Gender Dysphoria, General Well-Being, BMI, and Weight-Related Behaviors among Adolescent Transgender Males

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Gender Dysphoria, BMI, and Weight-Management Behaviors among Adolescents referred to a Pediatric Transgender Clinic

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**Background**
- Abnormal BMI and maladaptive weight control behaviors increased
- Some transgender patients manipulate weight to decrease gender dysphoria

**Demographics (n=276)**
- Mean Age: 15.4 (1.9)
- 87% White, 81% Assigned Female
- 76% Transgender Male, 6% GNB, 17% Transgender Female
- Mean BMI Z-Score: 0.85 (1.23)
- 19% overweight and 21% obese
- YRBS: 16% overweight and 17% obese

**Dysphoria and Well-Being**
- Gender Dysphoria (n=155)
  - Gender Identity/Gender Dysphoria Questionnaire (GIDYQ-AA): 2.1 (0.3)
  - More severe in assigned women
- Appearance and Identity Congruence (n=58)
  - Transgender Congruence Scale: 2.7 (0.7)
- PedsQL 4.0 Well-Being (n=160)
  - Parent Assessment: 67.1 (16.4)
  - Patient Assessment: 63.9 (16.3)

**Weight-Related Perceptions, Intentions, and Behaviors**
- **Weight Perception**
  - 1.3% Very Underweight
  - 11.9% Slightly Underweight
  - 42.5% About the Right Weight
  - 38.1% Slightly Overweight
  - 6.3% Very Overweight
  - YRBS: 29.8% Over or Very Over

- **Weight Intentions**
  - 6.9% Gain Wt., 40.0% Lose Wt.
  - YRBS: 44.8% Lose Wt.

**BMI and Well-Being**
- BMI Z-Score: Spearman’s rho=0.802
- BMI and PedsQL 4.0 General Well-Being Self-Report

**BMI and Dysphoria**
- Linear R²=0.019
- Quadratic R²=0.144
- Gender Dysphoria Severity (GIDYQ-AA)

**Weight Control Behaviors**
- Fasting 7.5%, Pills 1.3%, Purging 2.5%
- YRBS: Fasting 13%, Pills 5%, Purging 4.4%

**Associations with Fasting**
- BMI and Dysphoria
  - R²=0.054
- BMI and Well-Being
  - R²=0.074

**Conclusions**
- Higher rate of elevated BMI but less maladaptive eating behaviors
- BMI Z-score: GIDYQ-AA and TCS
- Not age, well-being, or gender ID
- Fasting: well-being and intention to lose weight
- Not age, race, BMI Z-score, weight perception, gender ID, appearance congruence, or dysphoria
- Longitudinal studies needed