

Gender Dysphoria



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Background

Gender dysphoria is described as a strong and persistent feeling of being born in the wrong sex. Often the feeling is associated with impaired ability to function in everyday life, found in children, adolescents and adults. For adolescents with gender dysphoria, puberty is an additional mental strain that can lead to depression, anxiety and social isolation.

Ref. 1

Aim

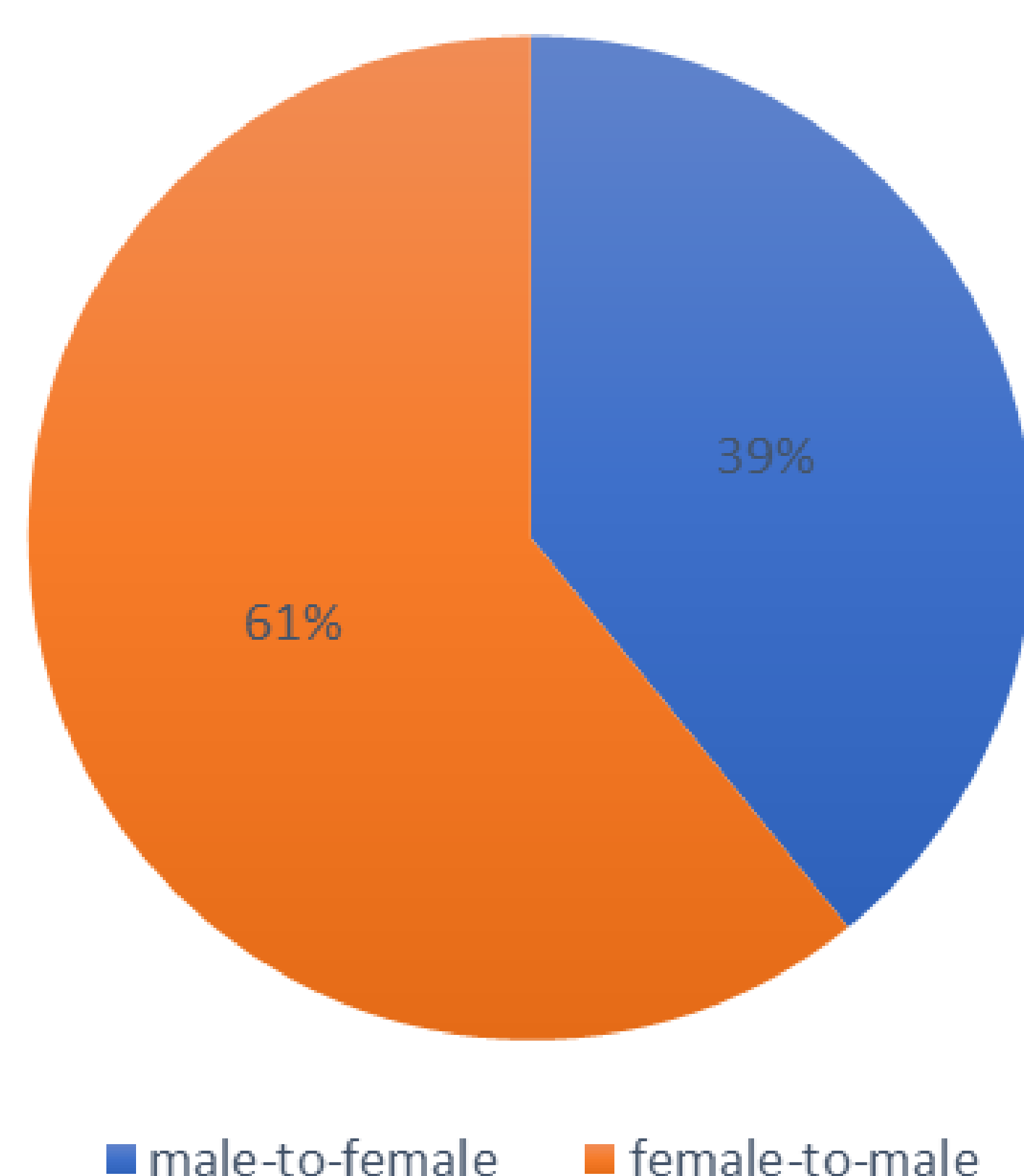
To assess the prevalence in 2017 and elucidate the well-being of adolescents with gender dysphoria.

Methods

With a descriptive study design, we aim to evaluate the quality of life perceived by all the adolescents referred to the university clinic of Queen Silvia Children's Hospital 2017 for endocrine treatment.

Population

Twentythree adolescents (14 natal girls/9 natal boys) with an age between 11 and 17 years old were referred to our endocrine clinic because of gender dysphoria. Eight were treated with GnRH-analogue treatment to stop further sex development.

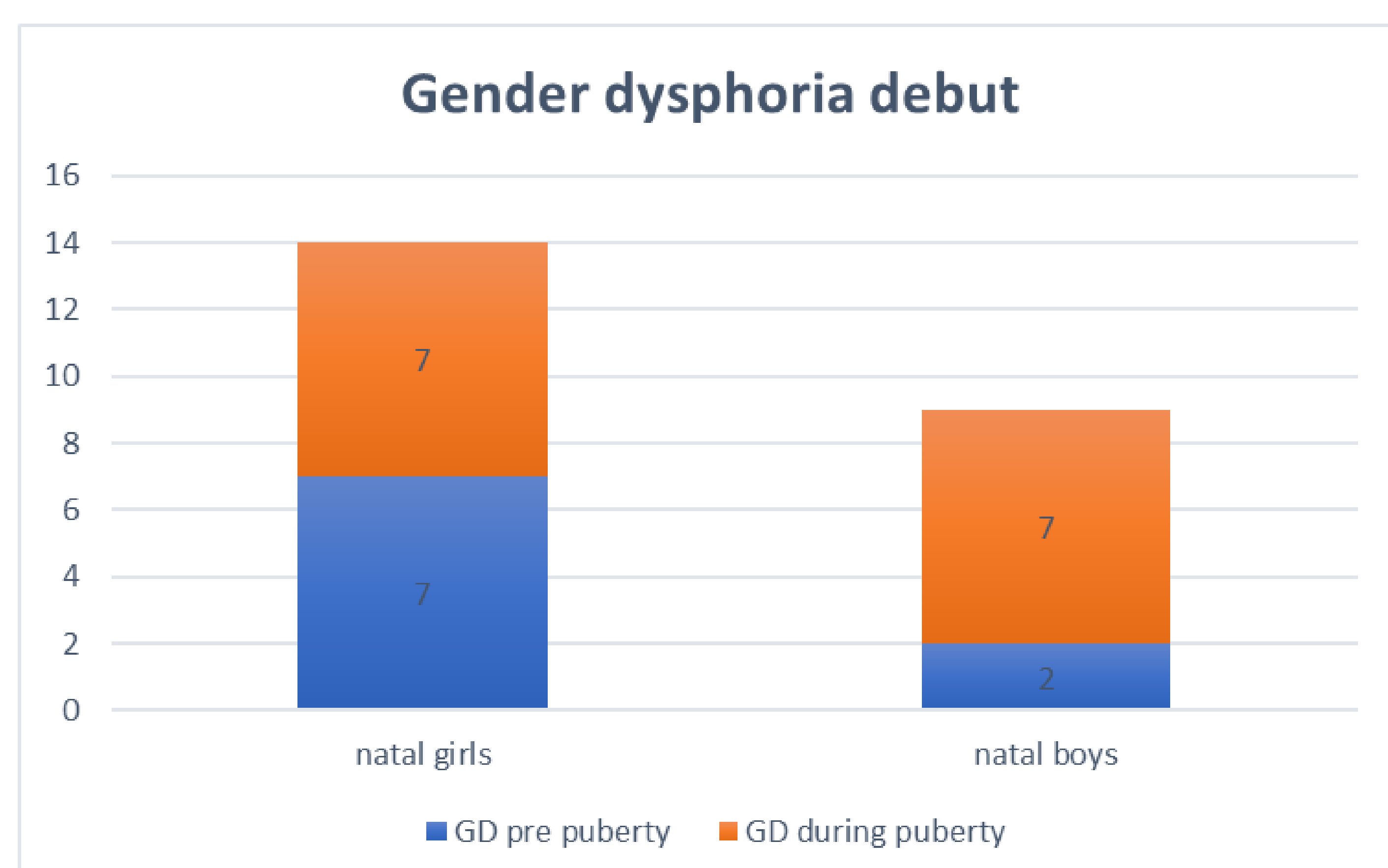
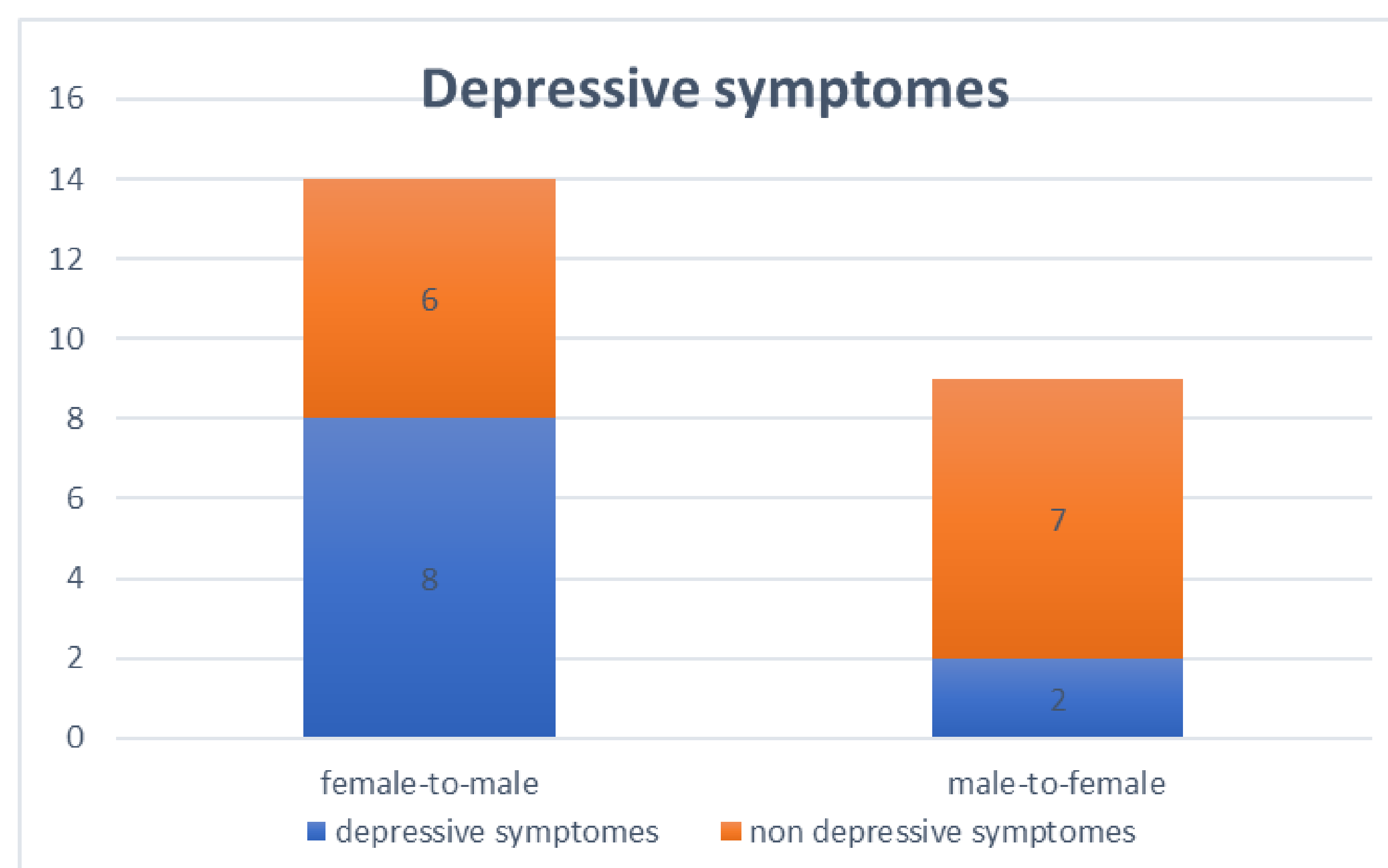


Conclusion

Appropriate care by endocrine team is needed to improve quality of life in most adolescents seeking for gender dysphoria

Results

From interview with a nurse in 2017 and information retrieved from medical records, gender dysphoria debut time and occurrence of depressive symptoms were noted, see charts below.



Reference list

1. Rittakerttu; Adolescent Health, Medicin and Therapeutics 2018:9
2. Aitken M; J sex medicin 2015;12(3)

