

Mental health burden and condomless sex across sexual and gender identities in Mexico

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Introducción. Sexual and gender minority populations experience a disproportionate burden of mental health problems, yet evidence linking mental health and sexual behavior in Mexico remains limited. We examined mental health differences across gender and sexual identity groups among people assigned male at birth and their association with condomless sex. **Materiales y métodos.** We analyzed the online component of the 2021 Mexican National Survey on Sexual and Gender Diversity among participants reporting sexual activity in the previous 12 months. Participants were classified as cisgender heterosexual (reference), cisgender gay, cisgender bisexual, cisgender pansexual, transgender, or non-binary/queer/other. Condomless sex in the previous 12 months was self-reported. Seven mental health indicators—insomnia, stress, depression, appetite or weight change, psychological distress, suicidal ideation, and suicide attempt—were summarized using principal component analysis (PCA). Multivariable logistic regression assessed associations between the resulting mental health dimensions and condomless sex, adjusting for age, education, number of sexual partners, early sexual activity, sexual violence, and gender/sexual identity. **Resultados.** Among 5,242 participants, 53.6% were cisgender heterosexual, 32.8% cisgender gay, 6.0% cisgender bisexual, 0.7% cisgender pansexual, 2.1% transgender, and 4.8% non-binary/queer/other. Overall, 72.9% reported condomless sex. Compared with cisgender heterosexual participants (78.5%), condomless sex was less frequently reported across all GBQ+ groups (56.8%–68.7%). PCA yielded two dimensions: general psychological distress and suicidal ideation/behavior. General psychological distress was higher across GBQ+ groups than among cisgender heterosexual participants (mean 3.51), reaching 6.28 among cisgender gay, 6.26 among cisgender bisexual, 7.48 among cisgender pansexual, 7.39 among transgender, and 7.01 among non-binary/queer/other participants. Suicidal ideation/behavior scores were highest among transgender (3.44), non-binary/queer/other (2.97), and cisgender pansexual participants (2.84), versus 2.31 among cisgender heterosexual participants. Each 0.10-point increase in general psychological distress was associated with higher odds of condomless sex (aOR 1.05, 95% CI 1.02–1.08; $p < 0.001$), whereas suicidal ideation/behavior was not independently associated after adjustment (aOR 0.97, 95% CI 0.93–1.00; $p = 0.051$). **Conclusiones.** GBQ+ groups had greater mental health burden but lower prevalence of condomless sex than cisgender heterosexual participants. Higher psychological distress was independently associated with condomless sex, supporting integration of mental health into sexual health services as part of strategies to reduce condomless sex and promote well-being.