

MENTAL HEALTH OF GENDER INCONGRUENT YOUTH



Mental Health

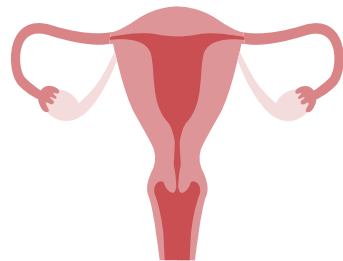
Youth with gender dysphoria have high rates of mental health problems regardless of any affirmation of their gender identities.

Psychiatric disorders commonly precede dysphoria.



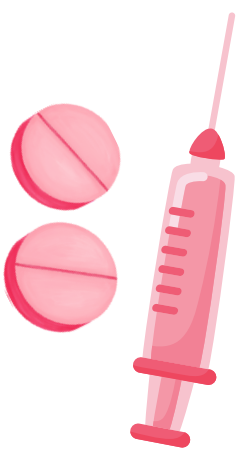
Social Transition

Research casts doubt on claims that social affirmation (like using desired pronouns) of transgender-identified youth helps their long-term psychosocial wellbeing.



Puberty Blockers

A study claiming to show a "lifetime suicidal ideation" reduction in those who received puberty blockers actually found twice as many serious suicidal attempts in participants who received the blockers than in those who just wished they had received them.



Cross-Sex Hormones

Studies from multiple countries indicate cross-sex hormonal interventions result in little mental health benefit. Furthermore, these chemical interventions were associated with greater use of psychiatric services than patients who were not treated with hormones.



Detransitioning

Many adolescents who have undergone "gender affirming" therapy (hormonal and/or surgical) later embraced their biological sex as their gender.



The Best Treatment

Gender-dysphoric youth need to have mental illness, adverse childhood events, and family dysfunction dealt with, and need the reassurance to embrace their biological sex as their gender identity and to avoid the harmful consequences of "transgender-affirming" interventions.