

**CHAPTER 5**

**BISEXUAL INDIVIDUALS  
AND SUBSTANCE USE**

---

CHAPTER SUMMARY

This chapter explores research on bisexuals' substance use and treatment. Studies find that bisexual individuals experience a set of additional stressors and risk factors not necessarily encountered by gay men and lesbians and rarely addressed in treatment.

OVERVIEW

Bisexuality is defined as the capacity for emotional, romantic, and/or physical attraction to more than one sex or gender. Though research is unequivocal in its conclusion that bisexuality is a true sexual orientation and that this demographic makes up the largest single population within the LGBT community, the very existence of bisexuality is sometimes still questioned. Many bisexuals experience physical- and mental-health complications arising from a confluence of minority stress, lack of acceptance by lesbians and gay men, and insistence that one must be either gay or straight. The situation is even further complicated for those engaging in behavioral bisexuality, defined as men who consider themselves heterosexual but who engage in sex with men or express the desire to do so.

Programs that pride themselves on their competence in working with LGBT people often have little expertise with bisexuals, and bisexuals typically receive treatment protocols tailored for lesbians and gay men. Treatment of bisexual individuals who engage in substance use must take into consideration concerns such as minority stress, double discrimination, and invisibility.

KEY TERMS

Bisexuality; behavioral bisexuality; bisexual health; straight men who have sex with other men (MSM); invisibility; double discrimination; coming out as a bisexual; minority stress; bisexual substance use prevalence and patterns; bisexual substance use treatment

---

Shelton, Michael

*Fundamentals of LGBT Substance Use Disorders: Multiple Identities, Multiple Challenges*

[dx.doi.org/10.17312/harringtonparkpress/2016.11.flgbtsud.005](https://doi.org/10.17312/harringtonparkpress/2016.11.flgbtsud.005)

© 2017 Harrington Park Press, LLC, New York, NY 10010

## NOTES TO CHAPTER 5

- 1 Benedict Carey, "Straight, Gay, or Lying? Bisexuality Revisited," *New York Times*, July 5, 2005, <http://www.nytimes.com/2005/07/05/health/05sex.html?ex=1278216000&en=5a82f18cadf2ad83&ei=5088>; accessed May 4, 2016; Gerulf Reiger, Meredith L. Chivers, and J. Michael Bailey, "Sexual Arousal Patterns of Bisexual Men," *Psychological Science* 16, no. 8 (2005): 579–584.
- 2 Carey, "Straight, Gay, or Lying?"
- 3 *Ibid.*
- 4 *Ibid.*
- 5 Marsha Miller et al., *Bisexual Health: An Introduction and Model Practices for HIV/STI Prevention Programming* (Washington, D.C.: National Gay and Lesbian Task Force Policy Institute, Fenway Institute at Fenway Community Health, and BiNet USA, 2005), 35.
- 6 *Ibid.*, 37.
- 7 Kinsey Institute, "Kinsey's Heterosexual-Homosexual Rating Scale," <http://www.iub.edu/~kinsey/resources/ak-hhscale.html>; accessed November 25, 2015.
- 8 American Institute of Bisexuality, "The Klein Sexual Orientation Grid," <http://www.americaninstituteofbisexuality.org/thekleingrid/>; accessed October 12, 2015.
- 9 Milaine Alarie and Stéphanie Gaudet, "'I Don't Know If She Is Bisexual or If She Just Wants to Get Attention': Analyzing the Various Mechanisms through Which Emerging Adults Invisibilize Bisexuality," *Journal of Bisexuality* 13, no. 2 (2013): 191–214.
- 10 *Ibid.*, 205.
- 11 Miller et al., *Bisexual Health*, 2.
- 12 *Ibid.*, 12.

- 13 "Being Bisexual," *Equality* (Late Fall 2013): 21.
- 14 Miller et al., *Bisexual Health*.
- 15 Preeti Pathela et al., "Discordance between Sexual Behavior and Self-Reported Sexual Identity: A Population-Based Survey of New York City Men," *Annals of Internal Medicine* 145, no. 6 (2006): 416–425.
- 16 Amy Andre et al., *Supporting and Caring for Our Bisexual Youth* (Washington, D.C.: Human Rights Campaign Foundation, 2014).
- 17 Gary J. Gates, *How Many People Are Lesbian, Gay, Bisexual, and Transgender?* (Los Angeles: Williams Institute, 2011).
- 18 "LGBT Percentage Highest in D.C., Lowest in North Dakota," Gallup, <http://www.gallup.com/poll/160517/lgbt-percentage-highest-lowest-north-dakota.aspx>; accessed September 14, 2015.
- 19 Sandhya Somashekhar, "Health Survey Gives Government Its First Large-Scale Data on Gay, Bisexual Population," *Washington Post*, July 15, 2014.
- 20 Centers for Disease Control and Prevention, "Sexual Orientation and Health among U.S. Adults: National Health Interview Survey, 2013," <http://www.cdc.gov/nchs/data/nhsr/nhsr077.pdf>; accessed May 21, 2016.
- 21 Gates, *How Many People Are Lesbian, Gay, Bisexual, and Transgender?*
- 22 Miller et al., *Bisexual Health*.
- 23 Jacqueline White, "The Bisexual Man," *Contemporary Sexuality* 46, no. 5 (2012): 1–5.
- 24 Miller et al., *Bisexual Health*.
- 25 Institute of Medicine, *The Health of Lesbian, Gay, Bisexual and Transgender People: Building a Foundation for Better Understanding* (Washington, D.C.: National Academies Press, 2011).
- 26 Cheryl Dobinson et al., "Improving the Access and Quality of Public Health Services for Bisexuals," *Journal of Bisexuality* 5, no. 1 (2005): 43–44.
- 27 Wendy Bostwick, "Assessing Bisexual Stigma and Mental Health Status: A Brief Report," *Journal of Bisexuality* 12, no. 2 (2012): 214–215.
- 28 Greta R. Bauer and David J. Brennan, "The Problem with 'Behavioral Bisexuality': Assessing Sexual Orientation in Survey Research," *Journal of Bisexuality* 13, no. 2 (2013): 148–165.
- 29 Martin S. Weinberg, Colin J. Williams, and Douglas W. Pryor, *Dual Attraction: Understanding Bisexuality* (New York: Oxford University Press, 1994).
- 30 *Ibid.*, 34–35.
- 31 Sandra C. Anderson, *Substance Use Disorders in Lesbian, Gay, Bisexual, and Transgender Clients: Assessment and Treatment* (New York: Columbia University Press, 2009), 83.
- 32 Tom Brown, "A Proposed Model of Bisexual Identity Development That Elaborates on Experiential Differences of Women and Men," *Journal of Bisexuality* 2, no. 4 (2002): 80, 81.

- 33 Dobinson et al., "Improving the Access and Quality of Public Health Services for Bisexuals."
- 34 Tonda L. Hughes and Michele Eliason, "Substance Use and Abuse in Lesbian, Gay, Bisexual and Transgender Populations," *Journal of Primary Prevention* 22, no. 3 (2002).
- 35 Center for Substance Abuse Treatment, *A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals* (Rockville, Md.: U.S. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration, 2001).
- 36 Stephen T. Russell, Anne K. Driscoll, and Nhan Truong, "Adolescent Same-Sex Romantic Attractions and Relationships: Implications for Substance Use and Abuse," *American Journal of Public Health* 92, no. 2 (2002): 198–202.
- 37 Marla Eisenberg and Henry Wechsler, "Substance Use Behaviors among College Students with Same-Sex and Opposite-Sex Experience: Results from a National Study," *Addictive Behaviors* 28, no. 5 (2003): 899–913.
- 38 Sean Esteban McCabe et al., "Assessment of Difference in Dimensions of Sexual Orientation: Implications for Substance Use Research in a College-Age Population," *Journal of Studies on Alcohol* 66, no. 5 (2005): 620–629.
- 39 Jason A. Ford and Jana L. Jasinski, "Sexual Orientation and Substance Use among College Students," *Addictive Behaviors* 31, no. 3 (2006): 404–413.
- 40 Najat J. Ziyadeh et al., "Sexual Orientation, Gender, and Alcohol Use in a Cohort Study of U.S. Adolescent Girls and Boys," *Drug and Alcohol Dependence* 87, no. 2 (2007): 119–130.
- 41 Joan S. Tucker, Phyllis L. Ellickson, and David J. Klein, "Understanding Differences in Substance Use among Bisexual and Heterosexual Young Women," *Women's Health Issues* 18, no. 5 (2008): 387–398.
- 42 Michael P. Marshal et al., "Sexual Orientation and Adolescent Substance Use: A Meta-Analysis and Methodological Review," *Addiction* 103, no. 4 (2008): 546–556.
- 43 Sharon C. Wilsnack et al., "Drinking and Drinking-Related Problems among Heterosexual and Sexual Minority Women," *Journal of Studies on Alcohol and Drugs* 69, no. 1 (2008): 129–139.
- 44 Karen I. Fredriksen-Goldsen et al., "Disparities in Health-Related Quality of Life: A Comparison of Lesbians and Bisexual Women," *American Journal of Public Health* 100, no. 11 (2010): 2255–2261.
- 45 Gillian L. Schauer, Carla J. Berg, and Lawrence O. Bryant, "Sex Differences in Psychosocial Correlates of Concurrent Substance Use among Heterosexual, Homosexual and Bisexual College Students," *American Journal of Drug and Alcohol Abuse* 39, no. 4 (2013): 252–258.
- 46 Amy L. Hequembourg and Ronda L. Dearing, "Exploring Shame, Guilt, and Risky Substance Use among Sexual Minority Men and Women," *Journal of Homosexuality* 60, no. 4 (2013): 615–638.

- 47 Sean Esteban McCabe et al., "Sexual Orientation and Substance Abuse Treatment Utilization in the United States: Results from a National Survey," *Journal of Substance Abuse Treatment* 44, no. 1 (2013): 4–12.
- 48 Dianne L. Kerr, Kele Ding, and Julie Chaya, "Substance Use of Lesbian, Gay, Bisexual and Heterosexual College Students," *American Journal of Health Behavior* 38, no. 6 (2014): 951–962.
- 49 Mark Brennan-Ing, Kristen E. Porter, Liz Seidel, and Stephen E. Karpiak, "Substance Use and Sexual Risk Differences among Older Bisexual and Gay Men with HIV," *Behavioral Medicine* 40, no. 3 (2014): 108–115.
- 50 Anthony F. Jorm et al., "Sexual Orientation and Mental Health: Results from a Community Survey of Young and Middle-Aged Adults," *British Journal of Psychiatry* 180, no. 5 (2002): 423–427.
- 51 San Francisco Human Rights Commission, *Bisexual Invisibility: Impact and Recommendations* (San Francisco: San Francisco Human Rights Commission, 2011).
- 52 David J. Brennan et al., "Men's Sexual Orientation and Health in Canada," *Canadian Journal of Public Health* 101, no. 3 (2010): 255–258; Leah S. Steele et al., "Women's Sexual Orientation and Health: Results from a Canadian Population-Based Survey," *Women & Health* 49, no. 5 (2009): 353–367.
- 53 Robin M. Mathy, Barbara A. Lehmann, and Deborah L. Kerr, "Bisexual and Transgender Identities in a Nonclinical Sample of North Americans: Suicidal Intent, Behavioral Difficulties, and Mental Health Treatment," *Journal of Bisexuality* 3, no. 3–4 (2004): 93–109.
- 54 Wendy B. Bostwick et al., "Dimensions of Sexual Orientation and the Prevalence of Mood and Anxiety Disorders in the United States," *American Journal of Public Health* 100, no. 3 (2010): 468–475.
- 55 Julie Ebin, "Why Bisexual Health?" *Journal of Bisexuality* 12, no. 2 (2012): 170.
- 56 Andre et al., *Supporting and Caring for Our Bisexual Youth*.
- 57 Ibid.
- 58 Ibid., 11.
- 59 San Francisco Human Rights Commission, *Bisexual Invisibility*, 1.
- 60 Miller et al., *Bisexual Health*, 4.
- 61 Michelle Castillo, "15 Percent of People Don't Think Bisexuality Is Real Sexual Orientation: Study," *CBS News*, November 6, 2013, <http://www.cbsnews.com/news/15-percent-of-people-dont-think-bisexuality-is-real-sexual-orientation-study/>; accessed May 4, 2016.
- 62 Mary Bradford, "Reflections on the Bisexual Experience," *Journal of Bisexuality* 11, no. 4 (2011): 511.
- 63 Dobinson et al., "Improving the Access and Quality of Public Health Services for Bisexuals," 46.
- 64 Nicholas A. Guittar, "The Queer Apologetic: Explaining the Use of Bisexuality as a Transitional Identity," *Journal of Bisexuality* 13, no. 2 (2013): 166–190.

- 65 Ibid., 186.
- 66 Hequembourg and Dearing, "Exploring Shame, Guilt, and Risky Substance Use."
- 67 Amy L. Hequembourg et al., "Sexual Assault Risks among Gay and Bisexual Men," *Journal of Sex Research* 52, no. 3 (2015): 282–295.
- 68 Pathela et al., "Discordance between Sexual Behavior and Self-Reported Sexual Identity."
- 69 J. L. King, *On the Down Low: A Journey into the Lives of "Straight" Black Men Who Sleep with Men* (New York: Harmony Books, 2005).
- 70 Karolynn Siegel et al., "Sexual Behaviors of Non-Gay Identified Non-Disclosing Men Who Have Sex with Men and Women," *Archives of Sexual Behavior* 37, no. 5 (2008).
- 71 Daryl Hood et al., *Report on the BANGAR Project: Bisexual Activity/Non Gay Attachment Research Targeting Strategies Identification Project* (Sydney: National Centre in HIV Epidemiology and Clinical Research, 1994).
- 72 ORC Macro, *STD Communications Database: Interviews with Non-Gay Identified Men Who Have Sex with Men (NGI MSM)* (Atlanta: ORC Macro, for Centers for Disease Control and Prevention, Division of Sexually Transmitted Disease Prevention, 2005).
- 73 Ibid., vi.
- 74 Cathy J. Reback and Sherry Larkins, "Maintaining a Heterosexual Identity: Sexual Meanings among a Sample of Heterosexually Identified Men Who Have Sex with Men," *Archives of Sexual Behavior* 39, no. 3 (2010): 766–773.
- 75 Jeffrey H. Hudson, "Comprehensive Literature Review Pertaining to Married Men Who Have Sex with Men (MMSM)," *Journal of Bisexuality* 13, no. 4 (2013): 417–601, quotations on 497.
- 76 Eric W. Schrimshaw et al., "Disclosure and Concealment of Sexual Orientation and the Mental Health of Non-Gay-Identified, Behaviorally Bisexual Men," *Journal of Consulting and Clinical Psychology* 81, no. 1 (2013): 141–153.
- 77 Nina T. Harawa et al., "Sexual Behavior, Sexual Identity, and Substance Abuse among Low-Income Bisexual and Non-Gay-Identifying African American Men Who Have Sex with Men," *Archives of Sexual Behavior* 37, no. 5 (2008): 748–762.
- 78 Ibid.
- 79 Coalition for Lesbian and Gay Rights in Ontario, *Systems Failure: A Report on the Experiences of Sexual Minorities in Ontario's Health-Care and Social-Services Systems* (Toronto: Coalition for Lesbian and Gay Rights in Ontario, 1997), 31.
- 80 Mathy, Lehmann, and Kerr, "Bisexual and Transgender Identities"; Dobinson et al., "Improving the Access and Quality of Public Health Services for Bisexuals."
- 81 San Francisco Human Rights Commission, *Bisexual Invisibility*.
- 82 Omar Martinez et al., "Sexual Behaviors and Experiences among Behaviorally Bisexual Latino Men in the Midwestern United States: Implications for Sexual Health Interventions," *Journal of Bisexuality* 12, no. 2 (2012): 283–310.

- 83 Harawa et al., "Sexual Behavior, Sexual Identity, and Substance Abuse," 748–762.
- 84 Dobinson et al., "Improving the Access and Quality of Public Health Services for Bisexuals," 60.
- 85 Miller et al., *Bisexual Health*, 90–91.
- 86 Bradford, "Reflections on the Bisexual Experience," 512.
- 87 Ebin, "Why Bisexual Health?" 170.
- 88 Somashekhar, "Health Survey."
- 89 Alfred Charles Kinsey, Wardell Baxter Pomeroy, and Clyde Eugene Martin, *Sexual Behavior in the Human Male* (Philadelphia: Saunders, 1948), 639.
- 90 Hudson, "Comprehensive Literature Review," 548.