

Gender identity, gender dysphoria

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Gender identity and gender role

- **Gender identity** is a personal conception of oneself as male or female (or both or neither).
 - self-identified
 - as a result of a combination of inherent (biologic) and extrinsic or environmental factors
- **Gender role** is defined as the outward manifestations of personality that reflect the gender identity.
 - is manifested within society by observable factors such as behavior and appearance.
 - is often an outward expression of gender identity.
- *In most individuals, gender identity and gender role are congruous.*

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Gender Dysphoria

- conflict between a person's physical or assigned gender and the gender with which he/she/they identify.
- May be uncomfortable with their body (particularly developments during puberty)
- May be uncomfortable with the expected roles of their biological gender.
- May experience distress and/or problems functioning
- The gender conflict affects people in different ways:
 - can influence behavior, dress and self-image (clothes and hairstyles and adopt a new name)
 - may want medical transition with sex-change surgery and/or hormone treatment.
 - May want social transitioning primarily involves transitioning into the affirmed gender's pronouns and bathrooms.
- Gender dysphoria is **not** the same as gender nonconformity
- Gender nonconformity is **not** considered a mental disorder.
- Gender dysphoria is also **not** the same being gay/lesbian (sexual orientation).

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- **Cisgender** = people whose biological sex matches their gender identity.
- **"Dysphoria"** = feeling of dissatisfaction, anxiety, and restlessness.
 - Gender dysphoria- "transgender" (used to be called "gender identity disorder", "transsexualism.").
- **Gender nonconforming (GNC)** = broader term
- Gender dysphoria is not homosexuality. The internal sense of gender is not the same as 'sexual orientation'.
 - **Sexual orientation** refers to the types of people towards which one is sexually attracted.

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Gender dysphoria symptoms and diagnosis

- For a diagnosis*, symptoms must last for at least 6 months.
- In teens and adults, symptoms may include:
 - Certainty that their true gender (how they feel) is not aligned with their body.
 - Disgust with their genitals.
 - They may avoid showering, changing clothes, or having sex in order to avoid seeing or touching their genitals.
 - Strong desire to be rid of their genitals and other sex traits.
 - They might dress and otherwise present themselves like the gender they believe they are.

* *Gender dysphoria is a **diagnosis** listed in the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, a manual published by the American Psychiatric Association to diagnose mental conditions.*

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Undiagnosed or Untreated Gender Dysphoria

Diagnosis and treatment are important.

- People with gender dysphoria have higher rates of mental health conditions.
- Some estimates say that 71% of people with gender dysphoria will have some other mental health diagnosis in their lifetime (schizophrenia, substance abuse, eating disorders, suicide attempts, etc.)

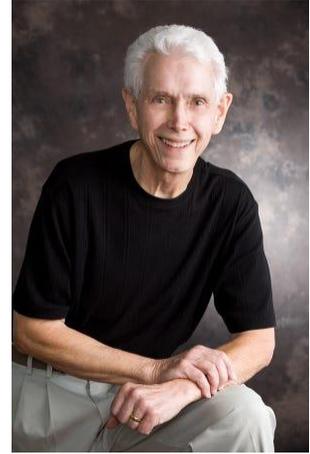
Diagnosis: *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*

Treatment

- Goal → to deal with the distress that may come with the person's feelings.
- **Talking** with a psychologist or psychiatrist is part of any treatment for gender dysphoria.
- **Medicine or surgery** :
 - Puberty blockers. testosterone or estrogen (to suppress physical changes; to develop traits of the sex that they identify with)
 - Surgery. sex-change operation

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- Eventually, I met a wonderful woman who didn't care about the changes to my body, and we've been married for 21 years. Now we help others whose lives have been derailed by sex change. Measured by the human benefit to a hurting population, it's a priceless way to spend our time.
- Had I not been misled by media stories of sex change "success" and by medical practitioners who said transitioning was the answer to my problems, I wouldn't have suffered as I have. Genetics can't be changed. Feelings, however, can and do change. Underlying issues often drive the desire to escape one's life into another, and they need to be addressed before taking the radical step of transition.
- You will hear the media say, "Regret is rare." But they are not reading my inbox, which is full of messages from transgender individuals who want the life and body back that was taken from them by cross-sex hormones, surgery and living under a new identity.
- After de-transitioning, I know the truth: Hormones and surgery may alter appearances, but nothing changes the immutable fact of your sex.
- *Walt Heyer is a former transgender woman who provides support to others who regret gender change at SexChangeRegret.com. He is the author of "Trans Life Survivors."*



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- <https://youtu.be/hVcyRFoWI28>

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