

# Health Characteristics of Transgender Youth Seeking Medical Care in the Trans Youth Can! (TYC!) Study

Lara Penner-Goeke, Jennifer Ducharme, Margaret L. Lawson, and Greta R. Bauer; for the Trans Youth CAN! Research Team

## Acknowledgements



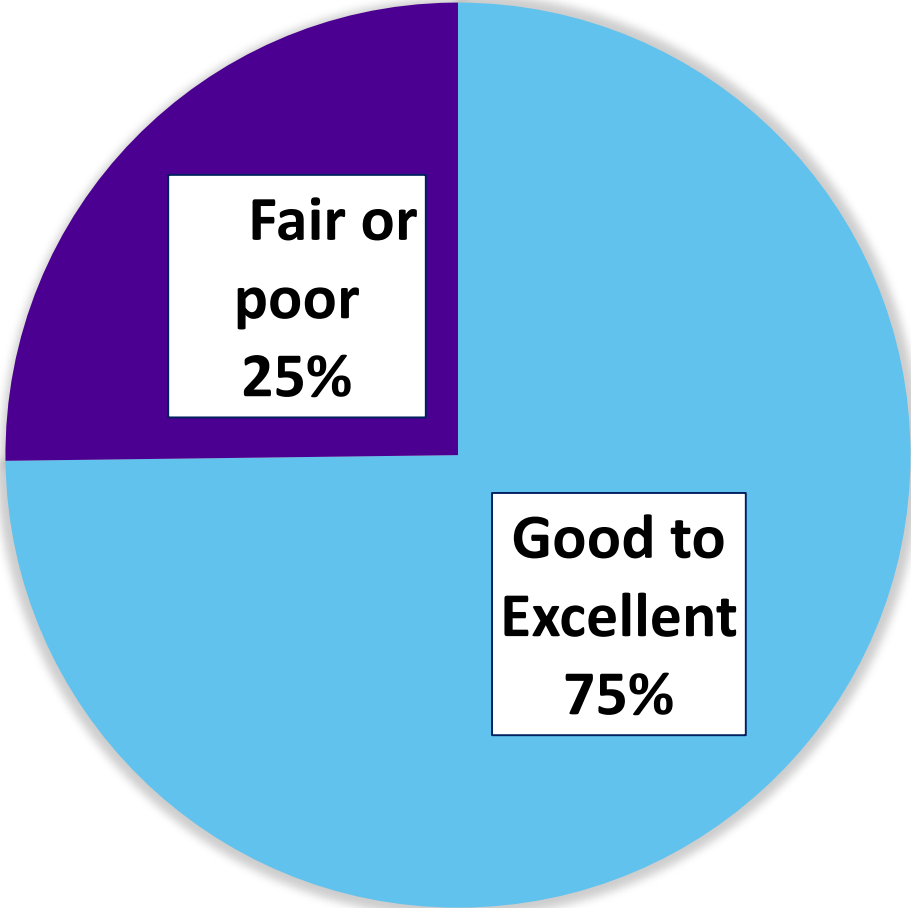
# Trans Youth CAN! Study

- Two-year cohort study of youth referred to 10 clinics in Canada for puberty suppression or cross-sex hormones
- Interviewer-administered youth surveys: Baseline, 12 mos., 24 mos.
- Youth clinic medical records: Baseline to 24 mos.
- Self-completed parent/caregiver survey: Baseline, 12 mos., 24 mos.
- Medical, family and social outcomes
- 174 youth (73.3% transmasculine, 18.6% transfeminine, 8.1% non-binary), 160 parents/caregivers
- *\*NOTE: Results are currently unpublished (as of November 2020)*

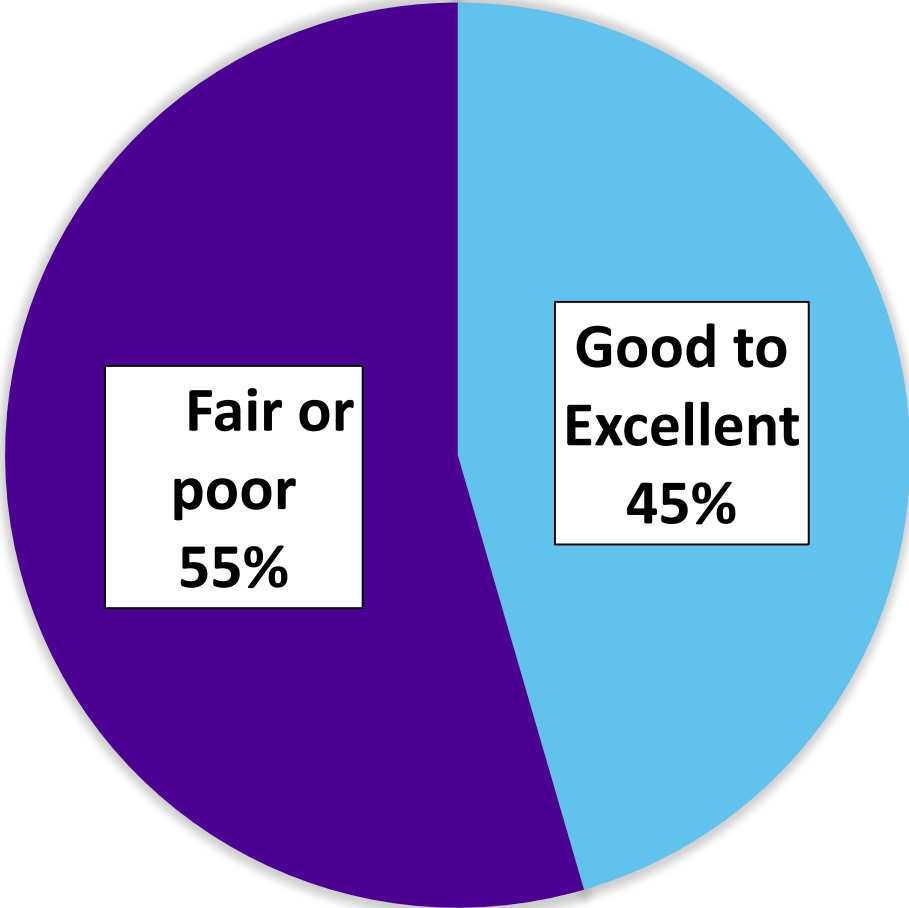


# Self-Assessed Health

### PHYSICAL HEALTH



### MENTAL HEALTH



# Mental Health Characteristics

	Weighted %
Current clinically significant symptoms	
Anxiety (OASIS $\geq 8$ )	65.2
Depression (MDS often/always $\geq 4$ )	19.3
Diagnoses	
Anxiety	40.2
Depression	32.0
ADHD	23.3
Autism spectrum	6.0
Learning disability	4.8
OCD	4.2
PTSD	1.9
Other	25.2



## Self-Harm and Suicidality

	Weighted %
Self-harm, past year	67.6
Suicidality, past year	
Suicidal ideation, past year	34.5
Suicide attempt, past year	16.8
Suicidality, lifetime	
Suicidal ideation, ever	58.1
Suicide attempt, ever	36.0



# Conclusions & Next Steps

- Youth presented with mental health concerns, self-harm and suicidality at rates higher than typically seen among youth
- Follow-up analyses will explore the role that gender-affirming treatment has on changes in mental health over time among transgender youth receiving medical treatment
- Knowledge translation to inform trans youth, their families, clinicians, researchers, and the general public about research results is in development
- Potential changes to medical care, social services, youth and family decision-making

