Co-occurring mental health issues, rather than gender dysphoria, are the primary predictors of both all-cause and suicide-related mortality in adolescents seeking gender-related care.

A 2024 study by Ruuska et al. [1], which analyzed data from 2,083 adolescents referred to gender identity clinics and 16,643 matched controls, reported higher initial mortality rates among referred adolescents (0.81 per 1000 person-years) compared to controls (0.40 per 1000 person-years). The suicide rates were also higher among the referred group (0.51 per 1000 person-years versus 0.12 per 1000 person-years). However, after controlling for history of psychiatric treatment, these differences in mortality rates between the two groups were not statistically significant, with hazard ratios normalizing at 1.0 for all-cause mortality and 1.8 for suicide mortality.

REFERENCES