



Pathways to care for trans youth accessing gender affirming medical care in Canada: New research from Trans Youth CAN!

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Trans Youth CAN!

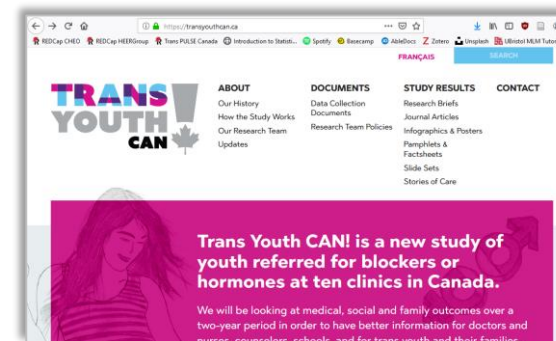
Cohort study of **174 youth** aged from puberty to age 15 attending one of 10 clinics for blockers or hormones, and **parent or caregiver (n=160)** when possible, focusing on social, family, and medical outcomes.

Enrollment and baseline data collection completed, and two years of follow-up data are being collected.

Our central research question is how best to support the well-being of trans and non-binary youth attending clinics for gender-affirming care, and their families.



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Background/Objectives

- Referrals of transgender and gender-diverse (trans) youth to clinics for gender-affirming medical care have increased across Canada and internationally
- We will describe the pathways in Canada for youth < 16 years at first medical appointment for hormone blockers or gender affirming hormones



Methods

- Youth < 16 years of age referred for gender-affirming endocrine care (blockers or hormones were enrolled at first medical appointment)
- Parent/caregiver eligible if their youth consented
- Measures (English and French)
 - Youth surveys conducted in-person by research assistant
 - Parent/caregiver survey completed independently
 - Case report forms
 - Baseline data collected from Sept 2017 to July 2019



Description of medical clinics' diversity care

- Each of the 10 participating clinics has one or more pediatric specialists who are the prescribers of hormone blockers and gender affirming hormones
- Five clinics do not require psychiatry or psychology assessment(s) before hormone blockers or gender affirming hormones, while 4 clinics always require these assessments first, and 1 clinic sometimes does.



Results

- 174 youth
 - 78.7% assigned female at birth
 - 8.1% non-binary
 - 21.3% assigned male at birth
 - 8.3% non-binary
- Youth reported more months seeking hormone care than reported by their parent/caregiver ($p < 0.0001$)

	n	Mean	95% CI	Min-Max
Age realized gender was different	173	9.9	[9.4, 10.3]	2-14
Age starting living in gender	170	12.3	[12.0, 12.6]	3-15
Age discussed gender outside family	171	12.6	[12.3, 12.8]	3-15
Age at referral	168 ^a	13.7	[13.5, 13.9]	9-15
Months seeking hormone care	171	13.5	[11.9, 15.1]	0-60
Age at first appointment	174	14.3	[14.1, 14.6]	10-15
Months from referral to first medical appointment	168 ^a	8.9	[8.0, 9.7]	0.07-33.5

a. 2 missing referral date in the EMR; 4 additional youth excluded as they were referred when pre-pubertal.

**NOTE: these results are currently unpublished (as of November 2020)*



Care accessed before medical clinic

- Youth saw **2.7 providers** (up to 8) regarding their gender
 - Family doctor (68.5%); psychologist (41.3%); school counsellor (34.3%); other counsellor (33.6%); pediatrician (28.8%), psychiatrist (21.1%)
- Referring provider
 - Family doctors (50.4%); pediatrician (18.4%); psychiatrist (9.5%)
 - 6.2% of youth self-referred
- Participation in conversion therapy (“program to align their gender with their sex assigned at birth”)
 - 8.8% participated + 8.9% of parents considered it

**NOTE: these results are currently unpublished (as of November 2020)*



Sociodemographics & ages/time through care

- No association with sex assigned at birth or non-binary gender identity
- Youth who spent MORE months seeking hormone care were more likely to:
 - Identify as Indigenous ($B=4.83$, 95%CI[0.69, 8.96], $p=0.022$)
 - See more providers before clinic ($B=1.06$, 95%CI[0.69, 8.96], $p=0.041$)
- Being OLDER at first medical appointment:
 - Experienced more day-to-day discrimination ($B=0.07$, 95%CI[0.003, 0.14], $p=0.041$)
- Youth on autism spectrum or with developmental disability were:
 - YOUNGER at first appointment ($B= -0.70$, 95%CI[-1.36, 0.04], $p=0.037$)
- 40.8% of parents/caregivers reported any past/current conflict with spouse/co-parent regarding their youth's gender
 - Parental conflict not associated with ages/time through care

**NOTE: these results are currently unpublished (as of November 2020)*



Mental health, self-harm and suicidality

- 50.3% of youth had a mental health diagnosis with those youth more likely to have seen a psychologist or psychiatrist before coming to clinic for hormone care
- 68% had engaged in self-harm (56% in last year)
- 58% had seriously considered suicide at some point (34% in last year)
- 36% had attempted suicide at some point (17% in last year)

**NOTE: these results are currently unpublished (as of November 2020)*



Self-harm and suicidality

Predictor	Outcomes											
	Age youth 1 st met with someone re: gender			Wait time in days			Age at referral			Age at first medical appointment		
	<i>B</i>	<i>95% CI</i>	<i>p</i>	<i>B</i>	<i>95% CI</i>	<i>p</i>	<i>B</i>	<i>95% CI</i>	<i>p</i>	<i>B</i>	<i>95% CI</i>	<i>p</i>
<i>Engaged in self-harm ever</i>	0.77	[0.23, 1.31]	0.006	53.67	[-0.98, 108.32]	0.054	0.56	[0.15, 0.97]	0.008	0.77	[0.36, 1.18]	0.0003
<i>Engaged in self-harm in the last year</i>	0.80	[0.30, 1.30]	0.002	58.35	[8.00, 108.71]	0.023	0.60	[0.22, 0.99]	0.002	0.79	[0.40, 1.17]	<0.0001
<i>Had suicidal thoughts ever</i>	1.19	[0.71, 1.68]	<0.001	60.49	[9.83, 111.14]	0.020	0.71	[0.33, 1.09]	0.0003	0.93	[0.55, 1.31]	<0.0001
<i>Had suicidal thoughts in the last year</i>	0.84	[0.32, 1.37]	0.002	36.93	[-15.92, 89.77]	0.170	0.53	[0.13, 0.94]	0.011	0.64	[0.23, 1.05]	0.002
<i>Had a suicide attempt ever</i>	0.73	[0.21, 1.25]	0.006	29.50	[-23.32, 82.32]	0.272	0.34	[-0.07, 0.74]	0.103	0.44	[0.03, 0.85]	0.036
<i>Had a suicide attempt in the last year</i>	0.53	[-0.15, 1.20]	0.124	19.97	[-49.41, 89.36]	0.571	0.22	[-0.31, 0.76]	0.407	0.24	[-0.29, 0.77]	0.377

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Conclusions

- Youth spent over a year, and more time than their parent/caregiver, seeking gender-affirming hormone care
 - And then spent just under a year waiting for their first appointment
- Sex assigned at birth and gender identity were not associated with ages/times through care
- Significant proportion of youth seeking care had experienced self-harm or suicidality
 - Which was associated with ages through care and wait times
- Family physicians can be an important part of youth's gender journey and providing gender-affirming care



Thank you to our research team!

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

**6 youth and 7 parents
participated in our Community
Consultation Committees**

Our youth participants

**Our parent/caregiver
participants**

Our funder:





Schulich
MEDICINE & DENTISTRY



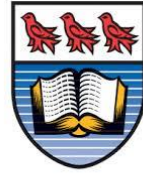
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