



External stressors on families of transgender youth in clinical care: Results from Trans Youth CAN!

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Methods- Trans Youth CAN!

Sample

- 174 youth from puberty to age 15
 - 160 matched parents (92%)
- Referred to one of 10 gender clinics for blockers or hormones
 - Youth recruited at their first medical appointment at clinic

Prospective cohort study.

Data on social, family, and medical outcomes

Data Sources (with 2 years of follow up)

- Interviewer-administered youth surveys (baseline, 1-year, and 2-year follow-up)
- Self-completed parent surveys (baseline, 1-years, and 2-year follow-up)
- Clinic medical records (each clinic visit)
- Short online symptom checklists (every 3 months)



Background

- Gender diverse youth may experience external stressors from social exclusion
 - By friends, family, school, or community
- Parents of these youth may also face stressors
 - Judgements from others re: parenting
 - Need to advocate for their youth's rights and to protect them from harm



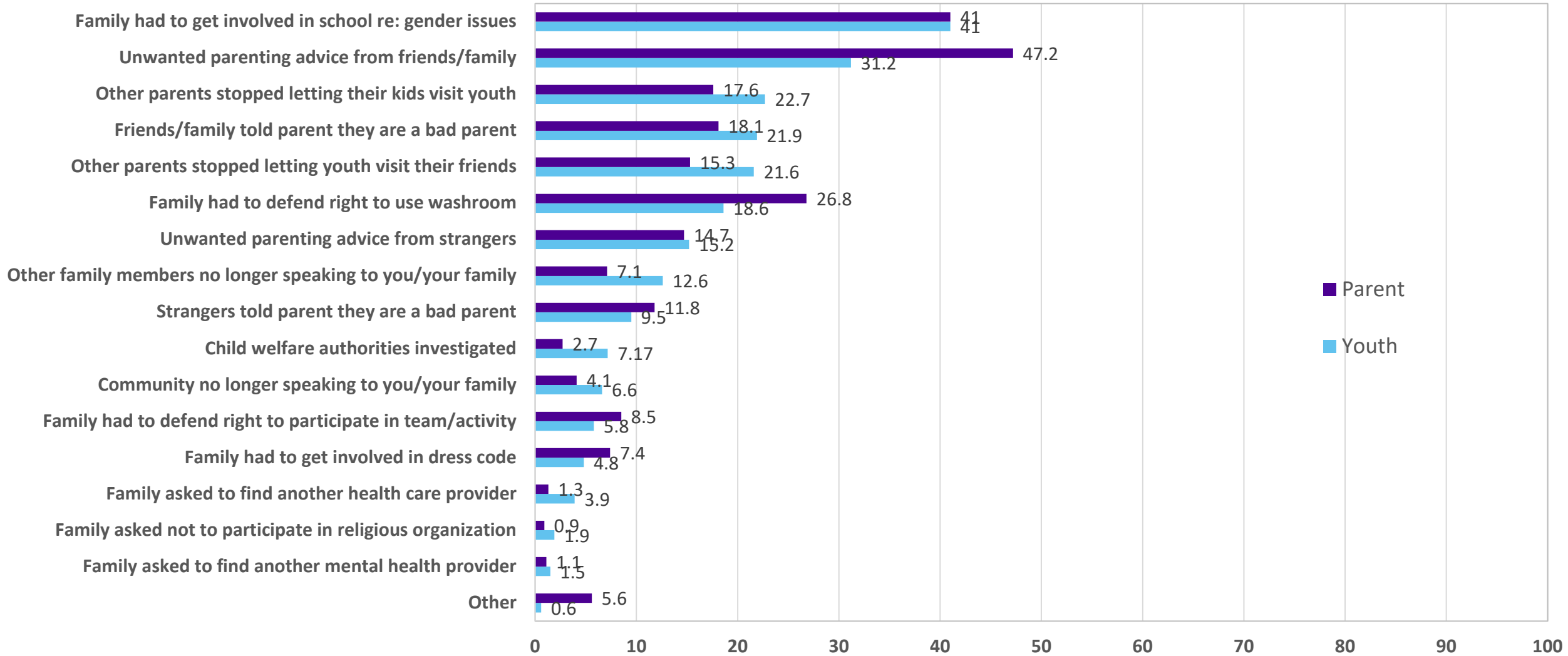
Methods-Development of the Stressors on Families of Trans Youth Checklist (SFTYC)

- Key goal of TYC! is to look at *family outcomes*
 - Need a measure to capture the types of externally imposed stressors on the families of trans youth
 - Systematic and quantitative to assess change over time
 - 2 years while receiving gender-affirming medical care
1. Checklist derived from clinician, researcher, and parent report
 - i. Parallel versions created for youth and parents
 - ii. Measure was translated into French
 2. Input was provided from 4 feedback groups (youth and parents; English and French)
 - i. Helped to identify additional stressors, and confirm content validity of existing items.
 - ii. Redundant/highly overlapping items removed for final version.



Stressors on Families of Trans Youth Checklist (SFTYC)

Has your family experienced any of the following because of your (youth's) gender?



Number of external stressors experienced

# of external stressors reported		
	Youth Report	Parent Report
	%	%
0	35.7	29.7
1-4	45.4	53.2
5-9	17.43	14.5
10+	1.6	2.67

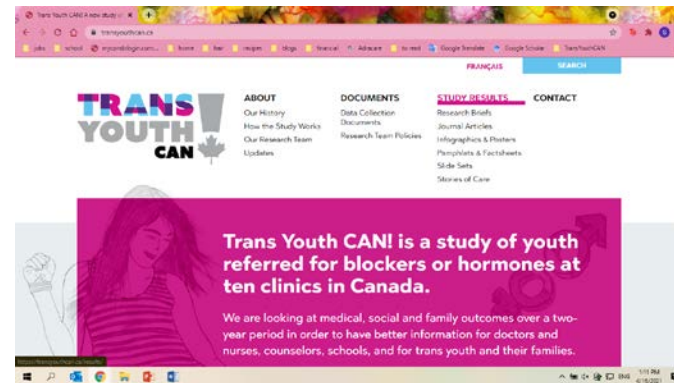
	# of external stressors (youth report)	
Age	Mean	p
10-13 years	2.5	0.213
14-15 years	1.9	
Gender		
Female/girl	1.3	0.095
Male/boy	2.3	
Non-Binary	1.2	
Low income home		
Yes	2.3	0.630
No	2.1	
Indigeneity/Immigration		
Indigenous	2.8	0.194
Immigrant family	2.1	
Non-immigrant family	1.8	



Impact

- Beyond internal factors (like distress and dysphoria) that are experienced by gender-diverse youth, psychological research and practice would benefit from focus on the impacts of **externally** imposed stressors and ways to provide appropriate psychosocial supports for the whole family

Find the full
measure and
get all our
results!



www.transyouthcan.ca

Thank you to our research team!

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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)

6 youth and 7 parents in our
Community Consultation
Committees

Our youth participants

Our parent/caregiver
participants

Our funder:





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