



Obsessive-compulsive traits are more common in people with gender dysphoria.

At least two studies [1, 2] have found a particular connection between intense interests or repetitive behaviors – associated with autism spectrum disorders – and gender dysphoria.

It has also been noted [3] that:

With the intensified public awareness and media coverage of issues concerning gender identity and gender incongruence, distinguishing true gender dysphoria or incongruence from the sexual obsessions of obsessive-compulsive disorder (OCD) is especially important. Although intrusive sexual obsessions are not uncommon in OCD, obsessions concerning sexual content are more difficult for clinicians to identify as OCD than other types of obsessions (e.g., obsessions concerning contamination).

REFERENCES

[1] Zucker, K.J., Nabbijohn, A.N., Santarossa, A., Wood, H., Bradley, S.J., Matthews, J., & VanderLaan, D.P. (2017). Intense/obsessional interests in children with gender dysphoria: a cross-validation study using the Teacher's Report Form. *Child and adolescent psychiatry and mental health* 11, 51. [\[Link\]](#)

[2] VanderLaan, D.P., Postema, L., Wood, H., Singh, D., Fantus, S., Hyun, J., Leef, J., Bradley, S.J. & Zucker, K.J.. (2015). Do children with gender dysphoria have intense/obsessional interests? *J Sex Res.* 52 (2): 213-9. [\[Link\]](#)



[3] Safer, D., Bullock, K. & Safer, J. (2016). *Obsessive-Compulsive Disorder Presenting as Gender Dysphoria/Gender Incongruence: A Case Report and Literature Review*. *AACE Clinical Case Reports* 2. [\[Link\]](#)

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