

“Advocate” Magazine Describes Drug-Related Depression In MSMs

The *Advocate* magazine (January 30, 2007) described the problem with depression that MSMs (Men who have Sex with Men) have as it relates to the use of the drug Ecstasy.

According to the *Advocate*, “It has been widely reported that the incidence of depression among gay men is higher than in the overall U.S. population. One often-cited study report that more than 17% of American gay and bisexual men suffer from depression, compared with 9.5% of all adults.”

In addition, a survey of high school students in Massachusetts found that gay teens are about four times more likely to have attempted suicide in the last year than their counterparts.

Tom Johnstone, an MSM who has used Ecstasy for years, believes this drug is what may have caused his mental illness. “I think that taking the amount of Ecstasy I started taking at such a young age definitely has been a factor in my depression. When I’m not on Prozac, I’m suicidal. I’ve always felt there was a connection.”

Jim Solz with the Pride Institute observes: “There are people who use drugs and alcohol because of a mood disorder, and there are people who have a mood disorder because they used drugs and alcohol.” The *Advocate* notes that long-term or heavy use “appears to change the brain’s mood-controlling system permanently. A number of studies suggest that Ecstasy causes depression and anxiety that lasts far

longer than any initial withdrawal would. This long-term depression is the result of Ecstasy damaging the brain’s serotonin-producing neurons.”

Dr. Neil Whitehead, a NARTH advisor, writing in his NARTH article, “Homosexuality and Mental Health Problems” has surveyed a number of studies that indicate that MSM males suffer from higher rates of psychiatric problems than do heterosexuals. Whitehead, however, points out that even in countries where tolerance for homosexual behaviors is high, this higher rate of psychiatric problems persists.

“Losing One’s Life For Sexual Liberation”

According to Whitehead, “A strong case can be made that the male homosexual lifestyle itself, in its most extreme form, is mentally disturbed. . . . Same-sex eroticism becomes for many, therefore, the central value of existence, and nothing else – not even life and health itself – is allowed to interfere with pursuit of this lifestyle. Homosexual promiscuity fuels the AIDS crisis in the West.”

Whitehead continues: “Bluntly then, core gay behavior is both potentially fatal to others, and often suicidal. Surely it should be considered ‘mentally disturbed’ to risk losing one’s life for sexual liberation.” ■