

## RESEARCH SNAPSHOT



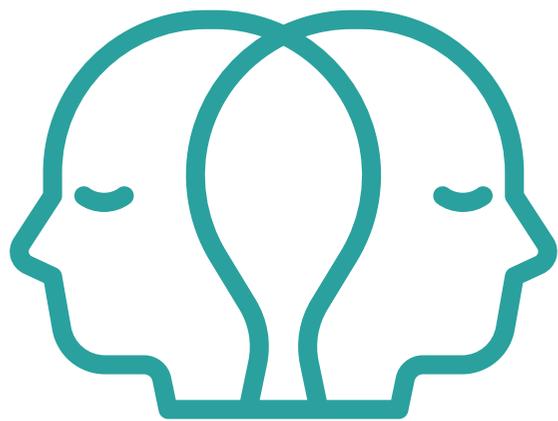
# UNDERSTANDING THE DIVERSITY OF DETRANSITIONS

What the DARE study reveals through a latent class analysis of **957 people** who have detransitioned in Canada and the United States.



# DETRANSITION $\neq$ A SINGLE REALITY

Detransitioning cannot be reduced to a **single reality**. It encompasses a variety of experiences, some **chosen**, some due to **identity evolutions**, some **forced**.



**4 classes**

A statistical latent class analysis allowed to identify **4 types** (or classes) of **detransition experiences**.

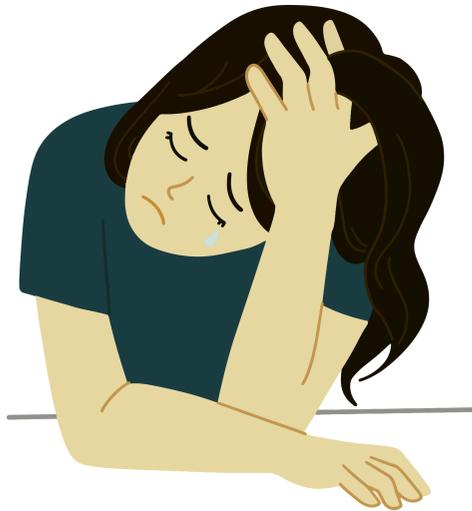
For each class, the study highlights participants':

- ✓ **reasons**
- ✓ **feelings about transitioning**
- ✓ **mental health**
- ✓ **access to support**
- ✓ **overall life experience**



# CLASS A

A  
n = 316  
33.02%

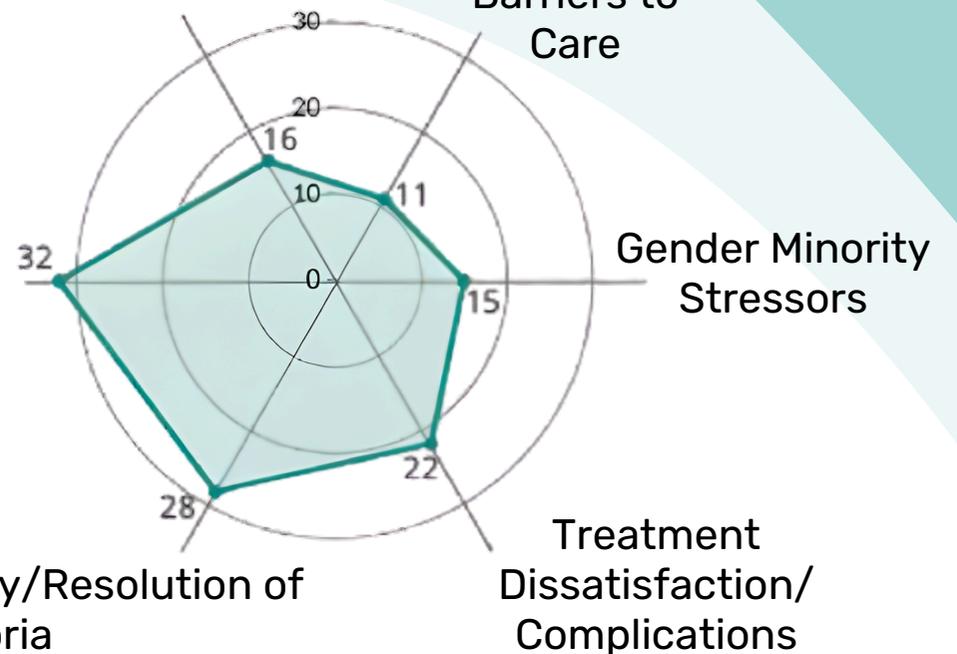


Neurodivergence  
& Mental Health

Treatment  
Satisfaction

Barriers to  
Care

Gender Minority  
Stressors



Shifting Self-Identity/Resolution of  
Dysphoria

Treatment  
Dissatisfaction/  
Complications

- Highest levels of **psychological distress** and **identity fluidity**
- **Significant** internal **identity changes**
- **Younger**, predominantly **AFAB**
- **Highest levels of regret**, both social and medical
- Likelier to be gay/lesbian after detransition

Detransitioning is part of a complex dynamic in which **psychological vulnerabilities, dissatisfaction** and **identity revisions** intersect.

Note: the graph is taken from the article, which is available in PDF format on our website.

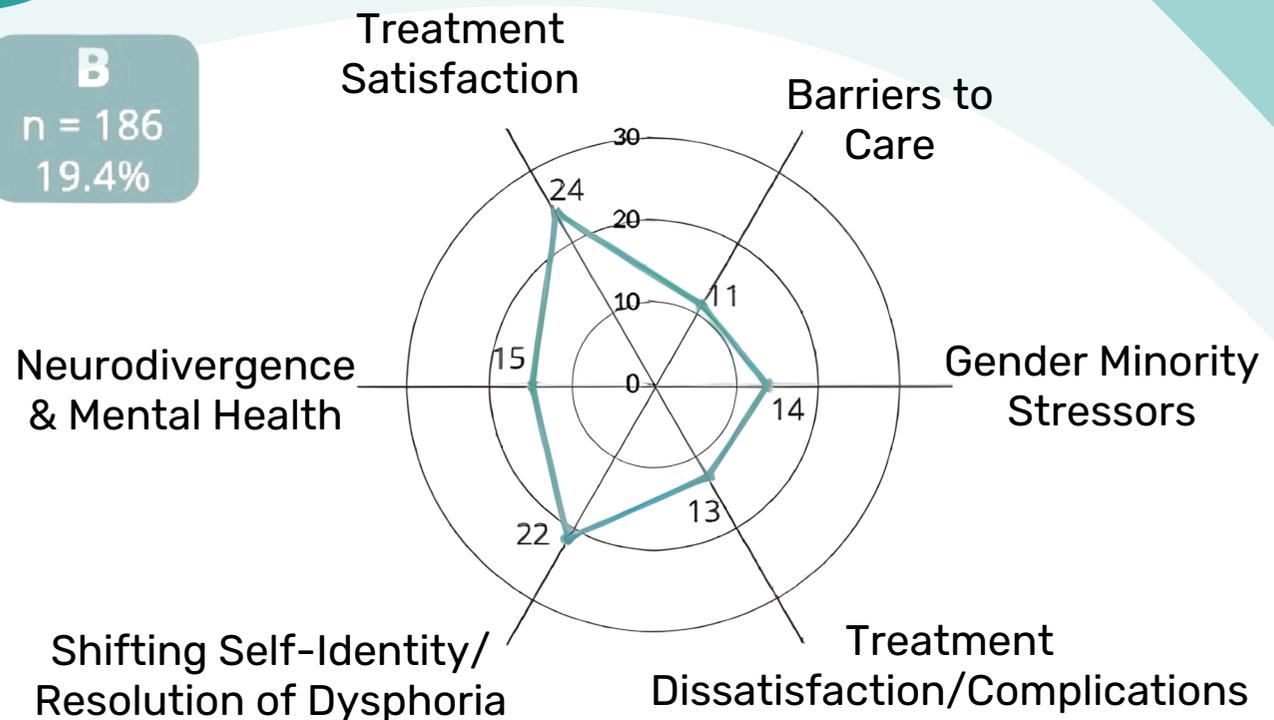


# CLASS B



**B**

n = 186  
19.4%



- Relatively **positive** experience with transitioning
- Mostly **satisfied with treatments** accessed
- **Gradual** identity **evolution**
- **Mostly AFAB** individuals

Detransitioning does not always involve a break in trans, nonbinary or queer identities; for some it is rooted in a form of **gender evolution** and **continuity**.

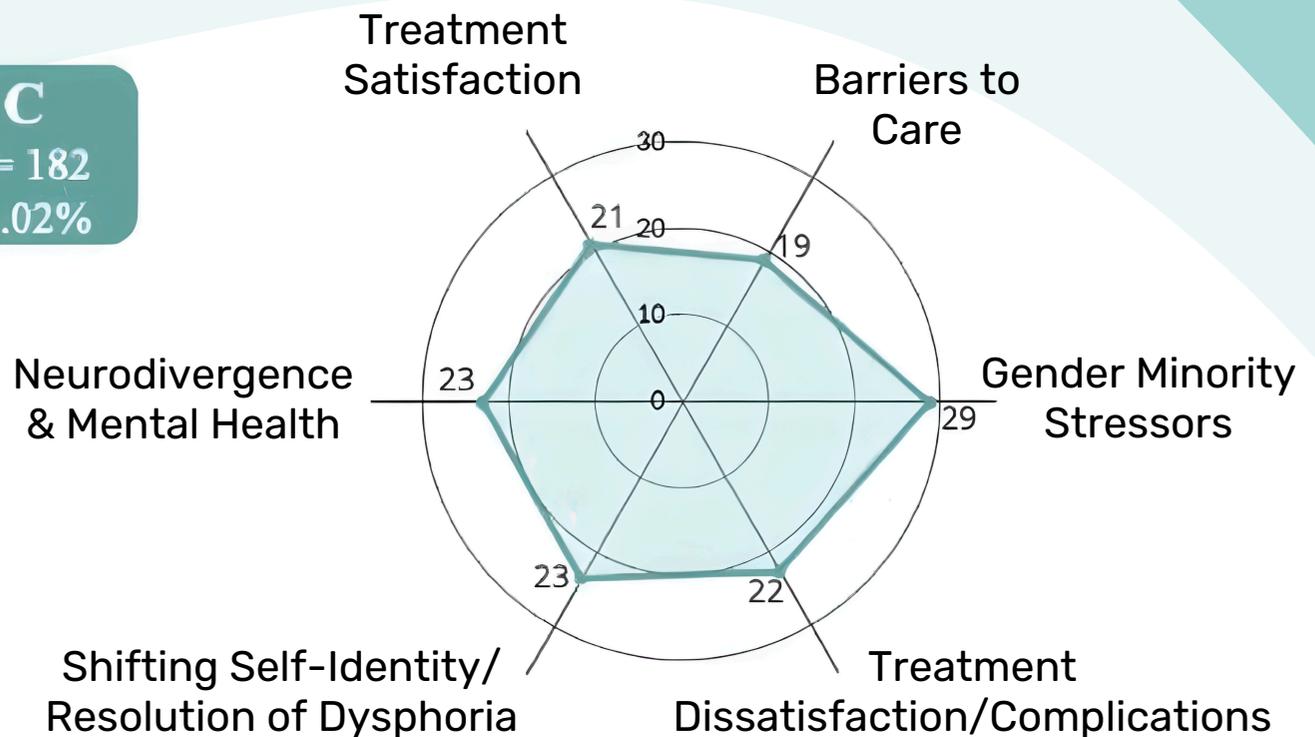
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# CLASS C

C

n = 182  
19.02%



- High exposure to **discrimination** and **family conflicts**
- High **identity fluidity** and **mental health-related** factors
- **Highest** scores for **adverse childhood experiences**
- **Regrets present** but less intense than in class A

A detransition linked to **structural, interpersonal, and mental health-related** factors. In this experience, **minority stressors, identity shifts, and ambivalence** with transition intersected.

Note: the graph is taken from the article, which is available in PDF format on our website.



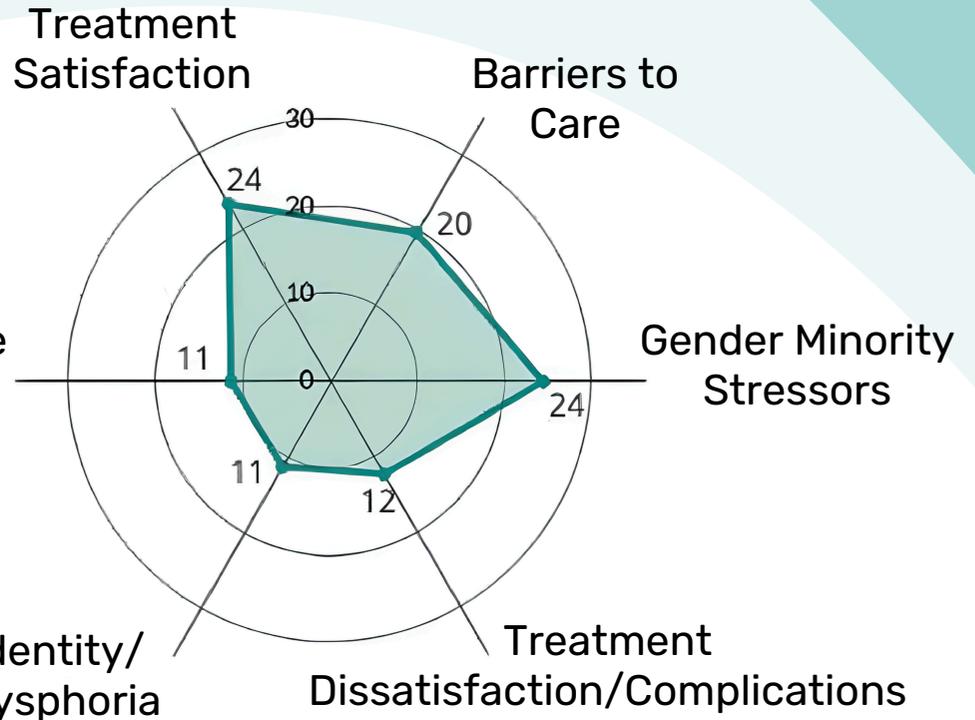
# CLASS D



**D**

n = 273  
28.53%

Neurodivergence  
& Mental Health



- Transition interrupted due to **discrimination** and **minority stress**
- **Positive** experiences with transitioning
- Mostly **satisfied with treatments accessed**
- Earliest identity realization compared to other groups
- **Transfeminine participants** twice as likely to be in this group

Detransition can be **pressured by society** and **unwanted**. **Transphobia** and an unfavourable environment can force someone to stop transitioning, sometimes resuming later (**retransitioning**).

Note: the graph is taken from the article, which is available in PDF format on our website.



# IMPLICATIONS

The DARE study shows **heterogeneous** profiles of detransitioning involving specific support needs. Some examples of approaches mentioned in the article:

- **Discuss possible dissatisfaction** with treatment and **identity changes**
- **Reduce stigma** associated with **post-transition identity**
- **Support** complex **emotions** (e.g., regret)
- **Support** strategies to **mitigate stress** associated with a **hostile environment** towards transition

## Source :

MacKinnon, K. R., Khan, N., Newman, K., Expósito-Campos, P., Gould, W. A., Pullen Sansfaçon, A., Rudd, S., & Lam, J. S. H. (2025). A Latent Class Analysis of Interrupted Gender Transitions and Detransitions in the USA and Canada. Archives of Sexual Behavior. <https://doi.org/10.1007/s10508-025-03264-6>



Available on our website

A summary of the article by  
Trajectoire Jeune Trans is  
available



LINKS IN  
DESCRIPTION OR  
BIO