

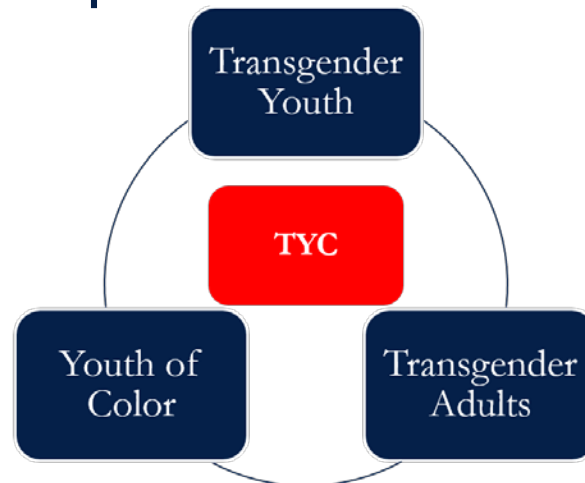
Division of Adolescent & Young Adult Medicine Retreat- 2018

Identifying Mental Health
Disparities for
Transgender Youth of Color
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Background/Purpose

There are approximately 150,000 US transgender adolescents, but very little known about mental health outcomes for Transgender Youth of Color (TYC).

- Their multiple minority statuses may increase their vulnerability to poor mental health outcomes.



- *Aim:* Explore mental health outcomes disparities for TYC and risk factors for poor mental health outcomes.

Methods

Using 2 Racially Diverse Datasets to identify mental health disparities between TYC and their peers

- Impact of Early Medical Treatment in Trans Youth Study
 - Clinic-based Dataset with baseline patient characteristics, mental health metrics, and potential risk factors such as delayed entry into gender-affirming medical care, parental rejection, low body esteem, and gender dysphoria. TYC compared to white trans youth.
- California Healthy Kids Survey
 - School-based Dataset with depression and suicidality measures. TYC compared to white trans youth and cisgender youth of color.

Future Directions

The quantitative data will inform a qualitative study and family-based intervention.

- Qualitative Study:

- In-depth interviewed with TYC and their caregivers about culture-based barriers to social gender affirmation and entry into gender-affirming medical care.

- Culturally Grounded Family Based Intervention:

- Goal will be to improve TYC family gender-affirmation, TYC entry into gender-affirming medical care and ultimately mental health outcomes.