

RESEARCH SNAPSHOT

CRC ReParE



DEVENIR

Soi



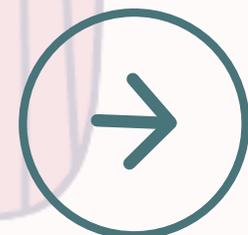
# MEDICAL INTERVENTIONS: WHAT ARE THE PRIORITIES OF TRANS AND NONBINARY PEOPLE\*?

An analysis of the needs and priorities of  
medical and aesthetic interventions  
based on gender

*\*This study surveyed 223 TNB people living in  
Quebec in 2023*

Fonds de recherche  
Société et culture

Québec 



# GENDER AFFIRMING MEDICAL CARE (GAMC)



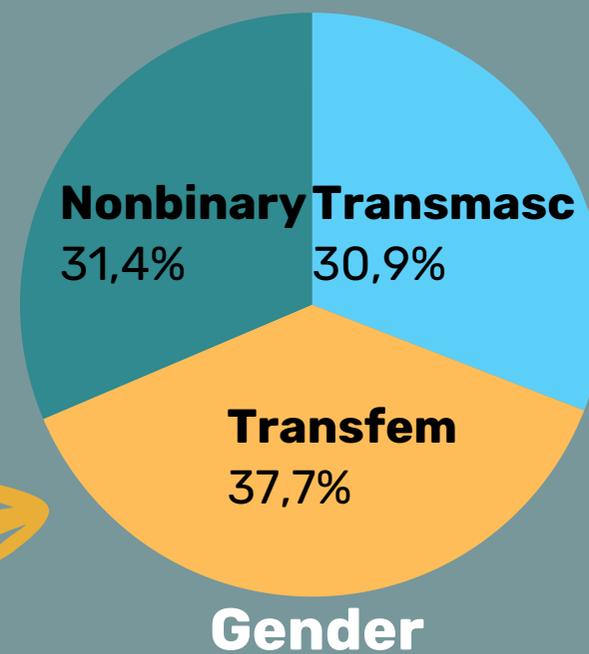
Studies have shown the **benefits** of GAMC for TNB people who access them, including **better mental health** and **quality of life!**

However, these studies **focused** on **reimbursed interventions** and **overlooked** those considered **"aesthetic."**

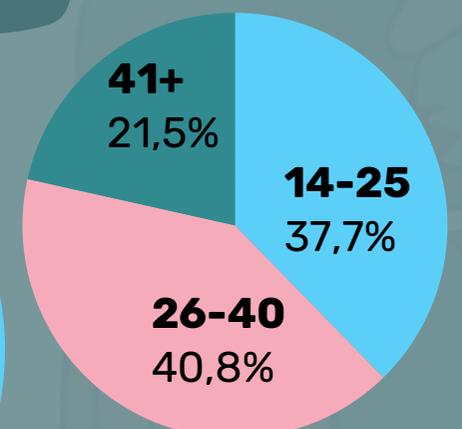
We analyzed GAMC **needs** and **priorities** for TNB people in Quebec

**223** TNB completed the online questionnaire

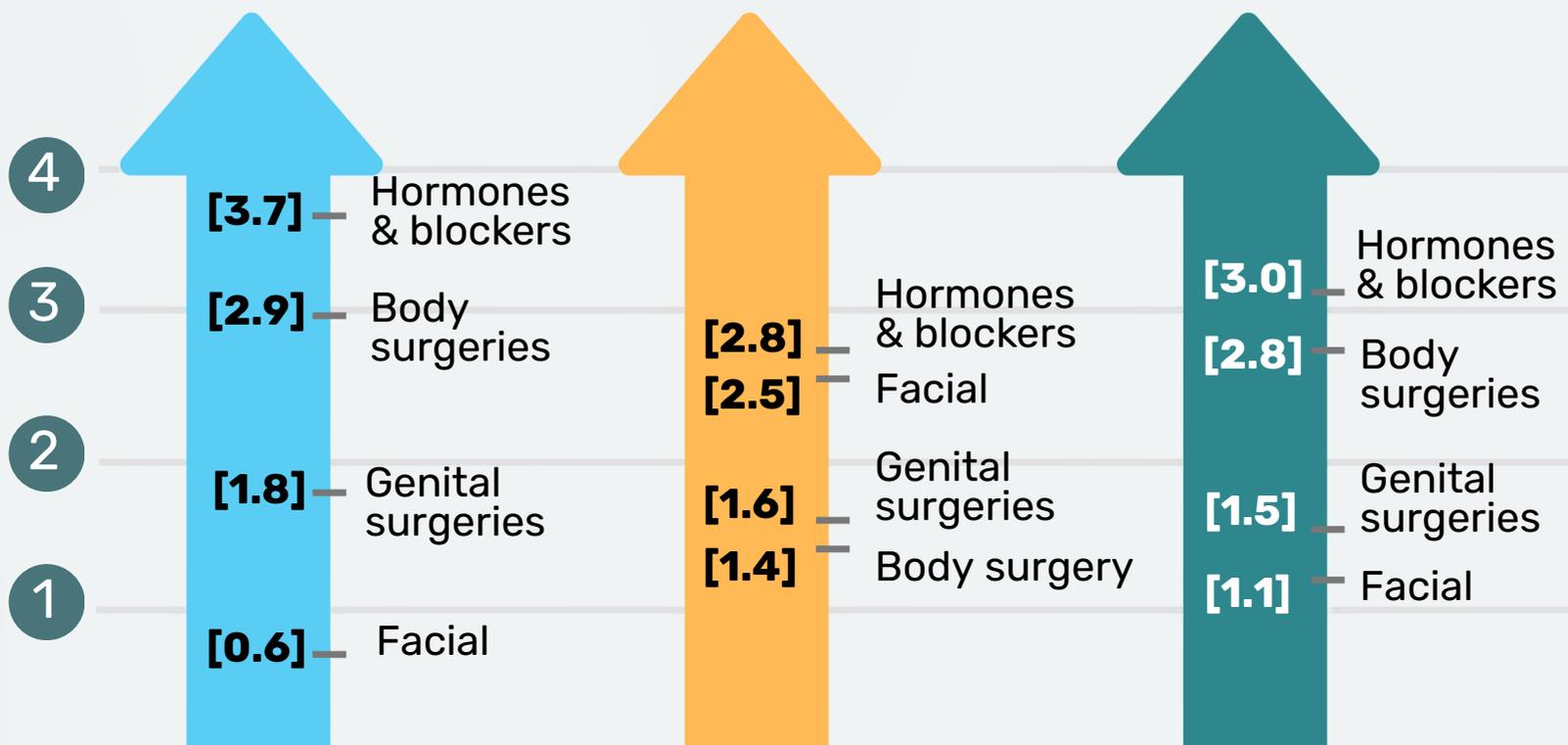
## Participant profiles



## Age



# DESIRED OR OBTAINED INTERVENTIONS



Priority score

Legend

Transmasc

Transfem

Nonbinary

## Top priority

95% either desire or have already obtained hormones or puberty blockers.

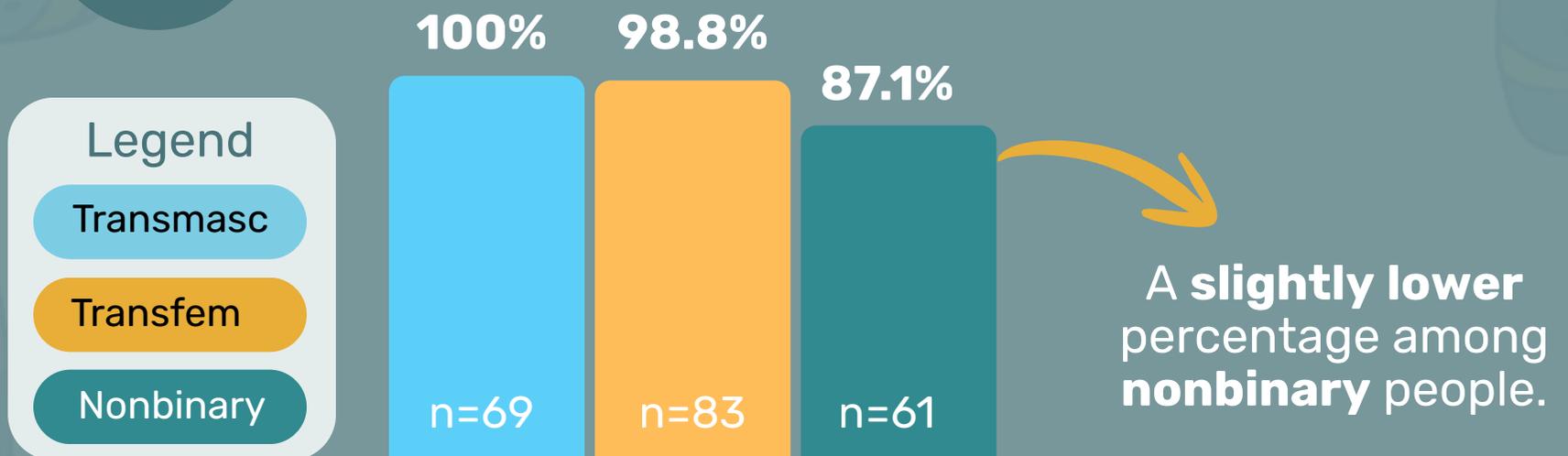
Lower-priority interventions **do not mean** they are **less important** for TNB people. **Differences** in needs and priorities are observed **according to gender...**



# DESIRED OR OBTAINED INTERVENTIONS



## Hormone therapy or puberty blockers



### Legend

Transmasc

Transfem

Nonbinary

## Motivations



Improving self-esteem  
Development of desired gender characteristics



Reducing dysphoria  
Avoiding development of undesired gender characteristics  
Reducing future intervention needs

«My physical characteristics meant that I was constantly being bullied. Taking testosterone completely solved my social dysphoria and made me feel really good about myself, happier and more confident.»

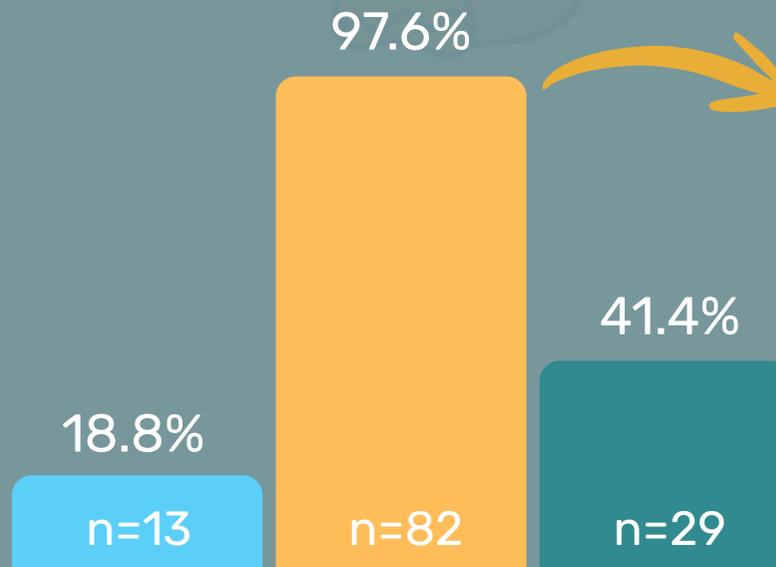
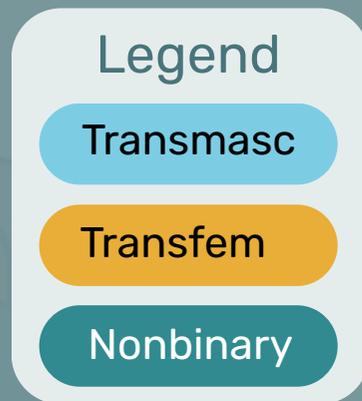
**Transmasculine participant  
[ 26-40 years old ]**



# DESIRED OR OBTAINED INTERVENTIONS



## Facial interventions



Mostly desired by **transfeminine** people.

The most desired is permanent **hair removal** (**92.9%** vs **4.4%** vs **30%**)

## Motivations

### For transfeminine people

- + Improving "Passing"  
Social comfort  
Increasing safety

### For non-binary people

- Reducing unwanted effects of certain interventions (e.g., testosterone and facial hair) for a "neutral" gender expression

«This is important to me because I want my face to reflect who I am, a woman, not a man pretending to be a woman. I also don't want it to reflect my past as a man. It would also make me feel safer from transphobes.»

**Transfeminine participant**  
[ 26-40 years old]



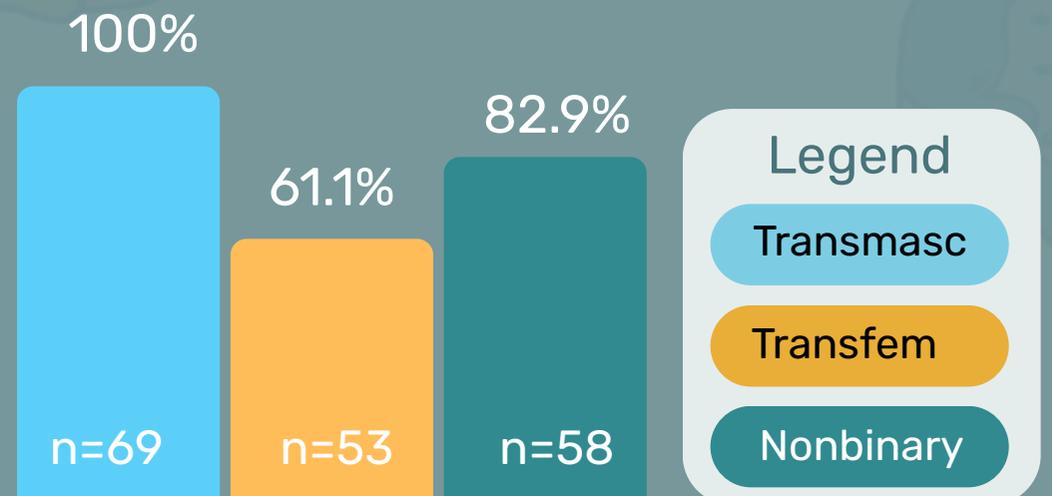
# DESIRED OR OBTAINED INTERVENTIONS



## Body surgeries

Mostly desired by **transmasculine** people.

The most desired interventions are **mastectomy** (**97.1%** vs **72.9%**) and breast augmentation (**56%**).



## Motivations

- Alleviating dysphoria
- Reducing negative impacts on mental health
- Eliminating reliance on temporary solutions like binders and the pain associated with their use

«For too long I've lived with a body that doesn't reflect who I am. My "feminine attributes" are too important, and want to stop using a binder. I've been using it for decades and it's affecting my body and mind. »

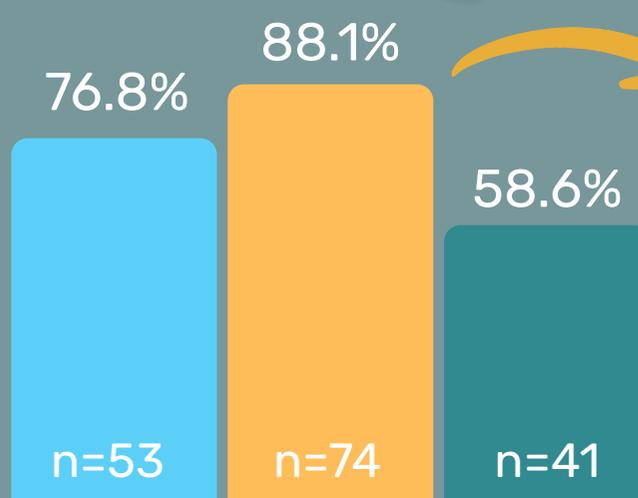
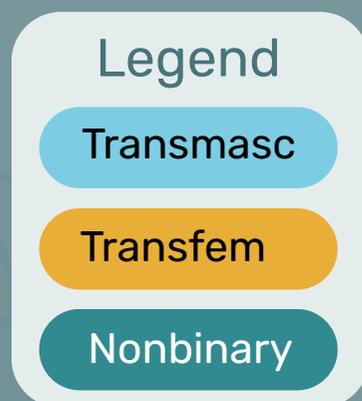
**Nonbinary participant**  
[ 41-54 years old ]



# DESIRED OR OBTAINED INTERVENTIONS



## Genital surgeries



Mostly desired by **transfeminine** people.

**Vaginoplasty (75%)** and **hysterectomy (60,9% vs 41,4%)** are the most desired.

## Motivations



Feeling comfortable in one's body and sexuality



Avoiding: menstruation, pregnancy risks, gynecological follow-ups.

«I want to be able to reclaim my sexuality, to not have to explain to every partner why everything is different for a trans person, to no longer have complications and mental barriers towards my sexuality and live a fulfilled life.»

**Transfeminine participant**  
[ 26-40 years old]



# IMPLICATIONS



This study shows that the **needs** and **priorities** of TNB people in terms of GAMC **vary by gender**. Several important points emerge:



GAMC **coverage** does **not always** meet the needs of TNB people, particularly **transfeminine** individuals (e.g. laser hair removal).



So-called **aesthetic** care is sometimes motivated by **safety** concerns.



Some **nonbinary** individuals may need to **balance** GAMC effects to achieve a **more neutral gender expression**.



GAMC should be **accessible** and **flexible options** should be offered to meet the **diversity** of needs.

# RESEARCH SNAPSHOT

CRC ReParE



DEVENIR  
Soi



## Source :

Fortin, G., Gelly, M., Amiot, C., & Pullen Sansfaçon, A. (2025). Gender-based analysis of medical and aesthetic intervention needs and priorities of trans and non-binary people in Québec, Canada. *Critical Public Health*, 36(1), 2605867. <https://doi.org/10.1080/09581596.2025.2605867>



PDF available on  
our website

For more  
information about  
this research

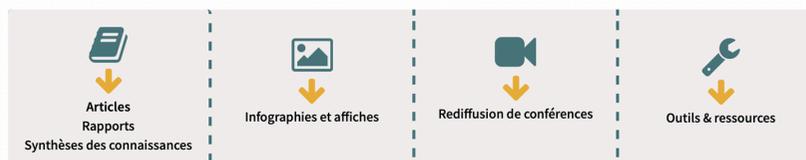
### Devenir soi

Retrouvez dans cette page toutes les publications, rediffusions de conférences et informations reliées au projet Devenir soi.



Chercheur·e·s : Claude Amiot, Annie Pullen Sansfaçon. Employé·e·s : Morgane A. Gelly, Georges Alain Tchango Ngalé, Félix Bélanger et Gabrielle Manzano. Financé par le Fond de Recherche du Québec (FRQ)

Le projet engagement des Fonds de recherche du Québec (aussi appelé question citoyenne) est une initiative ancrée dans une approche de formation de la chercheuse citoyenne Claude Amiot afin de répondre à sa question de recherche qui est de mieux connaître les types d'interventions médicales prioritaires par les personnes trans et non binaires (TNB) jeunes et moins jeunes qui sont actuellement en processus de transition médicale ou qui se questionnent à ce sujet. À ce jour, les recherches sont orientées principalement autour d'un type de chirurgie seulement, et la littérature à ce sujet mérite d'être étendue. Le projet est porté également par Annie Pullen-Sansfaçon, titulaire de la Chaire de recherche du Canada sur les enfants transgenres et leurs familles (CRCeF). À travers des rencontres en duo entre Madame Amiot et Madame Pullen-Sansfaçon, la première phase du projet a permis d'initier Madame Amiot à la recherche scientifique et de se familiariser à l'environnement à mettre en place pour répondre à sa question de recherche, et mener à terme ce projet qui la passionne. Ainsi, porté par son vaste savoir expérientiel, le projet de recherche de Madame Amiot souhaite orienter les pistes d'intervention médicales à prioriser pour les jeunes trans partout au Québec, en plus d'orienter éventuellement les autres projets de recherche qui seront réalisés au sein de la CRC-ReParE.



<https://cocrepare.ca/research/devenir-soi/>

Fonds de recherche  
Société et culture

Québec

