



WPATH: World Professional Association for Transgender Health Standards of Care 8 and the Implications for Working with TGD (Transgender and Gender Diverse) Individuals

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Disclosure

- We have no financial relationships with any commercial interest related to the content of this activity



Learning Objectives

- Disparities in mental health treatment and treatment concerns for LGBTQIA+ individuals
- Assessing for gender affirming care such as HRT and gender affirming surgeries: gatekeeping vs. supporting
- Understanding the difference between gender dysphoria (DSM-5) and gender incongruence (ICD-11)
- Understanding the differences between symptoms of mental health diagnoses such as MDD and GAD vs. symptoms of depression and anxiety resulting from gender dysphoria
- Case examples for short term treatment options/interventions



Population Demographics

- In the US, 1.6 million people ages 13+ identify as transgender (1.3 million adults, 300,000 youth).
- Of the 1.3 million adults who identify as transgender, 38.5% (515,200) are transgender women, 35.9% (480,000) are transgender men, and 25.6% (341,800) reported they are gender nonconforming.
- 1.4 percent of 13- to 17-year-olds and 1.3 percent of 18- to 24-year-olds identify as transgender, compared with about 0.5 percent of all adults.



Mental Health Disparities in the LGBTQIA+ Community

Psychological Distress

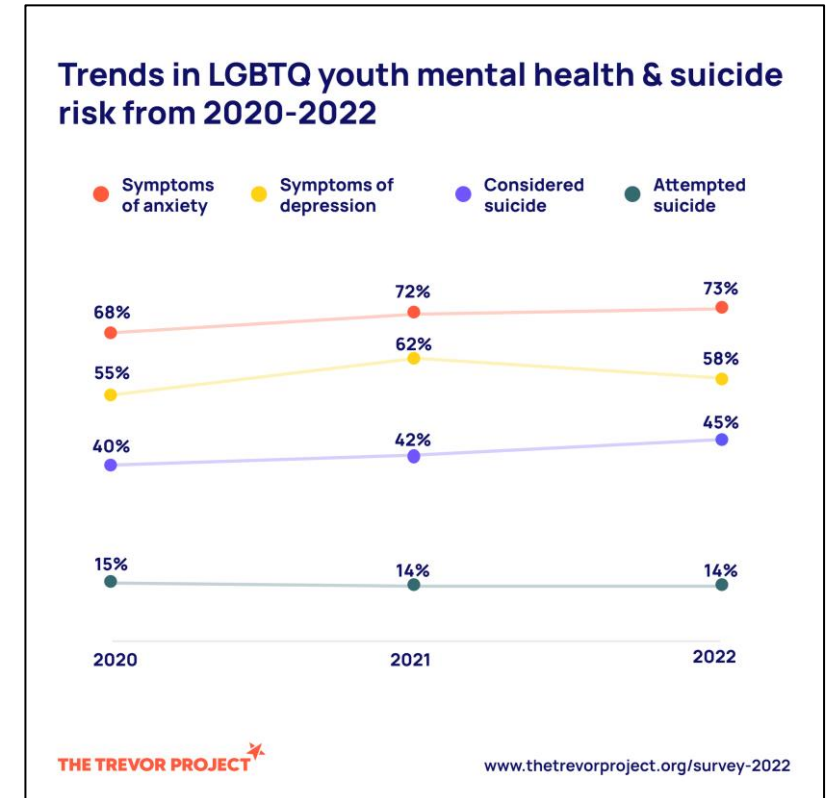
- 85% of LGBTQ youth rate their average stress level as a "5" or higher on a 1-10 scale (2018 LGBTQ Youth Report, HRC)
- 39% experienced serious psychological distress in the month prior, compared with only 5% of the U.S. population (2015 USTS)

Depression

- 58% of LGBTQ youth reported experiencing symptoms of major depressive disorder in the past two weeks including nearly two-thirds of transgender and nonbinary youth and nearly half of cisgender youth.

Anxiety

- 73% of LGBTQ youth reported experiencing symptoms of generalized anxiety disorder in the past two weeks including more than three-quarters of transgender and nonbinary youth and nearly two-thirds of cisgender youth.

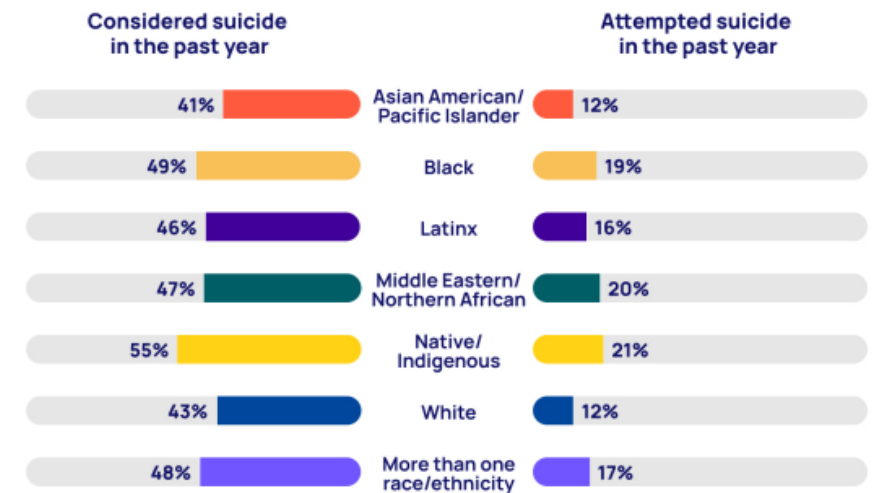


Mental Health Disparities in the LGBTQIA+ Community

Suicidality

- 45% of LGBTQ youth seriously considered suicide in the past year, including 53% of trans & nonbinary youth and 33% of cisgender youth
- 14% of LGBTQ youth attempted suicide in the past year, including 19% of trans & nonbinary youth and 9% of cisgender youth (higher numbers for BIPOC youth)
- LGBTQ youth who reported high levels of support from family attempted suicide at half the rate and LGBTQ youth who go to affirming schools and live in accepting communities also reported lower suicide attempts
- 40% attempted suicide in their lifetime, compared with 4.6% of the U.S. population (2015 USTS)

Rates of considered and attempted suicide among LGBTQ youth by race/ethnicity



Treatment Concerns

- Anti-Trans Legislation
 - Civil Rights
 - Health care
 - Education
- Cost and Access to Care
 - Assessment and writing referral letters
 - Ongoing therapy sessions
 - Necessary ancillary services
 - Socioeconomic stress



Treatment Concerns

- Reproductive Health Impacts
 - Common concern for both patients and their families
 - High cost for preserving eggs/sperm. Rarely covered by insurance.
- Mental Health
 - Lack of resources, long wait times for gender affirming providers. Lived experiences.
- Medical interventions
 - Reversible
 - Semi-permanent
 - Permanent



Assessing for Gender Affirming Care

World Professional Association for Transgender Health (WPATH), Standards of Care for the Health of Transgender and Gender Diverse (TGD) People, Version 8

- History
- Gatekeeping
- Credibility



Requirements

- Hormones for Adults – Informed Consent
- Hormones/Hormone Blockers for Youth & Adolescents – Consent/Assent
- Surgery – Letters of Support

Assessing for Gender Affirming Care

- Assessor Qualifications
- Assessor Role
- Assessment Questions
- Assessing Adolescents

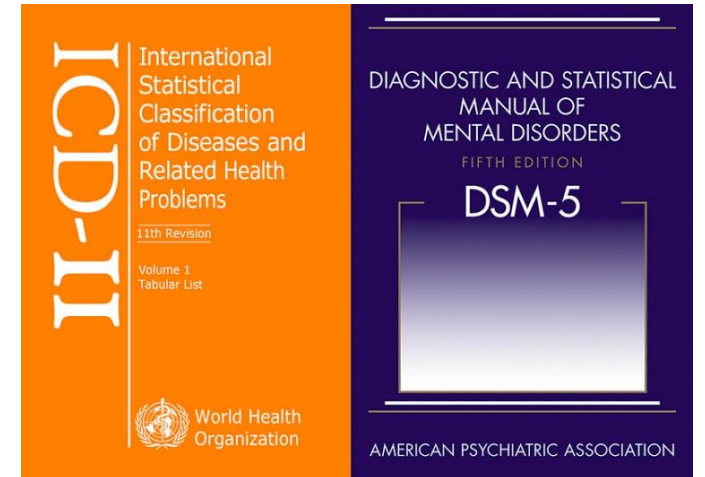


DSM and ICD Gender Classification History

Diagnostic and Statistical Manual of Mental Disorders (DSM)

American Psychiatric Association (APA)

- **DSM-3 in 1980** - Transsexualism classification was introduced
- **DSM-4 in 1994** - Gender Identity Disorder (GID) replaced Transsexualism
- **DSM-5 in 2013** - Gender Dysphoria replaced GID



International Statistical Classification of Diseases & Related Health Problems (ICD)

World Health Organization (WHO)

- **ICD-9 in 1975** – Transsexualism classification introduced
- **ICD-10 in 1992** - Gender Identity Disorder classification replaced Transsexualism
- **ICD-11 in 2019** – Gender Incongruence replaced Gender Identity Disorder and was moved to “Conditions related to Sexual Health” chapter

Gender Incongruence/Dysphoria Diagnostic Criteria in ICD-11 & DSM-5

Four Main Clinical Features

- A strong dislike or discomfort with one's primary and/or secondary sex characteristics
- A strong desire to be rid of some or all of one's primary and/or secondary sex characteristics
- A strong desire to have the primary and/or secondary sex characteristics (or appearance) of the experienced gender
- A strong desire to be treated (to live and be accepted) as a person of the experienced gender

Gender Incongruence and Mental Health/Psychosocial Concerns

- Assessment is key.
- Several studies have shown a higher prevalence of depression and suicidality among TGD folks than in the general population.
- Psychiatric symptoms are relieved with gender-affirming medical and surgical care.
- Psychotherapy offers effective tools and provides context for the individual.
- Unique barriers to forming the therapeutic alliance.

Case Examples

- Adult patient with active suicidal ideation and unsafe housing
- Adolescent patient with PTSD and panic attacks



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Resources

- [Elevated rates of autism, other neurodevelopmental and psychiatric diagnoses, and autistic traits in transgender and gender-diverse individuals](#) (Warrier et al., Nature Communications, Vol 11, Issue 1, 2020)
- [Envisioning a future for transgender and gender-diverse people beyond the DSM](#) (Perlson et. al, The British Journal of Psychiatry, 2021)
- [National Survey on LGBTQ Youth Mental Health](#) (Trevor Project 2022)
- [Queer diagnoses revisited: The past and future of homosexuality and gender diagnoses in DSM and ICD](#) (Drescher, J., International Review of Psychiatry, Vol 27, Issue 5, 2015)
- [Report Reveals Sharp Rise in Transgender Young People in the U.S.](#) (Ghorayshi, A., The New York Times, 2022)
- [Standards of Care for the Health of Transgender and Gender Diverse People, Version 8](#) (World Professional Association for Transgender Health, 2022)
- [U.S. Transgender Survey: Executive Summary](#) (National Center for Transgender Equality, 2015)
- [Understanding Insurance Requirements for Gender Confirmation Surgery](#) (Boskey, E., Very Well Health, 2022)
- [Validity of Categories Related to Gender Identity in ICD-11 and DSM-5 Among Transgender Individuals who Seek Gender-Affirming Medical Procedures](#) (Robles et al., International Journal of Clinical and Health Psychology, Vol 2, Issue 1, 2022)

