



Mental Health of Trans and Gender-Diverse Populations



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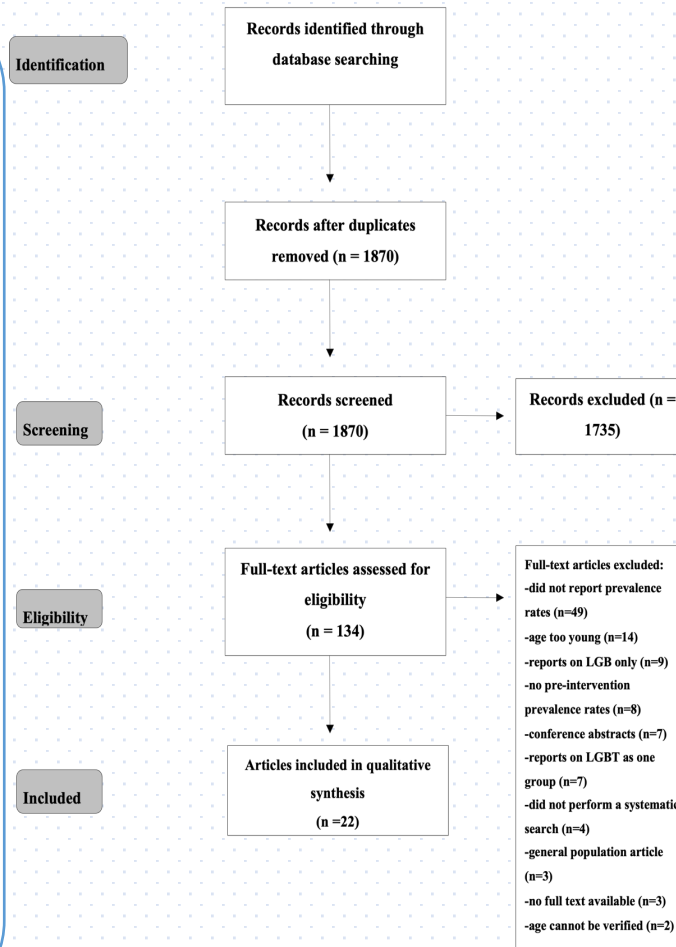
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Introduction

Transgender people refer to those transferred from female to male or male to female to identify themselves better. However, trans and gender-diverse people, discrimination, easily succumb to aggression and marginalization. Consequently, these negative experiences can lead to harmful impacts on their mental health and well-being. For example, in one study, 44.1% of the trans sample were diagnosed with depression, 33.2% with anxiety, and 46.65% with attempted suicide. Hence, it is crucial to investigate the mental health conditions of trans and gender-diverse people. This internship project is an umbrella review that aims to review the list of reviews of studies on the prevalence rates of mental disorders, suicide, and substance use among trans and gender-diverse populations.

Flowchart



Methods

This study is an umbrella review based on the extracted data of the systematic reviews/meta-analyses. We conducted systematic searches in the bibliographic databases PubMed, Embase, PsycINFO, CINAHL, Web of Science, Scopus and Cochrane Library. Eligible participants are transgender people who are above 16 years old.

Results

- depression: 15.9-71%
- anxiety: 3.6-68%
- eating disorder: 0.7%
- body dysmorphic: 35.2-40.8%
- schizophrenia: 3.67%
- bipolar disorder: 2.29%
- mood disorder: 1.4-70.4%
- suicidal ideation: 10-83%
- attempted suicide: 9.5-52.4%
- substance abuse: 1.6% (amphetamine) -70% (popper)
- alcohol abuse: 7-97%

Conclusion

This review found a high prevalence rate in all three outcomes, suggesting that trans and gender-diverse people suffer from various mental problems in a significant way and require extra attention. It highlights the need to provide these people with quality mental health care and develop specialized treatment plans.

References

Adams, N. J., & Vincent, B. (2019). Suicidal thoughts and behaviors among transgender adults in relation to education, ethnicity, and income: A systematic review. *Transgender Health*, 4(1), 226–246. <https://doi.org/10.1089/trgh.2019.0009>

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