

Department of Psychiatry

Gender-Affirming Care for Transgender and Gender Diverse Youth: A Review of Outcomes and Current State-Sanctioned Legislation

Steven Chen (he/him/his)
Wharton Dean's SUMR Scholar
Mentor: Xavier Diao, MD

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Definitions

Term	Definition
Gender Identity	One's internal sense of being male, female, some combination, or another gender. Gender identity may or may not align with sex or gender assigned at birth.
Cisgender	Someone who's gender identity aligns with their gender identity assigned at birth
Transgender (T)	Someone who is transgender has a gender identity that is different from the gender they were traditionally associated with at birth
Non-binary	Someone who does not identify as a man or woman
Gender-diverse (GD)	An umbrella term to describe people whose gender identity, expression, or even perception does not conform to the norms and stereotypes others expect
Gender Dysphoria	Refers to psychological distress that results from an incongruence between one's sex assigned at birth and one's gender identity
Gender-affirming Care	A spectrum of social, psychological, behavioral or medical (including hormonal treatment or surgery) interventions designed to support and affirm an individual's gender identity.

(National Center for Transgender Equality 2016; Rafferty 2022; Turban 2022; Boyle 2022)

Background

- ▶ Current national state of emergency in children's mental health with minoritized communities, such as the LGBTQ+ community, being disproportionately affected
- ▶ In 2022, 45% of LGBTQ youth considered attempting suicide
- ▶ Over half of trans adolescent boys, a third of trans teen girls, and 40% of nonbinary teens reported lifetime suicide attempts
- ▶ Transgender individuals nearly four times as likely as cisgender individuals to experience a mental health condition

(The American Academy of Pediatrics 2021; The Trevor Project 2022; Toomey et al. 2018; Tordoff et al. 2022)



Significance

- ▶ LGBTQ+ individuals experience distal stressors that create hostile environments, leading to proximal stressors, resulting in adverse mental health problems
- ▶ Structural barriers, biased legislation, and interpersonal stigma contribute to worse mental health outcomes (suicidality, self-harm, and psychopathology)
 - Association between pro-same-sex marriage policies and the reduction in high school students reporting suicide attempts, especially those who are sexual minorities
- ▶ Current concerted attack on gender-affirming mental and medical health care for TGD youth, backed by state-sanctioned legislation

(Meyer 2003; Raifmen et al. 2017)

Project Overview

- ▶ To review current state-sanctioned legislation against gender-affirming mental and medical health care and examine their effects based on a review of existing literature

Primary Aim

Primary Aim

- ▶ Evaluate the potential effects of state-sanctioned legislation against gender-affirming mental and medical health care on TGD youth.

Hypothesis

- ▶ We hypothesized that state-sanctioned legislation against gender-affirming mental and medical health care will perpetuate and worsen the existing health disparities that TGD people face while producing new avenues for harm based on existing literature.

Secondary Aim

Secondary Aim

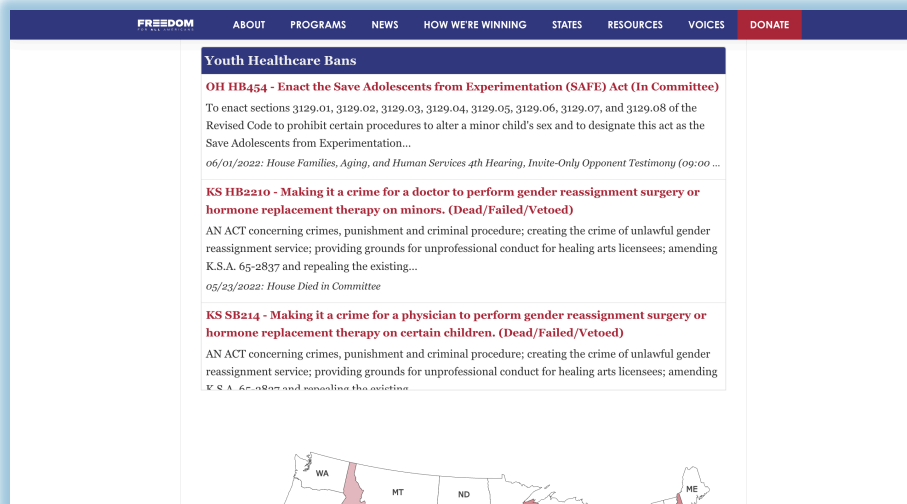
- ▶ Evaluate the outcomes of gender-affirming treatment, specifically hormone treatment, for TGD

Hypothesis

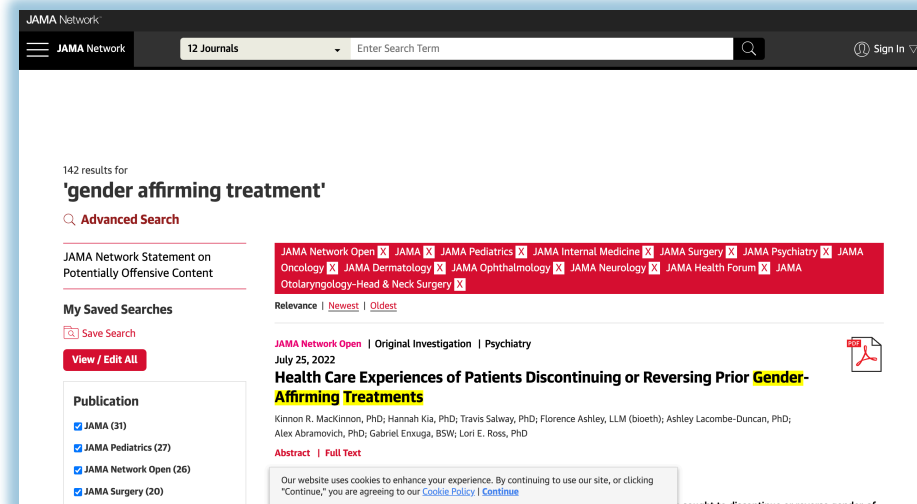
- ▶ We hypothesized that gender-affirming care is safe and oftentimes necessary for TGD youth to optimize health outcomes.

Methods

- ▶ Literature review using inclusion and exclusion criteria
- ▶ Scanned large data sets using keywords, such as gender affirming treatment, transgender youth, gender-diverse youth, anti-trans, legislation
- ▶ Freedom for All Americans' Legislative Tracker for Anti-Transgender Youth Health Care Bans



Legislation tracker

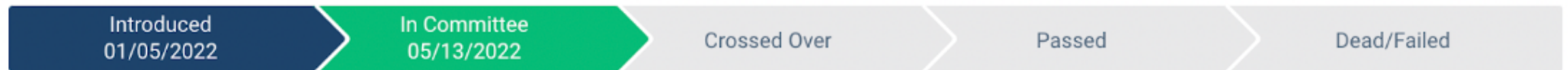


Scanning literature on JAMA

(Freedom for All Americans 2022)

Policy Findings

- ▶ Three states (Alabama, Arkansas, and Arizona) restrict youth access to gender affirming care and, in some cases, imposing penalties on adults facilitating access
- ▶ Currently three pieces of legislation are in committee that are against gender-affirming care within the states of Ohio, New Hampshire, and Arizona
- ▶ In 2022, 15 states considered 25 pieces of legislation that restricts gender-affirming care



Example of course of a bill

(Freedom for All Americans 2022)



Arkansas's SAVE ADOLESCENTS FROM EXPERIMENTATION (SAFE) ACT (HB1570 or Act 626)

- ▶ Prohibits gender-affirming treatment for minors
- ▶ Prohibits medical providers from offering gender-affirming care and from making referrals to other providers for minors seeking procedures
- ▶ Prohibits private insurance coverage of gender affirming services for minors and a prohibits the use of public funds for coverage of these services

Stricken language would be deleted from and underlined language would be added to present law.

1 State of Arkansas *As Engrossed: H3/2/21 H3/8/21*
2 93rd General Assembly **A Bill**
3 Regular Session, 2021 HOUSE BILL 1570
4
5 By: Representatives Lundstrum, Barker, Bentley, Brown, Bryant, Cavanaugh, Cloud, Coleman, C.
6 Cooper, Cozart, Crawford, Dalby, Dotson, C. Fite, Furman, Gazaway, Gonzales, M. Gray, Haak,
7 Hollowell, Ladyman, Lowery, Lynch, J. Mayberry, McGrew, McNair, S. Meeks, Miller, Payton, Penzo,
8 Pilkington, Ray, Richmond, Slape, B. Smith, Speaks, Tollett, Tosh, Underwood, Vaught, Warren,
9 Watson, Wing, *Bragg, Hillman, Wooten*
10 By: Senators A. Clark, B. Ballinger, Beckham, Bledsoe, B. Davis, J. English, Gilmore, K. Hammer, Hill,
11 Irvin, B. Johnson, M. Johnson, Rapert, Rice, G. Stubblefield, D. Wallace, *D. Sullivan, Hester, T. Garner*
12
13 **For An Act To Be Entitled**
14 AN ACT TO CREATE THE ARKANSAS SAVE ADOLESCENTS FROM
15 EXPERIMENTATION (SAFE) ACT; AND FOR OTHER PURPOSES.
16
17
18 **Subtitle**
19 TO CREATE THE ARKANSAS SAVE ADOLESCENTS
20 FROM EXPERIMENTATION (SAFE) ACT.
21
22
23 BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF ARKANSAS:
24

(AN ACT TO CREATE THE ARKANSAS SAVE ADOLESCENTS FROM
EXPERIMENTATION (SAFE) ACT 2022)



Health Findings

Type of Gender-Affirming Treatment	Impact
Gender-affirming psychotherapy	Improvement in mental health
Gender-affirming surgery	Decreased body dissatisfaction, depressive symptoms, and anxiety symptoms
Gender-affirming hormones	Decreased need for specialist level psychiatric treatment for depression (decreased from 54% to 15%), anxiety (decreased from 48% to 15%), and suicidality or self-harm (decreased from 35% to 4%) following treatment

(Costa et al. 2015; Kuper et al. 2020; Kaltiala et al 2020)

Recorded Effects of Policy Banning Gender-Affirming Care

- ▶ According a poll launched by The Trevor Project, 85% of TGD youth have already reported poorer mental health solely from the debates surrounding increased anti-trans legislation.
- ▶ The Trevor Project's LGBTQ crisis line received a 150% increase in calls from Texas youth compared to the year before, with many citing the anti-trans legislation as the cause of their distress.
- ▶ Four transgender youth in Arkansas's Children's Hospital attempted suicide after Arkansas passed their legislation that prohibited gender-affirming care for minors.

(KVUE Staff 2021; Demillo et al. 2021)

Letter to the Editor of Journal of the American Academy of Child and Adolescent Psychiatry (JACAAP)

- ▶ TGD mental health disparities, current anti-transgender legislation and their effects, the necessity of gender-affirming care
- ▶ Health economics lens on banning gender-affirming care
 - Banning gender-affirming is not cost-effective
- ▶ Misconceptions used as argument for banning gender-affirming care
 - Gender-affirming surgery is rarely approved for children under 18 and gender-affirming hormone therapy is safe
- ▶ Call to action against gender-affirming care
 - Build relationship with state representative, file amicus briefs, grassroots movements, encourage APA

(Padula et al. 2016; World Professional Association for Transgender Health 2021; Rosellini et al. 2021)

Future Direction

- ▶ Publishing the letter in the Journal for American Academy of Child and Adolescent Psychiatry
- ▶ A qualitative study of the benefits of gender-affirming care
- ▶ With potential future data on the mental and physical health of TGD youth prior to and after banning gender-affirming care, potentially perform some data analysis to analyze the measure of anti-trans legislation

My Role

- ▶ Tracking and reviewing legislations that ban gender-affirming care
- ▶ Reviewing literature surrounding gender-affirming care
- ▶ Working with team to develop letter to the editor

A1 Policy						
	A	B	C	D	E	F
1	Policy	Description	State	Status		
2	OH HB454 - Enact the Save Adolescents from Experimentation (SAFE) Act	prohibit certain procedures to alter a minor child's sex and to designate this act as the Save Adolescents from Experimentation (SAFE) Act.	Ohio	In Committee		Key red = signed/enacted bills not medical related purple = medical related bills
3	MO HB2086 - Prohibits changing sex on birth certificates	Prohibits changing sex on birth certificates	Missouri	In Committee		
4	MO SB843 - Modifies provisions relating to gender reassignment treatment for children	Modifies provisions relating to gender reassignment treatment for children	Missouri	In Committee		
5	MO HB2649 - Creates provisions relating to gender transition procedures	Creates provisions relating to gender transition procedures	Missouri	In Committee		
6	OK SB1100 - Vital records; limiting biological sex designation on certificate of birth to male or female; prohibiting nonbinary designation. Emergency.	An Act ENROLLED SENATE BILL NO. 1100 By: Bergstrom, Bullard, Merrick, Jett, Pemberton, Daniels, Stephens, and Pederson of the Senate and Dills, Crosswhite Hader, West (Kevin), Hardin (David), Olsen, Bashore, West (Josh), Roberts (Dustin), McDugle, and Roberts (Sean) of the House An Act relating to vital records; amending 63 O.S. 2021, Sections 1-311, 1-313, 1-316, and 1-321, which relate to certificates of birth; limiting biological sex designation on certificate of birth to male or female; prohibiting nonbinary designation; making language gender neutral; updating statutory language; and declaring an emergency. SUBJECT: Birth certificates	Oklahoma	Signed/Enacted		
7	SC S1259 - Gender reassignment	Amend The South Carolina Code Of Laws Article 1, Chapter 47, Title 40 Of The S.c. Code, Relating To General Provisions Concerning Physicians By Adding Section 40-47-205 So As To Prohibit Physicians From Performing Gender Reassignment Surgery On Minors, And To Prohibit Physicians From Prescribing Or Administering Certain Substances For The Purpose Of Attempting To Alter The Appearance Of Or Affirm The Minor's Perception Of His Gender If That Appearance Or Perception Is Inconsistent With The Minor's Biological Sex.	South Carolina	In committee		
8	SC H4608 - Save Women's Sports Act	Require Gender-based Or Coeducational Designation Of Certain Public Secondary And Postsecondary School Sports Teams; To Provide Such Sports Teams Designated For Males May Be Open To Female Student Participants; To Provide Such Sports Teams Designated For Females May Not Be Open To Male Participants; To Provide Assumptions Concerning The Correctness Of Biological Gender Statements On Official Birth Certificates Of Students; And To Provide Remedies To Students And Schools For Violations Of The Provisions Of This Act.	South Carolina	Signed/Enacted		
9	TN HB2316 - AN ACT to amend Tennessee Code Annotated, Title 49, relative to participation in athletics	As introduced, prohibits males from participating in public higher education sports that are designated for females; creates a cause of action for violations that deprive a student of an athletic opportunity or that cause direct or indirect harm to a student at the middle school, high school, or postsecondary level. - Amends TCA Title 49	Tennessee	Signed/Enacted		

Excel sheet to track anti-transgender legislation

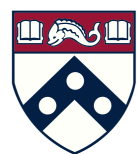
Lessons Learned

- ▶ Policy landscape surrounding gender-affirming care
- ▶ The mental and physical health benefits of gender-affirming care for TGD diverse youth
- ▶ Technical skills: reviewing literature and writing a letter to the editor of a journal

- The dynamic field of medicine
- The need for translating research and the role that physicians play in doing so
- The ability to research my own interests

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- ▶ Dr. Xavier Diao and Dr. Dennis Dacarett Galeano
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- ▶ SUMR Cohort '22

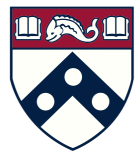


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Questions



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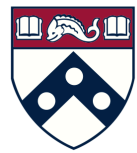
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