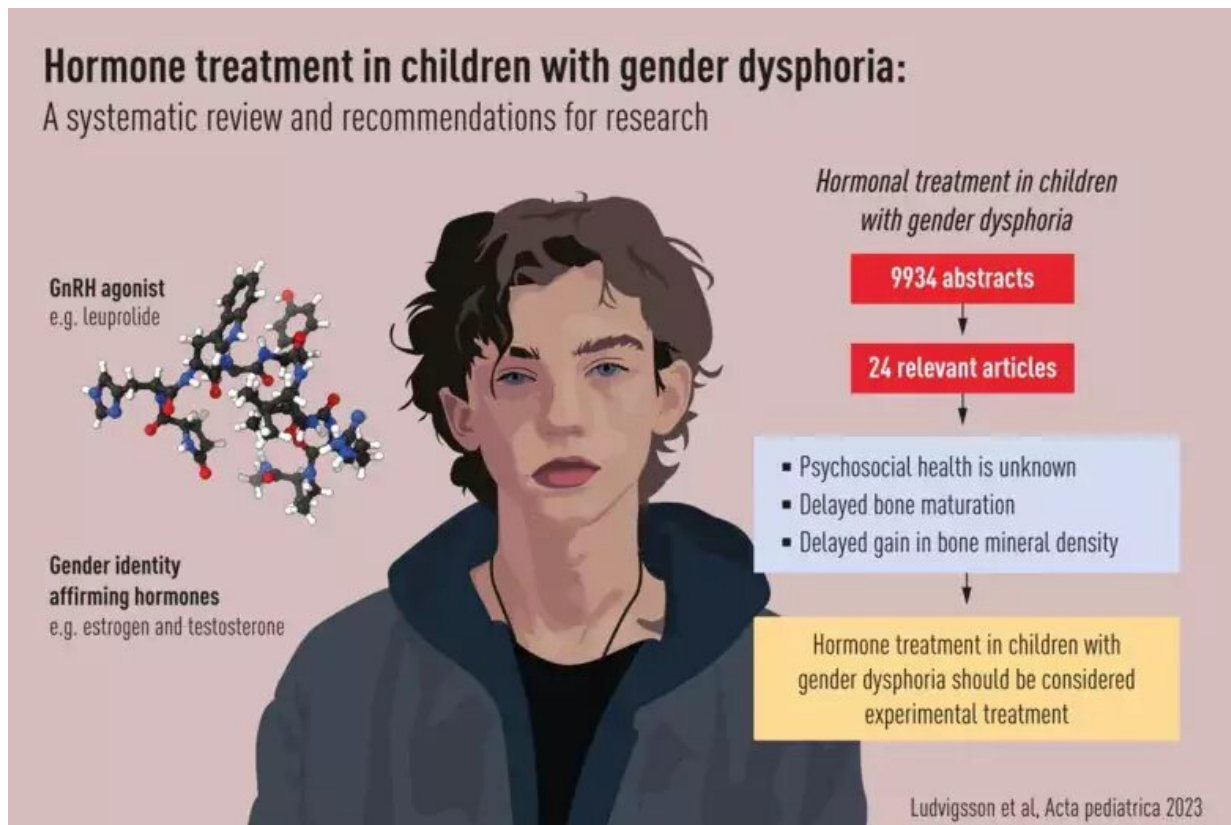


Systematic review on outcomes of hormonal treatment in youths with gender dysphoria

April 19 2023, by Gunilla Sonnebring



Credit: Mattias Karlén, Karolinska Institutet

In a systematic review published in *Acta Paediatrica*, researchers from Karolinska Institutet, University of Gothenburg, Umeå University, and the Swedish agency for health technology assessment and assessment of

social services mapped the current knowledge of hormonal treatment in youths under 18 years old with gender dysphoria.

Data on the effects on psychosocial health are lacking but there is some evidence that hormonal treatment may impact bone maturation. The researchers conclude that hormonal treatment of gender dysphoria in this age group should be regarded as experimental treatment rather than standard procedure.

Gender incongruence refers to a mismatch between biological sex and perceived [gender identity](#). When gender incongruence causes significant discomfort, it is called gender dysphoria. Recent data suggest a dramatic increase of gender dysphoria in young people in the Western world. There has also been an increase in the number of young people requesting hormonal treatment but so far, little is known about the long-term consequences of such treatment.

In a [systematic review](#), researchers assessed more than 9,900 abstracts from 15 scientific databases and identified 24 relevant studies.

"In our review, we focused on psychosocial effects, bone health, body composition and metabolism, and therapy persistence in children (

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