

## 樱花译语 | 什么是性别焦虑症?

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**What is gender dysphoria? If you are feeling uncomfortable or uneasy with your gender identity – or if somebody you love is having these feelings – here’s what you need to know.**

什么是性别焦虑症? 如果你对自己的性别身份感到不适或不安——或者你爱的人也有这种感受——你需要了解以下内容。

Gender dysphoria is a term you may have heard as transgender issues continue to be discussed more openly in society – or perhaps it’s something you want to know more about because of something you are currently going through yourself.

当跨性别议题受到越来越广泛的社会关注, 你可能会接触到性别焦虑症 (Gender dysphoria) 这个词——又或许是因为你正亲身经历着性别焦虑, 因此你想要对此有更多的了解。

Whatever the reason, this handy guide is here to provide you with all the ins-and-outs, starting with the origin of the term itself along with a gender dysphoria definition.

无论出于什么原因, 以下的参考指南将为你提供所有的细节, 从性别焦虑这一术语的起源与定义出发。



### 1



**Where does the word ‘dysphoria’ come from?**

**‘焦虑 (dysphoria)’一词起源于哪里?**

To understand what gender dysphoria is, it's helpful to first understand its definition.

要想理解什么是性别焦虑，首先需要了解它的定义。

The word 'dysphoria' comes from the Greek word 'δυσφορία', which refers to a state of discomfort or unease.

焦虑 (dysphoria) 一词源于希腊语“δυσφορία”，意在指步一种不适或不安的状态。

Paired with 'gender' to create the phrase 'gender dysphoria', the term takes on a more nuanced meaning.

与“性别 (gender)”相结合，“性别焦虑症 (gender dysphoria)”一词由此产生，并被赋予了细微的意义差异。

When referring to people who identify as transgender, gender dysphoria is when a person feels immense stress because their innate gender identity does not match up to the gender they were assigned at birth.

当涉及到跨性别者，性别焦虑症指因为固有的性别认同与出生时的性别不一致，个体由此感受到巨大的压力。

Trans men and women experience gender dysphoria, but it is also something that can be experienced by non-binary people as well.

无论男女，跨性别者都会经历性别焦虑，但非二元性别（(non-binary, 指超越传统意义上对性别的划分，不单纯属于男性或女性的性别认同）人群也会有同样的经历。

我的特質	屬性	
生理性別－我生下來是	雄	雌
性別認同－我覺得我是	男生	女生
性別氣質－我看起來像	陽剛	陰柔
性 傾 向－我喜歡的是	女生	男生

(性别光谱示意图，来源于网络)

What is gender dysphoria like?

## 2 性别焦虑的具体表现是什么？

Types of dysphoria can be broken down into classifiable subcategories, of which there are three.

性别焦虑可以分为以下三种类型。

Physical dysphoria

生理焦虑

Physical dysphoria is when a trans person feels distress because their physical features don't match up with the gender they truly are.

生理焦虑指跨性别者因身体特征与性别认同不相符而感到痛苦。

For example, transgender men often have dysphoria about their chests, as this physical trait does not align with their

true male gender.

例如，跨性别男性（Transgender man，指由女性转变为男性的跨性别者）经常会因他们的胸部感到焦虑，因为这一生理性状不符合他们的男性性别认同。

In many cases this can be fixed with a procedure called ‘top surgery’, which involves removing the breast tissue in order to create a more ‘masculine’-appearing chest.

通常情况下，“性别确认手术（top surgery）”可以解决这一问题，即移除乳腺组织，使得胸部突出男性化特征。

### Social dysphoria

#### 社会焦虑

Social dysphoria is when a trans person feels distress in social situations, due to worries of being misgendered.

社会焦虑指跨性别者会担心被人误判性别，在社交场合中深受困扰。

Misgendering is when the wrong name or pronouns are used to refer to a trans person, eg using he/him pronouns for a trans woman who uses she/her pronouns, and using the name she was given at birth instead of her chosen name.

误判性别（misgendering）意思是使用错误的名字或代词来指代跨性别者，例如，对跨性别女性（Transgender woman，指由男性转变为女性的跨性别者）使用男性代词he或him，以及用她出生时的名称称呼她，而不是她自己选择的名字。

This can cause dysphoria to escalate severely, especially in social situations where a trans person is likely to already feel anxious and dysphoric. The act of using the wrong name for a transgender person is called ‘deadnaming’.

尤其在社交情境中，当跨性别者可能已经感到焦虑不安时，误判性别可能会加剧他们的紧张情绪。使用跨性别者变性前的名称称呼他们，这一行为被称作“使用弃名错称（deadnaming）”。

Using a person’s correct name and pronouns can do more than just alleviate dysphoria. ‘Gender euphoria’ is a term used to describe the great happiness and comfort a person experiences when they are able to live and present as their true gender identity – and this is accelerated when the correct name and pronouns are used by others.

正确称呼一个人或使用合适的代词指代跨性别者，不仅仅能够缓解他们的焦虑。“性别欣快（Gender euphoria）”这一术语描述了在日常生活中，当一个人能够以真实的性别身份展现自我时所感受到的巨大的快乐与舒适。并且，当被用正确的名字与代词称呼指代时，这种兴奋感会提升。

### Mental/emotional dysphoria

#### 心理/ 情绪焦虑

Mental or emotional dysphoria can be used to refer to the feelings a trans person experiences when dealing with worries about their transition, and the disconnect between their true gender and the gender they were assigned at birth.

心理或情绪焦虑指当跨性别者在面对性别转变时的忧虑，或是一种分离感，即他们真实的性别认同与出生时的生理性别之间的脱节。

This can sometimes be the most difficult type of dysphoria to deal with, because it's something that lingers in the mind and can be almost impossible to escape if the person isn't given the help they need in order to transition in a way that will ease their dysphoria.

有时候，这是最难应付的性别焦虑类型，在于这种情绪会萦绕于脑海。在性别转变期间时，跨性别者没有得到及时的帮助来缓解他们的焦虑，他们几乎不可避免地会深受其扰。

### 3

#### Effects of gender dysphoria on mental well-being

#### 性别焦虑症对心理健康的影响

If left untreated, gender dysphoria can manifest and lead to social isolation, poor mental health, and, in some cases, self-harm and suicide.

如果不加以治疗，性别焦虑情绪会逐渐显现，并导致社会孤立感、心理健康不良，在某些情况下，还会引起自残与自杀行为。

One way that some transgender people help lessen their dysphoria is by altering their appearance to more accurately reflect their true gender.

一些跨性别者通过改变他们的外表，使其更加真切地表现他们的真实性别，以此减轻焦虑。

This can be done in a plethora of ways, including changing their hair, wearing more 'gendered' clothes, and binding/padding their chest — that last one is dependent on which gender a person was assigned at birth.

这种改变可以通过多种方式得以实现，包括变换发型、穿着性别化的服饰、束胸或垫胸（这取决于一个人出生时的生理性别）等，

Gender dysphoria can also be alleviated by medically transitioning. This includes taking hormones such as testosterone (for trans men) or estrogen (for trans women), and having gender-affirming surgeries to allow an individual's physical body to match their gender identity.

性别焦虑也可以通过药物得以缓解，包括服用睾酮激素（针对跨性别男性）或雌激素（针对跨性别女性）等激素，并接受性别确认手术（gender-affirming surgery），使个体的生理特征更加切合自身的性别认同。

**It's important to note that while many transgender and non-binary people choose to change their appearance, take hormones or have surgery, it's not a required part of being trans.**

值得注意的是，虽然许多跨性别者或非二元性别者选择服用激素或手术的方式来改变他们的外表，但对于这两类群体，并不是必需的环节。

Studies have shown that alleviating dysphoria greatly improves the quality of life for transgender people, from allowing children to go on puberty blockers (which are reversible should the child change their mind) to having a passport or birth certificate with the correct gender marker on it.

以往的研究表明，一些减轻焦虑的方法能够极大改善跨性别群体的生活质量，例如允许儿童服用青春期抑制药物（这一过程是可逆的，以便儿童改变想法），以及在护照或出生证明上标记正确的性别信息等。

There are qualified gender clinicians who are trained to help people who may be questioning their gender identity or struggling with issues such as gender dysphoria.

受过专业培训的、有资质的性别临床医生可以帮助那些可能对自己的性别认同产生怀疑或深受性别焦虑等问题困扰的人。

The UK has a handful of NHS gender clinics dedicated to helping members of the transgender community with figuring out who they are, and transitioning, if that's something they require.

在英国，有少量的NHS（国民医疗服务系统，National Health Service）下的性别诊所，这些诊所致力于帮助跨性别群体更好地认识自己，并且如果有要求的话，帮助他们进行变性。

There are also private clinics that people can go through. These treatments can be costly but do allow patients to medically transition faster than they would via the public health service, if that is an option available to them.

跨性别者也可以去私人诊所。私人诊所虽然花费较大，但在条件许可的情况下，相较于公共健康服务，这类诊所的确能够让跨性别者更快地度过性别转变期。

Additionally, there are organisations such as Mermaids who exist to help young trans and gender-questioning people, along with their families who may also need support.

此外，例如“Mermaids”等组织也致力于帮助跨性别者与对性别产生疑惑的人们，以及他们可能需要同样支持的家人。

	A	B	C
1	大区	城市	医院
2	华东	浙江杭州	浙江大学医学院附属第二医院（滨江院区）
3	华东	上海	上海妇幼保健院
4	华东	上海	上海精神卫生中心
5	华东	上海	上海交大医学院附属瑞金医院
6	华东	上海	上海长海医院（虹口院区，原411）
7	华东	江苏南京	南京脑科医院
8	华东	江苏南京	南京鼓楼医院
9	华东	江苏苏州	苏州市立医院（东区）
10	华东	山东济南	山东大学齐鲁医院
11	华东	山东济南	山东省千佛山医院
12	华东	山东济南	山东省立医院
13	华东	山东济南	山东精神卫生中心
14	华东	山东济南	济南军区总医院
15	华中	江西南昌	南昌大学第二附属医院（东湖院区）
16	华中	湖北武汉	湖北省中医院
17	华中	湖南长沙	湖南省第二人民医院（湖南省脑科医院）
18	华北	北京	北大附属第三医院
19	华北	北京	北大附属第三医院
20	华北	北京	北京回龙观医院
21	华北	北京	中国医学科学院北京协和医院
22	华北	北京	北大附属第六医院
23	华北	北京	首都医科大学附属北京友谊医院
24	华北	天津	天津医科大学总医院
25	华南	广东广州	广东人民医院
26	华南	广东广州	中山大学孙逸仙纪念医院（本部）
27	华南	广东广州	广州爱丁专科门诊部
28	华南	广东深圳	深圳康宁医院
29	华南	广东深圳	深圳精神卫生中心

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