Does Top Surgery Reduce Chest Dysphoria in Trans/Non-binary Adolescents and Young Adults?

**BACKGROUND**

- As an increasing number of young adults express their true gender identity at an earlier age, healthcare providers are experiencing a greater volume of transmasculine and non-binary adolescents presenting for gender-affirming top surgery.
- A retrospective review by the senior author found that chest dysphoria was associated with higher anxiety and depression in adolescents.
- Although top surgery has been shown to improve chest and gender dysphoria in adults, its impact on adolescents could be better elucidated.
- The added complexity of parental consent for minors and insurance coverage has further isolated this group from sufficient clinical study.
- The present study aimed to increase the body of evidence for gender-affirming surgery in adolescents and young adults by measuring the change in self-reported gender dysphoria, gender congruence, body image, and chest dysphoria after top surgery.

**METHODS**

- Prospective, multi-institutional study of patients presenting for top surgery at any of three hospital systems in Chicago:
  - Northwestern Memorial Hospital
  - The University of Illinois at Chicago
  - Lurie Children's Hospital of Chicago
- Inclusion criteria:
  - Transmasculine or non-binary
  - Designated female at birth
  - Aged 13-25
- Measures performed preoperatively and three months postoperatively:
  - Transgender Congruence Scale
  - Utrecht Gender Dysphoria Scale
  - Chest Dysphoria Measure
  - Body Image Scale
- Mean score changes from baseline calculated and analyzed using paired, two-sided t-tests.

**RESULTS & CONCLUSIONS**

- Final analysis to be completed before the end of this calendar year.
- Analysis will contain a 1 year timepoint, doubly-matched control cohort (no top surgery) by age / testosterone use, and regression analysis of clinical and surgical variables collected from chart review.
- Current enrollment stands at 85 patients across both cohorts.

- Our study’s preliminary findings are that top surgery is an effective method of improving:
  - Chest-related dysphoria
  - Overall gender dysphoria
  - Gender congruence
  - Body image
- Nearly identical significances were found when stratifying by minor status, with the utrecht gender dysphoria scale marginally insignificant.
- These results are the first to demonstrate the utility of top surgery in youths and young adults.

**LITERATURE CITED**

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