**Gender identity**

**Title:** Initial clinical guidelines for co-occurring autism spectrum disorder and gender dysphoria or incongruence in adolescents  
**Authors:** Strang J. F. et al.  
**Abstract:** Evidence indicates an overrepresentation of youth with co-occurring autism spectrum disorders (ASD) and gender dysphoria (GD). The clinical assessment and treatment of adolescents with this co-occurrence is often complex, related to the developmental aspects of ASD. There are no guidelines for clinical care when ASD and GD co-occur; however, there are clinicians and researchers experienced in this co-occurrence. This study develops initial clinical consensus guidelines for the assessment and care of adolescents with co-occurring ASD and GD, from the best clinical practices of current experts in the field. Expert participants were identified through a comprehensive international search process and invited to participate in a two-stage Delphi procedure to form clinical consensus statements. The Delphi Method is a well-studied research methodology for obtaining consensus among experts to define appropriate clinical care. Of 30 potential experts identified, 22 met criteria as expert in co-occurring ASD and GD youth and participated. Textual data divided into the following data nodes: guidelines for assessment; guidelines for treatment; six primary clinical/psychosocial challenges: social functioning, medical treatments and medical safety, risk of victimisation/safety, school, and transition to adulthood issues (i.e., employment and romantic relationships). With a cut-off of 75% consensus for inclusion, identified experts produced a set of initial guidelines for clinical care. Primary themes include the importance of assessment for GD in ASD, and vice versa, as well as an extended diagnostic period, often with overlap/blurring of treatment and assessment.  
**Publication date:** 2018  
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**Download from:** [https://www.tandfonline.com/doi/full/10.1080/15374416.2016.1228462](https://www.tandfonline.com/doi/full/10.1080/15374416.2016.1228462)  
**Keywords:** Autism spectrum disorders; Gender dysphoria; Adolescents  
**CID:** 47378

**Title:** The co-occurrence of gender dysphoria and autism spectrum disorder in adults: an analysis of cross-sectional and clinical chart data  
**Authors:** Heylens G. et al  
**Source:** Journal of Autism and Developmental Disorders, 2018, Feb 09 [Epub ahead of print]  
**Abstract:** Quantitative studies indicate an overrepresentation of ASD in individuals with GD. This study aims to determine the prevalence of autistic traits or ASD in adults with GD using two different data collection methods: (1) cross-sectional data using the social responsiveness scale-adults (SRS-A) and the autism quotient (AQ) (n = 63). (2) Clinical chart data (n = 532). Mean SRS-A scores were significantly higher compared to a norm population. Almost 5% of the patients with GD scored above the cut-off as measured by the AQ. In 32 patients (6%), a certain ASD diagnosis was found in the patient files, which is sixfold higher compared to the general population. Significantly more “birth assigned male” were affected compared to “birth assigned female”.  
**Publication date:** 2018  
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**Download from:** [If you are an NAS employee you can read this journal online from your NAS computer](http://www.tandfonline.com/doi/full/10.1080/15374416.2016.1228462)  
**Keywords:** Occurrence; Gender dysphoria; Autism spectrum disorders; Adults; Analysis; Comorbidity  
**CID:** 47240

**Title:** Intense/obsessional interests in children with gender dysphoria: a cross-validation study using the Teacher's Report Form  
**Authors:** Zucker K. J. et al  
**Source:** Child and Adolescent Psychiatry and Mental Health, 2017, Vol. 11, p. 51  
**Abstract:** Objective: This study assessed whether children clinically referred for gender dysphoria (GD) show symptoms that overlap with Autism Spectrum Disorder (ASD). Circumscribed preoccupations/intense interests and repetitive behaviours were considered as overlapping symptoms expressed in both GD and ASD. Methods: To assess these constructs, we examined Items 9 and 66 on the Teacher’s Report Form (TRF), which measure obsessions and compulsions, respectively. Results: For Item 9, gender-referred children (n = 386) were significantly elevated compared to the referred (n = 965) and non-referred children (n = 965) from the TRF standardisation sample. For Item 66, gender-referred children were elevated in comparison to the non-referred children, but not the referred children. Conclusions: These findings provided cross-validation of a previous study in which the same patterns were found using the Child Behaviour Checklist (Vanderlaan et al. in J Sex Res 52:213–19, 2015). We discuss possible developmental pathways between GD and ASD, including a consideration of the principle of equifinality.
Title: Gender dysphoria and autism spectrum disorder: a narrative review
Authors: Van Der Miesen A. I.; Hurley H.; De Vries A. L.
Abstract: The current literature shows growing evidence of a link between gender dysphoria (GD) and autism spectrum disorder (ASD). This study reviews the available clinical and empirical data. A systematic search of the literature was conducted using the following databases: PubMed, Web of Science, PsyclINFO and Scopus; utilising different combinations of the following search terms: autism, autism spectrum disorder (ASD), Asperger's disorder (AD), comorbidity, gender dysphoria (GD), gender identity disorder (GID), transgenderism and transsexualism. In total, 25 articles and reports were selected and discussed. Information was grouped by found co-occurrence rates, underlying hypotheses and implications for diagnosis and treatment. GD and ASD were found to co-occur frequently - sometimes characterised by atypical presentation of GD, which makes a correct diagnosis and determination of treatment options for GD difficult. Despite these challenges there are several case reports describing gender affirming treatment of co-occurring GD in adolescents and adults with ASD. Various underlying hypotheses for the link between GD and ASD were suggested, but almost all of them lack evidence.
Publication date: 2016
Address: Anna I. R. Van Der Miesen, VU University Medical Centre, Centre of Expertise on Gender Dysphoria, Amsterdam, the Netherlands; email: annavdm@gmail.com
Download from: https://www.tandfonline.com/doi/full/10.3109/09540261.2015.1111199
Keywords: Gender dysphoria; Autism spectrum disorders; Narrative; Reviews; Comorbidity; Occurrence
CID: 47379

Title: Evaluation of Asperger syndrome in youth presenting to a gender dysphoria clinic
Authors: Shumer D. E. et al
Abstract: PURPOSE: There is evolving evidence that children and adolescents with gender dysphoria have higher-than-expected rates of autism spectrum disorder (ASD), yet clinical data on ASD among youth with gender dysphoria remain limited, particularly in North America. This report aims to fill this gap. METHODS: We conducted a retrospective review of patient chart data from 39 consecutive youth ages 8 to 20 years (mean age 15.8 years, natal male: n = 22, natal female: n = 17) presenting for evaluation at a multidisciplinary gender clinic in a large U.S. paediatric hospital from 2007 to 2011 to evaluate the prevalence of ASD in this patient population. RESULTS: Overall, 23.1% of patients (9/39) presenting with gender dysphoria had possible, likely, or very likely Asperger syndrome as measured by the Asperger Syndrome Diagnostic Scale (ASDS). CONCLUSION: These findings are consistent with growing evidence supporting increased prevalence of ASD in gender dysphoric children. To guide provision of optimal clinical care and therapeutic intervention, routine assessment of ASD is recommended in youth presenting for gender dysphoria.
Publication date: 2016
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Download from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5073215/
Keywords: Evaluation; Asperger syndrome; Young people; Gender dysphoria; Autism spectrum disorders
CID: 47377

Title: Gender dysphoria and co-occurring autism spectrum disorders: review, case examples, and treatment considerations
Authors: Jacobs L. A. et al
Abstract: PURPOSE: Transgender and gender nonconforming people who fulfil diagnostic criteria for autism spectrum disorders (ASDs) often present to mental health providers with concerns that are distinct from those without ASDs. Gender Dysphoria (GD) and ASDs have been proposed to share etiologic mechanisms and there is evidence that ASDs may be more common in transgender and gender nonconforming people. We explore the impact of ASD characteristics on individual gender identity, expression, and the process of psychotherapy. METHOD: The authors present two case studies of high-functioning individuals with ASD and GD diagnoses. RESULTS: The limited ability to articulate an inner experience, deficits in Theory of Mind (ToM), along with the intolerance of ambiguity as a manifestation of the cognitive rigidity characteristic of ASDs, may present special difficulties to gender identity formation and consolidation and create challenges in psychotherapy. CONCLUSIONS: The authors suggest that ASDs do not preclude gender transition and that individuals with high-functioning ASDs are capable of making
Title: Young people with features of gender dysphoria: demographics and associated difficulties
Authors: Holt V.; Skagerberg E.; Dunsford M.
Abstract: This article presents the findings from a cross-sectional study on demographic variables and associated difficulties in 218 children and adolescents (Mean age = 14 years, SD = 3.08, range = 5–17 years), with features of gender dysphoria, referred to the Gender Identity Development Service (GIDS) in London during a 1-year period (1 January 2012–31 December 2012). Data were extracted from patient files (i.e. referral letters, clinical notes and clinician reports). The most commonly reported associated difficulties were bullying, low mood/depression and self-harming. There was a gender difference on some of the associated difficulties with reports of self-harm being significantly more common in the natal females and autism spectrum conditions being significantly more common in the natal males. The findings also showed that many of the difficulties increased with age. Findings regarding demographic variables, gender dysphoria, sexual orientation and family features are reported, and limitations and implications of the cross-sectional study are discussed. In conclusion, young people with gender dysphoria often present with a wide range of associated difficulties which clinicians need to take into account, and our article highlights the often complex presentations of these young people.
Publication date: 2014
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Keywords: Young people; Gender dysphoria; Bullying; Self-harm
CID: 47374

Title: Gender identity disorder and schizophrenia: neurodevelopmental disorders with common causal mechanisms?
Authors: Rajkumar, R. P.
Source: Schizophrenia Research and Treatment, 2014, 463757, 8 pages
Abstract: Gender identity disorder (GID), recently renamed gender dysphoria (GD), is a rare condition characterised by an incongruity between gender identity and biological sex. Clinical evidence suggests that schizophrenia occurs in patients with GID at rates higher than in the general population and that patients with GID may have schizophrenia-like personality traits. Conversely, patients with schizophrenia may experience alterations in gender identity and gender role perception. Neurobiological research, including brain imaging and studies of finger length ratio and handedness, suggests that both these disorders are associated with altered cerebral sexual dimorphism and changes in cerebral lateralisation. Various mechanisms, such as Toxoplasma infection, reduced levels of brain-derived neurotrophic factor (BDNF), early childhood adversity, and links with autism spectrum disorders, may account for some of this overlap. The implications of this association for further research are discussed.
Publication date: 2014
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Keywords: Gender dysphoria; Schizophrenia; Neurodevelopmental disorders
CID: 47373

Title: Gender dysphoria and cross-dressing in people with intellectual disability: a literature review
Authors: Parkes G.; Hall I.
Abstract: In clinical practice, we have come across people with intellectual disability who have gender dysphoria and cross-dress. Here, we review the literature on this subject and present an illustrative case example. We searched databases, followed-up references from relevant articles, and contacted colleagues in the field. We found nine papers with case examples and one survey. Gender identity problems certainly occur in people with intellectual disabilities, and developmental perspectives are important in assessing and treating them. In some cases autistic spectrum disorder was co-morbid, for individuals with and those without intellectual disability. Aggression was also common. Documented treatments were primarily psychological and social and did not include hormones and sex reassignment surgery. Capacity to consent is a factor that determines treatment.
Publication date: 2006
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Keywords: Gender dysphoria; Intellectual disability; Reviews
CID: 47376
Title: Gender identity disorder: a review of the past 10 years
Authors: Bradley S. J.; Zucker K. J.
Abstract: Objective: To review the clinically relevant literature on gender identity disorder (GID) in children and adolescents over the past 10 years. Method: All literature referring to gender identity and children or adolescents from 1985 on was reviewed. Results: Changes in the DSM-IV nomenclature include (1) adoption of the single diagnosis of GID to apply to children, adolescents, and adults; (2) changes in the format of the criteria; and (3) placement in the section “Sexual and Gender Identity Disorders.” Rates of associated psychopathology in children with GID are comparable with those in children with other psychiatric disorders, particularly disorders that are internalising in form. Biological and psychosocial factors thought to be relevant in the development of GID are reviewed. Conclusions: Research is required to elucidate the complicated interaction between biological and psychosocial factors in the development of GID and to evaluate treatment efficacy.
Publication date: 1997
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Keywords: Gender dysphoria; Reviews; Children; Adolescents
CID: 47372