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**Personal characteristics, treatment methods, and prevalence of mental disorders among individuals with gender dysphoria who receive treatment at the National Hospital of Sri Lanka**

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**Background:** Gender Dysphoria (GD) is a gender identity disorder influenced by incongruence between anatomical gender and desired gender. GD leads to experience higher disparities in physical, mental, and sexual health. Treatment for GD helps people live the way they want to, in their preferred gender identity and uplift the quality of life.

**Objective:** This study aimed to describe the characteristics, common treatment methods, and to determine the prevalence of psychiatric disorders among individuals with GD who receive treatment for gender dysphoria at National Hospital, Sri Lanka.

**Method:** A descriptive cross-sectional study was conducted using the extracted data from 163 clinical records of individuals with GD who received transe gender treatment at least six months at the National Institute of Mental Health. The data were analyzed using descriptive statistics and SPSS version 25.0 was used as analysis tool. Ethical approval (KIU/ERC/19/61) was obtained from Ethics Review Committee of KIU.

**Results:** The mean age of the participants was 26±6 years. Most of the participants were employed (79%) and unmarried (99%). Female to male gender transition was common (68%) and 69% were heterosexual. The majority of the participants (98%) had undergone lifestyle modification and physical interventions to change the anatomical gender identity. Hormone therapy (61%) and gender affirmation surgery (33%) were reported as other treatment options. Depression (16.6%), deliberate self-harm (14.7%), and suicidal ideation (16.0%) were reported among individuals with GD.

**Conclusion:** Interventions need to be taken to minimize the psychological distress among individuals with gender dysphoria.