

# Probing The Complexities Of Transgender Mental Health

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## **NPR:**

Experiencing the world as a different gender than the one assigned to you at birth can take a toll. Nearly all research into transgender individuals' mental health shows poorer outcomes. A study looking specifically at transgender women, predominantly women of color, only further confirms that reality.

What's less clear, however, is whether trans individuals experience more mental distress due to external factors, such as discrimination and lack of support, or internal factors, such as gender dysphoria, the tension resulting from having a gender identity that differs from the one assigned at birth.

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The study of younger children, which was published in *Pediatrics*, focused on a much younger and more emotionally supported group. These transgender children were "affirmed in their gender identities in all aspects of their lives," with parental, peer and other social support for their identities, according to that study's lead author, Kristina Olson, an assistant professor of psychology at the University of Washington in Seattle.

Read the whole story: [NPR](#)