Hong Kong LGBTQ+ Community Mental Health Report

香港LGBTQ+社群精神健康報告

2025

報告出版 PUBLICATION

真光社 Society of True Light

研究項目主理 RESEARCH PRINCIPAL INVESTIGATOR

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研究背景
RESEARCH BACKGROUND

全球流行病學研究顯示，相較於順性別異性戀群體，LGBTQ+群體有較高比例出現抑鬱症與焦慮症 (Pinna et al., 2022; Wittgens et al., 2022)。2017年，香港中文大學的陳俊豪教授與麥穎思教授對1,050名LGBTQ+人士進行調查，結果發現有30.9%的受訪者出現中度至嚴重的抑鬱症狀，另有25.9%出現中度至嚴重的焦慮症狀 (Chan & Mak, 2018)。

Epidemiological studies around the world have shown that LGBTQ+ populations experience higher rates of depression and anxiety compared to their cisgender heterosexual counterparts (Pinna et al., 2022; Wittgens et al., 2022). In 2017, Prof. Randolph Chan and Prof. Winnie Mak from the Chinese University of Hong Kong surveyed 1,050 LGBTQ+ individuals to assess their mental health. They found that 30.9% showed moderate to severe depression symptoms, and 25.9% reported moderate to severe anxiety symptoms (Chan & Mak, 2018).

七年過去，
Seven years later,

香港LGBTQ+社群的精神健康情況有改善嗎？
Has the mental health of the local LGBTQ+ community improved?

在2024年，陳俊豪教授聯同真光社再次進行社群調查，以了解目前香港LGBTQ+社群的整體精神健康狀況。

In 2024, Prof. Randolph Chan in collaboration with Society of True Light conducted another community survey to assess the current mental health status of Hong Kong's LGBTQ+ community.

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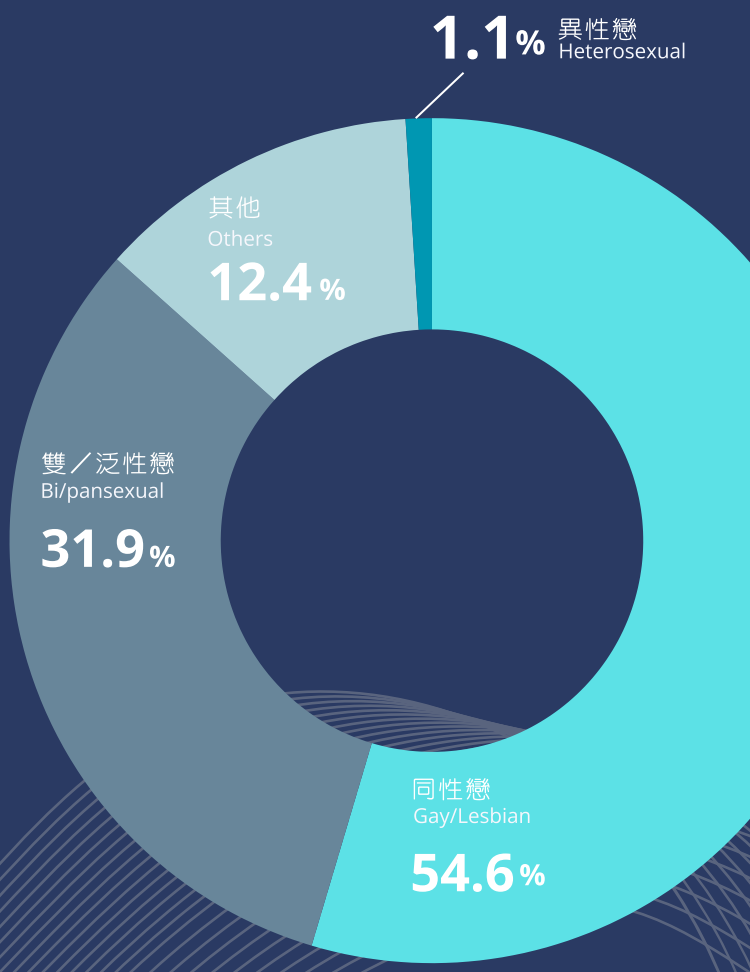
受訪者人口特徵
DEMOGRAPHIC CHARACTERISTICS

共有 A total of **1,433** 人參與此項研究 individuals participated in the survey

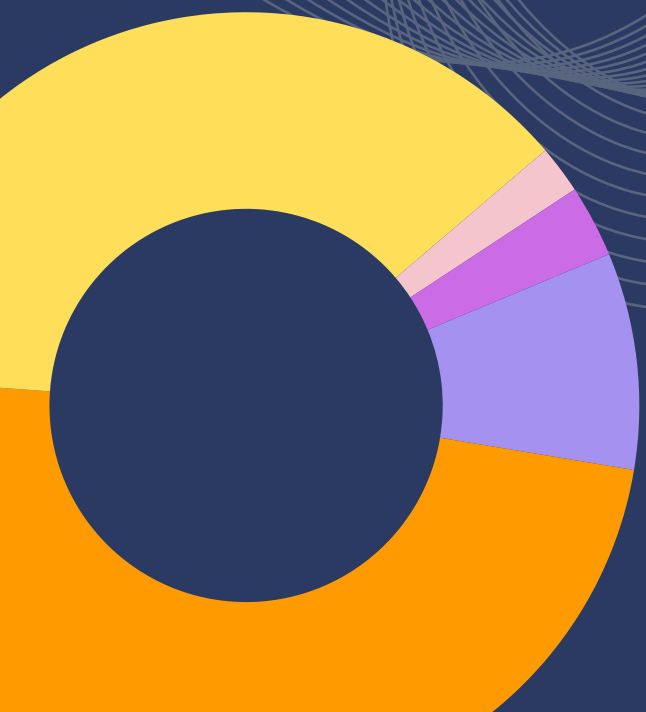
平均年齡 Mean Age **29.2** 歲 Years old

性傾向
SEXUAL ORIENTATION

同性戀 Gay/Lesbian	783 人 individuals
雙／泛性戀 Bi/pansexual	457 人 individuals
其他 Others	177 人 individuals
異性戀 Heterosexual	16 人 individuals



性別認同
GENDER IDENTITY



2.3%	跨性別女性 Transgender Women	33 人 individuals
2.5%	跨性別男性 Transgender Men	36 人 individuals
8.8%	非二元性別者 Non-binary individuals	126 人 individuals
37.7%	順性別男性 Cisgender Men	540 人 individuals
48.7%	順性別女性 Cisgender Women	698 人 individuals

研究結果
RESEARCH RESULTS

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抑鬱症狀
DEPRESSION SYMPTOMS

本研究採用病人健康狀況問卷-9（PHQ-9）（Kroenke et al., 2001）評估受訪者在過去兩週內出現各類抑鬱症狀（如情緒低落、入睡困難及對事物失去興趣等）的頻率，以衡量其抑鬱程度。

The Patient Health Questionnaire-9 (PHQ-9) (Kroenke et al., 2001) was used to assess the frequency of depression symptoms (e.g., feeling down, difficulty falling asleep, and loss of interest) experienced by respondents over the past two weeks, in order to evaluate the severity of their depression.

1,433名受訪者中，441位出現中度至嚴重的抑鬱症狀。

Among 1,433 respondents, 441 showed moderate to severe depression symptoms.

抑鬱症狀嚴重程度分佈
Distribution of depression symptom serverity

	n (%)
嚴重 Severe	67 (4.7%)
中重度 Moderately Severe	122 (8.5%)
中度 Moderate	252 (17.6%)
輕度 Mild	443 (30.9%)
沒有或極少 Minimal	549 (38.3%)

30.8%

受訪者有高度風險出現抑鬱症。
respondents were at high risk for clinical depression.

研究結果
RESEARCH RESULTS

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焦慮症狀
ANXIETY SYMPTOMS

廣泛性焦慮量表（GAD-7）（Spitzer et al., 2006）透過評估受訪者在過去兩週內經歷焦慮症狀的頻率（如感到緊張、無法控制擔憂、坐立難安等），以衡量其焦慮的嚴重程度。

The Generalized Anxiety Disorder 7-item (GAD-7) (Spitzer et al., 2006) was used to assess the severity of anxiety by evaluating the frequency of symptoms (e.g., feeling nervous, uncontrollable worry, and restlessness) experienced by respondents over the past two weeks.

焦慮症狀嚴重程度
Distribution of anxiety symptom severity

	n (%)
嚴重 Severe	130 (9.1%)
中度 Moderate	214 (14.9%)
輕度 Mild	486 (33.9%)
沒有或極少 Minimal	603 (42.1%)

1,433名受訪者中，344位表現出中度至嚴重的焦慮症狀。

Among 1,433 respondents, 344 showed moderate to severe anxiety symptoms.

24%

受訪者有高度風險出現廣泛性焦慮症。

respondents were at high risk for generalized anxiety disorder.

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研究結果
RESEARCH RESULTS

Among

1,433 LGBTQ+ 受訪者中 individuals

影響因素 INFLUENCING FACTORS

年齡 AGE

年輕族群相較於其他年齡層，更可能出現較高程度的抑鬱與焦慮症狀。

Younger individuals were more likely to report higher levels of depression and anxiety symptoms.

收入 INCOME

較低收入人士相比於收入較高者，表現出較高程度的抑鬱症狀。

Individuals with lower monthly incomes were more likely to report higher levels of depression compared to those with higher monthly incomes.

性別認同 GENDER IDENTITY

相較於順性別男性，跨性別男性與非二元性別者有更大可能出現較高程度的抑鬱症狀。

Transgender men and non-binary individuals were more likely to report higher levels of depression compared to cisgender men.

研究總結
RESEARCH SUMMARY

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2024年香港LGBTQ+社群調查共招募1,433人，30.8%呈現中度至嚴重的抑鬱症狀，24%則出現中度至嚴重的焦慮症狀。與七年前相比，無論在臨床抑鬱指標（PHQ-9）或廣泛性焦慮症指標（GAD-7）的數據上，

The 2024 Hong Kong LGBTQ+ community survey recruited 1,433 people. 30.8% showed moderate to severe depression symptoms, while 24% exhibited moderate to severe anxiety symptoms. Compared to data from seven years prior, which were assessed using the Patient Health Questionnaire-9 (PHQ-9) for clinical depression and the Generalized Anxiety Disorder-7 (GAD-7) for anxiety,

香港LGBTQ+社群在上述指標的精神健康狀況沒有顯著的改善。

The Hong Kong LGBTQ+ community showed no statistically significant improvement in these mental health outcomes.

香港LGBTQ+人士的精神健康狀況明顯較整體社會嚴峻。以香港心聆於2022年對1,000名成年人進行的調查為例，即使在疫情期間，整體社會中僅有19.2%出現中度至嚴重的抑鬱症狀，13.7%有中度至嚴重的焦慮症狀。相比之下，LGBTQ+人士的情況更為嚴重，抑鬱和焦慮症狀的比例顯著高於整體社會，反映出一場長期被忽視的精神健康危機。

LGBTQ+ individuals in Hong Kong face significantly poorer mental health compared to the general population. According to a 2022 survey by Mind HK involving 1,000 adults, even during the pandemic, only 19.2% exhibited moderate to severe depression symptoms and 13.7% showed moderate to severe anxiety symptoms. In contrast, LGBTQ+ individuals experience higher rates of depression and anxiety symptoms, highlighting a long-overlooked mental health crisis.

建議
RECOMMENDATION

政策規劃
POLICY PLANNING

政府在檢討精神健康政策及規劃未來方向時，應加強對LGBTQ+人士的支援，包括投放特定資源、提供專業培訓，以及考慮推行具體政策（如反歧視條例），以回應其獨特的精神健康需求，並促進結構性平等。

As the government reviews mental health policies and plans for the future, it must allocate dedicated resources to support LGBTQ+ individuals. This includes investing in professional training and considering targeted measures such as anti-discrimination legislation to address their specific mental health needs and advance structural equality.

社區服務
SOCIAL SERVICES

社福機構應強化前線人員培訓，使其掌握LGBTQ+人士所面對的獨特壓力來源、文化背景及實證介入方法（如LGBTQ+肯定式治療），提升服務的敏感度與效能。

Social welfare organizations should enhance training for frontline workers to deepen their understanding of LGBTQ+ individuals' unique stressors, lived experiences, and evidence-based interventions such as LGBTQ+ affirmative therapy. This will improve the sensitivity and effectiveness of services.

學校教育
SCHOOL EDUCATION

學校應在性教育課程中系統性融入性／別多元內容，並建立開放共融的校園文化，同時落實有效的反欺凌政策，確保LGBTQ+學生與教職員能在安全的地方學習和工作。

Schools should systematically integrate LGBTQ+ content into sex education, foster an inclusive and respectful school culture, and implement effective anti-bullying policies to ensure that LGBTQ+ students and staff can learn and work in a safe environment.

朋輩支援
PEER SUPPORT

社區組織可推動針對LGBTQ+人士的朋輩支援計劃，強化社群內的互助網絡與情感連結，促進精神健康與集體韌性，從而建立更具承托力的社群支援系統。

Community organizations can implement peer support programs tailored to LGBTQ+ individuals, strengthening mutual networks and emotional bonds to promote mental well-being, collective resilience, and a more robust community support system.

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關於我們 ABOUT US

真光社（慈善團體註冊編號：91/18962）為香港首個致力推動LGBTQ+肯定式實踐及終止「拗直治療」的非牟利機構。本會透過實證研究、專業培訓、公眾教育、政策倡議及臨床輔導，積極強化本地具性／別敏感度及實證基礎的精神健康服務資源，以回應LGBTQ+社群的獨特需要。

Society of True Light (Charity Reg. No. 91/18962) is Hong Kong's first non-profit organization dedicated to advancing LGBTQ+ affirmative practices and advocating for the complete abolition of conversion therapy. Through research, professional training, public education, policy advocacy, and clinical counseling, we strive to enhance the accessibility and effectiveness of mental health services that are responsive to the diverse and evolving needs of LGBTQ+ communities in Hong Kong.

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