

Outcomes of gender dysphoria treatment for trans men and trans women in the UK National Health Service

Lynda Quick UKCP

Senior Psychotherapist

Rosie Morris BSc

Psychology Graduate Student

Maria Morris RMN, RGN

Clinical Team Leader

Dr John Dean MD, FRCGP, FECSM

Clinical Director, Gender & Sexual Medicine, Devon Partnership NHS Trust

Chair, Clinical Reference Group for Specialised Gender Identity Services, NHS England



Disclosures

- Dr Dean has acted as a consultant to, or lecturer for the following companies on subjects unrelated to this clinical area:
 - Emotional Brain, Pfizer, Plethora, Repros Therapeutics
- Other members of the research team have no potential conflicts of interest that might be relevant to this presentation

Gender identity

Gender Identity refers to the individual's personal sense of their gender-specific social role

It includes both binary and non-binary experiences of gender

Binary experience implies that an individual identifies either exclusively as a man or exclusively as a woman

Some perceive themselves as having no gender and see themselves as non-gender or agender

Gender identity

- For most people, there is no conflict between their gender identity, and their body and the gender-specific social roles that they adopt in their daily lives; they have a “congruent” or “unconflicted” gender identity
- Others experiences an incongruence or conflict between their gender identity, their body, and the gender-specific social roles that they choose (or are required by others) to adopt

Gender dysphoria

- Gender dysphoria, as a general descriptive term, refers to an individual's affective/cognitive discontent with their assigned sex and the gender role expected of them
- When used to describe the experience of an individual, it refers to the distress that may accompany the incongruence between their experienced or expressed gender and their assigned sex

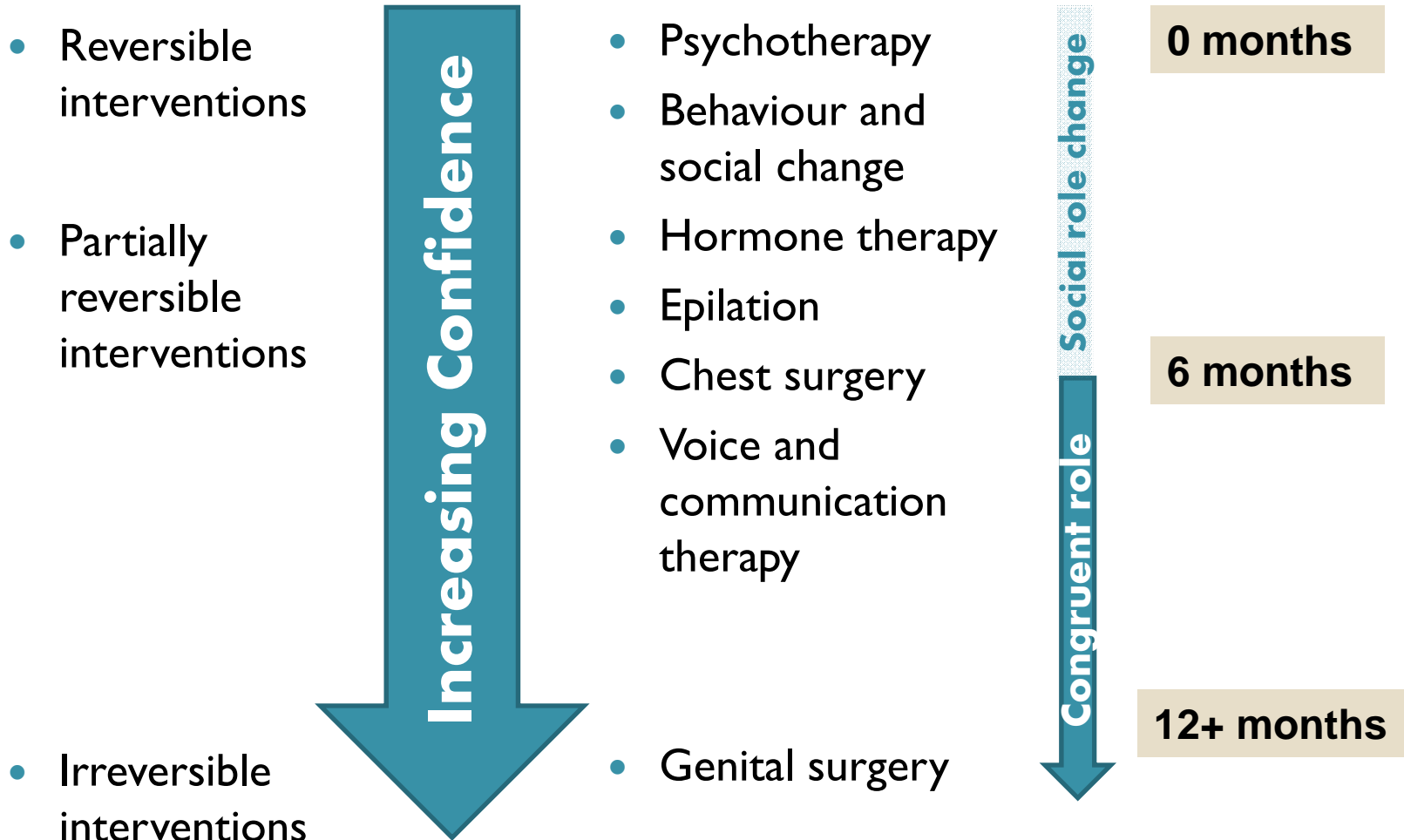
Binary, non-binary and agender

- Binary gender experience
 - Congruent (typical experience of most people)
 - Incongruent (transsexual experience)
- Non-binary and agender experience
 - Non-binary gender experience (neither male nor female but often facets typical of both)
 - Does not identify any personal experience or relevance of gender (agender person)

Management of gender incongruence

- Specialist service for transition care, fully funded by NHS England Specialised Commissioning
 - Advocacy and support
 - Social skills development
 - Epilation and other hair interventions
 - Voice and communication interventions
 - Endocrine and metabolic monitoring
 - Surgery to provide congruent sex characteristics
- Shared care to support transition
 - Primary care
 - Other specialist and secondary healthcare services

Typical progression through care



Study population

- All patients completing the care pathway at The Laurels at least six months earlier, and who had undergone genital reconstructive surgery (trans men and trans women) or chest surgery only (trans men)
- Subjects had given advance consent to be contacted for future research
 - 37 trans men and 65 trans women
 - 20 (54%) trans men and 23 (35%) trans women completed the questionnaire
 - Mean age 31 years for trans men and 53 years for trans women

Previous surgery

	<i>Number of trans man responders</i>	<i>% of trans man responders</i>		<i>Number of trans woman responders</i>	<i>% of trans woman responders</i>
Phalloplasty	10	46%	Feminising genital reconstructive surgery	26	96%
Metoidioplasty	2	9%			
Male chest reconstruction	22	100%	Augmentation mammoplasty	11*	41%

* Most subjects had self-funded augmentation mammoplasty, as NHS-funded surgery has only recently been introduced

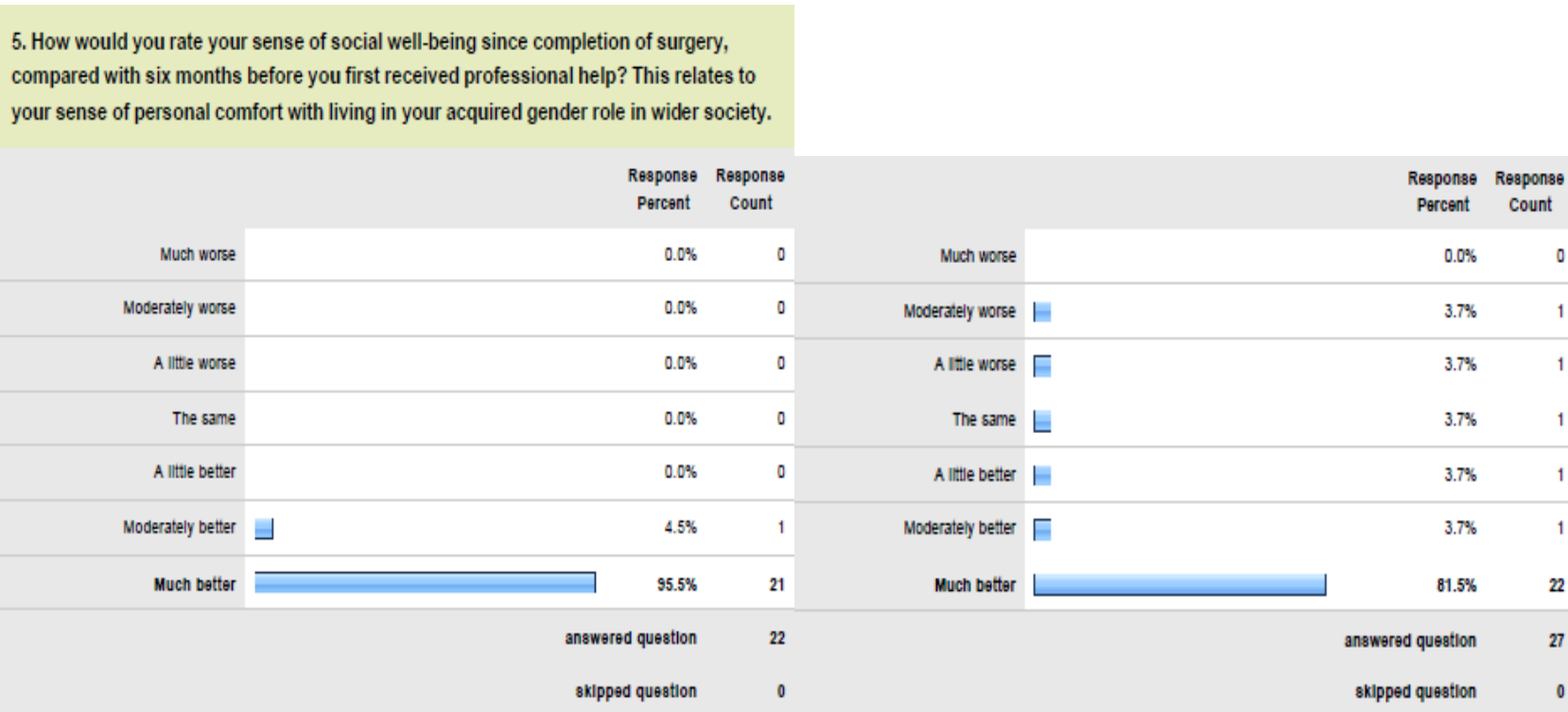
How would you rate your sense of psychological and emotional well-being since completion of surgery, compared with six months before you first received professional help?

4. How would you rate your sense of psychological and emotional well-being since completion of surgery, compared with six months before you first received professional help?

	Response Percent	Response Count		Response Percent	Response Count
Much worse	0.0%	0	Much worse	7.4%	2
Moderately worse	0.0%	0	Moderately worse	0.0%	0
A little worse	0.0%	0	A little worse	0.0%	0
The same	0.0%	0	The same	3.7%	1
A little better	0.0%	0	A little better	0.0%	0
Moderately better	4.5%	1	Moderately better	11.1%	3
Much better	95.5%	21	Much better	77.8%	21
answered question		22	answered question		27
skipped question		0	skipped question		0

- Improved psychological and emotional well-being was reported by 100% of trans men and 89% of trans women

How would you rate your sense of social well-being since completion of surgery, compared with six months before you first received professional help? This relates to your sense of personal comfort with living in your acquired gender role in wider society.



- Improved social well-being was reported by 100% of trans men and 89% of trans women

How would you rate your physical health since completion of surgery, compared with six months before you first received professional help?

6. How would you rate your physical health since completion of surgery, compared with six months before you first received professional help?

		Response Percent	Response Count		Response Percent	Response Count		
Much worse		4.5%	1	Much worse	11.1%	3		
Moderately worse		0.0%	0	Moderately worse	7.4%	2		
A little worse		4.5%	1	A little worse	7.4%	2		
The same		13.6%	3	The same	29.6%	8		
A little better		9.1%	2	A little better	7.4%	2		
Moderately better		18.2%	4	Moderately better	7.4%	2		
Much better		50.0%	11	Much better	29.6%	8		
			answered question				answered question	27
			skipped question				skipped question	0

- Improved physical health was reported by 72% of trans men and 44% of trans women
- The mean age of trans women was 22 years older than that of trans men (53y vs. 31y)

Life after treatment for GD

	Trans men		Trans women	
	Yes %	No %	Yes %	No %
Have you been in employment, training or education, or are you permanently retired?	95%	5%	78%	22%
Have you sought help from your GP for mental health problems, such as depression and anxiety?	18%	82%	33%	67%
Have you been referred to mental health services for assessment and/or treatment?	14%	86%	22%	78%

- 25% of all UK adults experience a mental health problem each year

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/>

Conclusions

- The great majority of trans people experience improved psychological, emotional and social well-being, and stable or improved physical health after participation in an NHS-funded, Standards of Care-based care pathway
- The great majority have productive lives after transition and surgery, are integrated within society, and do not experience more mental health problems or mental health service use than the general population



The Laurels

11-15 Dix's Field, Exeter, UK
EX1 1QA

Dr John Dean
john.dean1@nhs.net

Devon Partnership 
NHS Trust