

RESEARCH SNAPSHOT



THE INFLUENCE OF GENDER-AFFIRMING MEDICAL CARE ON THE WELL-BEING OF TRANS AND NONBINARY YOUTH

STUDY RESULTS [1/2]

*An analysis of how TNB youth and their families perceive the impact of gender-affirming care on their **body image** and their **mental health**.*



GENDER-AFFIRMING MEDICAL CARE (GAMC)



Adolescence and puberty: a key period when **gender dysphoria** is particularly strong.*

Access to GAMC is essential, but a **supportive social environment** is needed for the **resilience** of TNB youth.

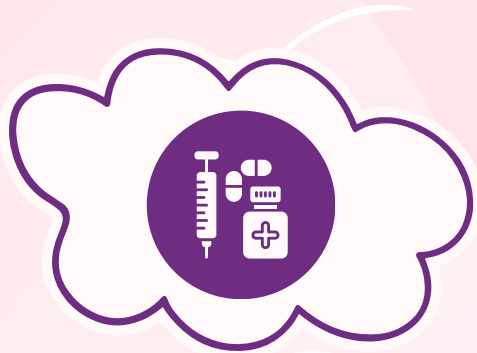
GAMCs are generally **beneficial** for **mental health** and for **reducing gender dysphoria** in TNB youth.

Despite a large number of studies demonstrating the benefits of GAMC, some academics and policy reports still **question** the **robustness of evidences** and call for **greater caution!**

**Gender dysphoria is defined as discomfort or distress related to the incongruence between a person's gender identity and their sex assigned at birth. Gender euphoria, on the other hand, refers to a feeling of well-being related to congruence.*



A LONGITUDINAL STUDY



This study surveyed seven TNB youth living in Quebec who:

- ✓ were approaching or beginning **puberty**
- ✓ had an experience of **gender dysphoria** or **incongruence**
- ✓ expressed a **desire** to access **GAMC**

... and their families too!



Participant profiles

4 trans boys
1 trans girl
1 nonbinary youth
1 youth unsure of their gender identity

Time 0 = *First interview*



Age: 11 to 16 years old

GAMC : 3
No GAMC : 4

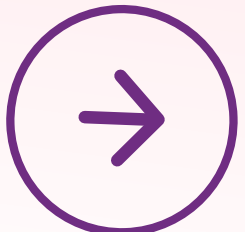
Time 1 = *2d interview*



Age: 12 to 17 years old

GAMC : 6
No GAMC : 1

One year later



BLOCKERS: REDUCING STRESS AND DYSPHORIA ASSOCIATED WITH PUBERTY

Anticipation of puberty and stress reduction in youth with access to blockers

🗣️ **Mother:** It's the uterus that also causes dysphoria. [. . .] It's doing its monthly function.

Sloan: I don't have it anymore because of the Lupron. [...] I definitely feel better.* 🗣️

(Sloan and his mother, time 0)

🗣️ I'm scared that... we have a prescription for hormone blockers when it starts, but I'm kind of scared. I ask... like, has it started? And that's the stress.* 🗣️

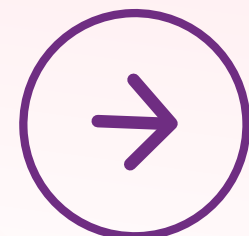
(Cameron, time 0)

🗣️ Right now, it doesn't stress me out at all. [...] It's taken the stress out of it.* 🗣️

(Cameron, time 1)

Blockers reduce the distress caused by the first signs of puberty

**Freely translated from French*



HORMONES: WELL-BEING AND GENDER EUPHORIA

“It’s really changed how I feel; I feel much better. [...] It helps me a lot with the dysphoria and everything. I haven’t had any episodes of dysphoria since I started [taking hormones].”

(Sam, time 1)

Hormones reduce dysphoria and promote a sense of well-being



Hormones contribute to feeling comfortable in one's body and sometimes also to a feeling of gender euphoria



“They call me ‘sir’... That’s my greatest victory.*”

(Michael, time 1)

**Freely translated from French*



STABILITY, FULFILMENT AND OPTIMISM

For some, the effects of GAMC are more subtle. They experience a sense of continuity and stability, rather than transformation

“ I was really happy, and it put a lot of light in [Sloan’s] eyes to see that things were moving forward. Finally, we’re going to see the testosterone we’ve been waiting for so long. It’s been so much better, it’s been an interesting year.*”

(Mother of Sloan, time 1)

Access to GAMC can generate a sense of hope and optimism among young people and their families

For many young people, GAMC have helped them reconnect with their activities in a way that felt more authentic and empowering

“ And if I play again [hockey], it’ll be with a boys’ team.*”

(Hayden, temps 1)

**Freely translated from French*



CHALLENGES: PERSISTENT DYSPHORIA

Despite access to GAMC, dysphoria can persist, especially for youth who have developed unwanted physical characteristics and are waiting for surgery

This can affect their participation in activities, particularly wearing a binder during sports activities

Despite persistent discomfort, some youth who previously avoided sports activities are adopting coping strategies

“First, there’s the binder, when I do sports, it gets really hot, and I’m going to start taking testosterone, so I’ll have hot flashes, and even with Lupron I get hot flashes, I get a lot of them. I sweat so much, I hate it. Plus, doing sports at school in a binder in front of others, it’s going to be horrible, a torture.*”

(Sloan, time 1)

“Swimsuits are a no-go. [...] Instead of wearing a regular swimsuit, I’ll wear more [...] of an ordinary t-shirt...”

(Michael, time 1)

**Freely translated from French*



IMPLICATIONS

Access to GAMC play a crucial role in improving the mental health of TNB youth who desire it. A few keys point to remember:

- Although **blockers** have more subtle effects, they help **reduce stress** related to the onset of **puberty** and offer **emotional stability**.
- **Hormones** have a significant impact on the **alignment** of one's **physical appearance** with one's gender identity, and promote **social recognition**.
- **Dysphoria may persist** despite starting GAMC treatment, highlighting the importance of a **supportive environment** and **coping strategies** in daily activities

Source :

Ladry, N.-J., Gelly, M. A., & Pullen Sansfaçon, A. (2026). Growing up trans: The influence of gender-affirming medical care on the well-being of transgender youth in Quebec. *Journal of Gender Studies*. (world). <https://www.tandfonline.com/doi/abs/10.1080/09589236.2026.2618154>



Growing up
trans 



Available on our website

LINKS IN THE
DESCRIPTION OR
BIO

A summary of the article by
Trans Youth Trajectories is
available



Trans
Youth
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