

Journal Club Feature Article

Journal Club will meet Thursday, January 20, from 12:10-1:00 p.m. via Zoom. To sign up, email: trans.edu@phsa.ca

A study on the effectiveness of a multidisciplinary class for gender-affirming chest surgery in transmasculine and nonbinary patients and their support persons*

Tong, E., Lakhardt, K., Wenzel, C. F., & Tong, W. (2021). A study on the effectiveness of a multidisciplinary class for gender-affirming chest surgery in transmasculine and nonbinary patients and their support persons. *Journal of Plastic, Reconstructive & Aesthetic Surgery*, 74(11), 3168-3177. <https://doi.org/10.1016/j.bjps.2021.05.002>

Abstract: “With increasing acceptance and awareness, the number of patients who were assigned female at birth and identified as male or nonbinary, seeking gender-affirming chest mastectomy (top surgery) is increasing. Efforts are being made to improve outcomes and patient satisfaction for this patient population. Studies reported that education by healthcare professionals enhanced patients’ satisfaction and readiness for surgery. Evidence demonstrated that preoperative education could reduce analgesia requirement and enhance recovery. Patients reported less anxiety when given preoperative information. However, there is no data on the effect of a class specifically for top surgery on surgical outcomes. At our institution, prospective patients have access to a multidisciplinary class to help prepare them for top surgery. We hypothesized that by educating patients and their support persons in a class, we could improve surgical outcomes.” (p. 3168)

*If you are unable to access this article to participate in Journal Club, please contact: trans.edu@phsa.ca

Trans Health Research Guidelines

Guidance and ethical considerations for undertaking transgender health research and institutional review boards adjudicating this research

Adams, N., Pearce, R., Veale, J., Radix, A., Castro, D., Sarkar, A., & Thom, K. C. (2017). Guidance and Ethical Considerations for Undertaking Transgender Health Research and Institutional Review Boards Adjudicating this Research. *Transgender health*, 2(1), 165–175. <https://doi.org/10.1089/trgh.2017.0012>

Abstract: “The purpose of this review is to create a set of provisional criteria for Institutional Review Boards (IRBs) to refer to when assessing the ethical orientation of transgender health research proposals. We began by searching for literature on this topic using databases and the reference lists of key articles, resulting in a preliminary set of criteria. We then collaborated to develop the following nine guidelines: (1) Whenever possible, research should be grounded, from inception to dissemination, in a meaningful collaboration with community stakeholders; (2) language and framing of transgender health research should be non-stigmatizing; (3) research should be disseminated back to the community; (4) the diversity of the transgender and gender diverse (TGGD) community should be accurately reflected and sensitively reflected; (5) informed consent must be meaningful, without coercion or undue influence; (6) the protection of participant confidentiality should be paramount; (7) alternative consent procedures should be considered for TGGD minors; (8) research should align with current professional standards that refute conversion, reorientation, or reparative therapy; and (9) IRBs should guard against the temptation to avoid, limit, or delay research on this subject.” (p. 165)

New Research

How the COVID-19 pandemic affects transgender health care: A cross-sectional online survey in 63 upper-middle-income and high-income countries

Koehler, A., Motmans, J., Alvarez, L.M., et al. (2021). How the COVID-19 pandemic affects transgender health care: A cross-sectional online survey in 63 upper-middle-income and high-income countries. *International Journal of Transgender Health*, online ahead of print. <https://www.tandfonline.com/doi/full/10.1080/26895269.2021.1986191>

Key findings: “Transgender people suffer under the severity of the pandemic due to the intersections between their status as a vulnerable social group, their high number of medical risk factors, and their need for ongoing medical treatment. The COVID-19 pandemic can potentiate these vulnerabilities, add new challenges for transgender people, and, therefore, can lead to devastating consequences, like severe physical or mental health issues, self-harming behavior, and suicidality.” (p. 1)

Worry and wisdom: A qualitative study of transgender elders' perspectives on aging

Adan, M., Scribani, M., Tallman, N., Wolf-Gould, C. et al. (2021). Worry and Wisdom: A Qualitative Study of Transgender Elders' Perspectives on Aging. *Transgender Health*, 6(6), 332-342. <https://www.liebertpub.com/doi/10.1089/trgh.2020.0098>

Key findings: Themes: “...fear of mistreatment in elder care, isolation and loneliness exacerbated by transgender identity, increased vulnerability to financial stressors, perceived lack of agency, health care system and provider inclusivity, giving back to one's community, and embracing self-truth as a path to fulfillment...While some of these concerns, such as fear of mistreatment, are common among elders, the concerns of transgender elders are heightened due to stigma compounded by being both transgender and elderly.” (p. 332)

Association of gender-affirming hormone therapy with depression, thoughts of suicide, and attempted suicide among transgender and nonbinary youth

Green, A. E., DeChants, J. P., Price, M. N., & Davis, C. (2021). Association of Gender-Affirming Hormone Therapy With Depression, Thoughts of Suicide, and Attempted Suicide Among Transgender and Nonbinary Youth. *Journal of Adolescent Health*, in press. [https://www.jahonline.org/article/S1054-139X\(21\)00568-1/fulltext](https://www.jahonline.org/article/S1054-139X(21)00568-1/fulltext)

Key findings: “Parent support for their child's gender identity had a strong relationship with receipt of GAHT [gender-affirming hormone therapy], with nearly 80% of those who received GAHT reporting they had at least one parent who supported their gender identity. Use of GAHT was associated with lower odds of recent depression...and seriously considering suicide... For youth under age 18, GAHT was associated with lower odds of recent depression...and of a past-year suicide attempt...Findings support a relationship between access to GAHT and lower rates of depression and suicidality among transgender and nonbinary youth.” (p. 1)

“A little shiny gender breakthrough”: Community understandings of gender euphoria

Beischel, W. J., Gauvin, S. E. M. & van Anders, S. M. (2021) “A little shiny gender breakthrough”: Community understandings of gender euphoria. *International Journal of Transgender Health*, online ahead of print. <https://www.tandfonline.com/doi/full/10.1080/26895269.2021.1915223>

Key findings: “Themes: (1) gender euphoria describes a joyful feeling of rightness in one's gender/sex, (2) gender euphoric experiences can be external, internal, and/or social, (3) “gender euphoria” originated in and circulates in online and in-person gender/sex minority communities, (4) dysphoria describes a negative feeling of conflict between gender/sexed aspects of one's self, and (5) the relationship between euphoria and dysphoria is complex.” (p. 1)
