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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)

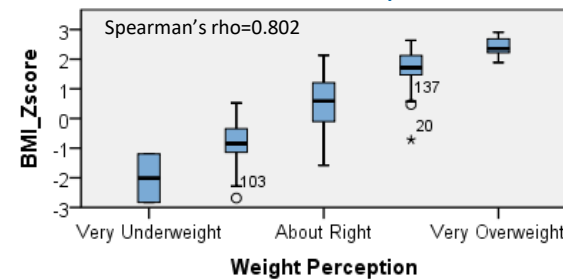
- Mean Age: 15.4 (1.9)
- 87% White, 81% Assigned Female
- 76% Transgender Male, 6% GNB, 17% Transgender Female
- Mean BMI Z-Score: 0.85 (1.23)
 - 19% overweight and 21% obese
 - YRBS: 16% overweight and 17% obese

Dysphoria and Well-Being

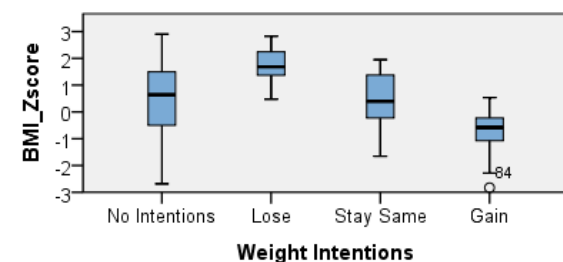
- Gender Dysphoria (n=155)
 - Gender Identity/Gender Dysphoria Questionnaire (GIDYQ-AA): 2.1 (0.3)
 - More severe in assigned women
- Appearance and Identity Congruence (n=58)
 - Transgender Congruence Scale: 2.7 (0.7)
- PedsQL 4.0 Well-Being (n=160)
 - Parent Assessment: 67.1 (16.4)
 - Patient Assessment: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

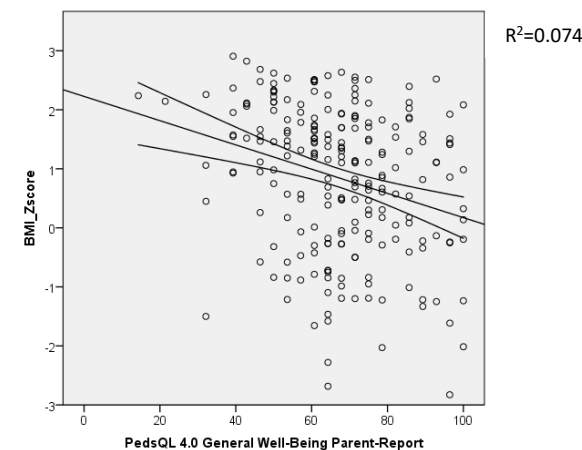
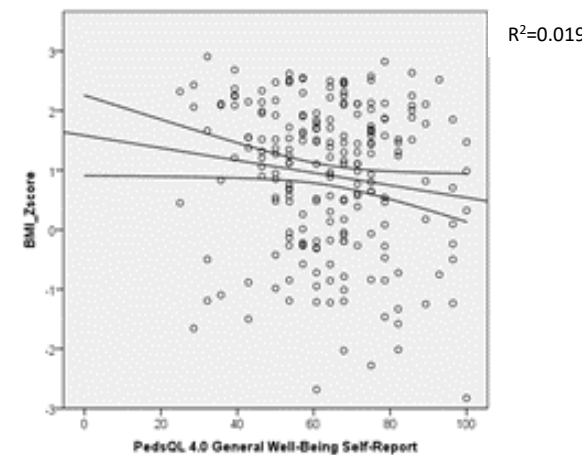


- Weight Intentions
 - 6.9% Gain Wt., 40.0% Lose Wt.
 - YRBS: 44.8% Lose Wt.

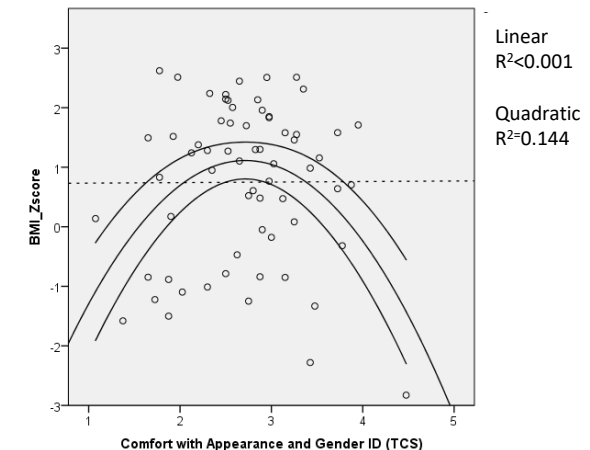
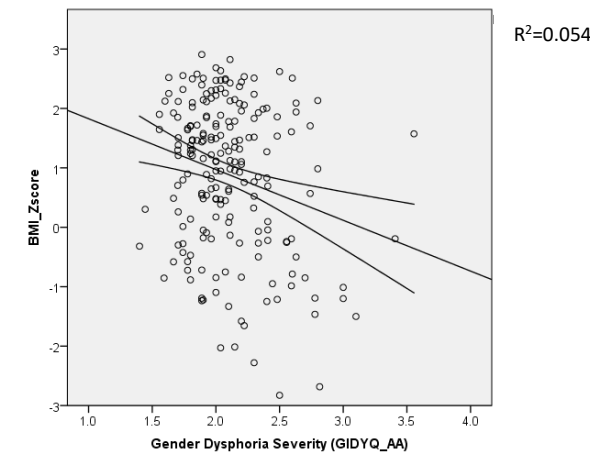


- Weight Control Behaviors
 - Fasting 7.5%, Pills 1.3%, Purging 2.5%
 - YRBS: Fasting 13%, Pills 5%, Purging 4.4%

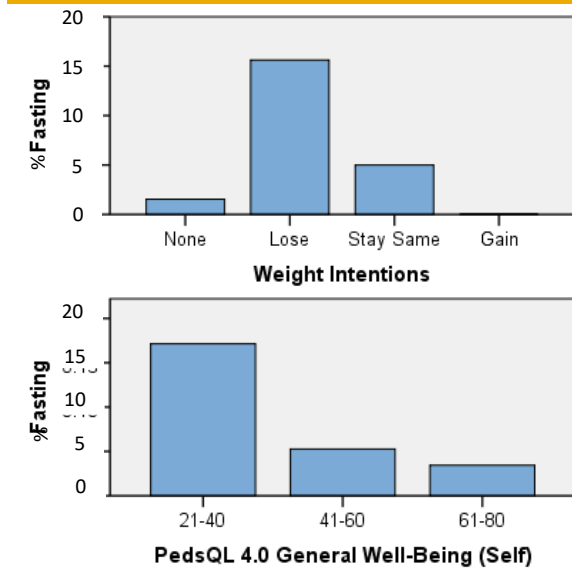
BMI and Well-Being



BMI and Dysphoria



Associations with Fasting



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

LOVE WILL.