

EPATH 2019: The Year in Review - Mental Health -

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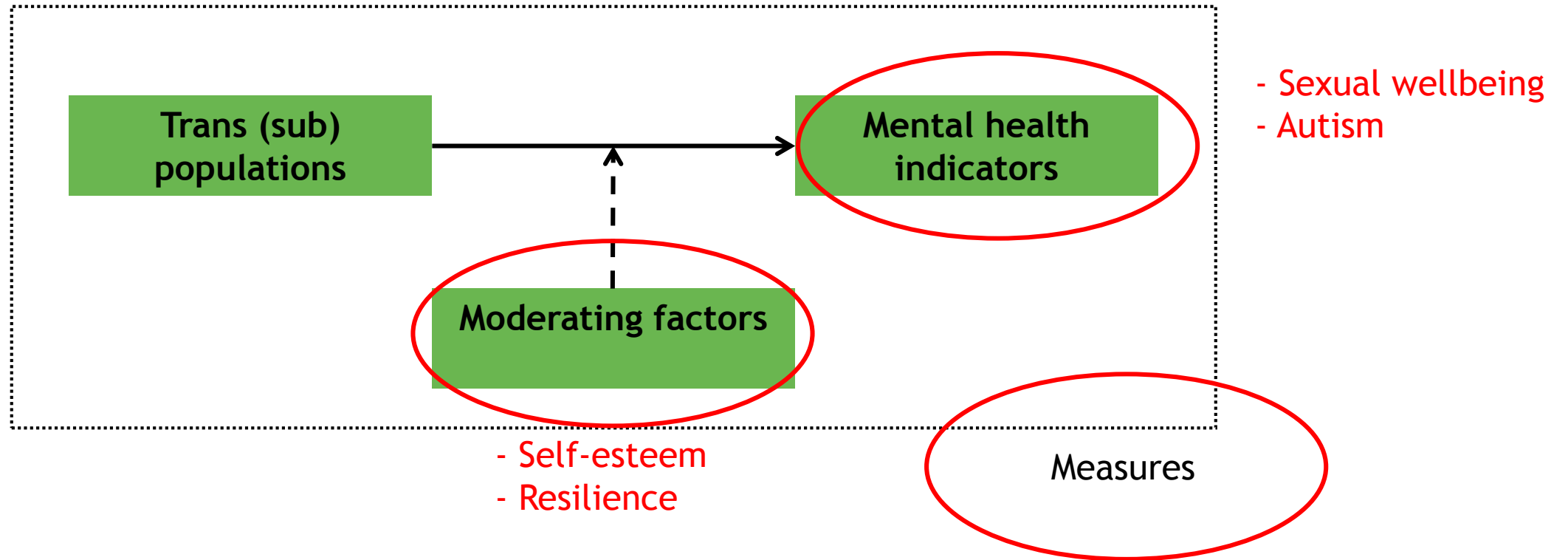


Background

- Mental health impacts quality of life
- Mental health impacts socioeconomic position
- Mental health impacts experienced outcomes of gender affirming treatments
- Risk of self-harm and suicidal behavior



Concepts of interest





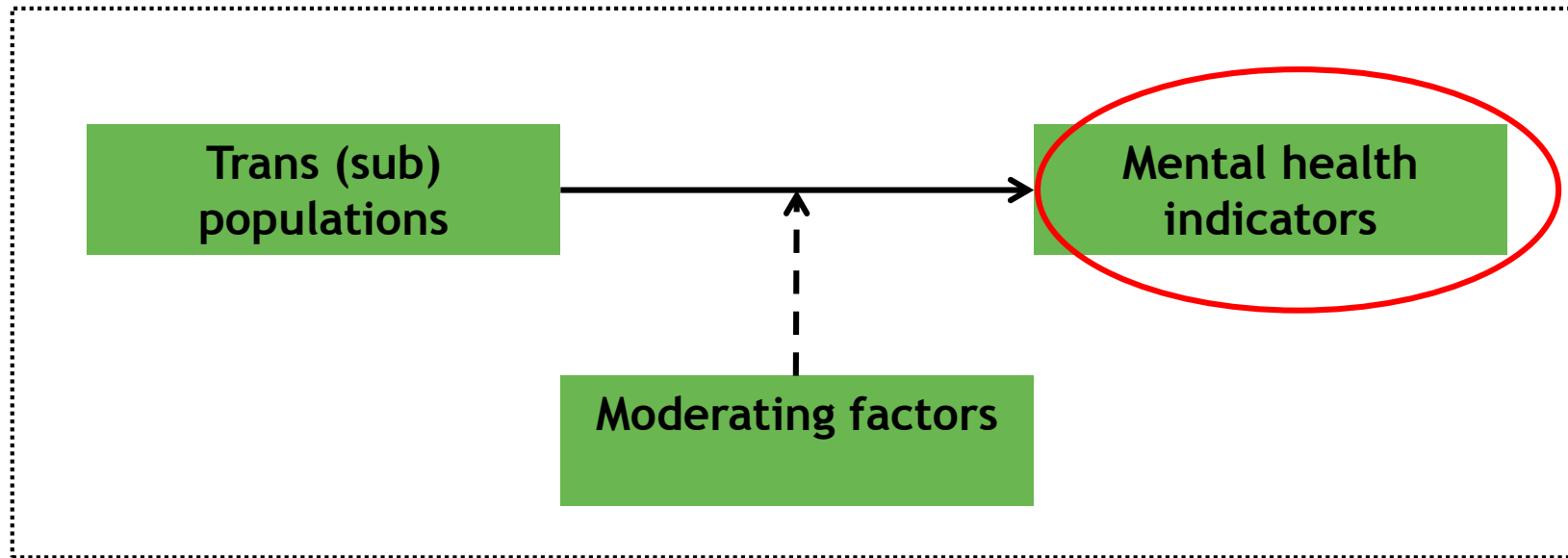
Approach

- Pubmed searches, snowball approach
- 2017 to 2019
- Title (and abstract) screening
- Narrative review





Concepts of interest



- Sexual wellbeing
- Autism

Measures



Sexual wellbeing - reviews

- Holmberg et al.:
 - Evaluate sexual (dys)function in transgender persons multidimensionally
 - Hormone treatment and sexual desire; trans men ↑ and trans women ↓
 - Explore sexual function wishes before hormone/surgical treatments
 - Many principles from sexual medicine apply to transgender sexual health issues
- Stephenson et al.:
 - Limited no. of studies, with limited scope
 - Agenda on inclusive study of trans men's sexuality



Sexual wellbeing - orientation

- Sexual preferences may change during (medical) transition, but sexual partners may not necessarily
- More sexual fluidity in trans men, compared with cis men/women. Associated with psychological stress and more mental health problems



Sexual wellbeing - gender-specific

- Trans women
 - Sexual inactivity is prevalent in transwomen (43%) and associated with older age, no genital surgery yet and lower body image
- Trans men
 - More sexual activity, initiative and involvement of genitals during sex (78%) after genital gender affirming surgery
- Both
 - Body satisfaction appears to be more influential on positive sexual experience compared with gender affirming surgeries



Autistic traits

- About 5% of referred individuals score above clinical cutoffs of the AQ, in 6% a certain autism spectrum diagnosis was confirmed
- More prevalent in trans feminine compared with trans masculine and compared with cis gender controls. Not confirmed in all studies
- AQ explained by social anxiety and minority stress? Associated with feelings of dysphoria



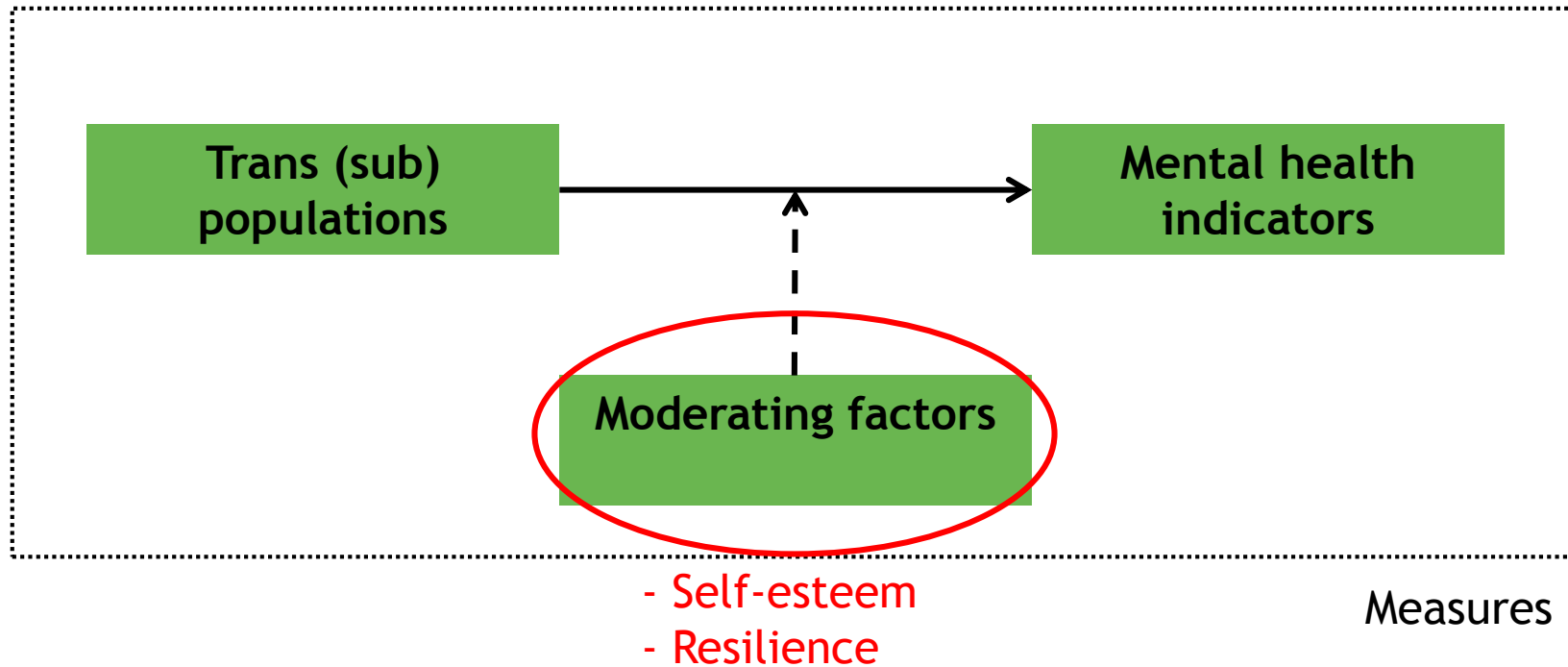
Autistic traits

Initial Clinical Guidelines for Co-Occurring Autism Spectrum Disorder and Gender Dysphoria or Incongruence in Adolescents

John F. Strang¹, Haley Meagher¹, Lauren Kenworthy¹, Annelou L. C. de Vries², Edgardo Menvielle³, Scott Leibowitz⁴, Aron Janssen⁵, Peggy Cohen-Kettenis⁶, Daniel E. Shumer⁷, Laura Edwards-Leeper⁸, Richard R. Pleak⁹, Norman Spack¹⁰, Dan H. Karasic¹¹, Herbert Schreier¹², Anouk Balleur⁶, Amy Tishelman¹³, Diane Ehrensaft¹⁴, Leslie Rodnan¹⁵, Emily S. Kushner¹⁶, Francie Mandel¹⁷, Antonia Caretto¹⁸, Hal C. Lewis¹⁹, and Laura G. Anthony²⁰



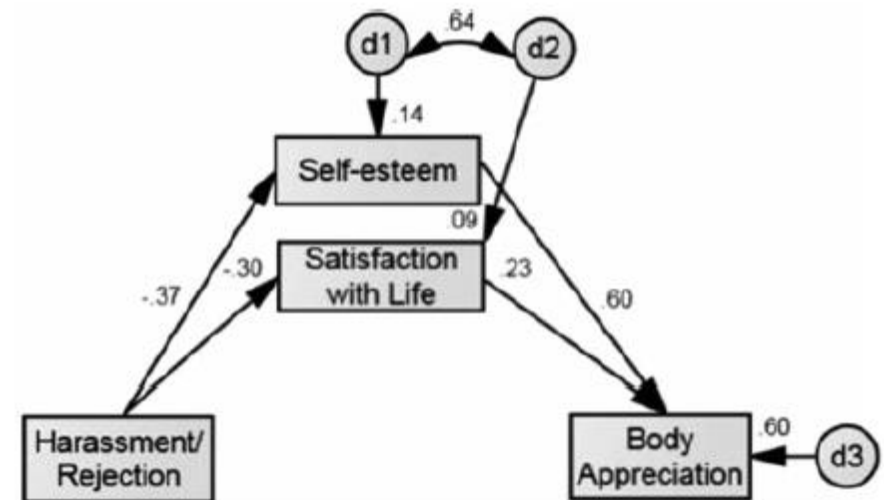
Concepts of interest





Moderators of mental health - self-esteem

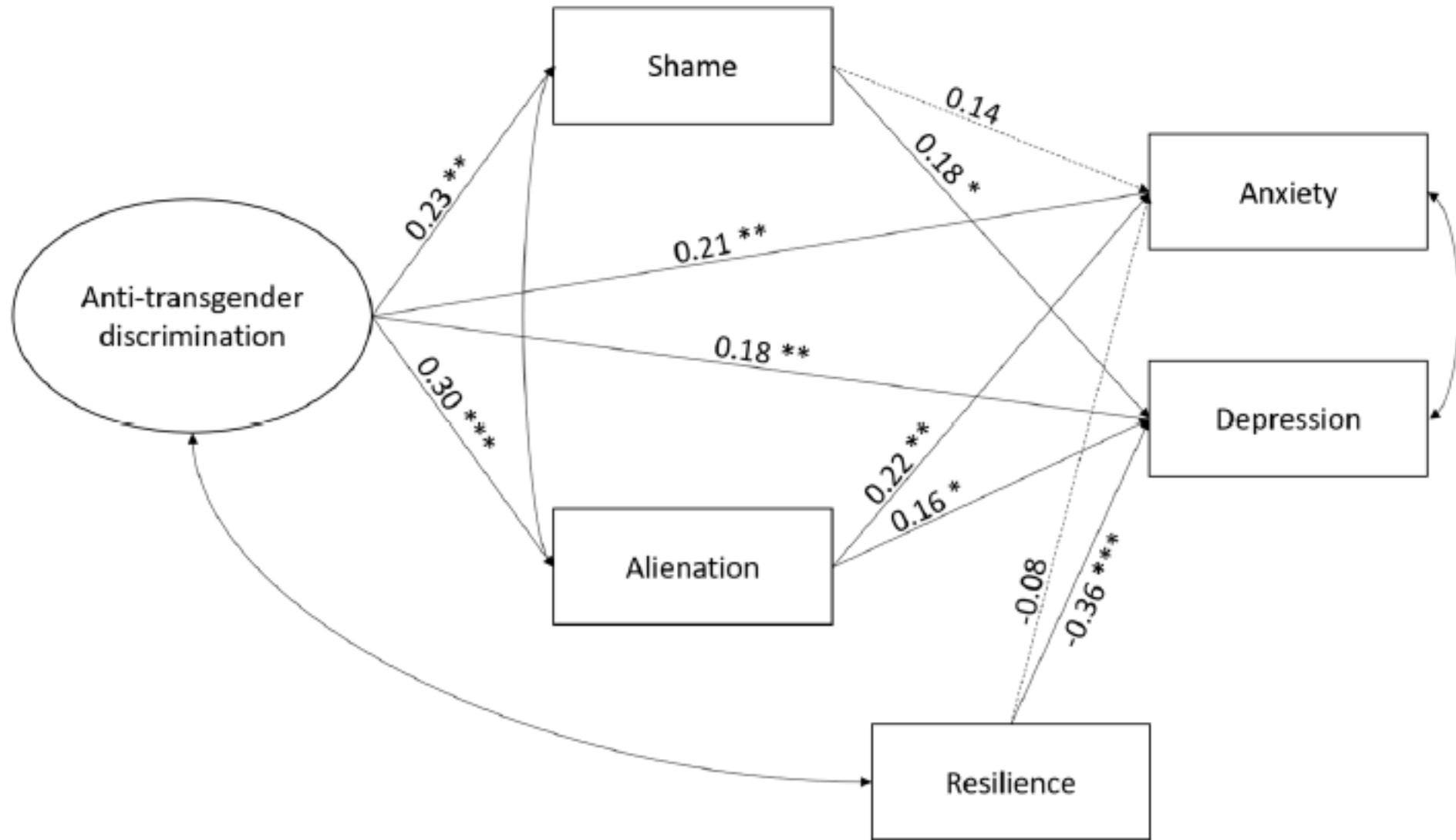
- Self-esteem and interpersonal problems as predictors of
 - Depressive symptoms
 - Drive for thinness and disordered eating
- Self-esteem mediates between discrimination and mental health outcomes





Moderators of mental health - resilience

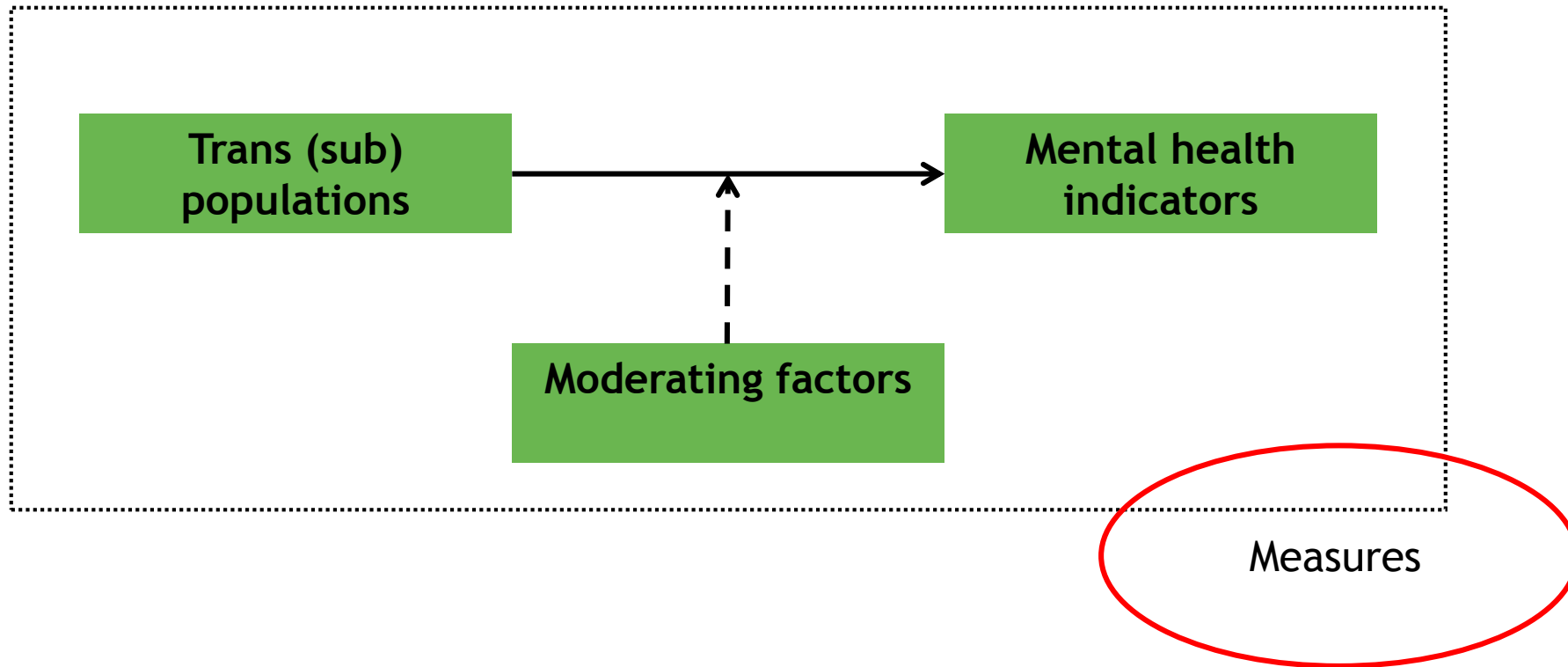
- **Minority stress**
 - Stigmatization/discrimination
 - Violence
- **Internalized transphobia**
- **Resilience (=recovering, coping and adapting ability)**
- **Effects of risk factors >> effects of resilience**



- Scandurra et al. (2018). Internalized transphobia, resilience, and (...). *International journal of environmental research and public health*, 15(3), 508.



Concepts of interest





Transgender-specific outcome measures

- Gender Congruence Life Satisfaction Scale (Jones et al., 2018)
 - 38 questions on the past 6 months
 - Scales: genitalia, chest, other secondary sex characteristics, social gender role recognition, physical and emotional intimacy, psychological functioning, and life satisfaction
 - Good psychometric properties, control values published; open access
- GENDER-Q (Klassen et al., 2018)
 - Measure development to comprehensively evaluate quality of life and range of treatments
 - Treatments, body areas, physical, psychological, body image, sexual, social, etc.



Conclusion

- Research on the moderating factors of mental health can provide multi-level interventions
 - Intrapersonal
 - Interpersonal
 - Societal
- Preferably using measures that are valid and sensitive to trans-specific topics



Thank you for your attention

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