
**DISTINGUISHING RISK AND PROTECTIVE FACTORS
FOR SUICIDAL IDEATION AND ATTEMPT AMONG
GENDER DIVERSE AND CISGENDER YOUTH:
FINDINGS FROM A STATE SURVEY**

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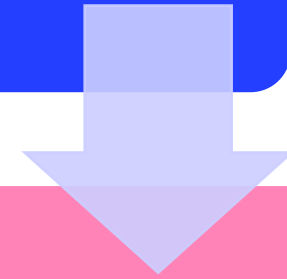
Background

- Suicide is a leading cause of death amongst teens
- Trans and gender diverse (TGD) people consistently report suicidal ideation and attempt at rates much higher than cisgender peers
- Few prior studies have had large enough sample sizes of TGD youth to review risk factors and compare with cis youth

Study Aims



Highlight risk and protective factors for suicide using regression models



Understand differences between TGD and cisgender youth on risk and protective factors

Ideation to Action Models

Theories such as the Interpersonal Theory of Suicide (Van Orden et al., 2010) and the Three-Step Theory (Klonsky & May, 2015) are distinct because they separate out factors related to suicidal ideation and suicide attempt

Ideation: thwarted belongingness, perceived burdensomeness, hopelessness and psychological pain

Attempt: capacity for suicide (acquired, dispositional, practical)

Participants



n = 26,887 8th and 11th grade student participants in the 2019 Oregon Healthy Teens (OHT) study (Oregon Health Authority, 2019).

Approximately 5% (n = 1352) of this sample identifies as transgender or gender diverse

Data was collected using stratified random sampling of schools across the state.

Suicide Outcomes by Gender

	TGD Students (n=1352)	Cis Boys (n=12,529)	Cis Girls (n=13,006)
Not suicidal	55.2%	88.0%	76.4%
Ideation only	21.8%	6.9%	13.1%
Suicide attempt	22.9%	5.2%	10.5%

$\chi^2(4) = 1104.835, p < .001$

Measures

- **Gender** (cisgender girl, cisgender boy, TGD students)
- **Suicidal outcomes** (non-suicidal, ideation only, suicide attempt)
- **Risk factors:** depression, being kicked out by parents, feeling unsafe at school, bullying
- **Protective factors:** supportive adult at school, perceived problem-solving ability, previous volunteer work
- **Covariates:** disability status, SES, racial identity, sexual orientation, substance use, age, grade, county

HYPOTHESIS 1:
EXPECTED RISK FACTORS
WILL PREDICT SUICIDAL
OUTCOMES

HYPOTHESIS 1 – NON-SUICIDAL VS. IDEATION ONLY+

Predictor		β	SE	OR	95% CI
Gender	TGD	-0.348	0.105	0.706***	0.575-0.867
	Cis boy	0.228	0.059	1.256***	1.119-1.410
Depression		-2.089	0.059	0.124***	0.110-0.139
Kicked out		-0.605	0.142	0.546***	0.414-0.721
Unsafe		-0.153	0.045	0.858***	0.785-0.938
Bullying	Race	-0.078	0.120	0.925	0.731-1.172
	Sexual Harassment	-0.173	0.093	0.841	0.700-1.009
	LGBTQ+	-0.239	0.036	0.787*	0.630-0.984
	Appearance	-0.353	0.079	0.703***	0.601-0.821
	Other	-0.367	0.072	0.692***	0.602-0.797
SES		0.052	0.058	1.053	0.939-1.181
Disability		-0.043	0.088	0.958	0.806-1.139
Race		0.243	0.062	1.275***	1.130-1.438
Sexual Orientation		-0.679	0.059	0.706***	0.575-0.867

*** <.001
 ** .01
 * .05

HYPOTHESIS 1 – ATTEMPT VS. IDEATION ONLY

Predictor		β	SE	OR	95% CI
Gender	TGD	-0.040	0.123	0.961	0.756-1.222
	Boys	0.053	0.083	1.055	0.896-1.241
Depression		0.606	0.098	1.832***	1.511-2.222
Kicked out		0.377	0.140	1.458**	1.109-1.917
Unsafe		0.155	0.046	1.167***	1.067-1.277
Bullying	Race	0.150	0.136	1.162	0.890-1.517
	Sexual Harassment	0.209	0.104	1.233*	1.006-1.511
	LGBTQ+	0.260	0.121	1.296*	1.022-1.644
	Appearance	0.239	0.092	1.270**	1.061-1.521
	Other	0.153	0.085	1.165	0.987-1.375
SES		0.222	0.077	1.249**	1.074-1.143
Disability		0.357	0.101	1.429***	1.172-1.743
Race		0.406	0.080	1.500***	1.283-1.754
Sexual Orientation		-0.017	0.078	0.983	0.844-1.144

*** <.001
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HYPOTHESIS 2:

- + • POSITIVE INDICATORS OF SUPPORT AND EFFICACY WILL ACT AS PROTECTIVE FACTORS
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HYPOTHESIS 2 – PROTECTIVE FACTORS + ● ○

Non-Suicidal
vs.
Ideation Only

Predictor	β	SE	OR	95% CI
Adult care	0.096	0.029	1.101***	1.039-1.167
Can do if I try	0.088	0.042	1.091*	1.005-1.185
Work out probs	0.343	0.037	1.409***	1.311-1.515
Volunteer	0.013	0.029	1.013	0.957-1.072

*** <.001
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Attempt
vs.
Ideation Only

Predictor	β	SE	OR	95% CI
Adult care	-0.048	0.038	0.953	0.886-1.027
Can do if I try	0.071	0.054	1.074	0.967-1.193
Work out probs	-0.172	0.047	0.842***	0.768-0.922
Volunteer	0.095	0.038	1.100*	1.020-1.186

*** <.001
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**HYPOTHESIS 3:
TGD YOUTH WILL BE
MORE LIKELY TO
REPORT RISK
FACTORS AND LESS
LIKELY TO REPORT
PROTECTIVE
FACTORS**

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TGD vs. Cisgender Youth

Outcome	B	SE	OR	95% CI
Bullying	.513	.069	1.670***	1.458-1.913
Depression	.474	.069	1.606***	1.402-1.841
Kicked out ^a	.672	.142	1.958***	1.483-2.585

^a Post-hoc test

*** <.001

** .01

* .05

TGD vs. Cisgender Youth

Outcome	B	SE	β	95% CI
Adult Care	-.174	.030	-.042***	-.233- -.115
Can Work out Problems ^a	-.146	.026	-.040***	-.196 - -.096

^a Post-hoc test

*** <.001

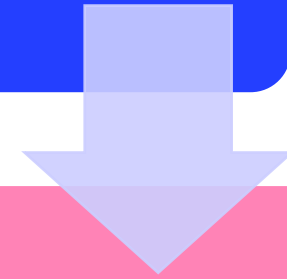
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DISCUSSION - FINDINGS



Consistent with previous studies, Oregon TGD youth were more likely to report ideation and attempt



TGD youth reported lower protective factors and higher risk factors




Strengths and Limitations

Strengths

- The OHT uses a representative sample of Oregon youth
- Focus on TGD youth
- Though attempt was not a focus, separating ideation and attempt brings more specificity

Limitations

- Secondary data analysis has challenges
 - Unable to separate gender groups within TGD youth
 - Oregon results may limit generalizability to other states
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DISCUSSION - IMPLICATIONS



School has potential for prevention, but can also be unsafe for TGD youth (Marraccini et al., 2022)

More support is needed for TGD youth, especially TGD youth of color (The Trevor Project, 2019)

Interventions that center youth participation tend to have positive outcomes (Wasserman et al., 2015; Williford et al., 2022)

Targeting oppression and fostering welcoming environments can reduce suicide for youth of all genders (Naser et al., 2022)



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THANK YOU

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