Challenges reported by detransitioners include social and emotional difficulties, lack of support, negative healthcare experiences, “detransphobia”, and identity concerns.

In a systematic review and metasummary of qualitative data up to April 2023, Expósito-Campos et al. [1] analyzed the experiences of 2,689 individuals who detransitioned. From 845 records, 15 studies were included, yielding 34 significant meta-findings derived from data present in at least 15% of the cases. The study identified two primary themes: “Gender Transition,” encompassing perspectives and emotions, and “Gender Detransition,” covering driving factors and challenges such as social and emotional difficulties, lack of support and understanding, negative healthcare interactions, “detransphobia” (defined as stigma, loss of previous supports, and prejudices around detransition), and identity concerns. The study also explored the needs, growth, evolution, and identity exploration of detransitioners. These findings highlight the necessity for psychotherapeutic approaches that address the complex social, emotional, and identity-related needs of detransitioners, advocating for comprehensive support mechanisms within healthcare frameworks.

REFERENCES