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Associations between weight perception, weight management behavior, and suicidal behaviors among gender diverse youth

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Children's Mercy Kansas City

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Research Abstract Title

Associations between weight perception, weight management behavior, and suicidal behaviors among gender diverse youth

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Fellow

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Other authors/contributors involved in project: N/A

IRB Number: Currently in preparation for submission

Describe role of Submitting/Presenting Trainee in this project (limit 150 words):

Jon Poquiz will be responsible for data quality and will review the raw data to ensure clean data to include for statistical analyses. Mr. Poquiz will also lead statistical analyses and write-up of the results.

Background, Objectives/Goal, Methods/Design, Results, Conclusions limited to 500 words

Background:

Previous research has identified disordered weight management behaviors (e.g., fasting, diet pills, laxatives, steroid use without prescription) as potential precursors to clinically significant eating disorders among adolescents [1]. Moreover, there is research to suggest that weight perception may play a significant role in predicting engagement in disordered weight management behaviors [2,3]. However, much of the current research conducted in this area have been with samples of individuals identifying as cisgender (i.e., male or female without gender incongruence). There have been only a few studies that have addressed this gap in the literature [4, 5], indicating that transgender individuals have higher odds of engaging in disordered weight management behaviors compared to cisgender individuals. Moreover, there is also research that emphasizes the clinical implications of understanding associations between weight management behaviors and weight perception among transgender youth, with research finding there is a higher frequency of suicide attempts among transgender youth who also indicated body dissatisfaction [6]. Transgender youth who experience more dissatisfaction may be more likely to inaccurately perceive their weight and engage in disordered weight management strategies to achieve their perceived ideal. Given alarming statistics that transgender youth are more likely to engage in suicidal behaviors (e.g., self-harm, attempt, [7]), it is important to continue to understand factors that increase risk for suicidality. While researchers are beginning to address gaps in the literature, there are limitations

of currently available studies, including relying on self-report and not examining subgroups (i.e., those AMAB vs. those AFAB).

Objectives/Goal:

The current study seeks to contribute and extend to the current literature by addressing the above limitations and plans to examine differences between transgender people AMAB and those AFAB as well as comparing BMI measured during clinic visits to patients' perception of their body weight. Doing so will contribute to the available knowledge base, yielding improved information about which transgender people are at risk for developing eating disorders and/or use disordered weight management behaviors and identify variables that may increase risk for suicidal behavior.

Methods/Design:

Analyses will be cross-sectional in nature and utilize data collected from surveys (retrospective chart review) completed by patients in the Gender Pathways Services (GPS) clinic at Children's Mercy Kansas City. Surveys completed between Jun 1, 2017 and January 10, 2019 will be included in the analyses. Consistent with previous literature, similar statistical analyses will be utilized, including linear regressions and adjusted odds ratios (ORs).

Results:

Plan to have results analyzed by May 2019.

Conclusions:

Plan to have conclusions based on hypotheses and results by May 2019.