Addictive behaviours and alcohol, drug, gambling and gaming behaviours in lesbian, gay, bisexual and transgender populations – towards improved knowledge and interventions in the clinical meeting

**Background:** An overrepresentation of substance use disorders is well documented among sexual and gender minorities, compared to the general population. Research suggests that living conditions are associated with disparities in health between the LGBTQ- and general population. A few publications have investigated psychological treatments, suggesting that an inclusion of minority stress could be effective to lower the psychiatric symptoms.

**Aims:** The aims of this thesis are 1) to investigate the prevalence of substance and non-substance addictive behaviour within sexual and gender minorities and 2) investigate factors contributing to lower the symptoms of substance dependence among young LGBTQ-individuals. It includes a controlled, randomized treatment study and a qualitative interview study.

**Methods:** *Paper I and II* had a cross-sectional study design, aiming to investigate whether problematic gambling, gaming or internet behaviour was more prevalent among sexual minorities than in heterosexual populations. *Paper III* is a randomized controlled trial of an internet-based psychological treatment, where one of the two groups will receive an additional treatment with an aim to lower the effects of self-stigma. *Paper IV* is a qualitative interview study among young individuals with gender dysphoria and substance use problems. *Paper V*, a Swedish register study, investigates associated diagnoses and prescribed pharmaceuticals among individuals having received a gender dysphoria diagnosis in Swedish in-patient and out-patient health care 2005-2017.

**Results:** *Paper I and II* are suggesting that gaming problems are significantly more prevalent among sexual minority groups (homosexual, bisexual, other) compared to the general population in a European context. The differences were larger between sexual minority women and heterosexual women for problematic gaming and gambling behaviour, compared to male groups. *Paper III* is being prepared during 2019. All data is collected for *paper IV* and *V* and analyses for both studies is planned for 2020.

**Conclusion:** Problematic gaming might be overrepresented among non-heterosexual individuals. Conclusions about addiction related disorders in populations with gender dysphoria and effects in treatment of substance use will be presented further in the project.