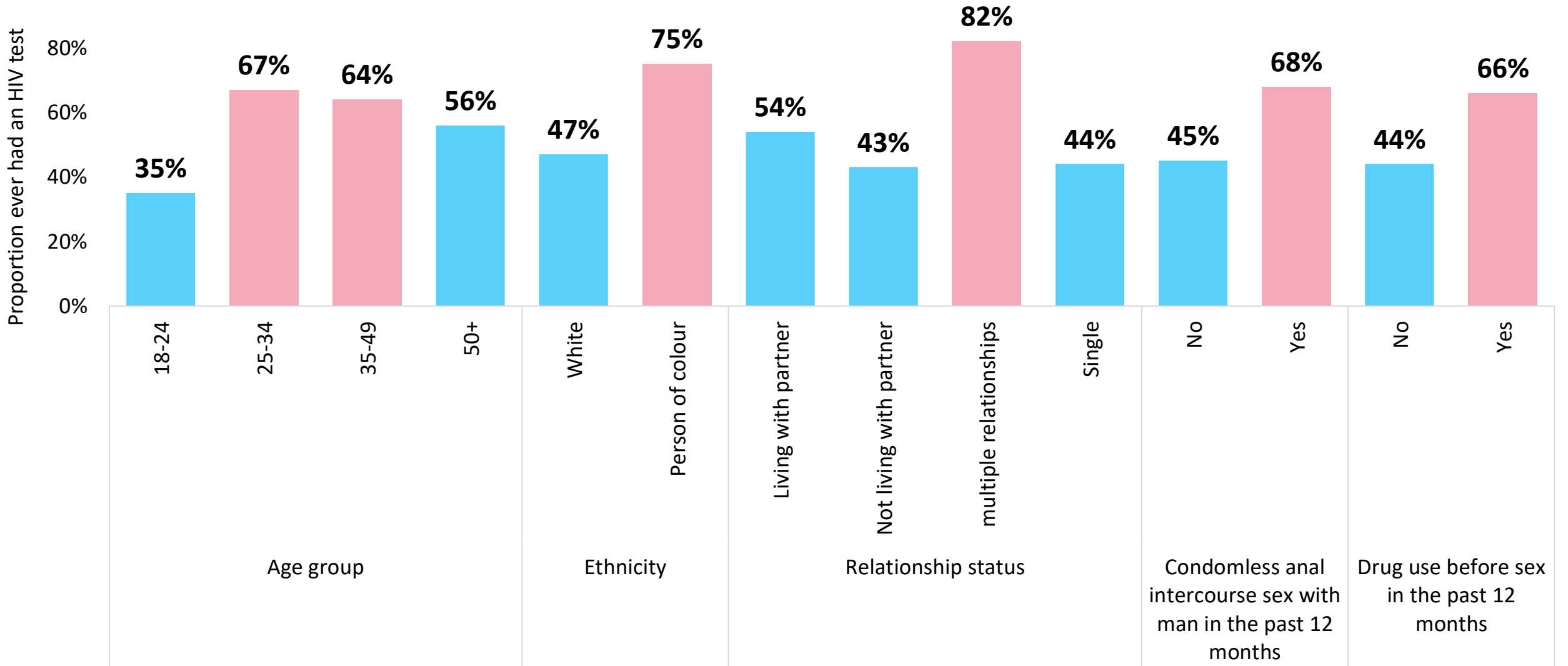




# Trans people – Sexual health clinic attendance



# Trans people – Ever had an HIV test



# Discussion

- Engaging in sexualised drug use and chemsex is a variable experience, but support services should be available for MSM who need it
- Mental health and sexual assault services should be aware of the relationship between sexual assault, drug use and mental health among WSW
- Trans sexual health needs are currently unmet in the UK and more gender-affirming services outside of London are needed
- UK LGBT research should aim to be more representative of LGBT people of colour





Behaviour  
Original article



Psychosocial and sexual characteristics associated with sexualised drug use and chemsex among men who have sex with men (MSM) in the UK



Matthew Peter Hibbert<sup>1</sup>, Caroline E Brett<sup>2</sup>, Lorna A Porcellato<sup>1</sup>, Vivian D Hope<sup>1</sup>



ELSEVIER

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Research Paper

Associations with drug use and sexualised drug use among women who have sex with women (WSW) in the UK: Findings from the LGBT Sex and Lifestyles Survey

Matthew Peter Hibbert <sup>a</sup> , Lorna A Porcellato <sup>a</sup>, Caroline E Brett <sup>b</sup>, Vivian D Hope <sup>a</sup>



ELSEVIER

International Journal of Drug Policy

Volume 92, June 2021, 103090



Research Paper

Service provision and barriers to care for men who have sex with men engaging in chemsex and sexualised drug use in England

Original research

Psychosocial and sexual factors associated with recent sexual health clinic attendance and HIV testing among trans people in the UK

Matthew Peter Hibbert ,<sup>1</sup> Aedan Wolton,<sup>2</sup> Harri Weeks,<sup>3</sup> Michelle Ross,<sup>4</sup> Caroline E Brett,<sup>5</sup> Lorna A Porcellato,<sup>1</sup> Vivian D Hope<sup>1</sup>



# Thank you!



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