



# Trans Youth CAN!

## A New Study of Medical, Family, and Social Outcomes for Trans Youth Referred for Hormone Therapy

Presented by Julie Temple Newhook, PhD., for the Trans Youth CAN! Research Team



# Our Research Team

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## Additional Contributors

Frank Suerich-Gulick

**19 youth who provided  
feedback on survey items  
(English and French groups)**

**9 parents/caregivers who  
provided feedback on survey  
items (English and French  
groups)**

Our youth participants

Our parent/caregiver  
participants

Our funder:





Schulich  
MEDICINE & DENTISTRY



Western  
UNIVERSITY · CANADA



RESEARCH INSTITUTE  
INSTITUT DE RECHERCHE



Hôpital de Montréal  
pour enfants  
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de santé McGill



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STOLLERY  
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HOSPITAL



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CALGARY

Alberta Children's Hospital



Centre de santé  
**MERAKI**  
Health Centre

Avec nos mains,  
nos cœurs, et nos  
esprits ouverts



Rainbow Health Ontario  
Santé arc-en-ciel Ontario



**SickKids**  
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SICK CHILDREN



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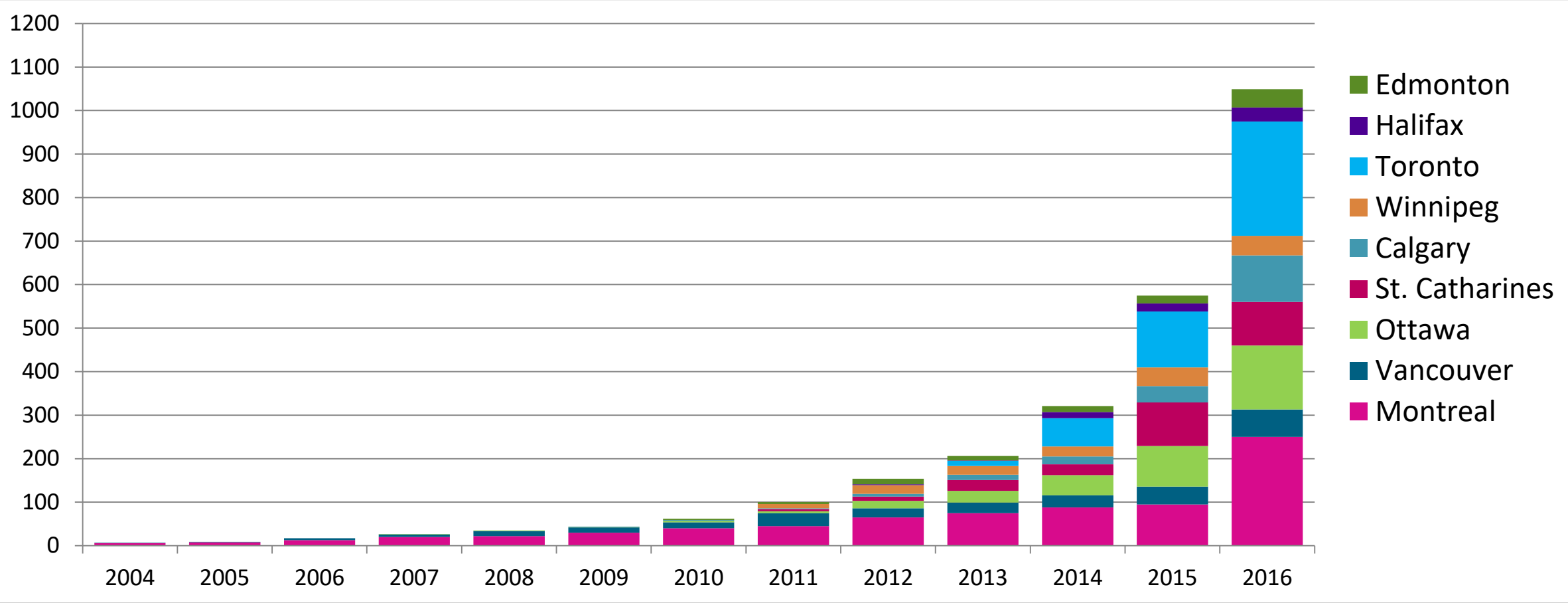
**MEMORIAL**  
UNIVERSITY



UNIVERSITY  
OF MANITOBA



# Pediatric patient referrals\* to specialist clinics for puberty blockers or gender-affirming hormones: 9 Canadian clinics



\* Some referral numbers estimated. Some referrals are for prepubertal youth, though blockers are not prescribed prior to puberty.

Lawson M, Bauer G, Bonifacio J, Couch B, Ducharme J, Ghosh S, Massarella C, Metzger D, Mokashi A, Pacaud D, for the Trans Youth CAN! Research Team. Data presented as part of a poster at the Canadian Professional Association for Transgender Health Conference, Vancouver, Canada, 2017.



# Trans Youth CAN! Study

- **Largest prospective cohort of trans youth undergoing medical care internationally, and the first in Canada.**
- **2 years**
- **10 clinics**
  - **Interviewer-administered youth surveys: Baseline, 12 mos., 24 mos.**
  - **Brief online symptom checklists: every 3 months**
  - **Case report forms: clinical and laboratory measures**
  - **Self-completed parent/caregiver survey: Baseline, 12 mos., 24 mos.**



# Recruitment

- **As of May 28, 2019: 164 youth and 153 parents/caregivers**
  - **Puberty to 15 years**
  - **First visit for puberty suppression and/or hormone therapy**
  - **Recruitment to wrap up June 30, 2019**



# Objectives/Goals

- **Pathways to care, hormone regimens, medical outcomes, psychosocial outcomes, stressors on the family, family functioning, and parent/caregiver well-being.**
- **Whether differences in hormone regimen, pathways to care, age, gender spectrum, and parental gender support impact youth outcomes.**
- **The needs and well-being of parents/caregivers**



# Aims

- **Inform debates regarding medical care of trans youth**
- **Inform cultural competence within health care and social services, and provide evidence base for care**
- **Create practical resources to help trans youth, their parents, families and communities know what to expect when a youth undergoes hormone therapy.**





# Community Engagement

- Survey Development:
  - **Youth and Parent Feedback Groups in English and French.**
  - **Workshopped survey measures that needed development (e.g., gender euphoria, stressors on families), and provided overall feedback on the survey's flow and language.**
  - **All Feedback Group participants received an honorarium**



# Knowledge Translation

- **Youth and Parent Community Consultation Committees in English and French.**
- **Will help shape research outputs for accuracy and community relevance.**
- **Applications to be open soon, all participants will receive an honorarium.**
- **Are able to apply to join the research team later if they wish to conduct analyses or author research papers.**



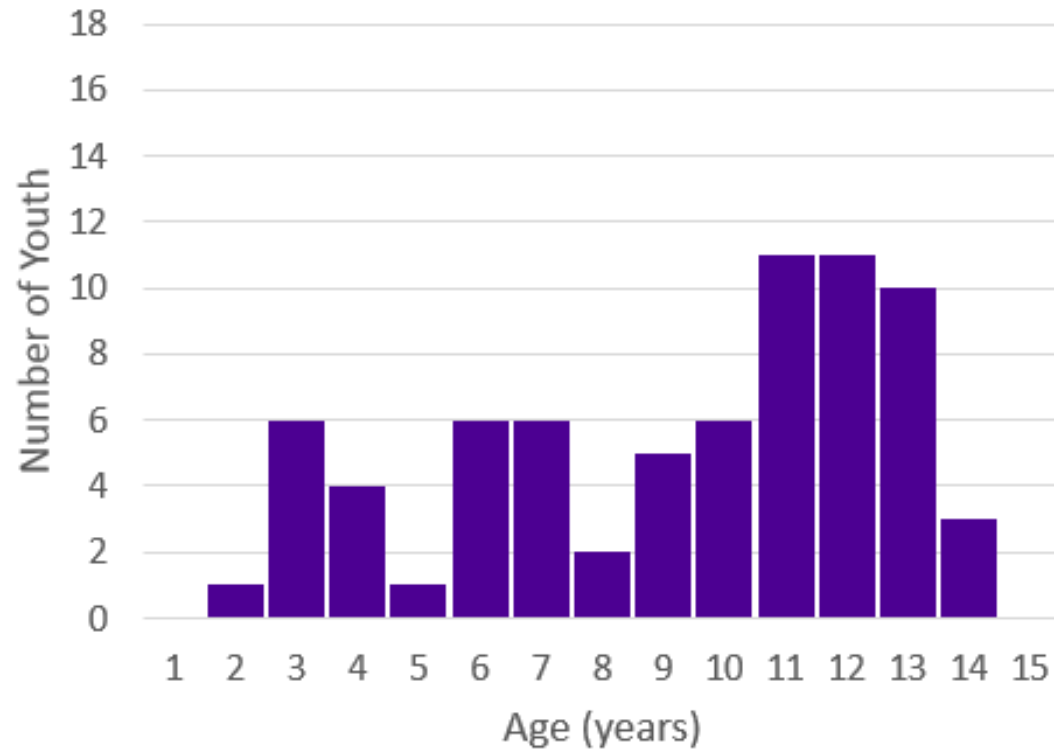
# Preliminary Results

- **First 73 youth and 69 parents/caregivers enrolled at baseline; clinical case report data complete for 52 youth**
  - Analyses for WPATH conference in Fall 2018



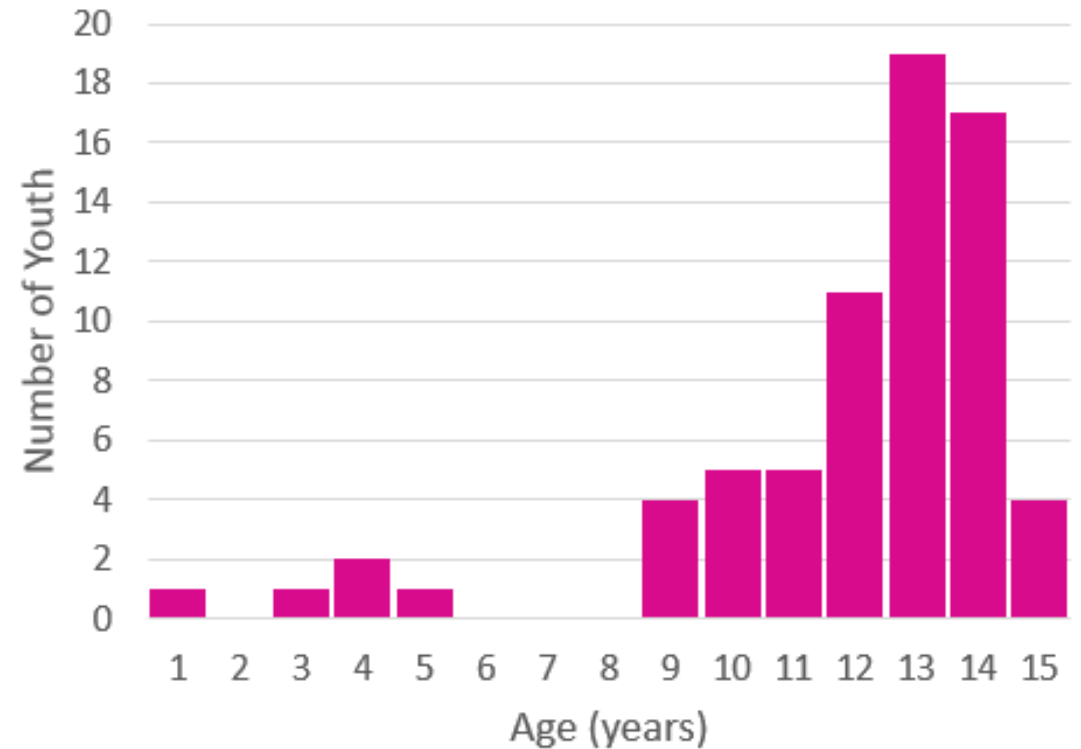
# Gender: Developmental Timing

## Age Realized Gender was Different



1 missing

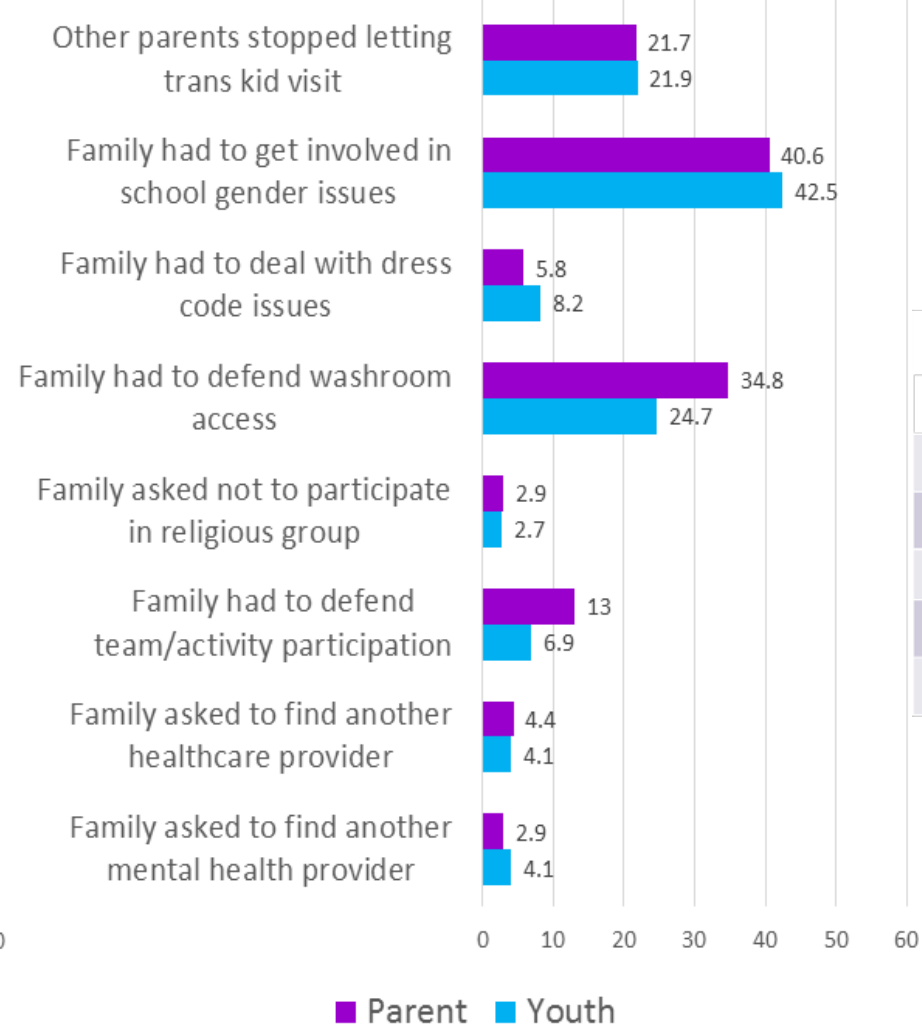
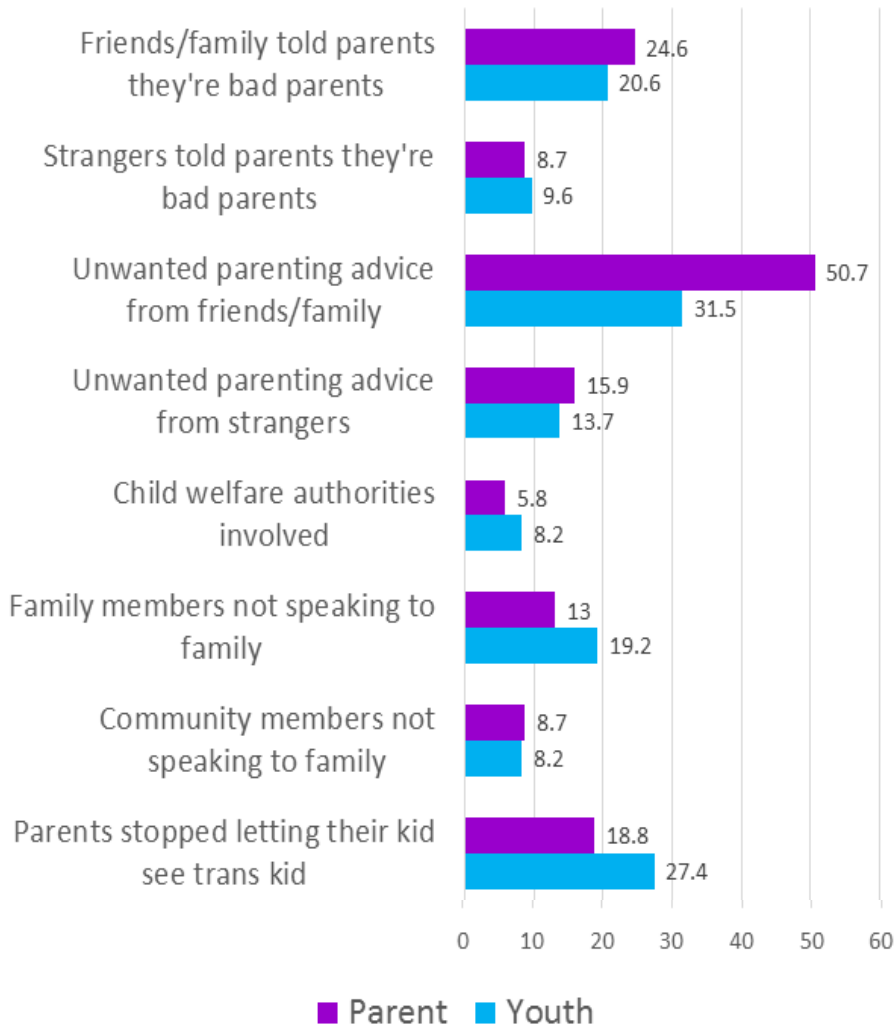
## Age Started Living in Gender



1 missing, 2 not living in their gender



# Stressors on the Families of Trans Youth



**Total Number of Stressors on the Families of Trans Youth**

	Youth Report	Parent Report
	%	%
None	27.4	22.1
1	24.7	17.7
2-4	26.0	42.6
5-9	17.8	8.8
10+	4.1	8.8



# Sources of Support for Youth

Family & Friends	%
At least one parent	95.9
Real-life (offline) friends	84.9
Non-trans friends	72.0
Siblings	50.7
Extended family	45.2
Trans friends	45.2
Online friends	43.8
Classmates	42.5

Community, School & HCPs	%
Mental health provider	50.7
LGBT2Q community	46.6
Regular doctors	45.2
Teachers	35.6
Extracurricular leaders	13.7
Other sources	12.3
Cultural or ethnic community	4.1
Faith community	2.7

Participants may indicate more than one; total will not sum to 100%

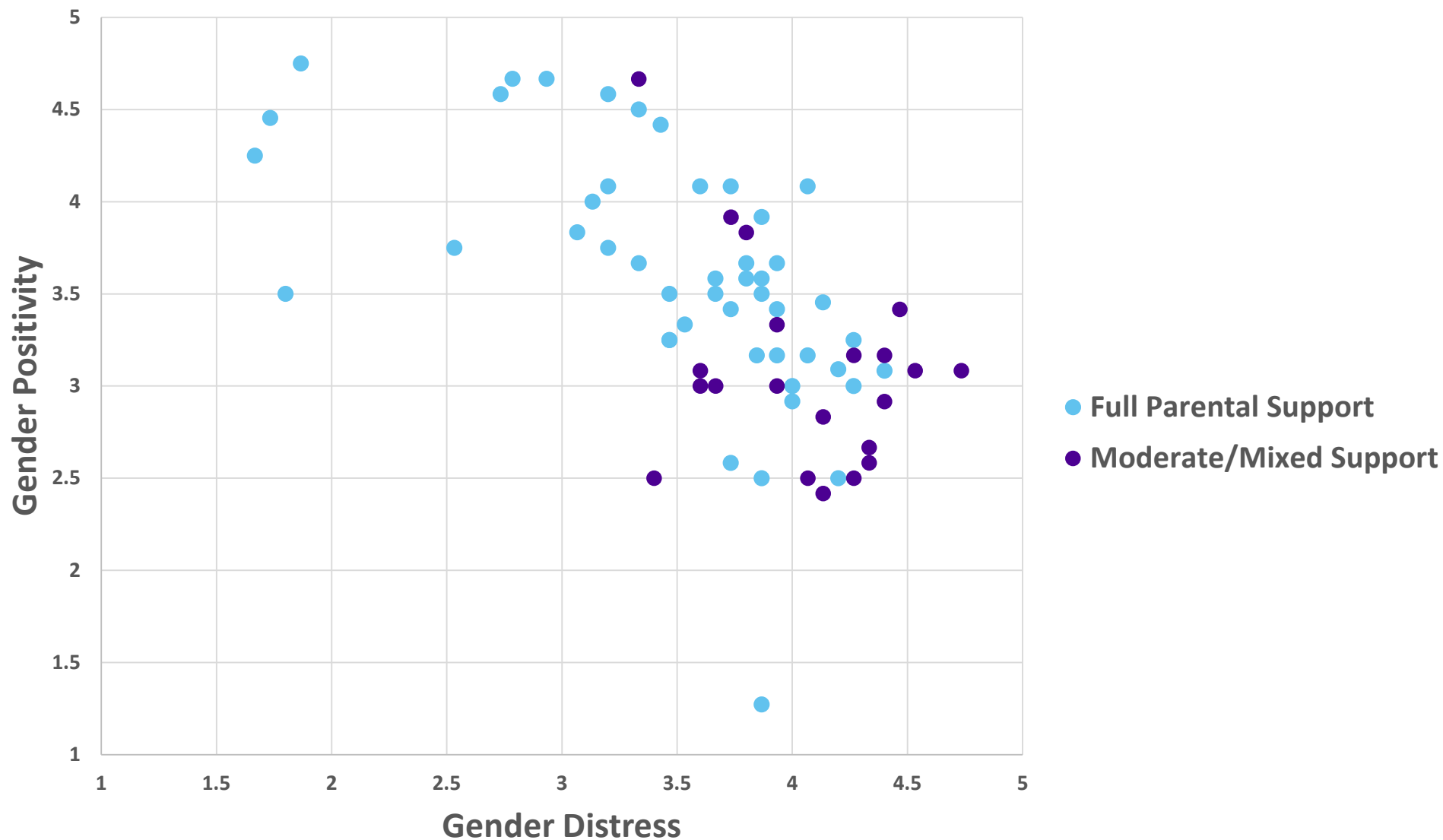


# Parental Support for Gender Identity/Expression, Gender-affirming Medical Care, and Pronouns

	n	%
<b>Parental support for gender identity and expression</b>		
All parents very supportive	48	67.6
Mixed/moderate support	23	32.4
All parents unsupportive	0	0
<b>Parental support for gender-affirming medical care</b>		
All parents very supportive	47	66.2
Mixed/moderate support	24	33.8
All parents unsupportive	0	0
<b>Parental use of youth's pronouns</b>		
All parents use consistently	42	61.8
Other	26	38.2



# Gender Distress/Gender Positivity and Parental Support





For more information visit our  
website!

<http://www.transyouthcan.ca>



# Trans Youth CAN! Gender Distress Scale (TYC-GDS)

**On a scale from 1-5:**

1= disagree completely

2= disagree somewhat

3= neutral

4= agree somewhat

5= agree completely

**To what extent do you agree with the following statements?**

<b>Birth wish</b>
1) I wish I had been born in a different body
<b>Gender Distress Subscale - Social</b>
2) I avoid social situations or activities because I can't express myself in my gender
3) I feel hurt if someone calls me the wrong gender (using the wrong pronouns/wrong name)
4) I enjoy dressing myself in ways that express my gender [reversed]
5) I feel that society doesn't accept or embrace me in my gender
6) I worry that people will always treat me as the wrong gender
7) When people treat me like the wrong gender or expect me to behave like a girl/boy I feel hurt
<b>Gender Distress Subscale - Body</b>
8) I dislike seeing my naked body
9) I feel unhappy because I have a feminine/masculine body
10) I worry that I might always have a feminine/masculine body
11) I dislike peeing sitting down/standing up
12) I dislike having a period/penis or erections because it makes me feel like I'm not my true gender
13) I dislike having breasts/facial hair because they make me feel like I'm not my true gender
14) I feel like I can't trust what my body might do as I get older
15) I dislike my voice because I feel that it doesn't match my gender



# Trans Youth CAN! Gender Positivity Scale (TYC-GPS)

**On a scale from 1-5:**

1= disagree completely

2= disagree somewhat

3= neutral

4= agree somewhat

5= agree completely

**To what extent do you agree with the following statements?**

## Pride in gender

1) Being trans or non-binary is one of the cool things about me

2) I feel a sense of accomplishment and pride being able to express myself as my gender

## Gender Positivity Subscale - Social

3) I enjoy going out in public and doing social activities because I can express myself as my gender

4) I feel validated when strangers in public treat me like my gender

5) I feel confident trying new and different clothes that express my gender

6) I feel happy that society sees me on the outside for who I am on the inside

7) I am relieved I don't have to work as hard as I used to for people to see me as my gender

## Gender Positivity Subscale - Body

8) I feel confident in my body

9) I feel attractive

10) I am comfortable in my body

11) I feel like my body fits with the real me

12) Things about my body that used to bother me don't bother me as much anymore

