



STATS FOR
GENDER.ORG

More patients on puberty blockers saw their distress deteriorate than improve.

A study [1] of children from 12-15 receiving puberty blockers via the Gender Identity and Development Service showed that 37-70% of patients showed no improvement in levels of distress. 15-34% showed deterioration, while only 9-29% showed improvement.

The highest rate of deterioration (34%) was recorded at the 12 month evaluation, when the sample size was at its largest. Evaluations at 24 and 36 months were affected by significant loss to follow-up, which compromises the data.

REFERENCES

[1] McPherson, S., & Freedman, D. E. P. (2023). Psychological Outcomes of 12–15-Year-Olds with Gender Dysphoria Receiving Pubertal Suppression in the UK: Assessing Reliable and Clinically Significant Change. *Journal of Sex & Marital Therapy*, 50(3), 315–325.
<https://doi.org/10.1080/0092623X.2023.2281986>