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Region Stockholm

How are sexual identity and mental health changing in Stockholm? What does the data say?

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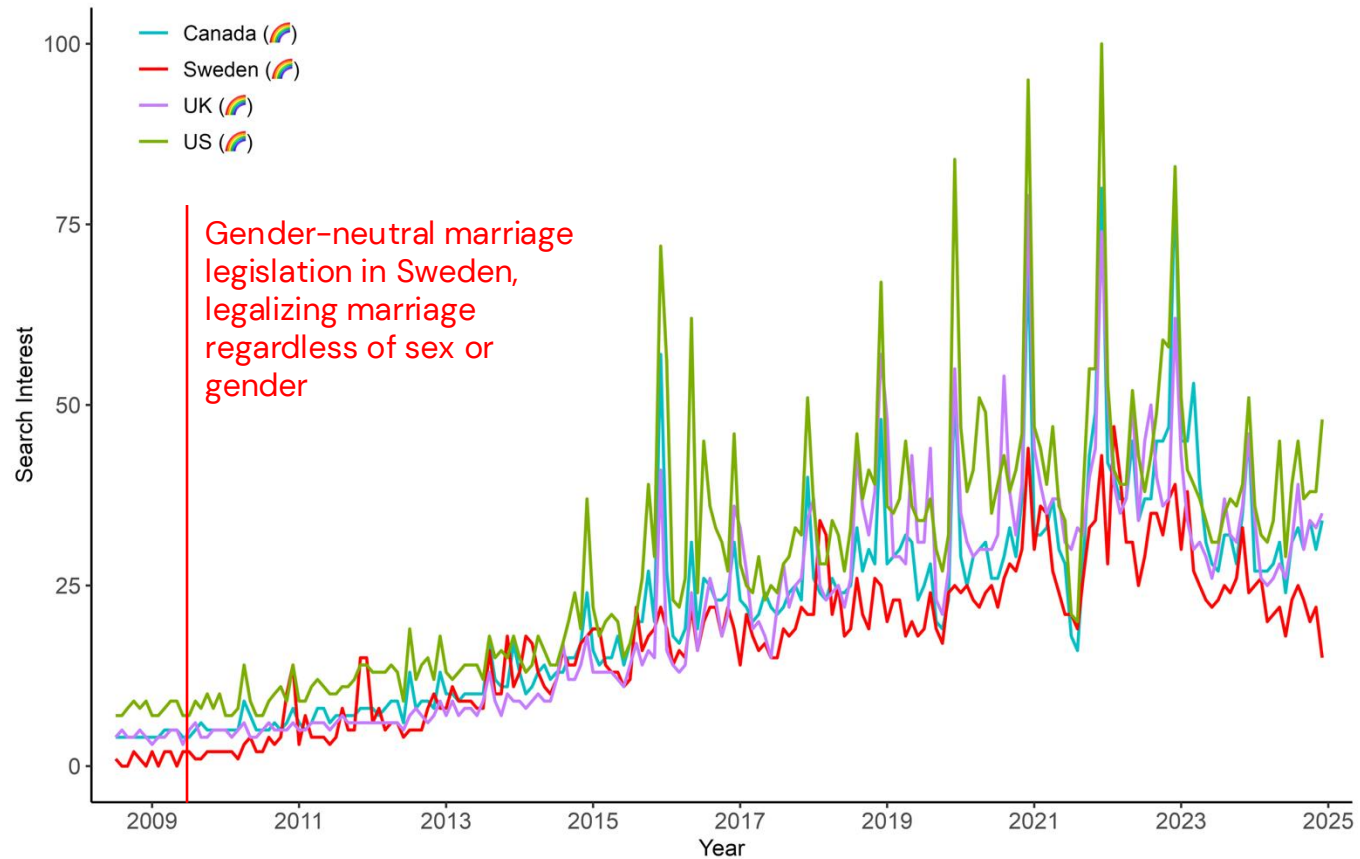
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Google Search Trends for 'LGBTQ'

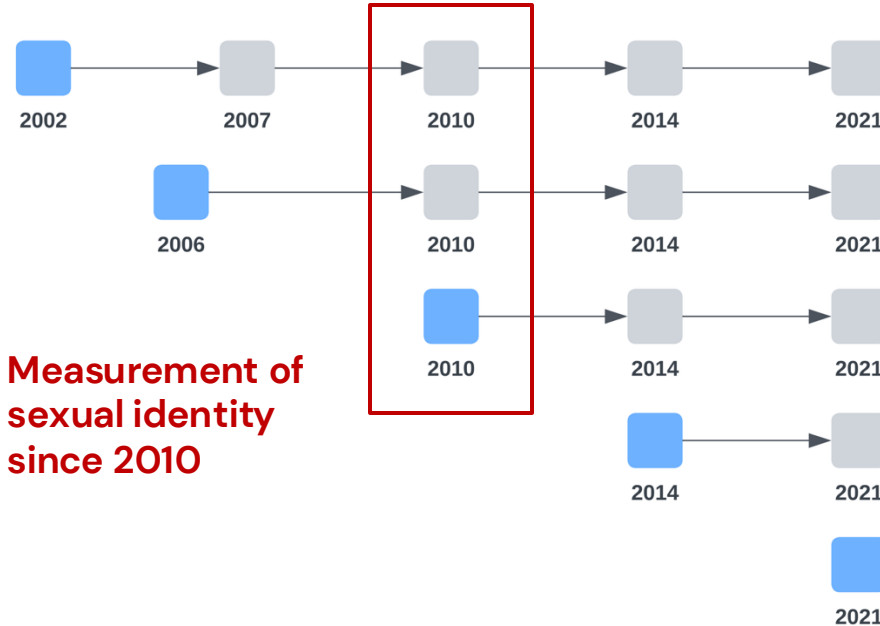
From January 1, 2009 to June 30, 2025



Search interest is measured relative to the highest point on the chart for the given region and time. Source: Google Trends.

The Stockholm Public Health Cohort

Cohort – a group of individuals being followed over time



“How do you define your sexual orientation?”

- “Heterosexual”
- “Homosexual”
- “Bisexual”
- “Uncertain” or “none of the above”

Total = 98,317 individuals

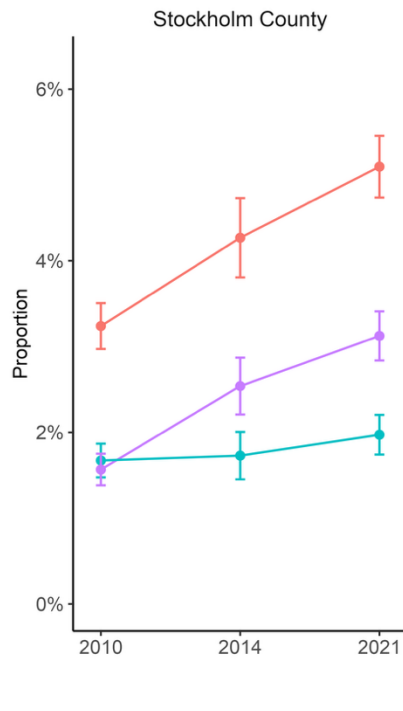
Data Quality

- Included heterosexual (straight), homosexual (gay or lesbian), and bisexual
- Failed to include pansexual, asexual, queer, questioning, and other identities
- The common challenges in public surveys: inclusive & simple

Population Trends in Sexual Identity

In Stockholm County, 2010–2021

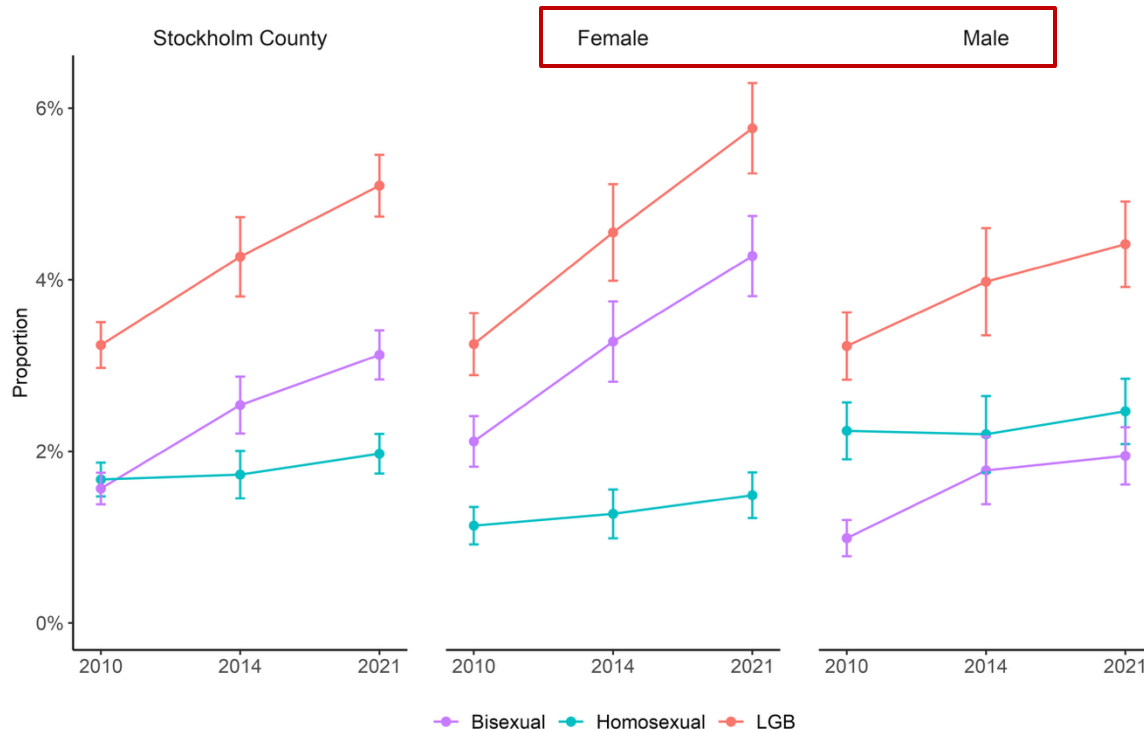
LGB identity has been increasing, 2010–2021



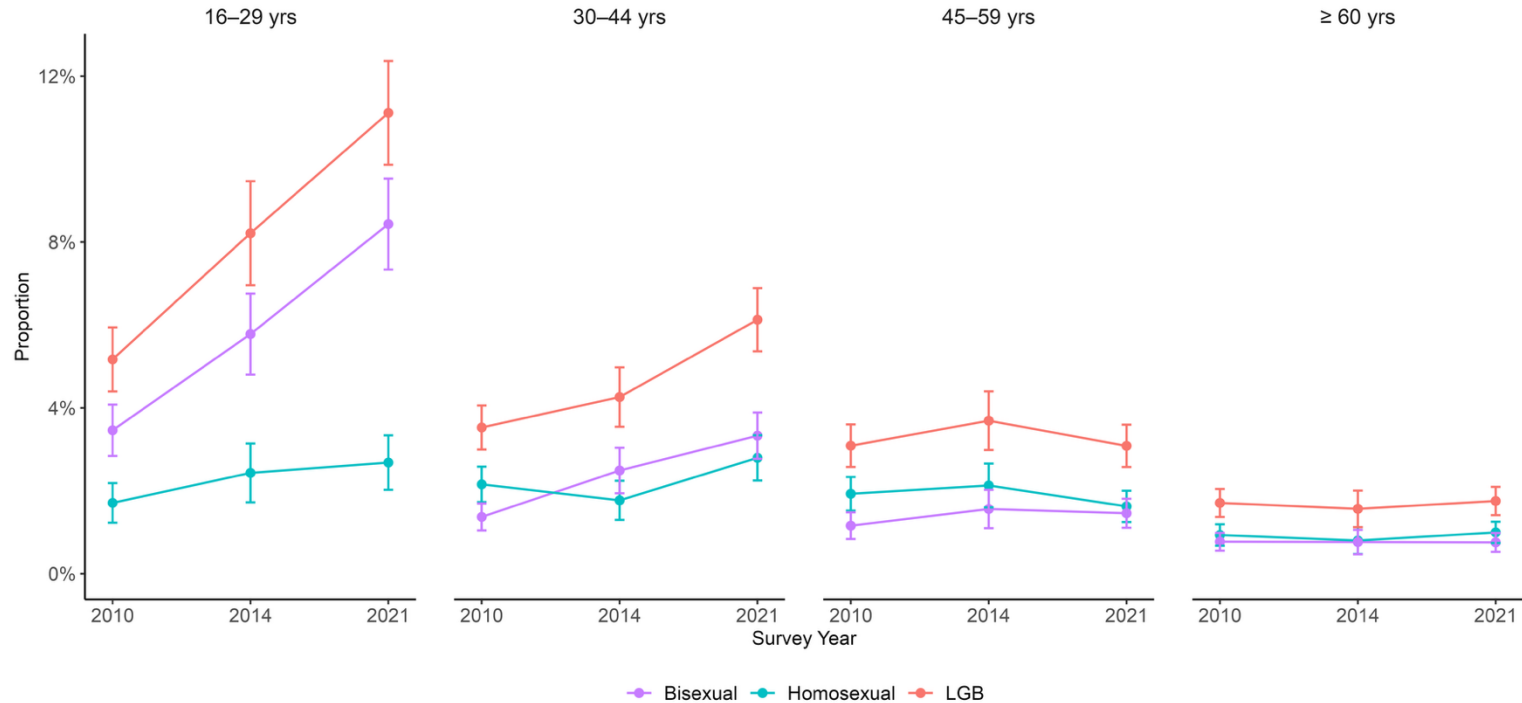
- **Homosexual identity:** from **1.7%** in 2010 to **2.0%** in 2021
- **Bisexual identity:** from **1.6%** in 2010 to **2.5%** in 2014 and **3.1%** in 2021

LGB identity has been increasing, 2010–2021

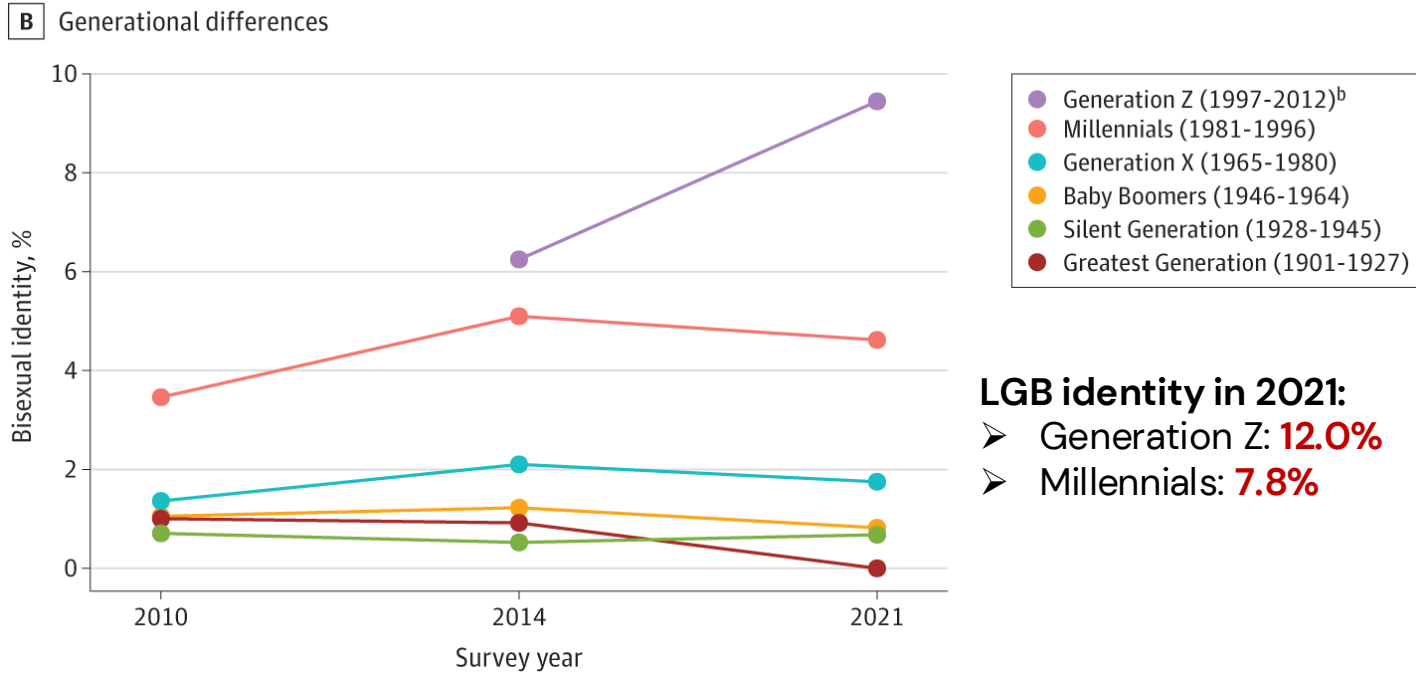
Sex – as assigned at birth
or legally registered



LGB identity is more common among younger people

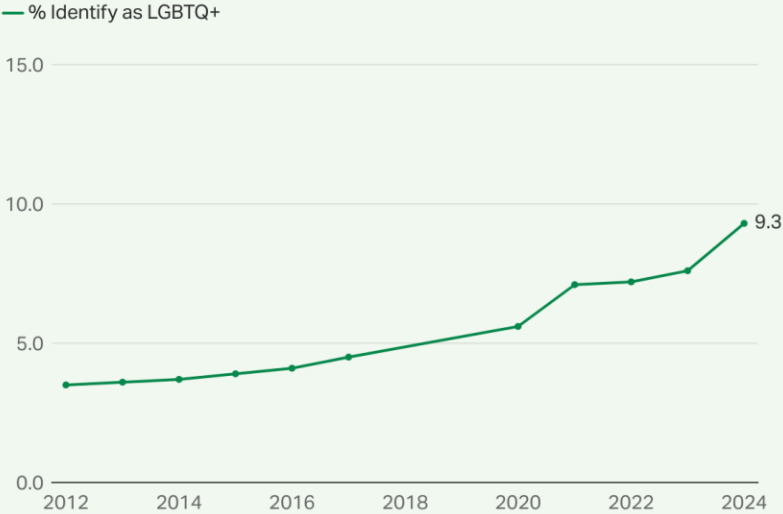


LGB identity is more common among younger generations



Americans' Self-Identification as Lesbian, Gay, Bisexual, Transgender or Something Other Than Heterosexual, 2012-2024

Which of the following do you consider yourself to be? You can select as many as apply. Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender

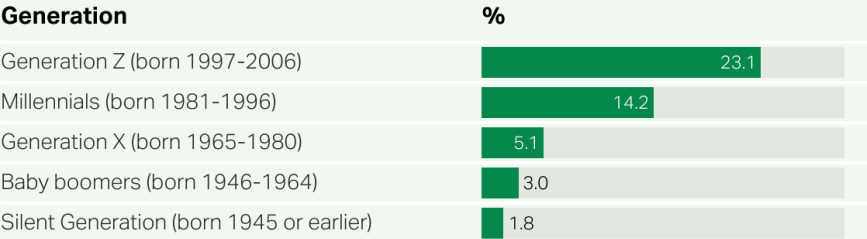


Respondents who volunteer another identity (e.g., queer; same-gender-loving; pansexual) are recorded as "Other LGBTQ+" by interviewers. These responses are included in the LGBTQ+ estimate. Data were not collected in 2018 and 2019. 2012-2013 wording: Do you, personally, identify as lesbian, gay, bisexual or transgender?

GALLUP

U.S. Adults' Self-Identification as LGBTQ+, by Generation, 2024

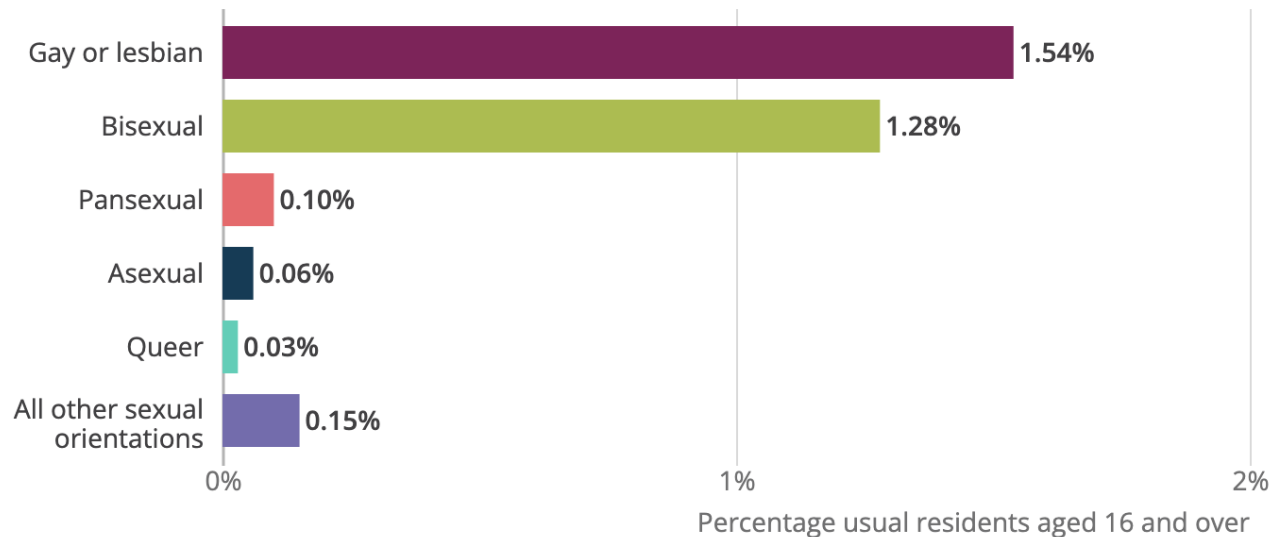
Figures are the percentage who consider themselves to be Lesbian; Gay; Bisexual; Transgender; or something other than heterosexual.



Based on aggregated data from 2024 Gallup telephone polls

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England and Wales, 2021

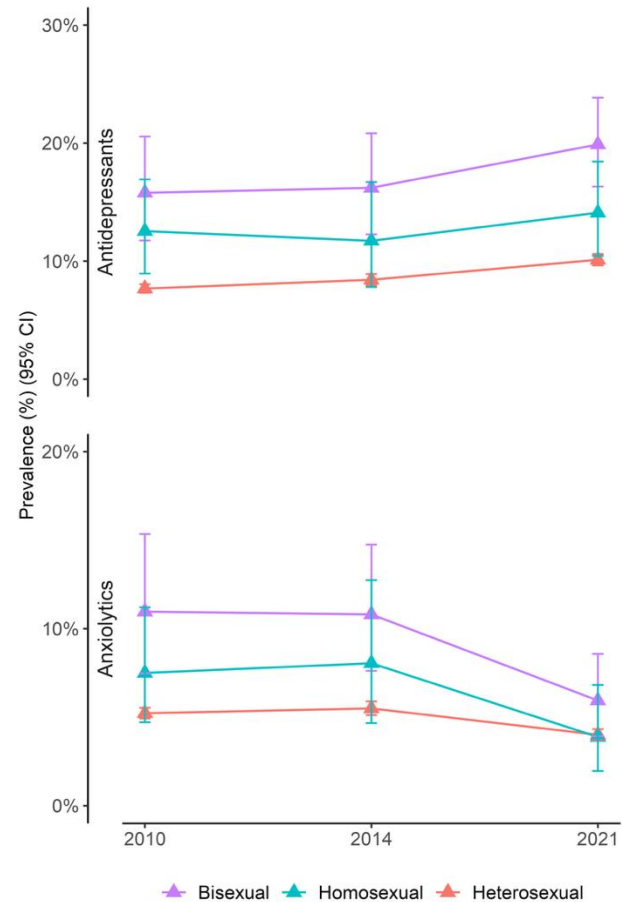
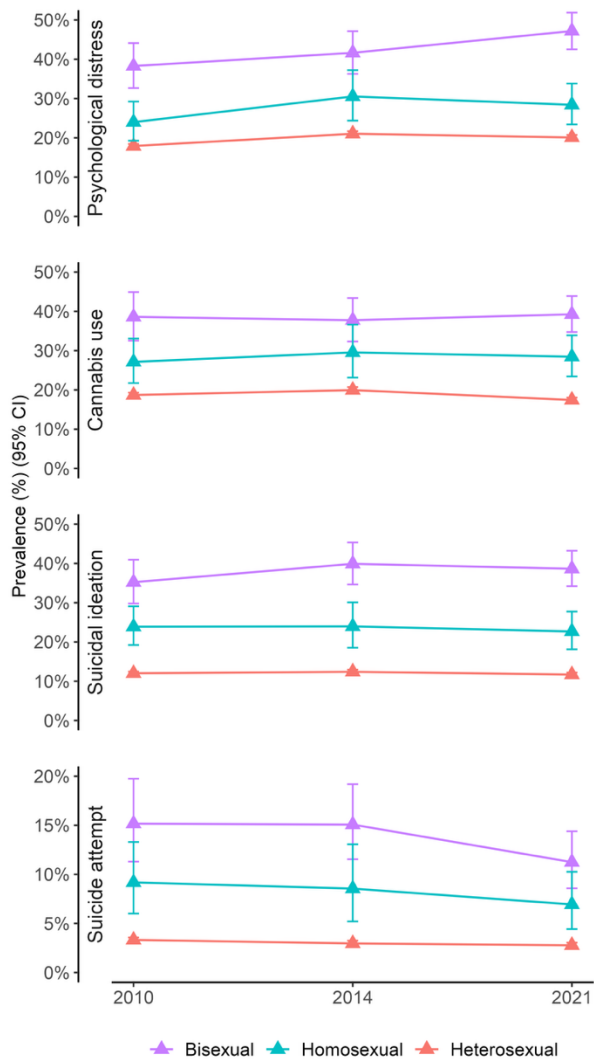


Source: Office for National Statistics – Census 2021

- More people feel comfortable identifying as LGBTQIA+, especially among younger generations

Mental Health by Sexual Identity

In Stockholm County, 2010–2021

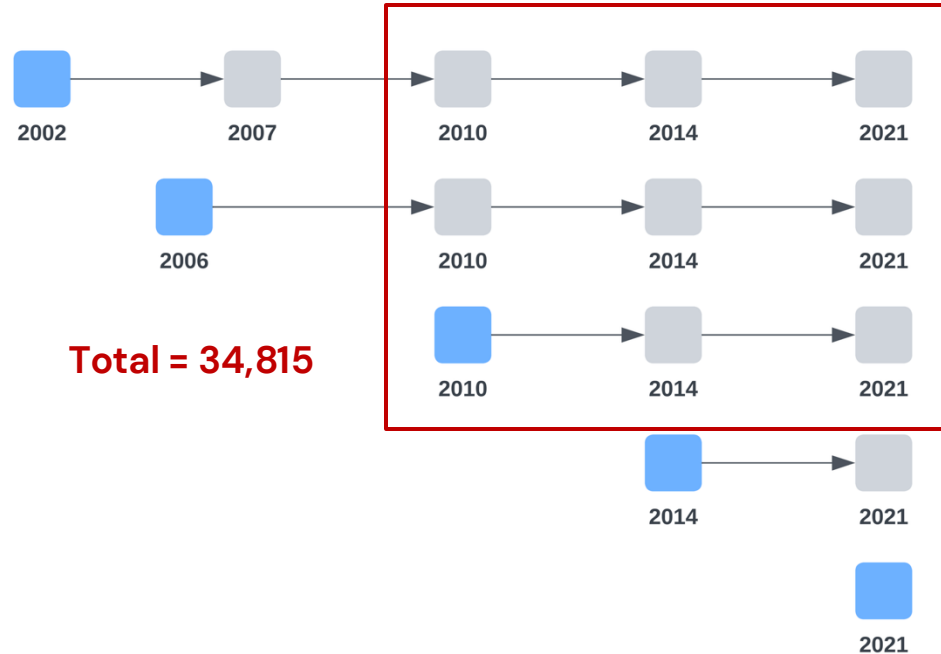


- **Mental health challenges are still common among LGB people in Stockholm**

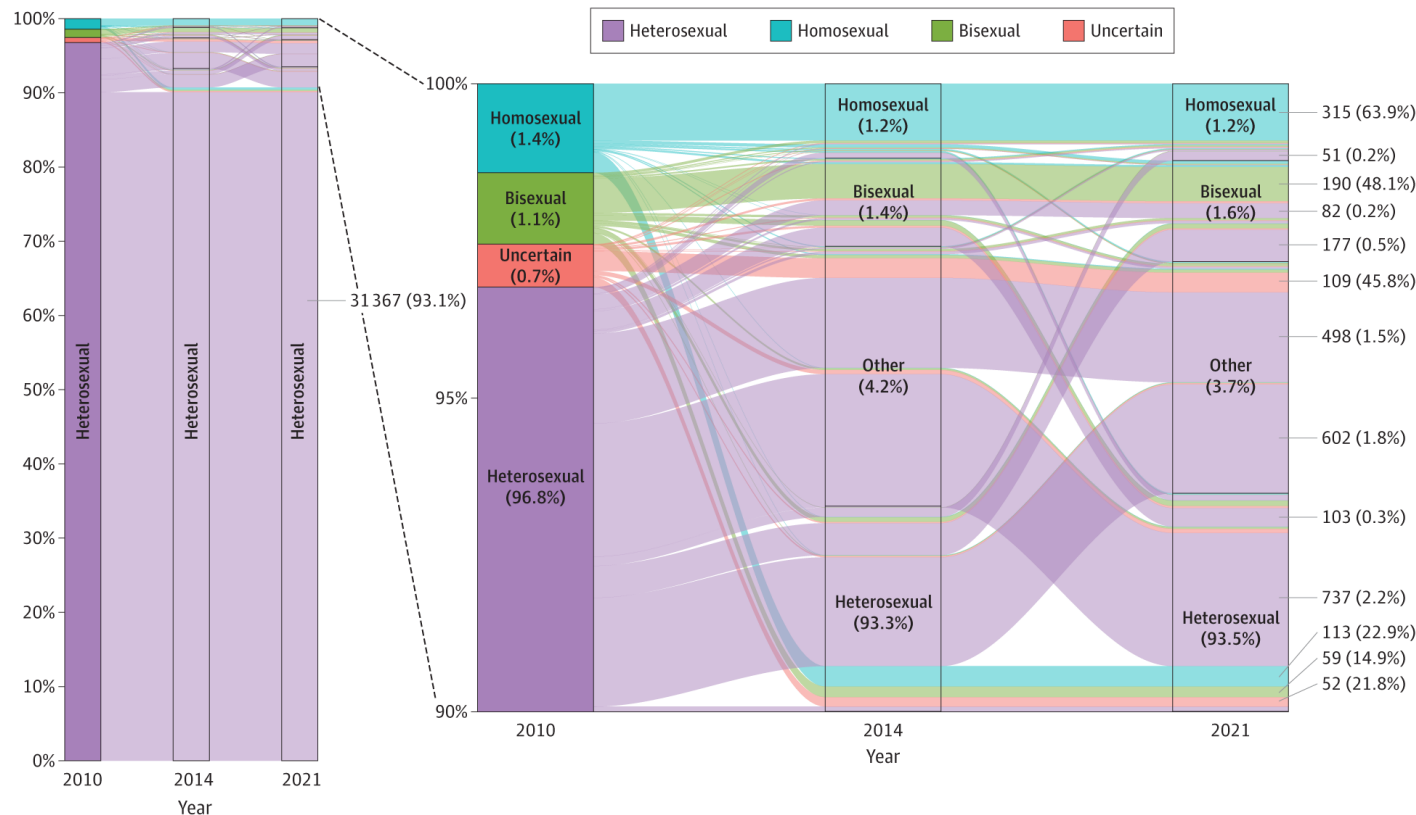
Individual Fluidity of Sexual Identity

In Stockholm County, 2010–2021

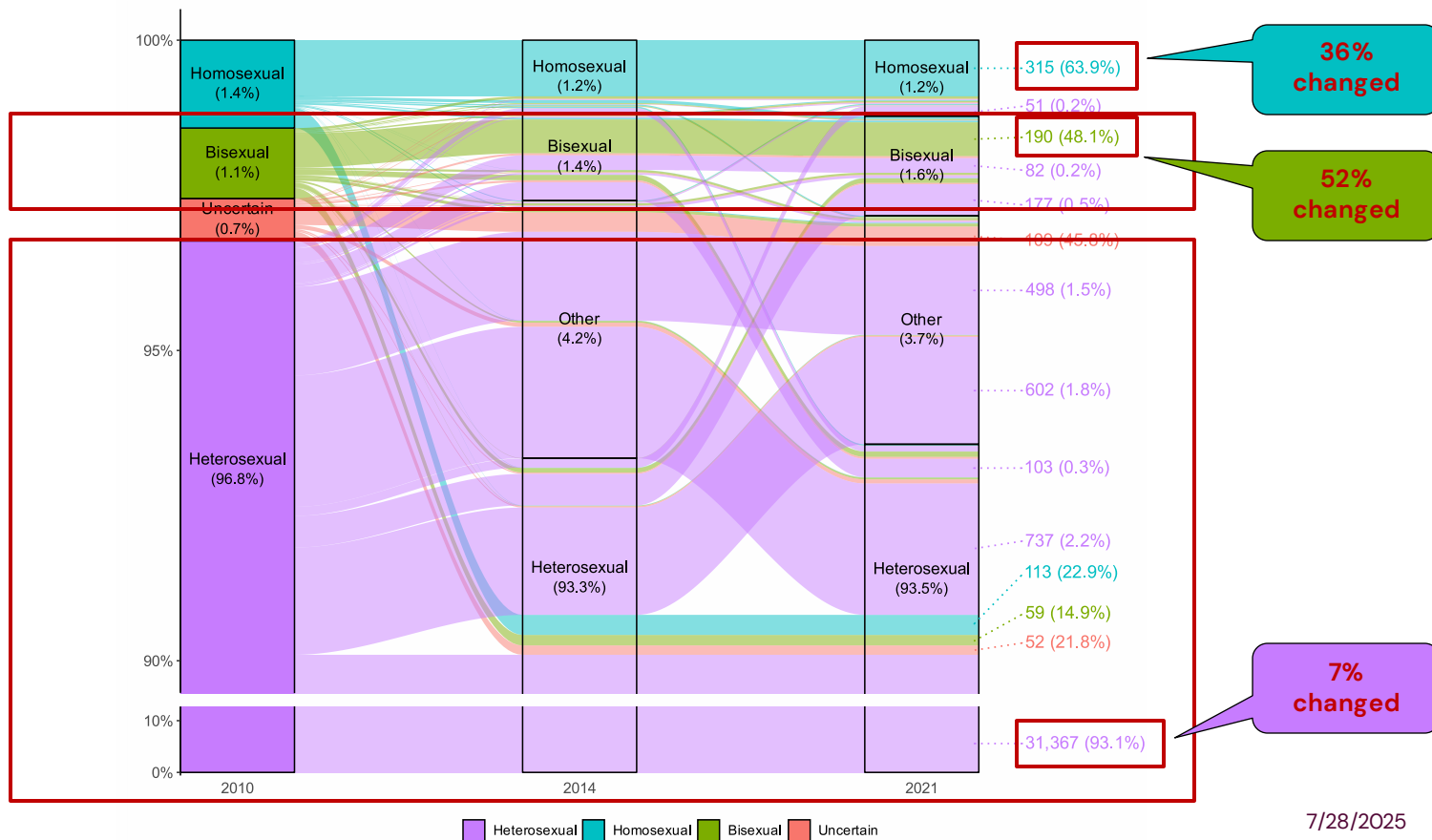
The Stockholm Public Health Cohort



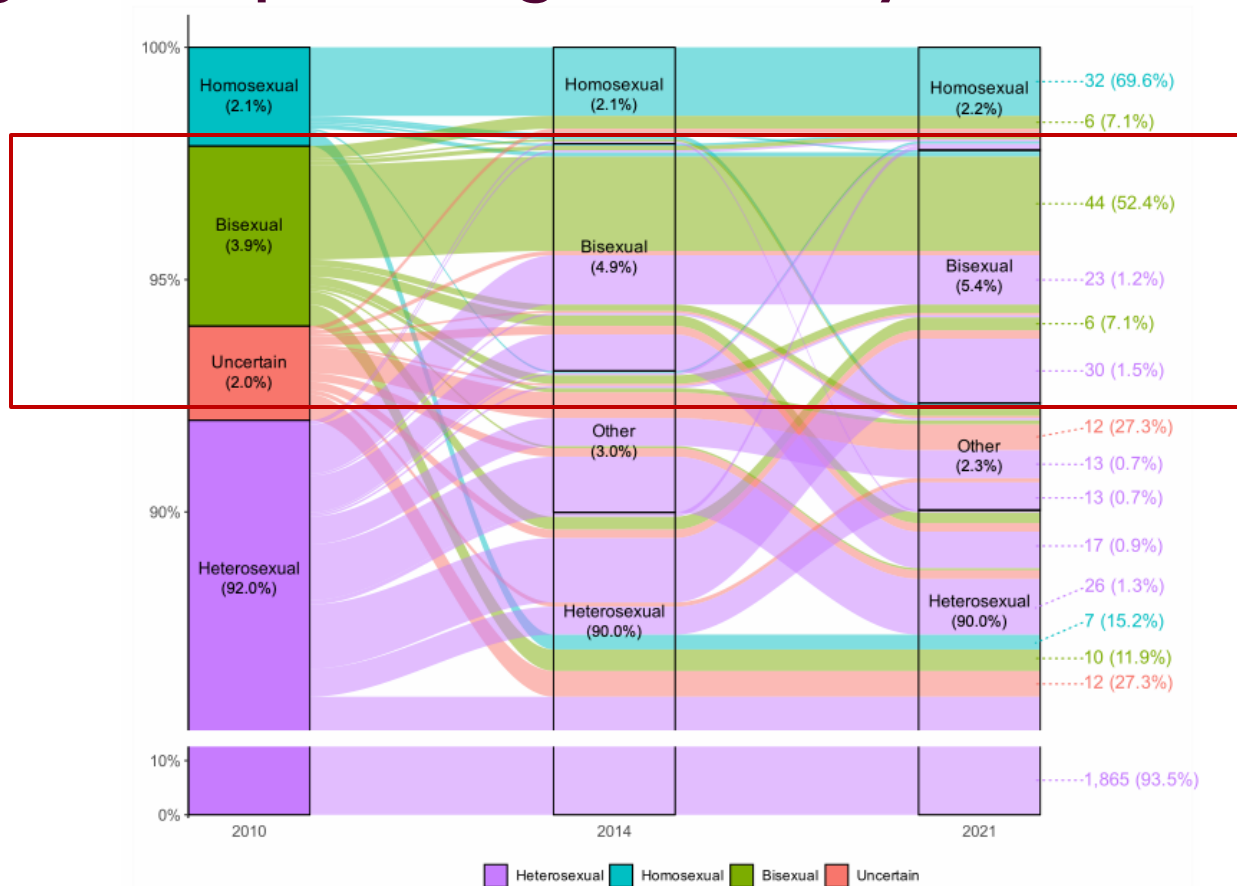
Individual Fluidity of Sexual Identity



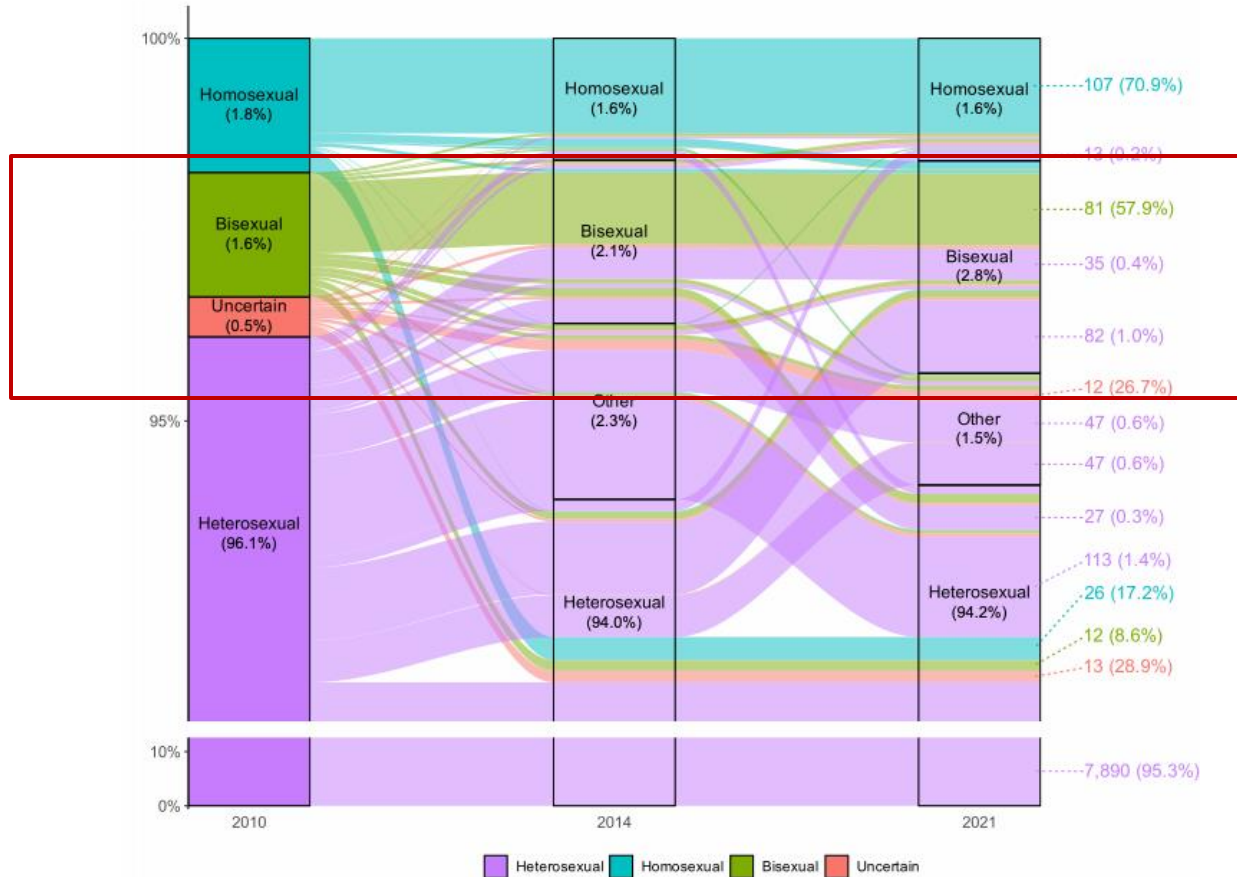
Among All Participants (N = 34,815)



Among Participants Aged 16–29 y (N = 2,168)



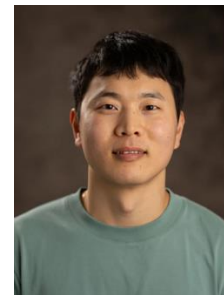
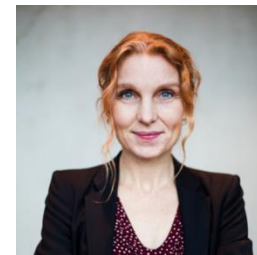
Among Participants Aged 30–44 y (N = 8,615)



- Many people experienced change(s) in sexual identity over time
- Some began to adopt a bisexual identity as they grew older

Acknowledgements

- Per Tynelius, MSc, Region Stockholm
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Thank
You

Join the Conversation

- What do you think of the findings? What could be the reasons?
- In what ways do you think people feel more (or less) open to express their sexual identity today?
- How do legal rights translate (or not) into everyday well-being for LGBTQIA+ people?
- What would better mental health support for LGBTQIA+ people look like today?
- How can public health researchers better support LGBTQIA+ well-being and visibility?
- What kind of resources, support, or representation would you like to see more of in Sweden or internationally on this type of research?