



Much appreciation and thanks to those of you who completed EMIS-2017 Ireland in 25 languages. The full EMIS-2017 Ireland and community reports can be found at [www.gayhealthnetwork.ie/research](http://www.gayhealthnetwork.ie/research) and [www.emis2017.eu](http://www.emis2017.eu)

Presented here are minority stress factors and the influences on our sexual health and wellbeing. If you are concerned or affected by any of the issues please contact your local health provider or HIV or STI or LGBTI service listed at [www.man2man.ie](http://www.man2man.ie). Note we will publish a separate Part 3 on 'Living With HIV'.

## YOUR FINANCIAL STATUS

**17%** of you were struggling financially

**34%** were neither comfortable nor struggling

over a quarter of students and over half of unemployed men were struggling financially

**5%** of you were unemployed - highest among aged 25-39

**5%** retired/long term sick/other-highest among men aged 55 and over

## SEXUAL HEALTH AND WELLBEING OUTCOMES

**25%** of you scored 4 or less from a scale of 1 (most unhappy) to 10 (most happy) with your sex life

**16%** indicated the sex you have **isn't** "always as safe as you want it to be" - highest among aged 55 and over

**12%** **did not** "find it easy to say 'no' to sex you don't want" - higher among aged 17-24, unemployed men and students

**470** men never tested for HIV and 45% of these did not know /or were not sure where to get the HIV test - higher among aged 17-24 and students

## EXTERNAL MINORITY STRESS IN THE PREVIOUS YEAR

**3%** of you were physically assaulted

**28%** were verbally insulted - higher among students and men aged 17-24

**36%** were stared at or intimidated

## INTERNAL MINORITY STRESS

**21%**

of you were **NOT OUT** or **ONLY OUT** to a few people - highest among those who did not identify as gay.

Of those of you who did **NOT** feel **SOCIALLY INTEGRATED\*** or part of a group it was highest among unemployed men.

Of those of you who had **INTERNALISED NEGATIVE\*** feelings about your homosexuality (homonegativity) it was highest among those of you who had not tested for HIV.

\*See chapter 6.1 in the main EMIS-2017 IRELAND Report.



## MENTAL HEALTH

Chapter 4.1 of the main EMIS 2017 Ireland Report provides further details on mental health issues. We are very concerned about the findings and we will encourage further exploration in this area among MSM.

\*NOTE: A 'red flag' indicates a need for further assessment and diagnosis by a health professional.

**11%** of you indicated a red flag\* for anxiety - higher among unemployed and aged 17-24

**8%** indicated a red flag\* for depression - highest among unemployed men

**23%** thought about 'hurting yourself' or thought 'I would be better off dead' within the previous two weeks of undertaking the survey - highest among unemployed men

## DRUG USE IN THE PREVIOUS YEAR

of the 1,361 men who used drugs 8% were worried about their recreational drug use - highest among unemployed men.

Percentage of men who used these drugs:

**46%** USED POPPERS

**20%** USED COCAINE

**21%** USED ERECTILE DYSFUNCTION DRUGS

**19%** USED ECSTASY PILLS

**17%** USED SEDATIVES / TRANQUILIZERS

**15%** USED ECSTASY POWDER

**34%** USED CANNABIS

## CHEMSEX USE IN THE PREVIOUS YEAR

**14%** of you had used one or more of these stimulant drugs to make sex more intense or last longer (ecstasy/MDMA, cocaine, amphetamine, crystal meth, mephedrone and ketamine) - higher among men aged 25-39 and men living with HIV

## INJECTING

**2%** had ever injected drugs to get high

**2%** had ever injected anabolic steroids (testosterone)

## ALCOHOL & TOBACCO USE IN THE PREVIOUS YEAR

**94%** of you consumed alcohol

**29%** indicated a possible alcohol dependency - highest among unemployed men

**47%** of you consumed tobacco products

## SUBSTANCE USE SERVICES IN THE PREVIOUS YEAR

**3%** of all respondents had consulted a health professional about their drug use

**2%** of all respondents had consulted a health professional about their alcohol use