

Participants

809 mostly 2S/LGBTQ+ youth* (15–29-year-old) living in Canada and the United States who had used mental health drugs.

Methods

We calculated how often people* presented genital numbness after discontinuing medication for groups with and without a history of antidepressant use and the strength of this association.**

Key findings

- 13% of those who used antidepressants experienced genital numbness compared to less than 1% of those who used other mental health drugs.
- People who used antidepressants had 14 times the odds of having genital numbness after the treatment stopped, compared to those who used other mental health drugs**.

Calls to action

We need:

- Additional research accounting for temporal changes in sexual dysfunction before/after antidepressant use;
- Transparency about the potential risks of antidepressants;
- Improved standards for informed consent.

* We included past users of psychiatric drugs and excluded those who had reported surgeries involving the genital area, including hysterectomy, and participants without sexual experience.

** Variables: Sedatives, antipsychotics, gender-affirming hormone treatment, age, sex, and PHQ-9 Category.