



Towards depsychiatrisation of transgender identity

Françoise Askevis-Leherpeux, Anna (antoine) Baleige, Sarah Chouchane, Marie de La Chenelière, Patrice Desmons, Rebecca Robles-Garcia, Ana Fresán, Geoffrey Reed, Jean-Luc Roelandt

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Towards depsychiatrisation of transgender identity: A French study for ICD-11

Askevis-Leherpeux^{1,2}, F., Baleige, A¹., Chouchane, S. De la Chenelière, M. ¹, Desmons, P. ¹, Robles, R³., Fresán, A³., Reed, G^{4,5}., Roelandt, J.L^{1,2}.

Current situation in France

Social and Medical situation

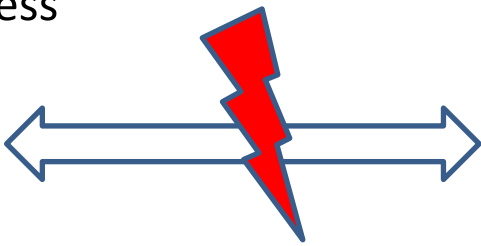
High stigmatisation
Social rejection
Necessity of an official diagnosis to obtain a medical treatment

Which diagnosis? A psychiatric diagnosis
ICD : transsexualism (mental disorder section)

Two necessary characteristics:

- 1. Psychological distress
- 2. Dysfunction-

Medical



Social

Breaking the link

De-psychiatrising should reduce stigmatisation

WHO proposal

- Renaming transsexualism as « gender incongruence »
- Moving gender incongruence from mental disorders section
- Placing disorders in a new category: sexual health

Method

Implementation of Robbles' study in a French context
www.thelancet.com/psychiatry [http://dx.doi.org/10.1016/S2215-0366\(16\)30165-1](http://dx.doi.org/10.1016/S2215-0366(16)30165-1)

Participants

69 Transpeople (60% transwomen), Mean age = 27.7 years

Interviews

Restrospective interviews
Index Period: when the person became aware of transgender identity (M=9.2 years)

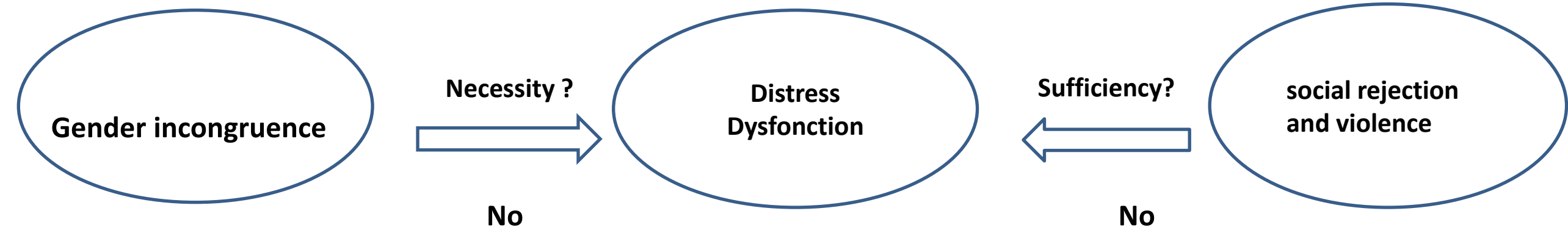
Questions

Sociodemographic data
History of gender identity

Transidentity
Distress
Dysfunction : family, social, work and school

Experience of social rejection and violence

Objectives : contributing to depsychiatrisation



Hypotheses

1. Psychological distress and Dysfunction are not necessary

They will not be reported by every trans person

2. Psychological distress and Dysfunction are not sufficient

They may result from social rejection and violence

Results

- 1. Reported experience of
Psychological Distress : 88.4%
Dysfunction : 85%
 - mostly social and work/ scholastic
 - related to distress

Distress and dysfunction are not reported by everyone

- 2. Reported experience of
Social rejection: 55.1%
mostly by schoolmates and colleagues
Violence : 53%
mostly psychological violence, from family members

Dysfunction is related to social rejection

Conclusion

Results support the proposition to remove gender incongruence from the chapter of mental disorders.
This could improve access to treatment and contribute to reduce stigmatisation and victimisation



EAP meeting
2018, March 2-6th