Dimensional approach to Gender Dysphoria in Nigeria: association with socio-demographics and psycho-sexual variables

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INTRODUCTION

There is an exponential rise on the topic of Gender dysphoria (GD) on the internet, pubmed data, seminars and conferences. However, most of these discussions skewed toward the western populations. GD appears invisible or non -existence in Africa? Recently, GD has been conceptualized as a continuum of a bipolar disorder with varying degrees of dysphoric expression in between the poles. Hence, dimensional measure of assessment which is in keeping with nature's experiences is being advocated rather than the previous categorical approach of being present or absent.

AIM

- The study aims to document the presence or otherwise of gender dysphoria in Enugu Nigeria.
- Its degree of expressivity
- And its association with socio demographics and psycho-sexual variables

METHOD

- Total of 747 primary/secondary school students and University freshmen aged 10-24 years were studied using Deo-Grascias 27-item gender identity/gender dysphoria questionnaire for adolescents and adults (GIDYQ-AA). Participants were divided into early, mid and late adolescents.
- A Descriptive, cross-sectional study design with multi-staged sampling method.
- The composite and domain scores were calculated using the non parametric method

RESULTS

- There was a slight male preponderance (51.5%), Half of the participants (50.6%) were in the early adolescent period .

- The prevalence of self - identified transgenders and self -reported non-heterosexuals was 0.9 and 18.6 percent respectively.

- A median score of 4.56 against highest score of 5 in the dysphoric scale. , suggesting a less self - reported gender dysphoric symptoms.

- Age was a major determinant (table 1) and sexual orientation and self identity did not differentiate in the GD scale. P values 0.53 and 0.31 respectively.. such that adolescents in mid and late were more likely to score lower score suggestive of dysphoria. It may be for socio-legal benefit or societal recognition

Mann-Whitney U-test (not significant), **Mann-Whitney U-test (significant), ***Kruskal-Wallis test (significant),For age group, Dunnett Post-Hoc pairwise comparison shows that the difference in composite scores were between mid- and early adolescents (p=0.009) and late adolescents and early adolescents (p=0.004). This was true for the subjective, social, and socio-legal indicators

Table 1 The relationship between socio-demographic variables and the scores in the gender dysphoria scale

Table 1 Variables	Composite scores Median (IQR)	p-value	Subjective indicator Median (IQR)	p-value	Social Indicator Median (IQR)	p-value	Somatic indicator Median (IQR)	p-value	Socio-legal indicator Median (IQR)	p-value
Sex		0.17*		0.15*		0.001**		0.27*		<0.001**
Male	4.52(0.40)		4.38(0.38)		3.72(0.55)		5.00(0.00)		4.67(0.42)	
Female	4.56(0.44)		4.38(0.38)		3.81(0.64)		5.00(0.00)		4.96(0.42)	
Age group		<0.001***		<0.001***		0.004***		0.57		0.004***
EA	4.67(0.41)		4.38(0.38)		3.91(0.55)		5.00(0.00)		5.00(0.33)	
MA	4.52(0.47)		4.38(0.46)		3.73(0.73)		5.00(0.00)		4.71(0.48)	
LA	4.52(0.41)		4.38(0.31)		3.72(0.64)		5.00(0.00)		4.83(0.04)	
Education		0.66		0.45		0.51		0.06		0.18
Primary	4.47(0.52)		4.38(0.38)		3.72(0.73)		5.00(0.00)		4.83(0.50)	
Secondary	4.52(0.44)		4.38(0.46)		3.72(0.73)		5.00(0.00)		4.83(0.42)	
Tertiary	4.56(0.37)		4.38(0.23)		3.72(0.64)		5.00(0.00)		4.83(0.33)	

TABLE 2

CONCLUSIONS

The study demonstrated a less self - reported gender dysphoric symptoms in Nigeria compared to the western population. Nevertheless, some degrees of GD was noticed in some participants revealing that it is still existent but invisible, perhaps because of the criminality associated with it .

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