

Mental Health Status among the Transgender Community: A Study of Mumbai

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Abstract : Health of the transgender is as important as any other population sub-groups. However, little is known about the issues of mental health problems and health seeking behaviour of transgender in India. This paper examines the depression, stigma problem and suicidality (risk of suicide) among the transgender people in Mumbai city. The study used the primary survey data conducted in Mumbai city among the transgender community with a total sample of 120 among the transgender. Both qualitative and quantitative data was collected on demographic and socio-economic characteristic, general health and sexual health problems, mental health and health seeking behaviour among transgender. The quantitative results revealed that among the transgender, the prevalence of depression was very high. In this community 58.3% and 45.8 % of the transgender were suffered from depression and stigma problem respectively. On the other hand 42% and 48% of the transgender attempted suicide and experienced discrimination in the society. The qualitative results also revealed that the transgender were suffered from physical violence especially due to being a transgender, stressed due to being a transgender, experienced discrimination everywhere, experienced sexual health problems especially HIV, partner problem etc. As a result the prevalence of depression, self-harm attempt and suicidal attempt was common among this community.

Keywords : transgender, depression, Mumbai, mental health

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