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Title

Predictors of Mood or Anxiety Problems among Transgender Individuals Seeking Hormone Therapy

Priority 1 (Research Category)

Health Care Disparities

Presenters

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Abstract

Context: The mental health needs of transgender individuals can be complex with multiple individual, social, and medical factors impacting symptoms. Objective: This study examines predictors of mood or anxiety problems among transgender individuals seeking hormone therapy (HT). Study Design and Analysis: A retrospective chart review was conducted and cross-sectional data was utilized to perform bivariate correlations and multiple logistic regression analyses. Setting: Two clinics providing gender affirming HT in a large city in the Southern U.S. Population Studied: Transgender men (TM) and transgender women (TW) seeking HT. Data were from initial patient encounters (N=311) over a ten-year period (2007-2017) were used in this study. Instrument: The studied utilized patient chart data and a formal instrument was not used in this study. Outcome Measure: A dichotomous variable indicating that the patient either had a mood or anxiety problems or did not. Results: TW were 2.2 times more likely to have mood or anxiety problems while TM were 2.6 times more likely as the number of medical comorbidities increased. For both TW and TM, White race significantly increased the likelihood of mood or anxiety problems. Neither previous nor current HT were associated with mood or anxiety problems for TW and TM. However, receiving multiple gender affirming procedures decreased the likelihood of mood or anxiety problems for TM but not for TW. Conclusion: Providing gender affirming care and addressing medical comorbidities can be an important aspects of addressing the mental health needs of transgender individuals. While the benefits of HT are important to the overall well-being of transgender individuals, these treatments alone may not lead to significant improvements in mood or anxiety problems.