



STATS FOR
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43% of trans-identified people experience anxiety. The figure is higher for females.

A systematic review [1] of 71 studies, comprising 73,565 transgender individuals from 23 countries, found a global pooled prevalence of anxiety of 43%. Prevalence was 59% amongst “non-binary” people and 44% for “transmasculine” people.

REFERENCES

[1] Oliveira Teles, D., Alves de Oliveira, R., de Mendonça Figueirêdo Coelho, M., Bezerra Pinheiro, A. K., & Lannes Fernandes, F. (2025). Worldwide prevalence of anxiety in transgender persons: Systematic review with meta-analysis. *International Journal of Transgender Health*, 1–23. <https://doi.org/10.1080/26895269.2025.2498753>