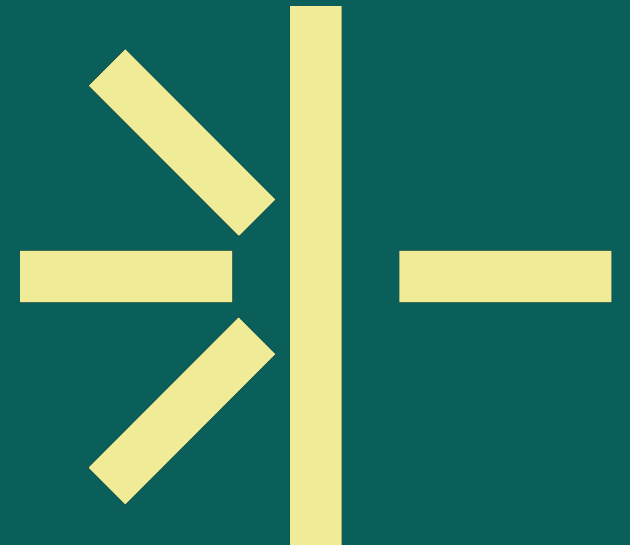


The year in Review – Mental Health (adults)

Dr. med. D. Garcia Nuñez
Innovation Focus Gender Variance
University Hospital Basel

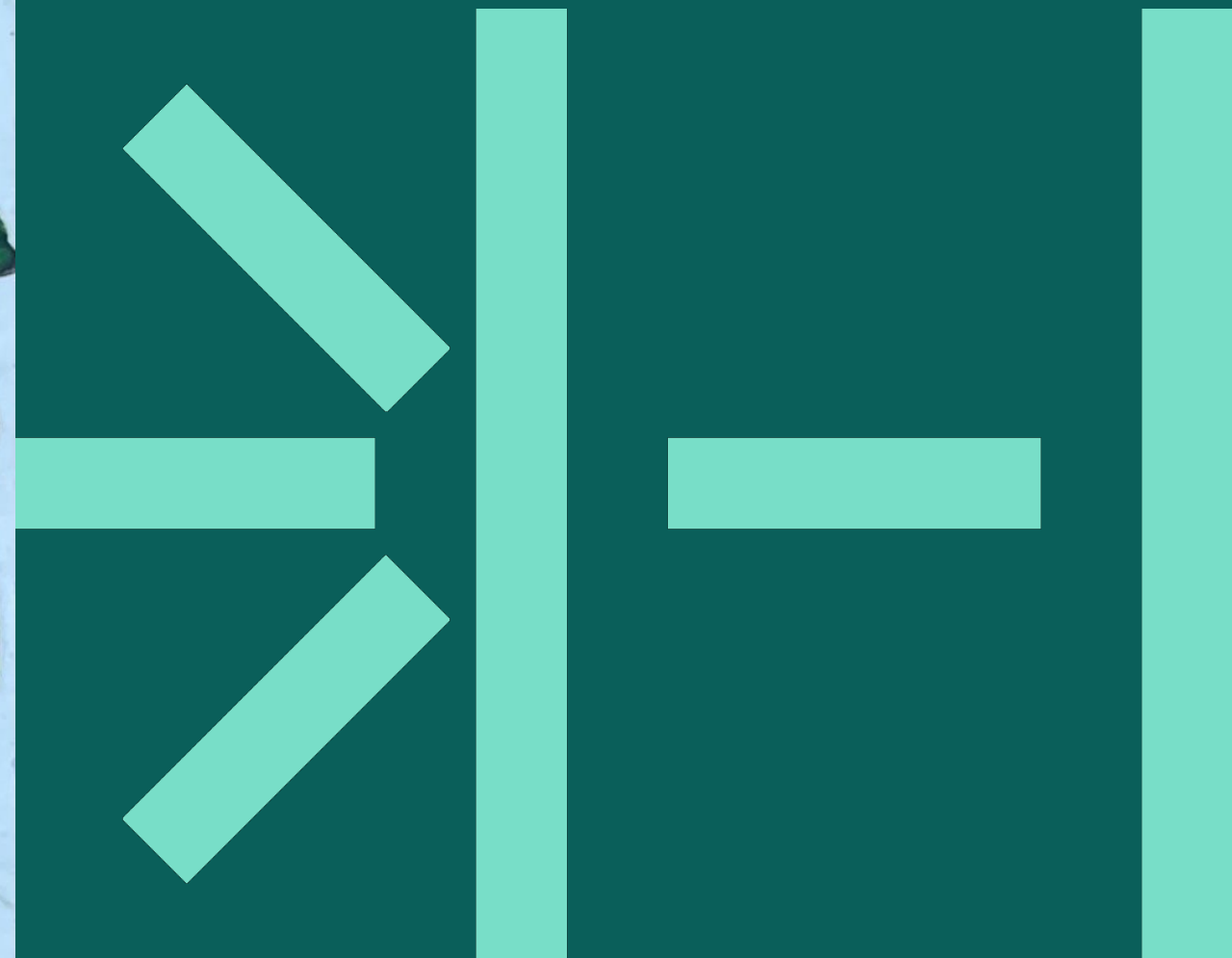
 26-28 APRIL 2023
KILLARNEY, IRELAND



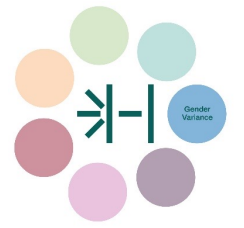


01

Background



Gender Minority Stress Model



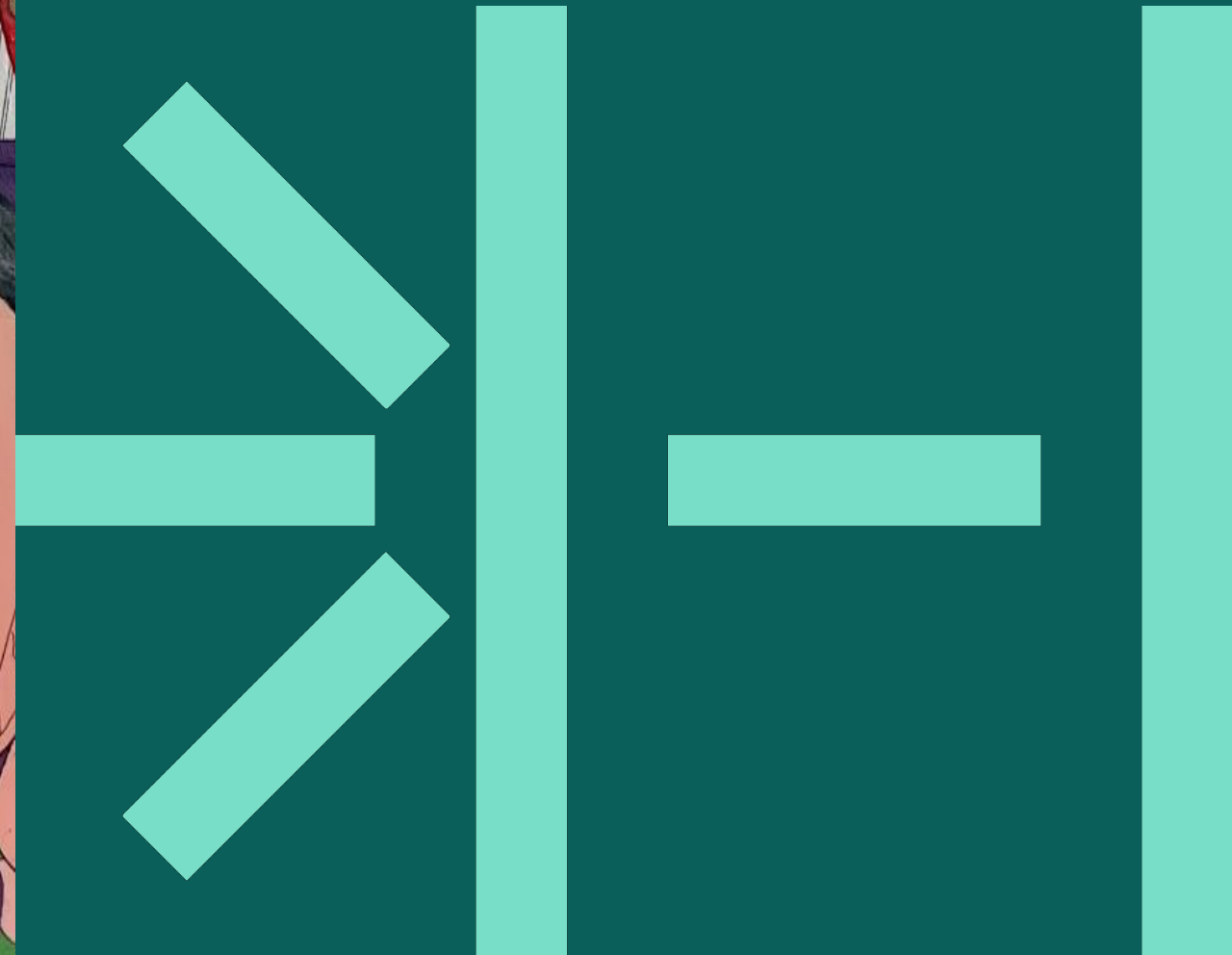
- **Increasing interest** in the needs of trans and gender nonconforming (TGNC) people
 - Media world
 - Political world

- **Medical acknowledgement** of the importance of transgender medicine
 - Most importantly: Implementation of **ICD-11**
 - Importance of **interdisciplinary** approaches
- What **scientific** publications are there?

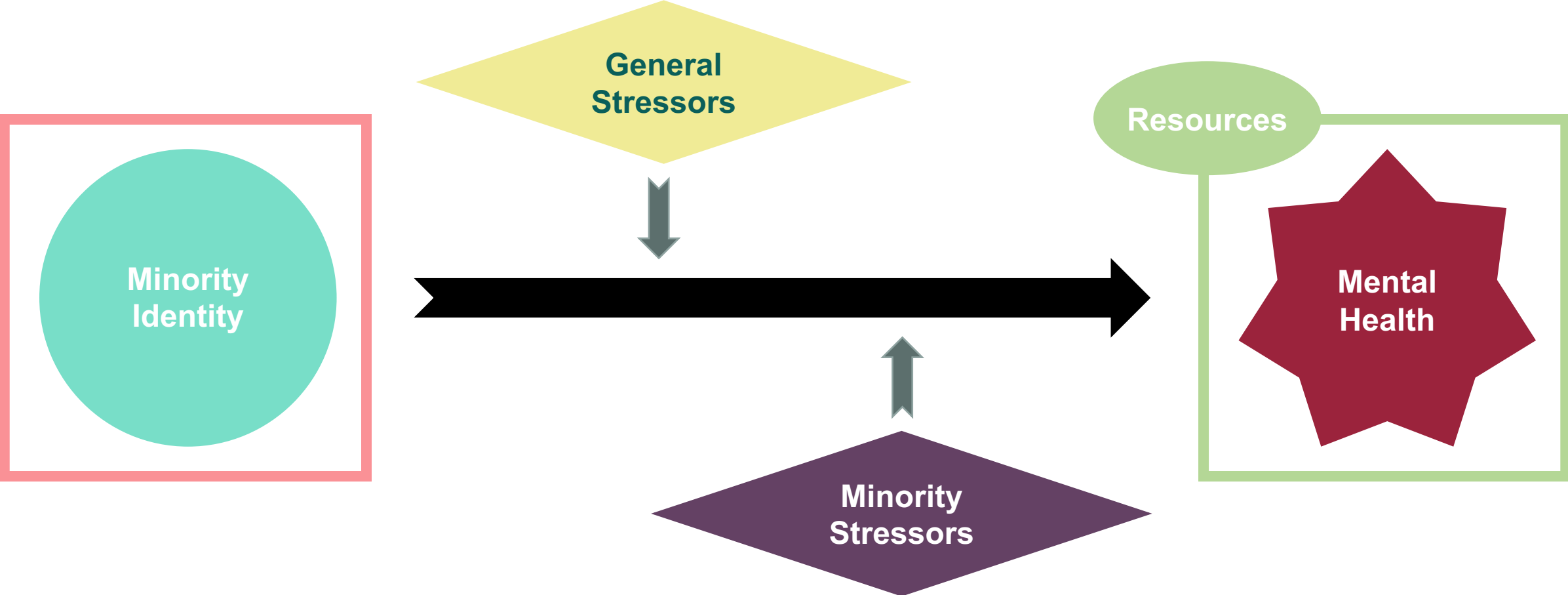
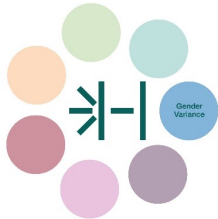


02

Gender Minority Stress Model



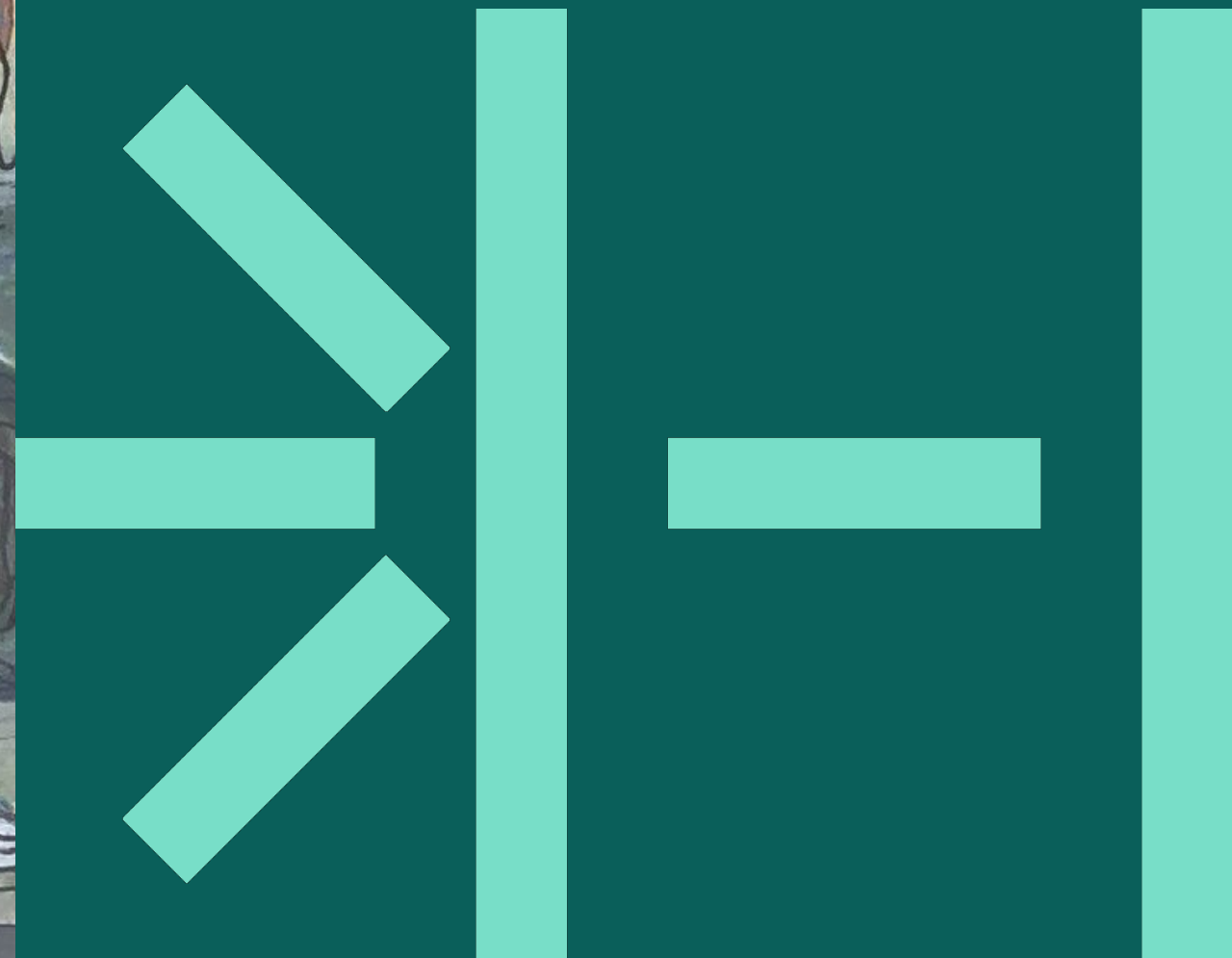
Gender Minority Stress Model

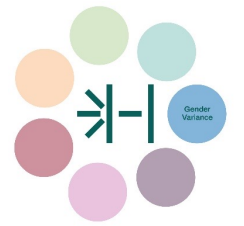




03

Methods





- **Narrative review**
- Search performed on: **PubMed**

■ **Inclusion criteria**

- Peer reviewed articles
- Time: between 2021 and 2022
- Population: TGNC people
 - Gender Dysphoria* OR Transgender Persons* OR Transsex* OR Gender Identity* OR Gender Minorities*
- Content: assessment of mental health constructs
 - Mental health* OR Suicid* OR Depress* OR Anxiety Disorders* OR PTSD* OR substance abuse*
- Age: >18 years
- Language: English, Spanish, German and French

■ **Exclusion criteria**

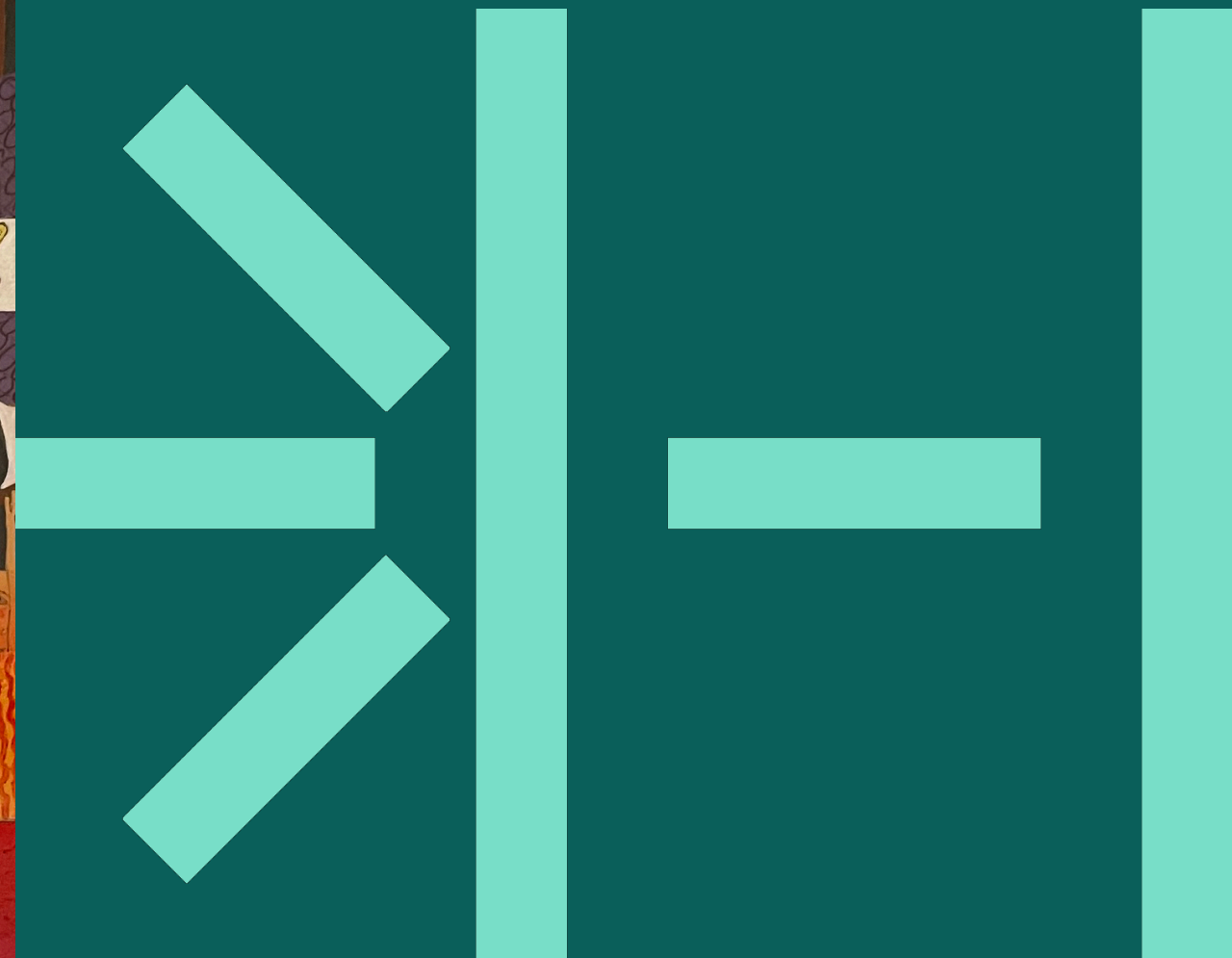
- Non-peer review
- Only physical health results
- No separate evaluation by gender identities for studies on LGBT(IQ+) populations
- No separate evaluation by age for studies on young adults
- When only abstract available

8'606 hits → 251 titles → 198 abstracts → personal selection

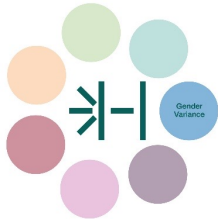


04

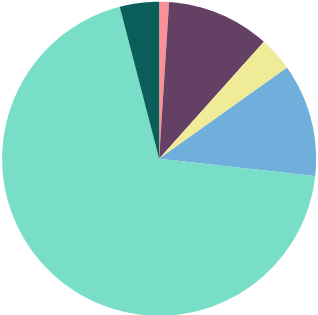
Basis Data



Basis Data

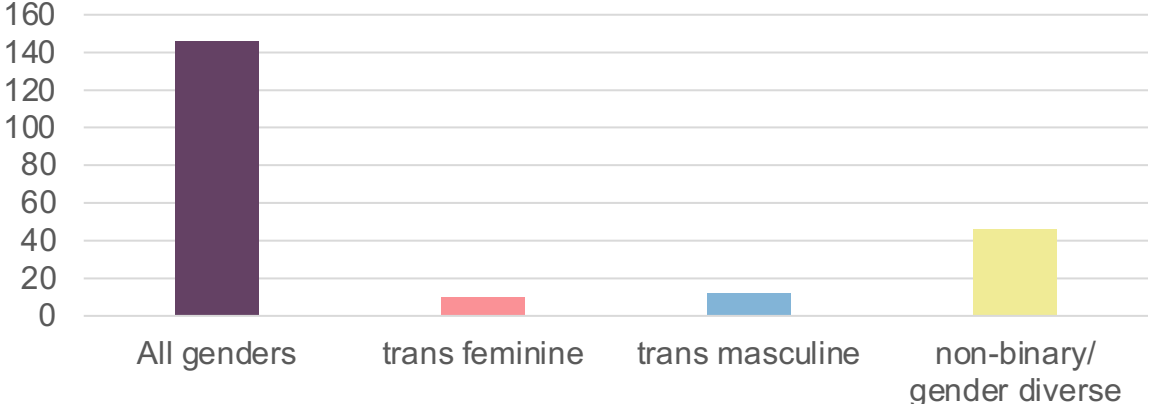


Where?

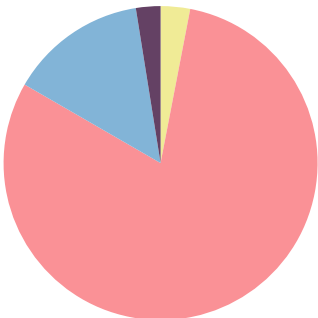


Africa Asia Australia Europe North America South America

Who?

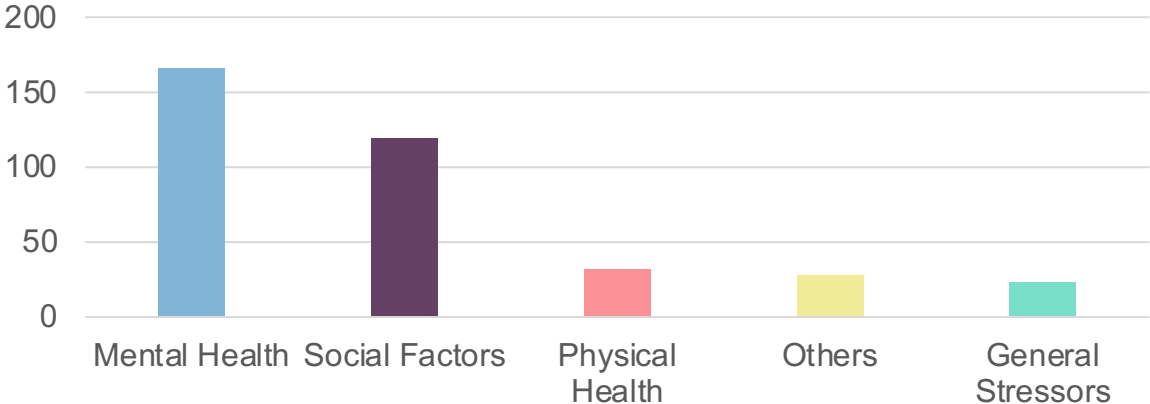


How?



Reviews Quantitative Qualitative Mixed

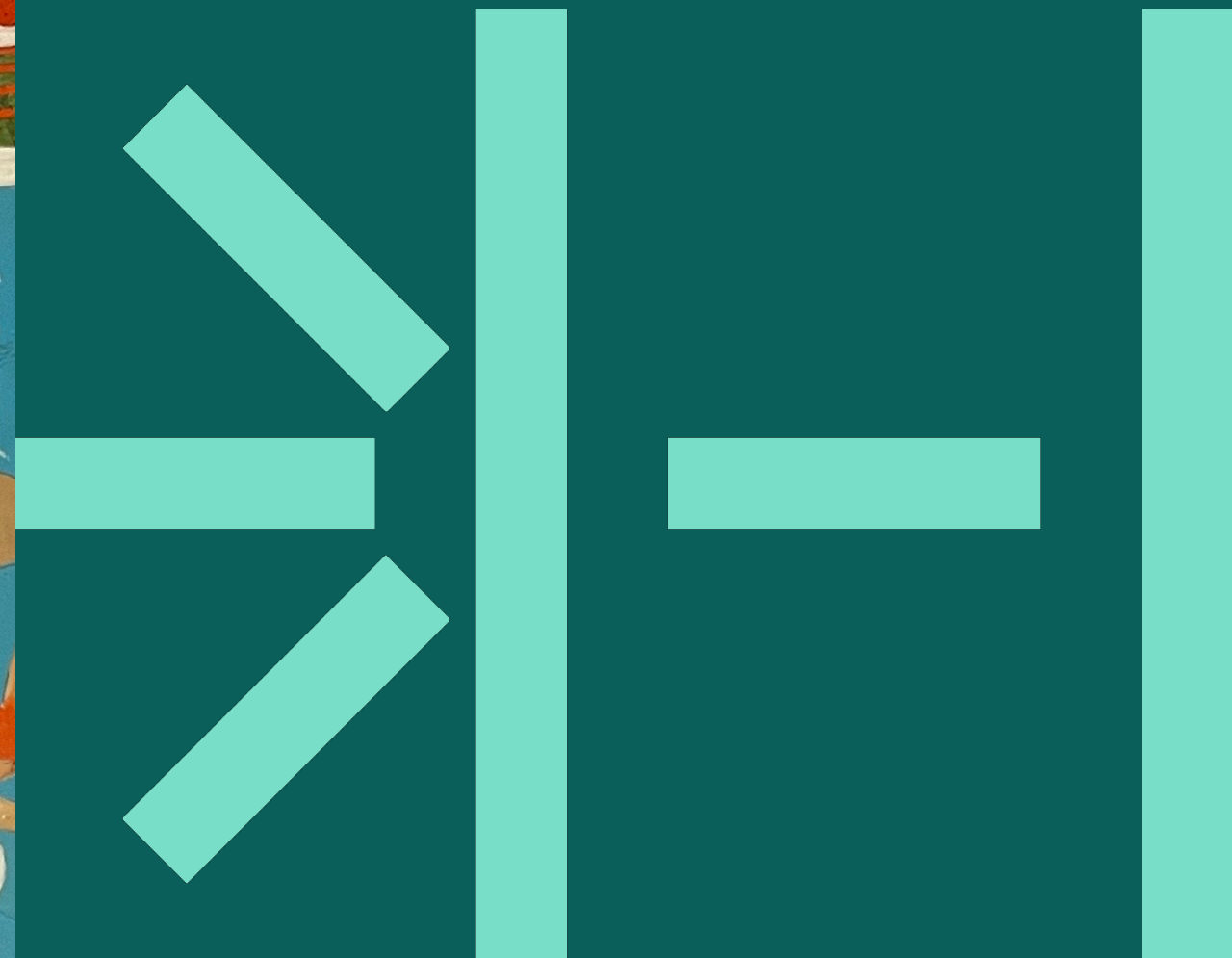
What?



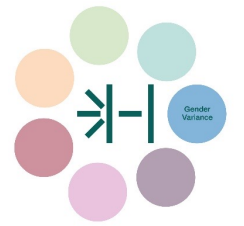


05

Mental Health



Mental Health

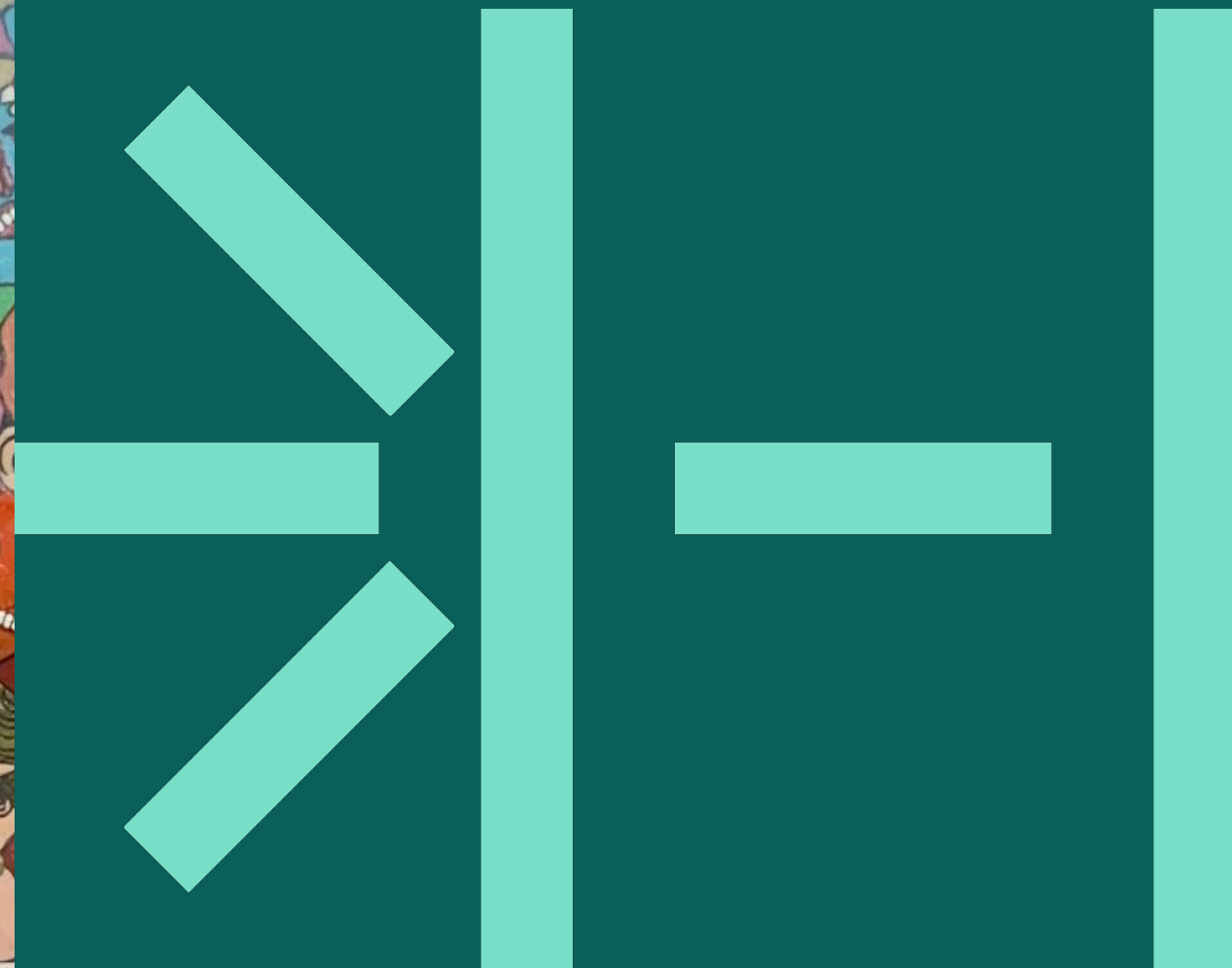


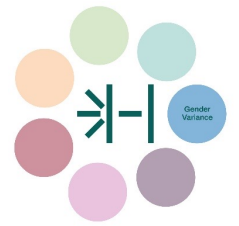
Mental Health Construct	Population	Instrument	Comparison to general population	Clinical significance	Studies
Quality of Life	feminine	SF-36	No difference	No	[1]
Psychopathology	All genders	SCL-90-R	Higher	No	[2]
Depression	All genders	HADS/ Clinical interview	Higher	Yes	[3/4/7]
	feminine	BDI	No difference	No	[1]
Suicidality	All genders	Clinical interview	Higher	Yes	[5]
Anxiety	All genders	HADS	Higher	Yes	[3/7]
Depression & Anxiety	masculine	PHQ-4	Higher	Yes	[6]
Sexuality	feminine	FSFI	Lower	Yes	[1]
	masculine	Self developed questionnaire	Lower	Yes	[6]



06

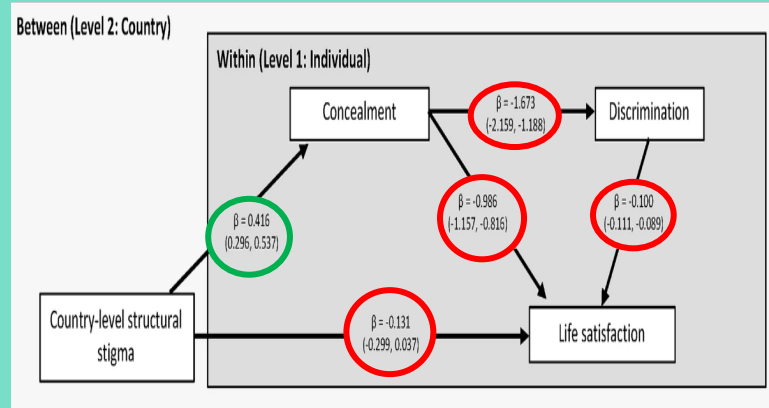
Minority Stressors





Structural [8]

Concealment of gender identity mediates the association between structural stigma and life satisfaction both directly and indirectly by reducing exposure to every day discrimination.



Interpersonal [9]

- >30% severe to extreme childhood adversities
- 25% parents exhibiting violent behavior
- 70% bullying experiences

Factors for predicting adult depression severity:

- Emotional and sexual abuse
- Being forced to behave according to the sex assigned at birth

Intrapersonal [10]

Past-year suicidality correlation:

- higher levels of stigma consciousness
- higher levels of passive coping
- lower levels of active coping

	Past-year suicide attempt no	Past-year suicide attempt yes			
Gender minority young adults					
Victimization			$\chi^2(2, N = 305) = 5.36, p = 0.069$		
Never	93.7% (n = 59)	6.3% (n = 4)			
Low	91.9% (n = 137)	8.1% (n = 12)			
High	83.9% (n = 78)	16.1% (n = 15)			
	M (SD) n = 243	M (SD) n = 26	df	F	p
Stigma consciousness	3.14 (0.66)	3.67 (0.72)	267	15.31	<0.001
Active coping	2.33 (0.58)	1.98 (0.68)	267	8.18	0.005
Avoidant coping	2.41 (0.59)	2.37 (0.55)	267	0.15	0.702
Passive coping	2.48 (0.63)	2.78 (0.65)	267	5.39	0.021

Resources [7]

Gender affirming hormone treatment (GAHT) (18 months):

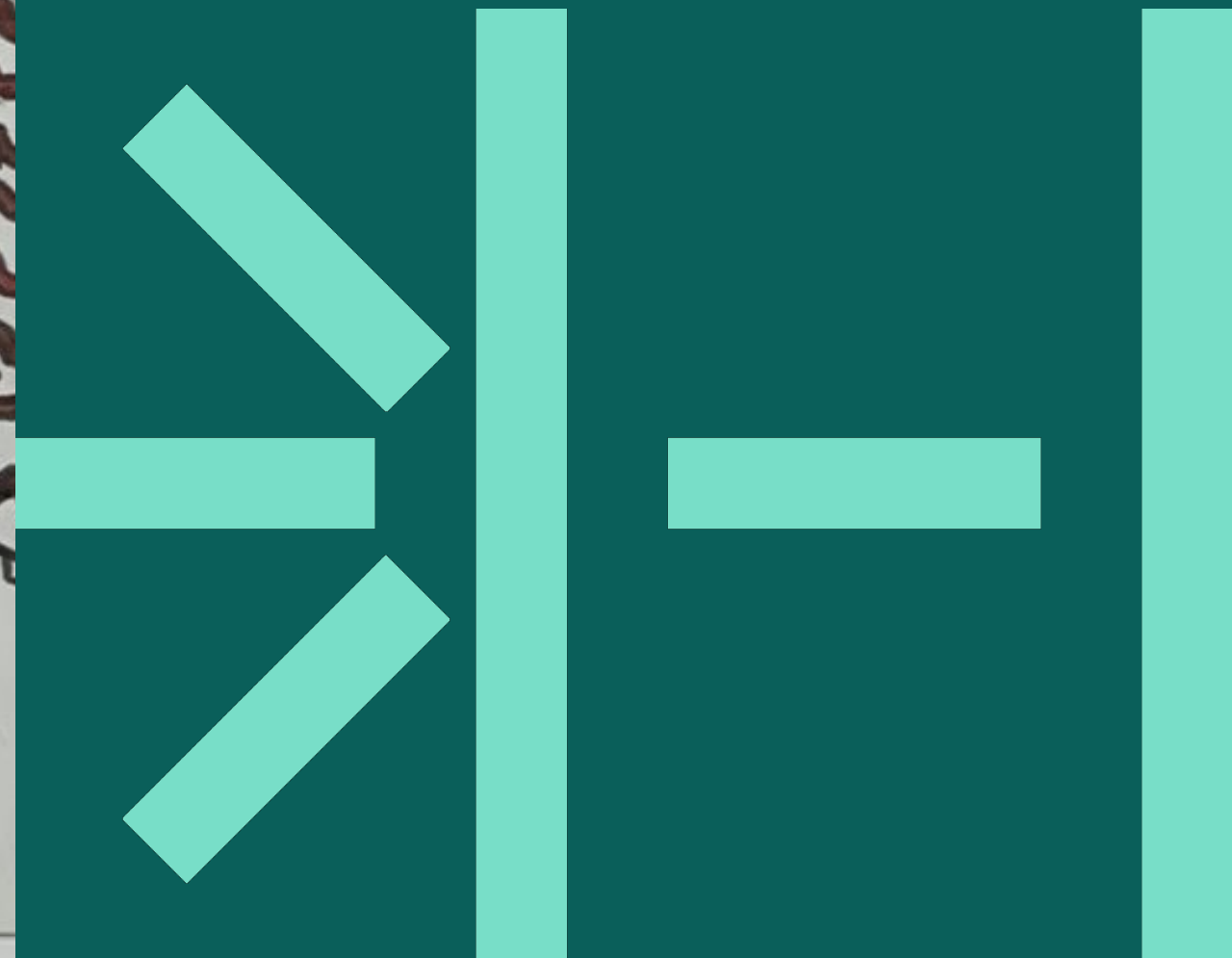
- Significant reduction of depressive symptoms
- Non-significant reduction of anxiety symptoms

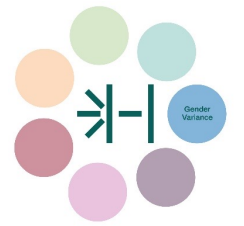
→ Strong social support before GAHT predicts a significantly greater reduction in depressive symptoms.



07

General Stressors





Impact

- Moderate-to-severe traumatic impact of the pandemic [11/13]
- Exacerbation of ongoing mental health disparities [18]
 - Non-binary individuals: high levels of anxiety (41.7%) and depression (30.6%) [14]

Stress factors

- General
 - age [15]
 - not attending higher education programs [15]
 - not staying at home around the clock [15]
 - fearing infection [15]
 - emotional affection by the pandemic [15]
 - not attending higher education programs [15]
 - unemployment (before pandemic) [14]
- Specific for TGNC
 - living with (hostile) parents [12/ 15]
 - reduced LGBTIQ+ community support [15/ 18]

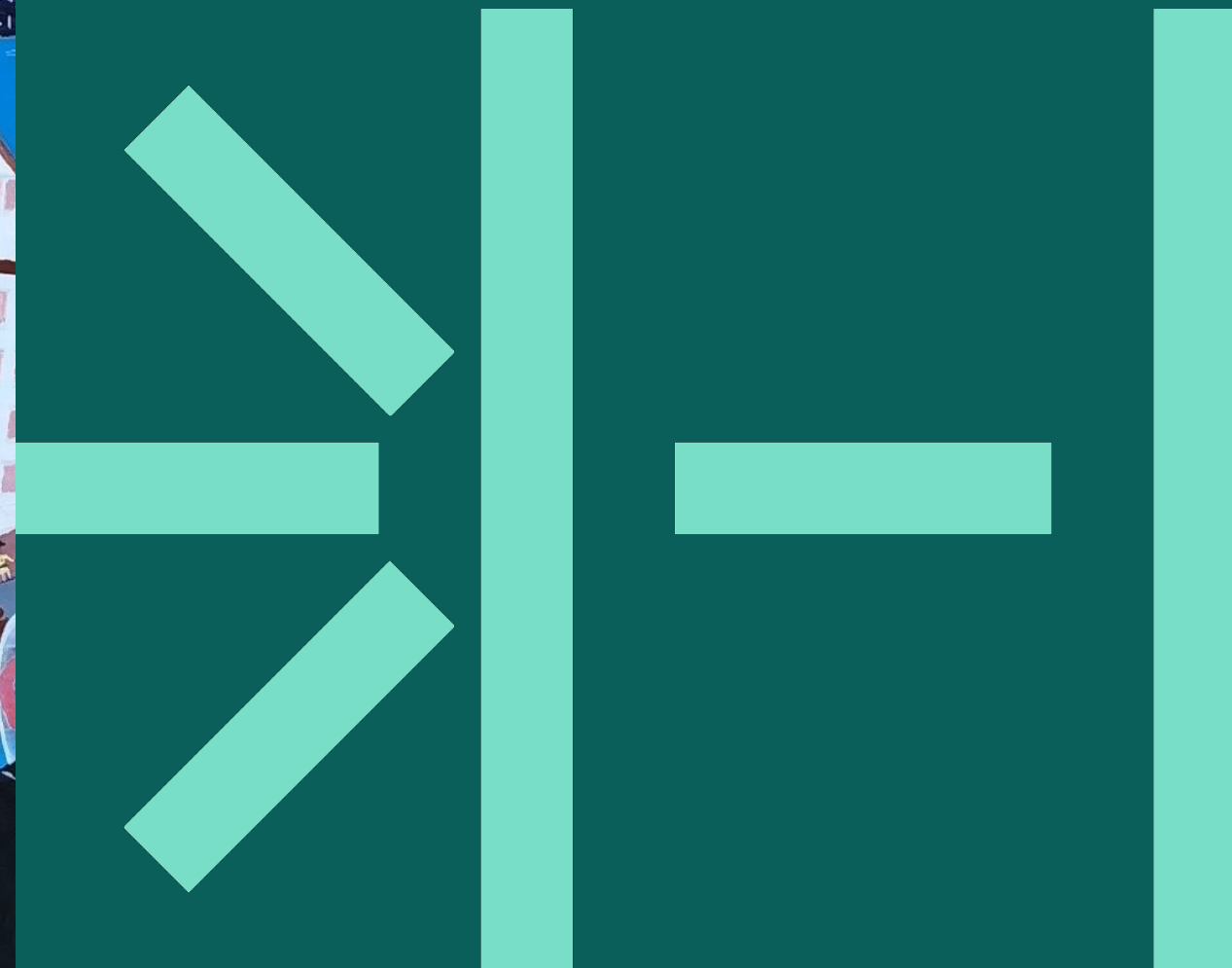
Protective factors

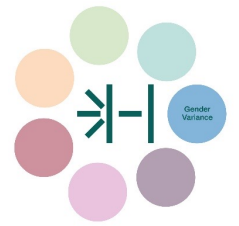
- General
 - living in urban communities [13]
 - being in a relationship [13]
- Specific for TGNC
 - Access to GAHT [11]
 - However: Non-conclusive [18]
 - Low personality trait levels of neuroticism [12]



08

Further Results





Gender dysphoria (GD) & autism [16]

- **Structural challenges**
 - Medical unacceptance of having both gender and neurodiversity
 - Barriers in accessing healthcare
- **Diagnostic challenges**
 - Intersecting needs arising from GD and neurodiversity
- **Treatment challenges**
 - Tension between need to undergo medical transition and need for routine
- **Positive experiences**
 - Neurodiversity can facilitate understanding for own gender identity

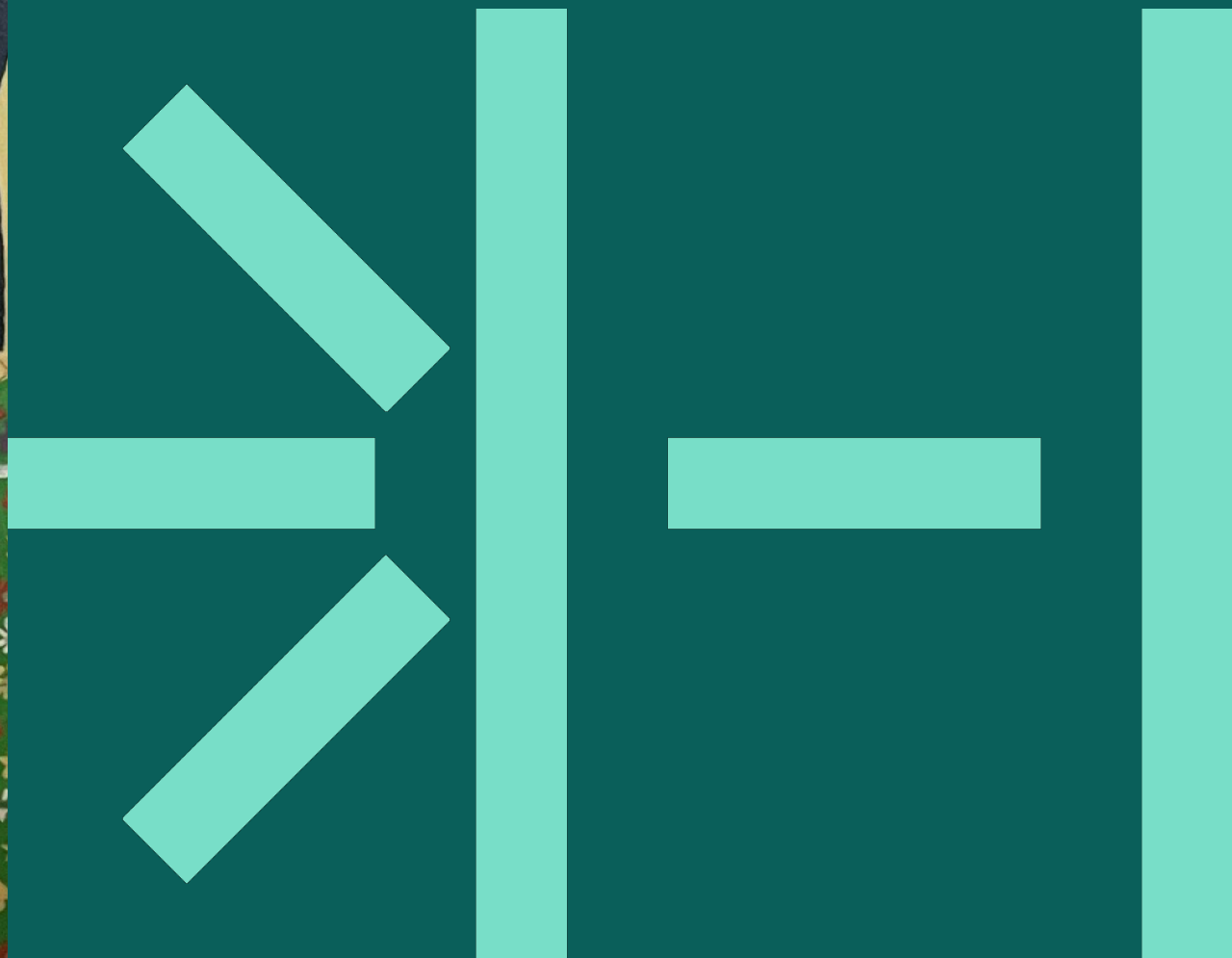
Impression management & self presentation [17]

- **Fundamental problem**
 - High levels of distrust of clinical services
 - High levels of anxiety
 - Developing impression management strategies to receive treatment
- **Dysfunctional coping**
 - „Authentic“ presentation of normative GD symptoms
 - Emotionally difficult to maintain
- **Unwanted consequences**
 - Presentation of „idealized“ selves may result in unmet mental health needs
 - Interventions incongruent with their authentic selves

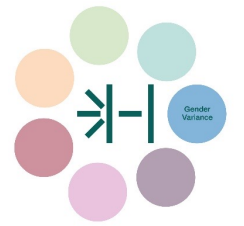


09

Conclusions



Conclusions



Methods

- more research with a **non-binary** and **intersectional** focus
- more **qualitative** or even **mixed-methods** studies
- More **participative** approach

Mental health

- more **longitudinal** studies
- more **interdisciplinary** and **multiprofessional** studies

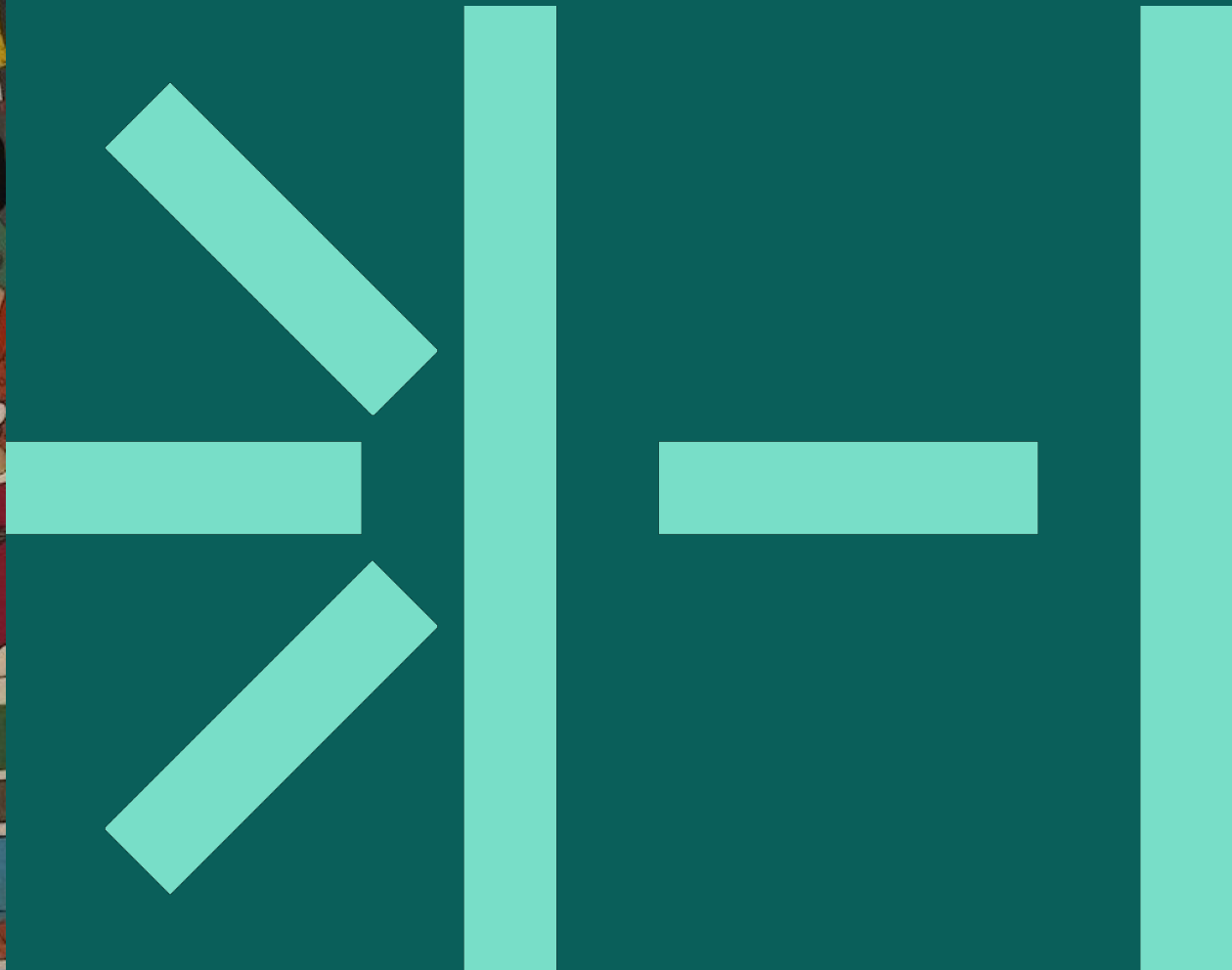
Gender minority Stress Model

- more **multi-level** studies
- **different types** of transitions

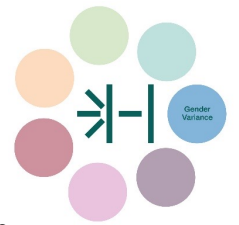


10

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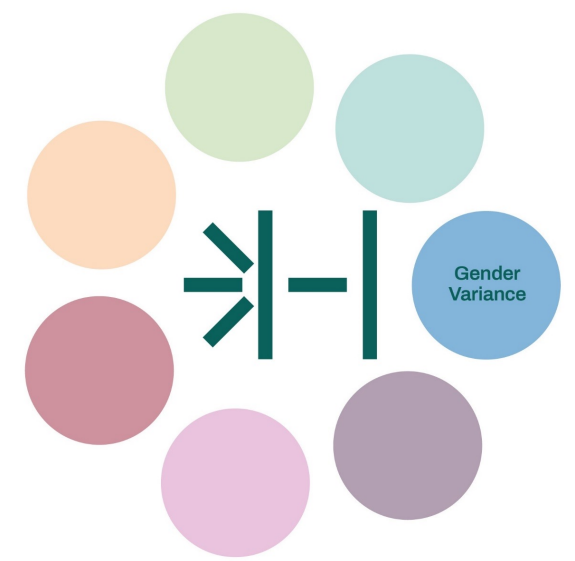


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Thank you for your attention.



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