



Towards depsychiatrisation of transgender identity

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

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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)

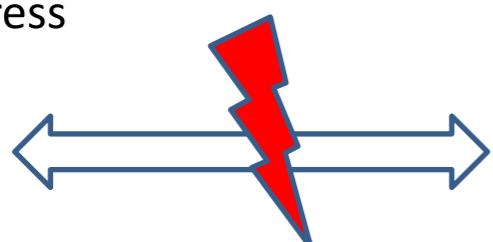
Two necessary characteristics:

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

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

Retrospective 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

Gender incongruence

Necessity ?

No

Distress
Dysfonction

Sufficiency?

No

social rejection
and violence

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 dysfonction 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