



Scottish Government Library Literature Search

Subject

Requested by [Redacted]
Date requested 13/3/2017
Date required 29/3/2017
Date delivered 28/3/2017

Context (why)	robust evidence is required to inform any decisions made in relation to reforming the Gender Recognition Act.
Topic (what)	puberty blockers – use of hormones to block puberty
In a sentence	Evidence around the impacts on young people of taking puberty blockers and if the effects are reversible once treatment is stopped.
Limits	Time coverage 5 – 10 years Geographical coverage UK, Europe, USA

Please acknowledge the SG Library in your findings. Thank you!

The information in this document has been sourced from selected trusted databases which the Library subscribes to and from publicly available resources on the web.

All the commercial resources used are available for you to search via [the eLibrary pages on Saltire](#). If you would like training in searching these resources, or in searching the web, please contact the Library on [0131 24] 44556, or email [Library](#).

We have used our expertise to select the sources used in this literature search but Library staff are not experts in your subject, so please consider these results carefully and apply your own judgement to the information presented here.

Resources searched	Terms/strategy used
Idox PsychINFO Knowledge Network – (Assia, Ovid, Cinal) Internet	Puberty blockers, hormones to block puberty, transgender young people, transgender”, “gender identity”, “gender identity clinics”, “side effects”, “impacts”, “effects”, “biological sex”, “best practice”, “social intervention”, “medical intervention”, “psychological intervention”, “education”, “risk”, “distress”, “harm”, “mental health

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Findings

Please note that the literature search results should not be regarded as comprehensive as the Scottish Government Library only has access to a limited number of bibliographic databases, and, of these databases, only those regarded as the most relevant bibliographic databases have been searched. Should you wish further searching of other bibliographic databases available to the Scottish Government Library please let me know.

Many of these results include the issues faced by transgender people while discussing the wider LGBT communities. Other items focus specifically on trans people, and the following may be of particular interest:

In 2016, the Welsh Government consulted on proposed actions regarding equality for transgender people. The subsequent report (Idox [Ref No: B44916](#)) discusses the issues faced by young transgender people and how to address trans equality. A further report, by the House of Commons Women and Equalities Committee (Idox [Ref No: B44347](#)) discusses the Gender Recognition Act of 2004, suggesting that the Act is now outdated, along with terms used in the Equality Act 2010. The report concludes that government departments across the board are struggling to support transgender people effectively.

A report by the Equality Network (Idox [Ref No: B42696](#)) presents the findings from a survey looking at the experiences of inequality felt by LGBT people living in Scotland. The report finds that perceptions of inequality were highest among transgender people (94%), and concludes that, despite advance in legal rights and social attitudes, inequality remains a major barrier.

An article in the February 2013 issue of Holyrood magazine (Idox **Ref No: A43594**) considers the mental health issues facing transgender people in Scotland, and looks at the work of the Scottish Transgender Alliance in improving public awareness and supporting trans people.

Also of interest may be the article in Child and Family Social Work (Idox **Ref No: A58279**) on gender dysphoria, which discusses gender identity issues.

Results

Highlighted Green = worth following up on/getting full text

Highlighted yellow = poss worth following up on/getting full text

IDOX

IDOX covers issues concerning local government and the public sector in the UK, and is available to core Scottish Government staff. Please [register online](#) to source these articles direct from IDOX. Registered users can request hard-copy publications, carry out their own information searches, and sign up for regular topic updates. If you require any help in registering, searching the database, or sourcing full text articles please [email the Library](#) or call ext. 44556.

Ref No: A59032

Chen, Charles P; Keats, Amanda

Career development and counselling needs of LGBTQ high school students, IN British Journal of Guidance and Counselling, Vol 44 No 5 Nov 2016, pp576-588

Journal article

2016

Pages: 13

ISBN:

Looks at career development and counselling issues that are relevant for high school students in the US and Canada, who identify as lesbian, gay, bisexual, **transgender** and queer (LGBTQ). Attempts to examine the career development needs of LGBTQ high school students, addressing and analysing career problems from the unique circumstances of this student population. Provides an overview of the various career-related issues afflicting LGBTQ high school students. Proposes a series of career guidance and counselling intervention considerations that are tailored to address the specific career needs and challenges of this group of students.

Ref No: B47032

Antjoule, Nick

The hate crime report: homophobia, biphobia and transphobia in the UK

Galop

(Report available on the internet at: <http://ow.ly/fWz4306gc1Q>)

2016

Pages: 32

Price: 4.99

ISBN:

Presents evidence about the needs and priorities of lesbian, gay, bisexual and **transgender** (LGBT) communities in relation to hate crime, including findings from a survey about experiences of hate crime and interactions with services. Considers the scale of hate crime, indicating that a quarter had experienced violent hate crime; common barriers to reporting offences, noting that many felt they would not be treated seriously; and attitudes to the **laws** on the issue, suggesting that **legal** gaps include a lower maximum sentence; recording

problems for homophobia, biphobia and transphobia compared with other types of hate crime; and victim rights not being backed by domestic **law** in England, Wales, and Northern Ireland. Makes recommendations including: reviewing police forces' referral arrangements to hate crime support services; ensuring the hate motive of an individual's conviction is recorded on their criminal record; and building preventative educational programmes for perpetrators of hate crime.

Ref No: B46555

Mitchell, Martin et al

Evaluation of an anti-homophobic, biphobic and transphobic (HB&T) bullying programme

NatCen, 35 Northampton Square, London, EC1V 0AX

(Report available on the internet at: <http://ow.ly/GcMg304E6Nt>)

2016

Pages: 176 Price: na

ISBN:

Presents the findings from an evaluation of a central government-funded programme to tackle and prevent homophobic, biphobic and transphobic (HB&T) bullying in schools. Explains that HB&T bullying is that directed towards lesbian, gay, bisexual and **transgender** people. Describes the policy context and the mixed-methods approach used for the evaluation. Provides findings relating to initiatives and activities that: targeted school staff and teachers; and involved work with pupils in school or with **young** people of school age outside school. Presents reflections and conclusions on key issues identified across the evaluation, relating to: school policy development; improving school staff awareness; improving teacher capacity; raising pupil awareness; and direct pupil support.

Ref No: B45988

Hudson-Sharp, Nathan; Metcalf, Hilary

Inequality among lesbian, gay bisexual and transgender groups in the UK: a review of evidence

National Institute of Economic and Social Research (NIESR)

(Report available on the internet at: <http://ow.ly/SUw5302sUJZ>)

2016

Pages: 164 Price: na

ISBN:

Presents the results of an evidence review on the nature of inequality and disadvantage experienced by lesbian, gay, bisexual and **transgender** (LGB&T) people in the UK. Provides an overview of the evidence base, suggesting that it is deficient and has major gaps, which precludes a comprehensive and reliable assessment of the extent of disadvantage for LGB&T people in the UK. Presents findings for nine policy areas: education; safety, including hate crime and domestic violence; health and access to healthcare; access to and experience of services; employment; LGB&T families, adoption and fostering; homelessness and access to housing; participation in civil society; and 16-19 year olds not in education, employment or training. Examines other themes including public attitudes and **young** people. Provides conclusions, identifying key issues which apply across all policy areas, and identifies evidence gaps.

Ref No: B44916

Welsh Government

Welsh Government action plan to advance equality for transgender people

Welsh Government

(Report available on the internet at: <http://ow.ly/Zth5d>)

2016 Pages: 29 Price: na ISBN:

Presents the results of a consultation by the Welsh Government asking for comments on proposed actions regarding equality for **transgender** people. Highlights the actions that the Welsh Government will take to advance equality. Looks at issues faced by children and **young** people affected and focuses on hate crime, violence against women, domestic abuse and sexual violence, sport and public transport, as well as looking at housing and health services. Discusses how to address trans equality in the workplace and how to eliminate discrimination, harassment and victimisation.

Ref No: B44569

Gay and Lesbian Equality Network; Department of Education and Skills

'Being LGBT in school': a resource for post-primary schools to prevent homophobic and transphobic bullying and support LGBT students

Gay + Lesbian Equality Network

(Report available on the internet at: <http://ow.ly/Y41Gu>)

2016 Pages: 73 Price: na ISBN:

Gives guidance to support key individuals seeking to ensure their school is safe and supportive of all students, particularly those who are lesbian, gay, bisexual, and **transgender** (LGBT). Notes that for many LGBT **young** people, homophobic and transphobic bullying both limit and prevent the formation of a positive identity, and hinders them from feeling safe and affirmed for who they are in school. Covers anti-bullying procedures; the experiences of LGBT students and how the school should respond if a **young** person comes out; the specific needs of **transgender** students; and key roles in support of LGBT students, including 'relevant teachers' and guidance counsellors. Considers the development of inclusive school policies, and education and prevention strategies on homophobic and transphobic bullying.

Ref No: B44504

Olchawski, Jemima

Sex equality: state of the nation 2016

Fawcett Society

(Report available on the internet at: <http://ow.ly/XGz4o>)

2016 Pages: 14 Price: na ISBN:

Presents findings from the Fawcett Society's 'State of the Nation' poll into gender equality, for which Survation surveyed over 8,000 people in the UK during 2015. Finds that a majority of people are pro-equality, and support for equality of opportunity is higher amongst men than women; the majority of people in the UK believe that equality for women and men would be good for the economy, and many believe they would benefit personally from equality. Notes that while two thirds of people support the principles of feminism, only 7% use the term 'feminist' to describe themselves. Describes findings of those who have responsibility for

recruitment decisions, who are generally more negative towards gender equality than the rest of the population. Considers issues around **transgender** people, noting that most people believe there are just two genders. Suggests that less focus is put on words such as 'feminist', and it is important to simply work together to achieve a society where men and women are equal.

Ref No: B44347

House of Commons Women and Equalities Committee

Transgender equality: first report of session 2015–16 (HC 390)

The Stationery Office (TSO), PO Box 29, Norwich, NR3 1GN

(Report available on the internet at: <http://ow.ly/X2TDG>)

2016 Pages: 98 Price: na ISBN:

Presents the outcome of the House of Commons Women and Equalities Committee's inquiry into equality issues affecting **transgender** people. Describes the cross-government strategy on advancing **transgender** equality. Discusses issues relating to the Gender Recognition Act 2004 and Equality Act 2010. Considers general and specific NHS services relating to **transgender** patients. Examines the ways in which everyday transphobia is being tackled. Provides conclusions and recommendations covering the issues addressed. Highlights key findings, including: high levels of transphobia are experienced by individuals on a daily basis, with serious consequences; the Gender Recognition Act was pioneering but is now outdated, as are the terms used in the Equality Act; the NHS is letting **transgender** people down and failing in its **legal** duty; and, across the board, government departments are struggling to support **transgender** people effectively.

Ref No: A58279

Gregor, Claire; Davidson, Sarah; Hingley-Jones, Helen

The experience of gender dysphoria for pre-pubescent children and their families: a review of the literature, IN Child and Family Social Work, Vol 21 No 3 Aug 2016, pp339-346

Journal article

2016 Pages: 7 ISBN:

Provides an overview of gender dysphoria, current research in the field and theoretical paradigms, drawing on the results of a literature review. Explains that gender dysphoria involves a child having a gender identity that does not match their biological identity and, despite recent sensationalised interest in the popular media, remains poorly understood. Provides an overview of gender dysphoria and considers diagnostic criteria. Discusses the causes of gender identity issues. Considers the issues faced in parenting a child with gender dysphoria and ways of promoting understanding and better practice by social workers with families dealing with this issue.

Ref No: B46874

Anon.

Strengthening support to LGBTIQ adolescents

Plan International UK

(Report available on the internet at: <http://ow.ly/UHnl305Hej9>)

2015 Pages: 25 Price: na ISBN:

Explores the rationale and scope for strengthening support to adolescents who are lesbian, gay, bisexual, **transgender**, intersex or questioning (LGBTIQ). Describes the status of LGBTIQ adolescents worldwide, their status, numbers, needs, impact of marginalisation and international support for action. Examines the current state of support programmes for LGBTIQ adolescents, drawing on case study examples from around the world. Outlines the 'do no harm' approach to supporting LGBTIQ adolescents. Presents conclusions highlighting key issues identified and makes recommendations to organisations on ways to strengthen their support to LGBTIQ adolescents.

Ref No: B42927

Formby, Eleanor

From freshers' week to finals: understanding LGBT+ perspectives on, and experiences of, higher education

Sheffield Hallam University

(Report available on the internet at: <http://www.shu.ac.uk/assets/pdf/freshers-to-finals-end-report.pdf>)

2015 Pages: 52 Price: na ISBN: 9781843873846

Presents the results of a project undertaken by Sheffield Hallam University to explore lesbian, gay, bisexual and **transgender** (LGBT) perspectives within, and about, higher education. Explains that the 'Freshers to Finals' project was intended to fill an evidence gap and was based on a literature review followed by consultation with LGBT students, **young** people and staff working with them. Identifies seven overarching themes: university choice-making; financial issues; accommodation issues; facilities and service provision on campus; curriculum and course content; discrimination, prejudice and bullying; and careers-related issues. Concludes that despite advances in **legal** protection, there remain potential issues and negative impacts for LGBT people attending university. Presents a series of recommendations aimed at universities, National Union of Students leadership and external LGBT organisations and groups.

Ref No: B42696

French, Tom

The Scottish LGBT equality report: lesbian, gay, bisexual and transgender people's experiences of inequality in Scotland

Equality Network, 30 Bernard Street, Edinburgh EH6 6PR

(Report available on the internet at: <http://www.equality-network.org/wp-content/uploads/2015/07/The-Scottish-LGBT-Equality-Report.pdf>)

2015 Pages: 94 Price: na ISBN:

Reports the results of an online survey of the experiences of inequality felt in Scotland by lesbian, gay, bisexual and **transgender** (LGBT) people. Highlights the perceptions of inequality in Scotland, and analyses the experiences of participants regarding: prejudice and discrimination; disadvantage and coming out; and living openly. Looks at the divide in Scotland between rural and urban areas and establishes the top priorities of LGBT people for tackling inequality. Concludes that despite advances in **legal** rights and social attitudes towards LGBT people, inequality remains a major barrier. Emphasises that this must be recognised if progress is to continue to be made in the future. Highlights the need for strong visual leadership to tackle inequality and suggests ways for the Scottish Government to take a leading role in this, supported by local authorities, particularly in a rural context. Highlights specific areas to be addressed regarding inequality including education, **law** and public policy policing and justice and employment.

Ref No: B42278

Chakraborti, Neil; Hardy, Stevie-Jade

LGB&T hate crime reporting: identifying barriers and solutions

Equality and Human Rights Commission (EHRC)

(Report available on the internet at: <http://ow.ly/BMzd30a7m7v>)

2015 Pages: 33 Price: na ISBN: 9781842066195

Draws on survey evidence from lesbian, gay, bisexual and **transgender** (LGBT) communities in Leicester and Leicestershire to assess the perceived barriers that contribute to LGB&T victims' and witnesses' unwillingness to report hate incidents. Highlights evidence indicating that just three in ten victims of transphobic hate crime will report their most recent incident to the police, and that only one in ten LGB victims are likely to share their experiences. Outlines a range of factors that were identified by participants as influencing their decision to report: isn't it just something you have to put up with?; will I be wasting police time?; will everyone find out about me?; what's the point in reporting?; what's a third-party reporting centre?; and what's a hate crime? Finds that many LGB&T people are unaware of what a hate crime is and are unfamiliar with the process of how and where to report. Recommends a new and accessible third-party reporting structure for LGBT people within a familiar and trusted environment, and an evidenced-based training package to enhance knowledge of homophobic, biphobic and transphobic hate crime. Provides best practice guidance to improve existing reporting strategies for LGBT communities, including: identify the specific support needs of LGBT communities; develop positive campaigns to encourage LGBT hate crime victims to report; and allow victims and witnesses to report hate crime anonymously.

Ref No: B42096

LGBT Youth Scotland

Life in Scotland for LGBT young people: safety

LGBT Youth Scotland, John Cotton Centre, 10 Sunnyside, Edinburgh, EH7 5RA

(Report available on the internet at:

[https://www.lgbtyouth.org.uk/files/documents/LGBTYS_Life - Safety2c final.pdf](https://www.lgbtyouth.org.uk/files/documents/LGBTYS_Life_-_Safety2c_final.pdf))

2015

Pages: 28

Price: na

ISBN:

Presents key findings of a survey of lesbian, gay, bisexual and **transgender** (LGBT) **young** people in Scotland in respect of safety issues. Complements other LGBT Youth Scotland reports on education, health and community and inclusion (Refs. B9165, B36344 and B27948). Highlights that a significant proportion of LGBT **young** people have concerns about safety in public places and do not feel supported by the police or **legal** system. Suggests a series of measures to improve the experience of LGBT **young** people in public places, enable them to understand their rights under hate crime legislation and to report incidents more effectively.

Ref No: B41268

Bateman, Wayne

LGBT youth homelessness: UK national scoping exercise

Albert Kennedy Trust

2015

Pages:

Price: na

ISBN:

Explores the situation for **young** lesbian, gay, bisexual, and **transgender** (LGBT) homeless people in the UK. Highlights that a disproportionate number of **young** LGBT people are homeless, with the total number approximately between 15,200 and 20,800 in the UK. Discusses some factors which make **young** LGBT more likely to be homeless, including the development of a minority sexual/**gender identity** and LGBT phobic bullying in school. Examines the service provision for **young** homeless LGBT people, looking at issues such as funding, policies and practices, and specialist support. Presents key findings, including that: 24% of the **young** homeless population are LGBT; 69% are likely to have experienced familial rejection and abuse and violence; **young** LGBT homeless people are less likely to seek help than non-LGBT **young** homeless people; once **young** LGBT people are homeless they are more likely to experience targeted violence and sexual exploitation, substance abuse problems, risky sexual behaviour; and there is a lack of LGBT specific services. Makes a number of recommendations for central government, local authorities and housing providers, including developing best practice guidelines and ensuring that housing providers take into account sexual/**gender identity**.

Ref No: B37656

Law Commission

Hate crime: should the current offences be extended?

Law Commission

(Report available on the internet at:

http://lawcommission.justice.gov.uk/docs/lc348_hate_crime.pdf)

2014

Pages: 218 Price: na

ISBN:

Reports on a project which investigated whether the current 'hate crime' offences should be extended. Explains that offences are recorded as 'hate crimes' if the prejudice is based on one of five characteristics: race; religion; sexual orientation; disability; and **transgender identity**, but notes that current legislation does not consider hatred of all of the characteristics a crime. Emphasises that the Crime and Disorder Act 1998 does not include hatred based on disability, sexual orientation or **gender identity** and that the Public Order Act 1986 does not include hatred based on the grounds of disability or **gender identity**. Provides an overview of the current **law** surrounding 'hate crime', and looks at the enhanced sentencing system, setting out the problems in the system and outlining a set of proposals to address these. Analyses the responses on whether the aggravated offences should be extended, first addressing the arguments in favour and then those against. Suggests that a wider review of the use of the substantive criminal **law** to deal with hate crime is needed. Offers recommendations, including providing new guidance on sentencing for hostility and introducing the recording of the use of enhanced sentencing on the Police National Computer.

Knowledge Network

To request the full text of any of these references please contact the Library.

(Databases: OVID, ASSIA, CINAL)

Title: Gender Variance and Dysphoria in Children and Adolescents

Author: Bonifacio H.J.; Rosenthal S.M., (Bonifacio) Division of Adolescent Medicine, Department of Pediatrics, Transgender Youth Clinic, The Hospital for Sick Children, University of Toronto, 555 University Avenue, Toronto, ON M5G 1X8, Canada; (Rosenthal) Pediatric Endocrine Outpatient Services, Pediatric Endocrinology, Child and Adolescent Gender Center, University of California, San Francisco, 513 Parnassus Avenue, Box0434, San Francisco, CA 94143-0434, United States

Source: Pediatric Clinics of North America 2015; 62(4): 1001-1016

Year of Publication: 2015

ISSN: 0031-3955

Subject: Side Effect]; breast disease/si [Side Effect]; cardiovascular disease/si [Side [Drug Therapy]; sex hormone/ec [Endogenous Compound]; spironolactone/dt [Drug Therapy]; testosterone/ae [Adverse Drug Reaction]; testosterone/dt [Drug Therapy]; testosterone cipionate/dt [Drug Therapy]; testosterone cipionate/im [Intramuscular Drug Administration]; testosterone cipionate/sc [Subcutaneous Drug Administration]; testosterone enantate/dt [Drug Therapy]; testosterone enantate/im [Intramuscular Drug Administration]; testosterone enantate/sc [Subcutaneous Drug Administration]; unclassified drug; *adolescent; *child; *dysphoria; epidemiology; *gender; *gender dysphoria; *gender identity; general practitioner; history; *human; *juvenile; medical care; pediatrician; puberty; *transgender; *sex hormone

Availability: All e-Library Athens password holders

Abstract: Gender variant and transgender youth are seeking medical care at younger ages. Pediatricians and other primary care physicians are often the first professionals who encounter such youth and their families. The goals of this article are to provide information on the epidemiology and natural history of gender variant and transgender youth, current clinical practice guidelines regarding the use of puberty blockers and cross-sex hormones for transgender youth, and limitations and challenges to optimal care. Copyright © 2015 Elsevier Inc.

Title: Buying time: Delaying puberty in transsexual children

Author: Evans, Stephanie N.

Source: Dissertation Abstracts International: Section B: The Sciences and Engineering 2013; 73(10-B(E)):

Publication Details:US; : ProQuest Information & Learning; Year of Publication: 2013

ISSN: 0419-4217 Provider: EBSCO Type: Dissertation

Subject: transsexual children; Transsexualism

Availability: All e-Library Athens password holders

Description: There is a lack of research within the transsexual population and little is known about best practices for professionals working with this special population. The purpose of this research paper is to explore the issues of transsexuality and the life experiences of transsexual individuals. Seven male to female transsexual individuals participated in this study and completed a one-on-one interview with the primary researcher. The interview focused on participant's experiences growing up transsexual and his or her opinion on early intervention with hormone blockers for transsexual youth. Each interview is discussed independently and major themes are identified across the interviews. The results section focuses on the limitations of this study and future directions to further research within this population. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: Free to be you and me: Normal gender-role fluidity—Commentary on Diane Ehrensaft's 'Listening and learning from Gender-nonconforming children'.

Author: Knight, Rona

Source: The Psychoanalytic Study of the Child 2015; 6857-70

Publication Details:US; : Yale University Press; Year of Publication: 2015 ISSN: 0079-7308

Abstract: Comments on an article by Diane Ehrensaft. This paper suggests that gender role fluidity is a normal self state throughout development. It discusses the nonlinear progression of gender role identity that is constantly fluid and reactive to biological, environmental, and psychological changes. Given the normal fluidity of gender role identity, it argues that giving puberty blockers to young children is against the best interests of the child's development. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: If we listen: Discussion of Diane Ehrensaft's 'Listening and learning from gender-nonconforming children'.

Author: Weinstein, Lissa; Wallerstein, Hannah

Source: The Psychoanalytic Study of the Child 2015; 6879-88

Publication Details:US; : Yale University Press; Year of Publication: 2015 ISSN: 0079-7308

Access method: Athens log-in to access full citation and abstract

Abstract: Comments on an article by Diane Ehrensaft Given the absence of reliable predictor variables that differentiate between children whose gender dysphoria will desist versus those in whom it will persist into adolescence, child analysis, with its unique capacity to search beyond the manifest content of a patient's desire, potentially offers a venue from which to assess the developmental achievements that might impact a decision to support or question the utilization of puberty blockers to forestall the physical manifestations of gender. An examination of Ehrensaft's True Gender Self Therapy notes an inherent contradiction between her stated view of gender as 'an aspect of self that can be altered over the course of a lifetime' and the notion of an unchanging gender self that only needs to be uncovered. The latter position veers toward an essentialist position that neglects the exploration of gender fantasies and defines gender in a manner that necessitates an environmental or medical response. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: Mental health and gender dysphoria: A review of the literature.

Author: Dhejne C.; Van Vlerken R.; Heylens G.; Arcelus J.,(Dhejne) Gender Team, Centre for Andrology and Sexual Medicine and Centre for Psychiatry Research, Department of Clinical Neuroscience, Karolinska Institute and University Hospital, Stockholm, Sweden; (Van Vlerken) Centre of Expertise on Gender Dysphoria, VU University Medical Centre, Amsterdam, Netherlands; (Heylens) Centre for Sexology and Gender, University Hospital, Ghent, Belgium; (Arcelus) Nottingham Centre for Gender Dysphoria, Nottingham, United Kingdom; (Arcelus) Division of Psychiatry and Applied Psychology, Faculty of Medicine and Health Sciences, University of Nottingham, Nottingham, United Kingdom

Source: International Review of Psychiatry 2016; 28(1): 44-57

Year of Publication: 2016 ISSN: 0954-0261

Subject: anxiety disorder; avoidant personality disorder; bipolar disorder; clinical assessment; depression; disease severity; gender bias; *gender dysphoria; health service; human; medical care; *mental health; morbidity; multicenter study (topic); onset age; paranoia; prevalence; priority journal; review; risk factor; schizophrenia; sex difference; suicide attempt; systematic review; transgender; treatment outcome; vulnerable population; clinical study; female; longitudinal study; male; male to female transgender; population

Description: Studies investigating the prevalence of psychiatric disorders among trans individuals have identified elevated rates of psychopathology. Research has also provided conflicting psychiatric outcomes following gender-confirming medical interventions. This review identifies 38 cross-sectional and longitudinal studies describing prevalence rates of psychiatric disorders and psychiatric outcomes, pre- and post-gender-confirming medical interventions, for people with gender dysphoria. It indicates that, although the levels of psychopathology and psychiatric disorders in trans people attending services at the time of assessment are higher than in the cis population, they do improve following gender-confirming medical intervention, in many cases reaching normative values. The main Axis I psychiatric disorders were found to be depression and anxiety disorder. Other major psychiatric disorders, such as schizophrenia and bipolar disorder, were rare and were no more prevalent than in the general population. There was conflicting evidence regarding gender differences: some studies found higher psychopathology in trans women, while others found no differences between gender groups. Although many studies were methodologically weak, and included people at different stages of transition within the same cohort of patients, overall this review indicates that trans people attending transgender health-care services appear to have a higher risk of psychiatric morbidity (that improves following treatment), and thus confirms the vulnerability of this population. Copyright © 2016 © 2015 Taylor & Francis

Title: Mental health comorbidities in children and adolescents with gender dysphoria

Author: Janssen A., (Janssen) Department of Child and Adolescent Psychiatry, New York University, 54 W 16th St #10A, New York, NY 10011, United States

Source: Journal of the American Academy of Child and Adolescent Psychiatry 2016; 55(10 Supplement 1): S80 Year of Publication: 2016 ISSN: 1527-5418

Subject: adolescent; bipolar disorder; child; *clinical study; *comorbidity; doctor patient relation; female; *gender dysphoria; human; juvenile; male; *mental health; posttraumatic stress disorder; schizophrenia; transgender

Abstract: Gender variance and dysphoria are present across all classes, ethnicities, and experiences, including those with severe and chronic mental illness. In this population, our most vulnerable group of individuals, adequate assessment and treatment of gender dysphoria often is overlooked despite evidence that appropriate treatment of gender dysphoria leads to improvement in psychological functioning. The World Professional Association for Transgender Health recommends in its Standards of Care (2012) that somatic and surgical treatments for gender dysphoria should be made available to those with medical or mental illness, with the caveat that "[the illness] must be reasonably well-controlled." The goal of this talk is to elucidate treatment recommendations for transgender youth who present with psychiatric comorbidities. Methods: Dr. Aron Janssen will draw on pertinent published studies and use case-based material that illustrates the challenges of treating gender dysphoria in the context of complex mental illness, such as bipolar disorder, schizophrenia, sexual trauma, PTSD, and depression, and will highlight the pitfalls of defining "well-controlled" criterion for the sake of initiating gender identity variant-specific medical treatment. Results: Psychiatric comorbidities in transgender youth provide clinical challenges for clinicians in establishing the well-controlled criterion and in delineating the etiology of transgender identity. In cases in which the youth's psychiatric symptoms are stabilized, access to transgender care should be supported and facilitated by mental health providers. Conclusions: Mental health practitioners should be aware of common psychiatric comorbidities in transgender youth and establish treatment recommendations that serve to stabilize the patient's psychiatric difficulties while facilitating the adolescent's development of a transgender identity and presentation.

Title: Approach to children and adolescents with gender dysphoria

Author: Lopez X.; Stewart S.; Jacobson-Dickman E.,(Lopez) Department of Pediatrics, Division of Pediatric Endocrinology, University of Texas Southwestern Medical Center, Dallas, TX, United States; (Stewart) Department of Psychiatry, University of Texas Southwestern Medical Center, Dallas, TX, United States; (Jacobson-Dickman) Department of Pediatrics, Division of Pediatric Endocrinology, Maimonides Medical Center, Brooklyn, NY, United States

Reference: Pediatrics in Review 2016; 37(3): 89-98 Year of Publication: 2016 ISSN: 0191-9601

Subject: adolescent; anticipatory guidance; anxiety disorder; article; awareness; case report; comorbidity; depression; distress syndrome; gender; *gender dysphoria; gender identity; health education; hormonal therapy; human; male; mental health; patient counseling; prevalence; puberty; sex; sexual maturity; sexual orientation; social acceptance; suicidal behavior; transgender; adult; adulthood; anxiety; child; clinical study; consensus; consensus development; controlled study; doctor patient relation; family; family study; female; hormone substitution; juvenile; model; population; psychological well being; psychotherapy; responsibility; retrospective study; sex reassignment; social environment; suicide; surgery

Abstract: The definition of gender dysphoria (GD) includes the experience of a body that is incongruent with gender identity. The prevalence of GD is not as yet known, but the current proposed numbers are likely underestimated. Prevalence studies are complicated by several confounding factors and results may be misleading. (5)(7). On the basis of strong evidence from retrospective studies of relevant populations, clinicians should be especially vigilant in identifying GD in patients who are peripubertal because the onset of puberty heightens the risk of depression, anxiety, selfdestructive choices, and suicide. (8)(13). On the basis of strong evidence, "reparative psychotherapy" is both unsuccessful and psychologically deleterious. (15)(16)(17) (18) On the basis of expert consensus, the "gender affirmative model" is more accepted. (19). On the basis of strong evidence, adolescents treated with a protocol of **pubertal suppression followed by hormone replacement therapy during adolescence and gender reassignment surgery in adulthood have improved psychological outcomes and quality of lives compared with age-matched adults from the general population.** (10)(29). A large national transgender survey revealed that 41% of adult respondents had attempted suicide. On the basis of strong evidence, youth who are validated in their transgender identity by supportive family and social environments have much more favorable psychological outcomes. (11) The primary care clinician has a unique role and responsibility to identify patients with possible GD and provide anticipatory guidance, counseling, and family support. Primary health care clinicians can provide the impetus and means to greatly improve the lifelong psychological well-being of their patients with GD and potentially save lives. (9)(11)(13)(30). Copyright © 2016 by the American Academy of Pediatrics. All rights reserved.

Title: Trans people's experiences of mental health and gender identity services: A UK study. **Author:** Ellis, Sonja J.; Bailey, Louis; McNeil, Jay

Source: Journal of Gay & Lesbian Mental Health 2015; 19(1): 4-20

Publication Details: United Kingdom; US : Taylor & Francis; Haworth Press Year of Publication: 2015 ISSN: 1935-9705; 1935-9713

Subject: Client Attitudes; Clinics; transgender

Abstract: Drawing on survey data from a UK study of trans people and mental health, the study presented here reports on the experiences of trans people in two health care settings: mental health services and gender identity clinics. An analysis of the primarily qualitative data indicates that in these settings practitioners tend to be poorly informed about trans issues and the realities of trans people's lives. The key observations of this study are that untreated gender dysphoria (due to delays or refusals of treatment), unnecessary and intrusive questioning/tests, prejudicial attitudes by service providers, and restrictive treatment pathways, all contribute to minority stress which is detrimental to the mental health and well-being of trans people. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: Gender identity issues in youth: Opportunities, terminologies, histories, and advancements.

Author: Pleak, Richard R.

Source: Child and Adolescent Psychiatric Clinics of North America 2011; 20(4): 601-625

Publication Details: Netherlands; : Elsevier Science; Year of Publication: 2011 ISSN: 1056-4993

Provider: EBSCO Type: Journal Article Source: EBSCO PSYCINFO

Subject: Gender Identity; Mental Health; Mental Health Personnel; mental health professionals; terminology; transgender youth; youth gender identity

Abstract: An expanding number of mental health professionals evaluate, advocate for, treat, and refer gender variant children and transgender youth. Official recognition of these persons and their needs as well as support for improvement and change come from several different national surveys and professional policy and accreditation organizations. Being informed about these and other available resources can help with patient advocacy. The author provides a reading list for youth and families, definitions of terms, a history of youth gender variance, history and policies of professional organizations, and recent reports and initiatives. An appendix with a patient's first-hand story is included. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: [Care of children and adolescents with gender dysphoria in the context of an interdisciplinary special consultation service].

Author: Moller B; Nieder TO; Preuss WF; Becker I; Fahrenkrug S; Wusthof A; Briken P; Romer G; Richter-Appelt H

Source: Praxis der Kinderpsychologie und Kinderpsychiatrie 2014; 63(6): 465-85

Year of Publication: 2014 ISSN: 0032-7034 Type: English Abstract; Journal Article

Source: OVID Medline Language: German

Subject: Adolescent; Biomedical Research; Child; Combined Modality Therapy; *Cooperative Behavior; Education, Nonprofessional; Female; *Gender Identity; Gonadal Steroid Hormones/tu [Therapeutic Use]; Humans; *Interdisciplinary Communication; Male; Outpatient Clinics, Hospital; Psychotherapy; Puberty/de [Drug Effects]; Puberty/px [Psychology]; *Referral and Consultation; Transsexualism/di [Diagnosis]; Transsexualism/px [Psychology]; *Transsexualism/th [Therapy]; Watchful Waiting

Abstract:In Germany, the situation of health care services for children and adolescents with gender dysphoria is insufficient. In 2006 a specialized multiprofessional outpatient clinic was founded at the University Medical Center Hamburg-Eppendorf. Goals were improvement of health services for gender dysphoric children, development of treatment concepts, and gain of knowledge through research. After finishing a thorough interdisciplinary assessment an individualized, case-by-case treatment starts. Besides psychotherapy an interdisciplinary treatment (e. g. puberty suppression and cross-sex hormones) is provided if indicated. During childhood a watchful waiting and carefully observing attitude is necessary. If a marked increase of gender dysphoria occurs during the first phases of puberty development, puberty suppression and later cross sex-hormones might be indicated.

Title: Gender dysphoria in childhood – ALREDY HAVE/HAVE READ

Author: Ristori J.; Steensma T.D.,(Ristori) Department of Experimental, Clinical and Biomedical Sciences, Careggi University Hospital, Viale Pieraccini 6, Florence 50139, Italy; (Steensma) Department of Medical Psychology, VU University Medical Centre, Amsterdam, Netherlands; (Steensma) Centre of Expertise on Gender Dysphoria, VU University Medical Center, Amsterdam, Netherlands

Source: International Review of Psychiatry 2016; 28(1): 13-20 Year of Publication: 2016

ISSN: 0954-0261 Type: Journal: Review

Subject: autism; child; childhood; counseling; feminization; *gender dysphoria; gender identity; human; priority journal; problem behavior; psychosexual development; psychosocial withdrawal; review; animal model; *childhood; clinical study; disease model; female; male; model; prevalence; psychological model

Abstract: Gender dysphoria (GD) in childhood is a complex phenomenon characterized by clinically significant distress due to the incongruence between assigned gender at birth and experienced gender. The clinical presentation of children who present with gender identity issues can be highly variable; the psychosexual development and future psychosexual outcome can be unclear, and consensus about the best clinical practice is currently under debate. In this paper a clinical picture is provided of children who are referred to gender identity clinics. The clinical criteria are described including what is known about the prevalence of childhood GD. In addition, an overview is presented of the literature on the psychological functioning of children with GD, the current knowledge on the psychosexual development and factors associated with the persistence of GD, and explanatory models for psychopathology in children with GD together with other co-existing problems that are characteristic for children referred for their gender. In light of this, currently used treatment and counselling approaches are summarized and discussed, including the integration of the literature detailed above. 2016 Copyright© 2016 Taylor & Francis.

Title: Gender dysphoria in children and adolescents: A review of recent research.

Author: Fuss, Johannes; Auer, Matthias K.; Briken, Peer

Source: Current Opinion in Psychiatry 2015; 28(6): 430-434

Publication Details:US; : Lippincott Williams & Wilkins; Year of Publication: 2015

ISSN: 0951-7367; 1473-6578

Source: EBSCO PSYCINFO

Abstract: Purpose of review: With the advent of medical treatments such as puberty suppression and cross-sex hormones in gender dysphoric minors, there has been a debate around questions of gender identity and brain development. This review aimed to identify recent empirical studies that addressed this controversial topic. Recent findings: Epidemiological data from several countries indicate that gender dysphoria in children and adolescents is far more common than initially anticipated. This is in line with the currently observed steady increase in referrals to gender clinics. Minors with gender dysphoria are a vulnerable population as they may face a high psychopathological burden. Recently published data on the long-term outcome of puberty suppression and subsequent hormonal and surgical treatment indicate that young people with gender dysphoria may benefit substantially with regard to psychosocial outcomes. Brain development studied by neuroimaging methods seems not to be disturbed by puberty suppression. Summary: The first reports about long-term outcome in adolescents having undergone puberty suppression have shown promising results. However, in a substantial part of gender dysphoric minors, puberty suppression is not indicated so far because of psychiatric comorbidity and long-term follow-up data from these patients are still scarce. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: Understanding gender variance in children and adolescents

Author: Simons L.K.; Leibowitz S.F.; Hidalgo M.A.,(Simons, Hidalgo) Division of Adolescent Medicine, Ann and Robert H. Lurie Children's Hospital of Chicago, United States; (Simons, Leibowitz) Northwestern University Feinberg School of Medicine, United States; (Leibowitz) Department of Child and Adolescent Psychiatry, Ann and Robert H. Lurie Children's Hospital of Chicago, United States

Source: Pediatric Annals 2014; 43(6): e126-e131

Year of Publication: 2014 ISSN: 0090-4481 Type: Journal: Article

Subject: adolescent; anxiety; article; bipolar disorder; breast development; depression; *gender dysphoria/dt [Drug Therapy]; gender dysphoria/dt [Drug Therapy]; gender identity; genetic predisposition; human; puberty; sex difference; sexual behavior; transgenderism; gonadorelin/dt [Drug Therapy]; spironolactone/dt [Drug Therapy]; testosterone/dt [Drug Therapy]; adolescence; *adolescent; *child; childhood; education; *gender; gender dysphoria; health; health hazard; hospital; *human; identity; juvenile; laryngeal mask; medical care; mental health; primary medical care; psychosocial disorder; screening; United States

Abstract: Gender variance is an umbrella term used to describe gender identity, expression, or behavior that falls outside of culturally defined norms associated with a specific gender. In recent years, growing media coverage has heightened public awareness about gender variance in childhood and adolescence, and an increasing number of referrals to clinics specializing in care for gender-variant youth have been reported in the United States. Gender-variant expression, behavior, and identity may present in childhood and adolescence in a number of ways, and youth with gender variance have unique health needs. For those experiencing gender dysphoria, or distress encountered by the discordance between biological sex and gender identity, puberty is often an exceptionally challenging time. Pediatric primary care providers may be families' first resource for education and support, and they play a critical role in supporting the health of youth with gender variance by screening for psychosocial problems and health risks, referring for genderspecific mental health and medical care, and providing ongoing advocacy and support. © SLACK Incorporated.

Title: There's no place like home? the experiences of unstably housed transgender and gender non-conforming young people.

Author: Shelton, Jama

Reference: Dissertation Abstracts International Section A: Humanities and Social Sciences 2014; 74(9-A(E)): Publication Details:US; : ProQuest Information & Learning; Year of Publication: 2014

ISSN: 0419-4209 Provider: EBSCO

Type: Dissertation Source: EBSCO PSYCINFO Language: English

Subject: community spaces; data collection methods; exploratory project; gender non-conforming young; heuristic process; housed transgender; housing instability; inform programs; inform social work; non-conforming young people; particular attention

Abstract: The purpose of this project is to expand knowledge about the lived experience of unstably housed transgender and gender non-conforming (TGNC) young people in order to inform programs and policies meant to address their needs and to contribute to the broader conversation regarding gender identity. Specifically, this project will generate new knowledge on the subject of housing instability among TGNC young people through an analysis of the youth's spoken and visual narratives about the meaning they assign to their gender identity and their experiences of housing instability. The goals of this exploratory project are: 1) to document the meaning and significance of gender identity/expression for unstably housed TGNC young people, 2) to examine the interplay between gender identity and the experience of housing instability among TGNC young people, with particular attention to the role that stability/instability plays in the reconfiguration

of identity among TGNC young people. The knowledge gained from this project has the potential to inform social work practice on multiple levels, including program development, clinical and public policy interventions, and the broader discourse regarding what it means to be transgender or gender non-conforming as well as the shifting definition and impact of homelessness. The data collection methods employed in this qualitative inquiry include semi-structured interviews and the visual method of mapping with TGNC young people who have experienced housing instability. NVivo9 was utilized for data management and storage. The heuristic process of phenomenological inquiry guided analysis. The sample included 27 self-identified TGNC young people between the ages of 18 and 25 who have experienced housing instability within the past 18 months, but who are not currently without shelter at the time of the interview. The sample includes young people who identify as transgender men and women, in addition to those who do not identify as transgender but whose gender identity and expression are self-identified as different from traditional gender norms. Participants were recruited via study announcements posted in community spaces where LGBTQ young people congregate. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: Body image in transgender young people: Findings from a qualitative, community based study.

Author: McGuire JK; Doty JL; Catalpa JM; Ola C, McGuire, Jenifer K. University of Minnesota, 290 McNeal Hall, 1985 Buford Avenue, St. Paul, MN 55108, United States. Electronic address: jmcguire@umn.edu.; Doty, Jennifer L. University of Minnesota, 290 McNeal Hall, 1985 Buford Avenue, St. Paul, MN 55108, United States. Electronic address: dotyx093@umn.edu.; Catalpa, Jory M. University of Minnesota, 290 McNeal Hall, 1985 Buford Avenue, St. Paul, MN 55108, United States. Electronic address: catal026@umn.edu.; Ola, Cindy. University of Washington, 2012 Skagit Lane, Miller Hall Box 353600, Seattle, WA 98195-3600, United States.

Reference: Body Image 2016; 1896-107 Year of Publication: 2016 Type: Comparative Study; Journal Article

Subject: Adolescent; *Body Image/px [Psychology]; Body Size; Canada; Cross-Cultural Comparison; Female; Gender Identity; Humans; Interview, Psychological; Ireland; Male; Personal Satisfaction; Qualitative Research; *Transgender Persons/px [Psychology]; United States; Young Adult

Abstract: The goal of this study was to examine the ways in which transgender youth experience their bodies with regard to gender and body size. Ninety transgender youth and young adults completed in-depth interviews in eight metropolitan areas of the United States, Canada, and Ireland. Using a queer perspective, qualitative analyses revealed two broad conceptual categories: body dissatisfaction and body satisfaction. Within these categories, participants focused on body issues related to gender characteristics and body size. Findings revealed evidence of self-criticism and social distress related to body image dissatisfaction and self-acceptance and social acceptance related to body image satisfaction. Data demonstrated how gender, body size, and the intersection of gender and body size influenced personal perceptions of body dissatisfaction and satisfaction. Developmental processes were evident: participants further along in consolidating a gender identity described gaining a sense of social awareness, self-acceptance, and body satisfaction reflecting a sense of resilience. ; Copyright © 2016 Elsevier Ltd. All rights reserved

Title: Developing gender: The medical treatment of transgender young people

Author: Castaneda C, Castaneda, Claudia. Institute for Interdisciplinary Studies, Emerson College, Boston, MA 02116, USA. Electronic address: Claudia_Castaneda@emerson.edu.

Reference: Social Science & Medicine 2015; 143262-70 Year of Publication: 2015

Type: Journal Article Source: OVID Medline Language: English

Subject: Adolescent; Adolescent Development/ph [Physiology]; Child; Child Development/ph [Physiology]; *Gender Dysphoria/th [Therapy]; *Gender Identity; Hormones/ad [Administration & Dosage]; Humans; Transgender Persons/px [Psychology]; *Transgender Persons

Description: Situating the contemporary medical treatment of transgender young people--children and adolescents--in the longer history of engagement between transgender activists and the medical community, this article analyzes the World Professional Association for Transgender Health's (WPATH) Standards of Care (SOC) concerning the medical treatment of transgender young people. It traces how the SOC both achieves medical treatment for children and adolescents and reinforces a normative gender system by cleaving to a developmental approach. Without rejecting the value of developmentally-based medical treatment for now, it offers some preliminary thoughts on queer theory's valuation of developmental failure as a potential future alternative to an emergent medico-technological transgender normativity. Copyright © 2014. Published by Elsevier Ltd.

Title: The Effects of Cumulative Victimization on Mental Health Among Lesbian, Gay, Bisexual, and Transgender Adolescents and Young Adults

Author: Mustanski, Brian; Andrews, Rebecca; Pucket, Jae A.

Source: American Journal of Public Health 2016; 106(3): 527-533

Publication Details: EBSCO Host Year of Publication: 2016 Date of Publication: 01/03/2016

ISSN: 00900036 Type: Article

Subject: Victims of crimes -- Psychology -- Research; LGBT teenagers -- Mental health; LGBT young adults -- Mental health; Blacks -- Illinois -- Chicago; Mental depression -- Risk factors; Post-traumatic stress disorder -- Risk factors; Confidence intervals; Mental depression; Latent structure analysis; Mental health; Post-traumatic stress disorder; Research -- Finance; Victims -- Psychology; Transgender people; Psychosocial factors; Data analysis -- Software; LGBT people -- Psychology; Descriptive statistics; Odds ratio; Psychological factors; Illinois

Abstract: Objectives. To examine the effects of the cumulative victimization experienced by lesbian, gay, bisexual, and transgender youths on mental disorders. Methods. We recruited 248 participants from the Chicago, Illinois, area in 7 waves of data collected over 4 years, beginning in 2007 (83.

Title: Lesbian, gay, bisexual and transgender young people's experiences of distress : resilience, ambivalence and self-destructive behaviour.

Author: Scourfield, Jonathan; McDermott, Liz; Roen, Katrina

Source: Health and Social Care in the Community 2008; 16(3): 329-336

Year of Publication: 2008 ISSN: 0966-0410 Source: OVID HMIC

Subject: homosexuals; Lesbians; Mental health; Self harm; Suicide; transgendered people; Young people

Abstract: The research presented in this paper set out to explore the cultural context of youth suicide and more specifically any connections between sexual identity and self-destructive behaviour, in the light of international evidence about the disproportionate risk of suicidal thoughts and suicide attempts in lesbian, gay, bisexual and transgender [LGBT] young people. The empirical basis for the

paper is qualitative research that was carried out in the north west of England and South Wales. Focus groups and interviews were conducted with a total of 69 young people, with a purposive sample to reflect diversity of sexual identity, social class and regional and rural-urban location. The paper presents a thematic analysis of the data specifically relating to the experiences of LGBT young people. A range of strategies that LGBT young people employ in the face of distress are described. These are categorised as resilience, ambivalence and self-destructive behaviour (including self-harm and suicide). The potential implications for health and social care of these strategies include the need for ecological approaches and for sexual cultural competence in practitioners, as well as prioritisation of LGBT risk within suicide prevention policies. 23 refs. [Abstract]

Title: Transgender youth: Current concepts

Author: Rosenthal S.M.,(Rosenthal) Division of Pediatric Endocrinology, Child and Adolescent Gender Center, Benioff Children's Hospital, University of California San Francisco, San Francisco, CA, United States

Source: Annals of Pediatric Endocrinology and Metabolism 2016; 21(4): 185-192

Year of Publication: 2016 **ISSN:** 2287-1012 **Type:** Journal: Review **Source:** OVID EMBASE

Language: English

Subject: bone age; bone density; *gender dysphoria; *gender identity; human; information seeking; *juvenile; medical decision making; mental health; physical development; practice guideline; prevalence; psychological well being; puberty; review; sex determination; sex hormone determination; sex role; sexual development; sexual orientation; *transgender; cyproterone acetate; estradiol cypionate; estradiol valerate; finasteride; gonadorelin agonist; histrelin; leuprorelin; medroxyprogesterone acetate; spironolactone; testosterone; adult; child; childhood; female; longitudinal study; male; medical service; precocious puberty; *gonadorelin agonist; *sex hormone

Description: In many countries throughout the world, increasing numbers of gender nonconforming/transgender youth are seeking medical services to enable the development of physical characteristics consistent with their experienced gender. Such medical services include use of agents to block endogenous puberty at Tanner stage II with subsequent use of cross-sex hormones, and are based on longitudinal studies demonstrating that those individuals who were first identified as gender dysphoric in early or middle childhood and continue to meet the mental health criteria for being transgender at early puberty are likely to be transgender as adults. This review addresses terms and definitions applicable to gender nonconforming youth, studies that shed light on the biologic determinants of gender identity, current clinical practice guidelines for transgender youth, challenges to optimal care, and priorities for research. Copyright © 2016 Annals of Pediatric Endocrinology & Metabolism.

Title: Gender identity disorder: An emerging problem for pediatricians.

Author: Meyer, Walter J. III

Source: Pediatrics 2012; 129(3): 571-573

Publication Details:US; : American Academy of Pediatrics; **Year of Publication:** 2012

ISSN: 0031-4005; 1098-4275

Subject: medical centers; parental support; psychiatric comorbidity; Treatment Facilities

Abstract: Comments on the articles by Norman P. Spack et al. (see record [rid]2012-09899-012[/rid]) & Andrea L. Roberts et al. (see record [rid]2012-09899-011[/rid]). Combining the relatively high prevalence of cross-gender behavior with widespread information in the public domain concerning the availability of a new early treatment using puberty blocking hormones has produced a rapid increase in the number of referrals, as noted in the paper by Spack et al. The use of puberty hormone blocking agents outlined by Spack et al. provides an extension of the decision time. I agree with Spack et al that the stage of puberty, not the age of the child, should be the determining factor of when to begin medications to block puberty. The paper of Roberts et al. raises the question of the association of gender identity disorder (GID) with significant psychological and psychiatric problems such as abuse, posttraumatic stress disorder (PTSD), and depression. The article by Roberts et al. assumed that the gender nonconformity predates the abuse but states clearly they cannot prove it is a causal effect of abuse. As indicated by Roberts et al. gender nonconformity should be monitored for all types of abuse as well as poor self esteem, depression, suicidality, anxiety symptoms, and body dissatisfaction. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Title: Transgender patients: providing sensitive care

Author: Hyderi, Abbas ; Angel, Joseph ; Madison, Morgan ; Perry, L. Amanda ; Hagshenas, Leila

Source: Clinician Reviews, 2017, Vol.27(2), p.28(8)[Peer Reviewed Journal]

Abstract: puberty blockers and often derive more benefit from initiation of cross-gender...) The effects of puberty blockers are reversible.

Subjects: Hormone Replacement Therapy Mental Health Transgender

(full text available)

Title: Trans person-centred care is key

Author: Hillyer, Sami

Source: Nursing Standard (2014+), Feb 1, 2017, Vol.31(23), p.36 [Peer Reviewed Journal]

Abstract: puberty blockers that prevent hormone development. These... . Children and young people cannot access gender... the untruth that young transgender

Subjects: Gays & Lesbians, gender, Transgender persons,

Title: Perceptions of Sex, Gender, and Puberty Suppression: A Qualitative Analysis of Transgender Youth

Author: Vrouwenraets, Lieke ; Fredriks, A ; Hannema, Sabine ; Cohen-Kettenis, Peggy ; de Vries, Martine

Source: Archives of Sexual Behavior, Oct 2016, Vol.45(7), pp.1697-1703[Peer Reviewed Journal]

Subject: teenagers, gender identity, puberty, puberty suppression

Description: International guidelines recommend the use of Gonadotropin-Releasing Hormone (GnRH) agonists in adolescents with gender dysphoria (GD) to suppress puberty. Little is known about the way gender dysphoric adolescents themselves think about this early medical intervention. The purpose of the present study was (1) to explicate the considerations of gender dysphoric adolescents in the Netherlands concerning the use of puberty suppression; (2) to explore whether the considerations of gender dysphoric adolescents differ from those of professionals working in treatment teams, and if so in what sense. This was a qualitative study designed to identify considerations of gender dysphoric adolescents regarding early treatment. All

13 adolescents, except for one, were treated with puberty suppression; five adolescents were trans girls and eight were trans boys. Their ages ranged between 13 and 18 years, with an average age of 16 years and 11 months, and a median age of 17 years and 4 months. Subsequently, the considerations of the adolescents were compared with views of clinicians treating youth with GD. From the interviews with the gender dysphoric adolescents, three themes emerged: (1) the difficulty of determining what is an appropriate lower age limit for starting puberty suppression. Most adolescents found it difficult to define an appropriate age limit and saw it as a dilemma; (2) the lack of data on the long-term effects of puberty suppression. Most adolescents stated that the lack of long-term data did not and would not stop them from wanting puberty suppression; (3) the role of the social context, for which there were two subthemes: (a) increased media-attention, on television, and on the Internet; (b) an imposed stereotype. Some adolescents were positive about the role of the social context, but others raised doubts about it. Compared to clinicians, adolescents were often more cautious in their treatment views. It is important to give voice to gender dysphoric adolescents when discussing the use of puberty suppression in GD. Otherwise, professionals might act based on assumptions about adolescents' opinions instead of their actual considerations. We encourage gathering more qualitative research data from gender dysphoric adolescents in other countries.

Title: "There I am": A Grounded Theory Study of Young Adults Navigating a Transgender or Gender Nonconforming Identity within a Context of Oppression and Invisibility

Author: Austin, Ashley

Source: Sex Roles, Sep 2016, Vol.75(5-6), pp.215-230[Peer Reviewed Journal]

Subjects: Grounded Theory, Transgender Persons, Social Identity, Transgender, Gender Nonconforming, Minority Stress, Affirmative Practice, Sexual Minority, Oppression, Grounded Theory

Description:

The primary aim of the present study is to extend discussions of navigating an emerging transgender or gender nonconforming (TGNC) identity during youth and young adulthood in a society in which TGNC identities remain invisible and marginalized. Participants include 13 racially/ethnically diverse TGNC young adults ages 18-29 in the United States. Constructivist grounded theory methods were used to collect, analyze, and interpret data. Navigating a TGNC Identity in the Dark emerged as a journey from initial recognition of an existing, but unidentifiable, difference toward awareness and acceptance of a TGNC identity. Analyses revealed six themes associated with navigating identity: Moving from Uncertainty to Knowing, Recognizing Self in Others, Finding Me, Explaining Work, Struggling for Authenticity, and Evolving Self-Acceptance. Narratives highlighted the complex journeys toward authenticity that included pervasive

oppression. Findings from my study can be used to inform clinical work aimed at supporting TGNC individuals as they recognize and make meaning of their TGNC identities. Moreover, findings underscore the importance of increasing the level of visibility and affirmation of a range of TGNC identities and experiences in dominant institutions (e.g., media, schools, health care) in the lives of youth as a way to facilitate self-understanding and acceptance at earlier ages and with fewer obstacles.

ISSN: 03600025 (full text available)

Title: Policy Perspective: Ensuring Comprehensive Care and Support for Gender Nonconforming Children and Adolescents

Author: Dowshen, Nadia ; Meadows, Rachel ; Byrnes, Maureen ; Hawkins, Linda ; Eder, Jennifer ; Noonan, Kathleen

Source: Transgender Health, May 2016, Vol.1(1), pp.75-85 [Peer Reviewed Journal]

Subjects: Gays & Lesbians, Teenagers, Gender Identity, Colleges & Universities, Hospitals, Society, Families & Family Life , Children & Youth, Sexual Orientation, Health Care, Health Education, Equality, Transgender Persons, Victimization, Gender Nonconforming Children and Adolescents, Healthcare Policy, Healthcare Systems , Lesbian, Gay, Bisexual, and Transgender (Lgbt) Youth

Description: Despite recent notable advances in societal equality for lesbian, gay, bisexual, and transgender (LGBT) individuals, youth who identify as trans* or gender nonconforming, in particular, continue to experience significant challenges accessing the services they need to grow into healthy adults. This policy perspective first offers background information describing this population, their unique healthcare needs, and obstacles when seeking care, including case study examples. The authors then provide recommendations for medical education, health systems, and insurance payers, as well as recommendations for school systems and broader public policy changes to improve the health and well-being of gender nonconforming youth

Title: Fair care for transgender patients

Author: Dean, Erin

Subjects: Gender Identity ; Gays & Lesbians ; Nurses ; Patients ; Nursing ; Equality ; Transgender Persons

Source: Nursing Standard (2014+), Nov 16, 2016, Vol.31(12), p.15

Description: Essential facts Nurses feel woefully underprepared to meet the needs of transgender patients, according to an RCN survey. Despite a steep rise in numbers of transgender patients across the UK, there is a lack of training to equip nurses with the skills needed to care for them.

Identifier: ISSN: 00296570 ; E-ISSN: 20479018 ; DOI: 10.7748/ns.31.12.15.s16

Title: Mental Health and the Transgender Population

Author: Carmel, Tamar C ; Erickson-Schroth, Laura

Subjects: Transgender Persons ; Mental Health ; Stress ; Health Behavior

Source: Journal of Psychosocial Nursing & Mental Health Services, Dec 2016, Vol.54(12), pp.44-48

Description: Although research into the physical and mental health disparities faced by transgender and gender nonconforming (TGNC) populations is becoming more popular, historically it has been limited. It is now recognized that TGNC people experience disproportionate rates of negative mental health outcomes relative to both their gender-normative, heterosexual peers, as well as their gender-normative lesbian, gay, and bisexual (LGB) peers. The theoretical basis of current transgender mental health research is rooted in the Minority Stress Model, which postulates that we live in a hetero-centric, gender-normative society that stigmatizes and discriminates against lesbian, gay, bisexual, and transgender (LGBT) people, subjecting them to chronic stress (Hendricks

& Testa, 2012 ; Meyer, 1995). This chronic, potentially compounding stress, is responsible for the increased risk of negative mental health outcomes in LGBT populations. TGNC people, in particular, may experience more adverse outcomes than their LGB peers due to rejection and discrimination within society at large as well as within the LGB community. [Journal of Psychosocial Nursing and Mental Health Services, 54 (12), 44-48.]

Identifier: ISSN: 02793695 ; E-ISSN: 19382413 ; DOI: 10.3928/02793695-20161208-09

Title: Mental Health and Self-Worth in Socially Transitioned Transgender Youth

Author: Durwood, Lily ; Mclaughlin, Katie A. ; Olson, Kristina R.

Subjects: Transgender Children ; Gender Nonconformity ; Social Transitions ; Mental Health ; Self-Worth

Source: Journal of the American Academy of Child & Adolescent Psychiatry, February 2017, Vol.56(2), pp.116-123.e2

Description: Objective Social transitions are increasingly common for transgender children. A social transition involves a child presenting to other people as a member of the “opposite” gender in all contexts (e.g., wearing clothes and using pronouns of that gender). Little is known about the well-being of socially transitioned transgender children. This study examined self-reported depression, anxiety, and self-worth in socially transitioned transgender children compared with 2 control groups: age- and gender-matched controls and siblings of transgender children. MethodAs part of a longitudinal study (TransYouth Project), children (9–14 years old) and their parents completed measurements of depression and anxiety (n = 63 transgender children, n = 63 controls, n = 38 siblings). Children (6–14 years old; n = 116 transgender children, n = 122 controls, n = 72 siblings) also reported on their self-worth. Mental health and self-worth were compared across groups. ResultsTransgender children reported depression and self-worth that did not differ from their matched-control or sibling peers (p = .311), and they reported marginally higher anxiety (p = .076). Compared with national averages, transgender children showed typical rates of depression (p = .290) and marginally higher rates of anxiety (p = .096). Parents similarly reported that their transgender children experienced more anxiety than children in the control groups (p = .002) and rated their transgender children as having equivalent levels of depression (p = .728). **ConclusionThese findings are in striking contrast to previous work with gender-nonconforming children who had not socially transitioned, which found very high rates of depression and anxiety.** These findings lessen concerns from previous work that parents of socially transitioned children could be systematically underreporting mental health problems.

Identifier: ISSN: 0890-8567 ; DOI: 10.1016/j.jaac.2016.10.016

Title: Enhancing Transgender Health Care

Author: Anonymous

Subjects: Women; Gender Identity ; Gays & Lesbians ; Research ; Human Immunodeficiency Virus–HIV ; Intervention ; Researchers ; Transgender Persons

Source: American Journal of Public Health, Feb 2017, Vol.107(2), pp.230-231

Description: [...]the resources available to people can influence their ability to pay for medical interventions in addition to other strategies used to change their social gender or legal sex (or both). Furthermore, lack of sensitivity on the part of health care providers who do not respect the expressed gender identity of transgender persons can adversely influence whether these individuals will access and stay in treatment.

Identifier: ISSN: 00900036

Title: Working Toward Family Attunement: Family Therapy with Transgender and Gender-Nonconforming Children and Adolescents (Online access)

Author: Coolhart, Deborah ; Shipman, Daran L.

Subjects: Transgender ; Gender Nonconforming ; Youth ; Family ; Therapy ; Gender Affirmative ; Support

Source: Psychiatric Clinics of North America, March 2017, Vol.40(1), pp.113-125

Description: Families of transgender and gender-nonconforming youth often seek therapy for assistance in understanding, accepting, and supporting their child. This article describes a gender-affirmative approach to family therapy and outlines strategies for addressing common challenges faced by the families of transgender and gender-nonconforming youth. Therapy begins by assessing family attunement and working with parents, siblings, and other family members to better support the youth. Once family attunement is achieved, therapy can begin to explore options for gender expression and/or transition. The therapeutic model is illustrated by applying it to case examples.

Identifier: ISSN: 0193-953X; DOI: 10.1016/j.psc.2016.10.002

Title: Perceived barriers that prevent high school students seeking help from teachers for bullying and their effects on disclosure intentions (Online access)

Author: Boulton, Michael J. ; Boulton, Louise ; Down, James ; Sanders, Jessica ; Craddock, Helen

Subjects: Bullying ; Victims ; Social Support ; Disclosure

Source: Journal of Adolescence, April 2017, Vol.56, pp.40-51

Description: Many adolescents choose not to tell teachers when they have been bullied. Three studies with 12–16 year-old English adolescents addressed possible reasons. In study 1, students (N = 411, 208 females/203 males) identified reasons with no prompting. Three perceived negative outcomes were common; peers would disapprove, disclosers would feel weak/undermined, and disclosers desired autonomy. In study 2, students (N = 297, 153 females/134 males/10 unspecified) indicated how much they believed that the perceived negative outcomes would happen to them, and a substantial proportion did so. Perceived negative outcomes significantly predicted intentions to disclose being bullied. Study 3 (N = 231, 100 females/131 males) tested if the perceived negative outcomes would be strong enough to stop participants from telling a teacher even though the teacher would stop the bullying. This was the case for many of them. Participants did not report disliking peers who disclosed bullying. Theoretical and practical implications are discussed. •Investigated adolescent's perceived barriers to disclosing bullying to teachers. •Peer disapproval, feeling weak and a desire for autonomy were common barriers. •These

barriers predicted disclosure intentions. •Practitioners could help adolescents see the value of disclosing.

Identifier: ISSN: 0140-1971 ; DOI: 10.1016/j.adolescence.2016.11.009

Title: Transgender patients: providing sensitive care (Online access)

Author: Hyderi, Abbas ; Angel, Joseph ; Madison, Morgan ; Perry, L. Amanda ; Hagshenas, Leila

Subjects: Hormone Replacement Therapy ; Mental Health ; Transgender People

Source: Clinician Reviews, 2017, Vol.27(2), p.28(8)

Identifier: ISSN: 1052-0627

Title: Troubling Gender or Engendering Trouble? The Problem With Gender Dysphoria in Psychoanalysis (Online access)

Author: Barkai, Ayelet

Source: Psychoanalytic Review, Feb 2017, Vol.104(1), pp.1-32

Description: This paper reviews existing case reports in the psychoanalytic literature of children diagnosed with gender identity disorder (GID), now called gender dysphoria. It concentrates on a review of problems and psychoanalytic dilemmas inherent in the use of the term GID and elucidates the concurrent quandaries this term both signifies and is symptomatic of. The focus is on reports of child psychoanalyses published during or after 1991, when the American Psychoanalytic Association formally adopted a nondiscrimination policy against homosexuality. These cases reflect common problematic themes in these treatments, for example, the lack of neutrality in specifying the treatment goal of same-gender identification. This paper explores the effects of these problems on the treatments, raises questions regarding the emphasis on gender in the treatments, and discusses an alternative psychoanalytic approach to children with gender variation.

Identifier: ISSN: 0033-2836 ; ISSN: 00332836 ; DOI: 101521prev201710411

Title: Affirmative Cognitive Behavior Therapy with Transgender and Gender Nonconforming Adults (Online access)

Author: Austin, Ashley ; Craig, Shelley L. ; Alessi, Edward J.

Subjects: Transgender ; Gender Nonconforming ; Cognitive Behavior Therapy ; Affirmative ; Minority Stress

Source: Psychiatric Clinics of North America, March 2017, Vol.40(1), pp.141-156

Description: Although there is growing awareness in contemporary society regarding transgender and gender nonconforming (TGNC) identities, transgender people continue to be highly marginalized and subject to transphobic discrimination and victimization. As a result, authentically expressing and navigating a TGNC identity can be difficult. Psychiatrists and other mental health professionals can play a key role in supporting TGNC client health and well-being through the use of trans-affirmative approaches. Trans-affirmative practice recognizes all experiences of gender as equally healthy and valuable This article focuses on transgender affirmative cognitive behavior therapy.

Identifier: ISSN: 0193-953X ; DOI: 10.1016/j.psc.2016.10.003

Title: Therapeutic Issues with Transgender Elders (Online access)

Author: Carroll, Lynne

Subjects: Transgender ; Elders ; Psychotherapy ; Midlife Transitioning ; Elder Services

Source: Psychiatric Clinics of North America, March 2017, Vol.40(1), pp.127-140

Description: Research demonstrates that transgender and nonconforming (TGNC) elders face social isolation and discrimination in policies and practices in mental and health care settings. The

purpose of this article is to provide clinicians with practical input about therapeutic issues and interventions for use with TGNC elders. A case vignette describes the challenges and rewards of therapy with an elder trans woman. Her story illustrates the complex interplay between age, life phase, and sociocultural and historical contexts. Recommendations regarding research, practice, and advocacy are offered.

Identifier: ISSN: 0193-953X; DOI: 10.1016/j.psc.2016.10.004

Title: Transgender and Gender Diverse Clients with Mental Disorders: Treatment Issues and Challenges (Online access)

Author: Lauren

Subjects: Transgender ; Gender Diversity ; Mental Health ; Mental Disorders ; Treatment

Source: Psychiatric Clinics of North America, March 2017, Vol.40(1), pp.29-39

Description: A number of transgender and gender diverse individuals face risks of mental health problems and suicidality, often as a result of transphobia and gender minority stress. There are many resilience and protective factors that transgender individuals use to cope with mental distress and thrive. In this article, a review of the literature on transgender and gender diverse individuals with mental health problems is provided, as well as a discussion of the protective factors that enhance resilience.

Identifier: ISSN: 0193-953X; DOI: 10.1016/j.psc.2016.10.008

PsycInfo

Title: Individual, social and community-level predictors of wellbeing in a US sample of transgender and gender non-conforming individuals.

Author: Stanton, Megan C.; Ali, Samira; Chaudhuri, Sambuddha; Culture, Health & Sexuality, Vol 19(1), Jan, 2017 pp. 32-49. Publisher: Taylor & Francis; [Journal Article]

Abstract: In the last decade, increased attention has been paid to the physical and mental health needs of transgender and gender non-conforming individuals. However, despite this surge of research, scant literature addresses factors associated with wellbeing among members of this population. Using data from the US Social Justice Sexuality Survey, this study examines predictors of wellbeing in a sample of transgender and gender non-conforming individuals. Results indicate that higher levels of wellbeing are predicted by education, older age and a greater sense of connectedness to the lesbian, gay, bisexual and transgender community. Additionally, although health insurance did not have a significant impact on wellbeing, increased general health was

associated with greater wellbeing, as was perceived comfort of the healthcare provider regarding the respondent's sexual identity. These findings can inform multi-level intervention with transgender and gender non-conforming persons to promote their wellbeing, as well as guide policies and practices around healthcare provider training. Future research should further examine the interconnected predictors of wellbeing among members of this population. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

Subjects: Communities; Health Behavior; Sexuality; Well Being; Transgender; Adulthood (18 yrs & older); Young Adulthood (18-29 yrs); Thirties (30-39 yrs); Middle Age (40-64 yrs); Male; Female

Title: Past and future challenges associated with standards of care for gender transitioning clients.

Author: Fraser, Lin; Knudson, Gail;

Source: Psychiatric Clinics of North America, Vol 40(1), Mar, 2017 pp. 15-27. Publisher: Elsevier Science; [Journal Article]

Abstract: This article defines a standard of care, describes their purpose in general, and then provides an overview of the World Professional Association for Transgender Health's Standards of Care for the Health of Transsexual, Transgender and Gender Nonconforming People Version 7. After a brief history of the document, past and future challenges associated with these Standards including ideas moving forward into the eighth version are presented. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

Subjects: Health Care Services; Professionalism; Transgender; Adulthood (18 yrs & older)

Title: Mental health service delivery to sexual minority and gender non-conforming students in schools: A winnicottian approach.

Author: Wofford, Nichole C.;

Source: Child & Adolescent Social Work Journal Publisher: Springer;

Abstract: Current research highlights the increased risk factors that sexual minority (lesbian, gay, bisexual) and gender minority (transgender/gender non-conforming) students face as compared to their heterosexual and cisgender peers. These risk factors include higher rates of depression, suicide, substance use, school dropout, sexually transmitted infections, experiences with bullying on school campuses and increased risk of homelessness. Although this research has aided our understanding of the needs and risks of this population of youth, few articles have emerged from these data which offer a comprehensive theoretical approach to work clinically with these adolescents in school-based settings. This article explores how school mental health staff can address the behavioural health needs of sexual and gender minority students through the adoption of a Winnicottian theoretical approach. With an intensive focus on academic achievement, schools have historically been limited in their usage of evidence-based data to create programs which adequately address the mental health needs of student populations on their campuses. Yet, sexual and gender minority students are likely to be present in almost every school in the country. Schools can serve as gateways to mental health access and can offer innovative and culturally responsive practices across racial, ethnic, class, and geographic lines. As the single largest holders of the student population in the United States, schools have the ability to play a significant role in mental health service provision for sexual and gender minority youth. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Subjects: No terms assigned

Title: Discrimination, stigma, and hate: The impact on the mental health and well-being of LGBT people.

Author: Bialer, Philip A.; McIntosh, Christopher A.;

Source: Journal of Gay & Lesbian Mental Health, Vol 20(4), Oct, 2016 pp. 297-298. Publisher: Taylor & Francis

Abstract: This article provides an introduction to the articles published in the current issue of Journal of Gay & Lesbian Mental Health. The articles of this issue discuss about the impact on the mental health and well-being of LGBT people due to discrimination, stigma, and hate. The first article look at a scale called the Homonegative Microaggressions Scale and determine that this is a valid instrument to explain 'short, everyday verbal, behavioral, and environmental slights of minority populations'. Second article examined the stress associated with the coming-out process in a cohort of French LGBT young adults. Third article employ the interpersonal psychological theory of suicide (IPTS) to examine suicidal thoughts and behaviors in transgender youth, including those identifying with a non binary alternate gender. Fourth article examined the effects of nondiscrimination laws for transgender and gender-non conforming people. Fifth article was associated with better emotional regulation and better mental health outcomes. The sixth is a fascinating case report of a trans woman with serious mental illness who presented to an emergency department with self-mutilation. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Subjects: Homosexuality; Mental Health; Social Discrimination; Stigma; Well Being

Title: Attitude toward gay men in an Italian sample: Masculinity and sexual orientation make a difference. Academic Journal

Authors: Salvati, Marco; Ioverno, Salvatore; Giacomantonio, Mauro; Baiocco, Roberto;

Source: Sexuality Research & Social Policy: A Journal of the NSRC, Vol 13(2), Jun, 2016 pp. 109-118. Publisher: Springer; [Journal Article]

Abstract: The present research investigates differences between heterosexuals and gay men in their attitudes toward effeminate and masculine gay men. More specifically, the role of internalized sexual stigma and perceived masculinity were considered to explain emotive reaction toward gay men with gender conforming and non-conforming behaviors. Results showed that effeminate gay men, that is those who enact gender non-conforming behaviors, elicited more negative emotions compared to masculine gay men both in gay and heterosexual respondents with no difference in intensity. Moreover, such negative reactions toward effeminate gay men were more extreme among gay men with high internalized sexual stigma and among heterosexuals with high self-perception of feminine traits. Implications and limitations are discussed. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Subjects: Homosexuality (Attitudes Toward); Male Homosexuality; Masculinity; Sexual Orientation; Adulthood (18 yrs & older); Male

Title: Free to be you and me: Normal gender-role fluidity—Commentary on Diane Ehrensaft's 'Listening and learning from Gender-nonconforming children'.

Author: Knight, Rona; The Psychoanalytic Study of the Child, Vol 68, 2015 pp. 57-70. Publisher: Yale University Press; [Comment/Reply]

Abstract: Comments on an article by Diane Ehrensaft (see record 2015-26279-003). This paper suggests that gender role fluidity is a normal self state throughout development. It discusses the nonlinear progression of gender role identity that is constantly fluid and reactive to biological, environmental, and psychological changes. Given the normal fluidity of gender role identity, it argues that giving puberty blockers to young children is against the best interests of the child's development. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Subjects: Creativity; Gender Identity; Human Sex Differences; Psychoanalysis

Title: If we listen: Discussion of Diane Ehrensaft's 'Listening and learning from gender-nonconforming children'.

Authors: Weinstein, Lissa; Wallerstein, Hannah; *The Psychoanalytic Study of the Child*, Vol 68, 2015 pp. 79-88. Publisher: Yale University Press; [Comment/Reply] Abstract: Comments on an article by Diane Ehrensaft (see record 2015-26279-003). Given the absence of reliable predictor variables that differentiate between children whose gender dysphoria will desist versus those in whom it will persist into adolescence, child analysis, with its unique capacity to search beyond the manifest content of a patient's desire, potentially offers a venue from which to assess the developmental achievements that might impact a decision to support or question the utilization of puberty blockers to forestall the physical manifestations of gender. An examination of Ehrensaft's True Gender Self Therapy notes an inherent contradiction between her stated view of gender as 'an aspect of self that can be altered over the course of a lifetime' and the notion of an unchanging gender self that only needs to be uncovered. The latter position veers toward an essentialist position that neglects the exploration of gender fantasies and defines gender in a manner that necessitates an environmental or medical response. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Subjects: Creativity; Gender Identity; Human Sex Differences; Psychoanalysis

Title: The entanglement of sexed bodies and pharmaceuticals: A feminist analysis of early onset puberty and puberty-blocking medications.

Authors: Roberts, Celia; *Subjectivity*, Vol 7(4), Dec, 2014 pp. 321-341. Publisher: Palgrave Macmillan; [Journal Article]

Abstract: International epidemiological evidence demonstrates that more children than ever before now enter puberty before the age of 8. Early onset puberty can be an alarming experience for parents and is thought to entail short- and long-term physical and psychosocial risks, particularly for girls. 'Puberty blocking' hormonal medications are sometimes used to halt the progress of puberty in order to avoid these dangers. This article analyses medical and pharmaceutical discourses describing these medications, exploring how they articulate sex/gender, sexuality, age and health. Engaging with sociological literatures on pharmaceuticalisation and queer and feminist work on atypical sexual development and trans, I argue that prescribing puberty blockers should not be seen as a straightforward 'solution' to early sexual development. Learning from Elizabeth A. Wilson's (2011) engagement with Karen Barad's reconceptualising of bodies, I suggest how we might take account of the psychological and physical worldliness of early developing children when evaluating puberty blockers. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Subjects: Pharmaceutical Industry; Puberty; Sexual Development; Childhood (birth-12 yrs)

Title: Past and future challenges associated with standards of care for gender transitioning clients.

Author: Fraser, Lin; Knudson, Gail

Source: *Psychiatric Clinics of North America*, Vol 40(1), Mar, 2017 pp. 15-27. Publisher: Elsevier Science; [Journal Article]

Abstract: This article defines a standard of care, describes their purpose in general, and then provides an overview of the World Professional Association for Transgender Health's Standards of Care for the Health of Transsexual, Transgender and Gender Nonconforming People Version 7. After a brief history of the document, past and future challenges associated with these Standards including ideas moving forward into the eighth version are presented. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

Subjects: Health Care Services; Professionalism; Transgender; Adulthood (18 yrs & older)

Title: Transgender and anxiety: A comparative study between transgender people and the general population.

Author: Bouman, Walter Pierre; Claes, Laurence; Brewin, Nicky; Crawford, John R.; Millet, Nessa; Fernandez-Aranda, Fernando; Arcelus, Jon;

Source: International Journal of Transgenderism, Vol 18(1), Jan, 2017 pp. 16-26. Publisher: Taylor & Francis; [Journal Article]

Abstract: Background: Anxiety disorders pose serious public health problems. The data available on anxiety disorders in the transgender population is limited by the small numbers, the lack of a matched controlled population and the selection of a nonhomogenous group of transgender people. Aims: The aims of the study were (1) to determine anxiety symptomatology (based on the HADS) in a nontreated transgender population and to compare it to a general population sample matched by age and gender; (2) to investigate the predictive role of specific variables, including experienced gender, self-esteem, victimization, social support, interpersonal functioning, and cross-sex hormone use regarding levels of anxiety symptomatology; and (3) to investigate differences in anxiety symptomatology between transgender people on cross-sex hormone treatment and not on hormone treatment. Methods: A total of 913 individuals who self-identified as transgender attending a transgender health service during a 3-year period agreed to participate. For the first aim of the study, 592 transgender people not on treatment were matched by age and gender, with 3,816 people from the general population. For the second and third aim, the whole transgender population was included. Measurements: Sociodemographic variables and measures of depression and anxiety (HADS), self-esteem (RSE), victimization (ETS), social support (MSPSS), and interpersonal functioning (IIP-32). Results: Compared with the general population transgender people had a nearly threefold increased risk of probable anxiety disorder (all $p < .05$). Low self-esteem and interpersonal functioning were found to be significant predictors of anxiety symptoms. Trans women on treatment with cross-sex hormones were found to have lower levels of anxiety disorder symptomatology. Conclusions: Transgender people (particularly trans males) have higher levels of anxiety symptoms suggestive of possible anxiety disorders compared to the general population. The findings that self-esteem, interpersonal functioning, and hormone treatment are associated with lower levels of anxiety symptoms indicate the need for clinical interventions targeting self-esteem and interpersonal difficulties and highlight the importance of quick access to transgender health services. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

Subjects: Anxiety; Anxiety Disorders; Gender Identity Disorder; Transgender; Adolescence (13-17 yrs); Adulthood (18 yrs & older); Young Adulthood (18-29 yrs); Thirties (30-39 yrs); Middle Age (40-64 yrs); Aged (65 yrs & older); Very Old (85 yrs & older); Male; Female

Title: Art coaching as an explorative technique in the real-life experience regarding people with gender dysphoria.

Author: Ulrich, Hannes; Fitzek, Herbert; Kuhle, Laura F.; Siegel, Stefan;

Source: Gestalt Theory, Vol 38(2-3), Nov, 2016 pp. 321-333. Publisher: Krammer Buch; [Journal Article]

Abstract: Individuals with gender dysphoria are in a transitional phase in the sense of a transformation from one gender to another. The method of Art Coaching permits access to internal mental patterns, which creates the opportunity for self-reflection by using the reception of art works that have previously been analyzed in regards to their effect. Vincent van Gogh's painting 'The Bridge at Arles' is capable of presenting an individual situation of transition; whether this might be a relocation, a change of job, or a new relationship status. This study highlights that Art Coaching is both a helpful and useful method to support exploration as well as helping the patient to self-reflect and gain orientation. Sessions in Art Coaching were conducted with five patients diagnosed with gender dysphoria at the Institute for Sexology and Sexual Medicine of the Charité Universitaetsmedizin Berlin. The participants were at different stages in their individual real-life experiences. This real-life experience aims to test whether the daily life of the patient is bearable in the new gender, in order to prevent possible misguided decisions. The Art Coaching sessions were summarized and evaluated using qualitative morphological research methods. Although the sample was small, the influence between work of art and recipient was found to be of a consistent and precise quality. This is a meaningful finding for the therapeutic process as part of real-life experience. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

Subjects: Art Therapy; Major Depression; Sexology; Adulthood (18 yrs & older); Young Adulthood (18-29 yrs); Thirties (30-39 yrs); Middle Age (40-64 yrs); Male

Title: The mental health of transgender youth: Advances in understanding.

Authors: Connolly, Maureen D.; Zervos, Marcus J.; Barone, Charles J. II; Johnson, Christine C.; Joseph, Christine L. M.;

Source: Journal of Adolescent Health, Vol 59(5), Nov, 2016 pp. 489-495. Publisher: Elsevier Science; [Journal Article]

Abstract: This review provides an update on the growing body of research related to the mental health of transgender youth that has emerged since the 2011 publication of the Institute of Medicine report on the health of lesbian, gay, bisexual, and transgender people. The databases PubMed and Ovid Medline were searched for studies that were published from January 2011 to March 2016 in English. The following search terms were used: transgender, gender nonconforming, gender minority, gender queer, and gender dysphoria. Age limits included the terms youth, child, children, teenager, and adolescent. The combined search produced 654 articles of potential relevance. The resulting abstracts went through a tiered elimination system, and the remaining 15 articles, which presented quantitative data related to the prevalence of transgender youth and their mental health, were included in the present review. In addition to providing new estimates of the number of young people who identify as transgender (.17%–1.3%), studies since 2011 have shown that transgender youth have higher rates of depression, suicidality and self-harm, and eating disorders when compared with their peers. Gender-affirming medical therapy and supported social transition in childhood have been shown to correlate with improved psychological functioning for gender-variant children and adolescents. Recent research has demonstrated increased rates of psychiatric morbidity among transgender youth compared to their peers. Future work is needed to understand those youth who identify as gender nonbinary, improve methods to capture and understand diverse gender identities and related health disparities, and delineate the social determinants of such disparities. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

INTERNET

The following web sources may also be helpful:

The Scottish Trans Alliance has published a number of reports on issues affecting trans people in Scotland, and their web page also includes references to reports by other agencies.

<http://www.scottishtrans.org/resources/research-evidence/> The alliance has also published research based on a UK-wide non-binary survey: <http://www.scottishtrans.org/non-binary/>

Stonewall's Trans Advisory Group is consulting on issues affecting trans people for a forthcoming document – A vision for change. Further details are available on their web page - <http://www.stonewall.org.uk/our-work/campaigns/trans-equality>

In September 2016, Holyrood magazine organised a conference - **Next steps for transgender equality: Improving knowledge, understanding and practice**. The agenda is available [here](#), and may provide further sources of information.

Non Binary Scotland – provides support to non-binary people living in Scotland.
<http://nonbinaryscotland.org/>

Trans youth may have improved access to puberty blockers

<http://www.foxnews.com/health/2015/11/03/trans-youth-may-have-improved-access-to-puberty-blockers.html>

Gender Intelligence

<http://genderedintelligence.co.uk/trans-youth/resources>

Mermaids - supports children and young people up to 19 years old suffering from gender identity issues, and their families, and professionals involved in their care.

<http://www.mermaidsuk.org.uk/>

LGBT Youth Scotland - is the largest youth and community-based organisation for lesbian, gay, bisexual and transgender (LGBT) people in Scotland.

<https://www.lgbtyouth.org.uk/yp-resources-trans>

TransActive Gender Centre

<https://www.transactiveonline.org/resources/youth/puberty-blockers.php>

Puberty blocker for children considering sex change

<http://www.telegraph.co.uk/news/health/news/8454002/Puberty-blocker-for-children-considering-sex-change.html>

Transgender Health Information Program

<http://transhealth.phsa.ca/medical-options/hormones/puberty-blockers>

Blocking Puberty in transgender youth

<http://endocrinenews.endocrine.org/blocking-puberty-in-transgender-youth/>

Puberty blockers and hormones for transgender youth

<http://www.kidsinthehouse.com/teenager/health-and-development/puberty/puberty-blockers-and-hormones-for-transgender-youth>

When Transgender Kids Transition, Medical Risks are Both Known and Unknown

<http://www.pbs.org/wgbh/frontline/article/when-transgender-kids-transition-medical-risks-are-both-known-and-unknown/>

What Parents Should Know About Giving Hormones To Trans Kids

<http://thefederalist.com/2015/02/02/what-parents-should-know-about-giving-hormones-to-trans-kids/>

NY will soon make it easier for trans youths to delay puberty

<http://www.pbs.org/newshour/updates/transgender-youth-puberty-blockers/>