



## Time until treatment regret emerges may be eight years or more.

An analysis [1] showed that the median time to surgical regret may be as high as eight years. For cross-sex hormone treatment, the time to regret may be almost eleven years (130 months). However, the analysis points out that the lack of thorough follow up in much of the research in this field, and the lack of detailed research into the detransitioner/desister population, mean that accurate figures are very hard to discern.

**Table 1** Some studies sampling regret and detransition times

From: **The Detransition Rate Is Unknown**

Study	Quantity measured	#(N)	Definition of regret or detransition/ how measured	Intervention/criteria for intervention	Age (sex) when treated
	Time until regret/detransition				Regret or detransitioned
Dhejne et al. (2014)	Median to regret	15:	Apply for new legal sex/record search	Surgery/2 year evaluation, sterilization before starting	Median ages when all treated applied:
	8 (all)	5 FTM			27 (FTM)
	7.5 (FTM <sup>a</sup> )	10 MTF			32 (MTF)
	8.5 (MTF <sup>b</sup> )	Median age applied			Total treated:
		22 FTM			252 FTM
		35 MTF			429 MTF
Wiepjes et al. (2018)	Median to regret	14:	Reverse hormones and expressing regret in visit/record search	Gonadectomy/screening and a diagnostic phase	Median age first visit (for adults presenting):
	73.5 months after gonadectomy,	3 FTM			25 (FTM)
	96.5 months after starting hormones (from Wiepjes et al. 2018, Table 4)	11 MTF			33 (MTF)
	Average to regret	31 FTM			Total with surgery:
	130 months after starting hormones	38 MTF			885 FTM
					1742 MTF with hormones for at least 1.5 years
Littman (2021)	Average to detransition	100:	Discontinued medication, had reversal surgery, or both/online survey	Medication and/or surgery/criteria to start unspecified	Ave age sought medical care:
	3.2 years FTM (2.7 SD)	69 FTM			20 FTM (SD 4.2)
	5.4 years MTF (6.1 SD)	31 MTF			26 MTF (SD 7.5)
					Total treated unknown
Vandenbussche (2022)	Average to detransition (includes time socially transitioned)	237:	Identify as detransitioner/online survey	Social (31%) or social + medical (65%)/criteria to start unspecified	Social (medical) transition ave age:
	4.55 years FTM	217 FTM			17.42 (20.09) FTM
	6.37 years MTF	20 MTF			23.63 (26.19) MTF
	SD 3.55				SD = 5.03 (5.36)
					25% started medical transition under 18
					Total treated unknown

<sup>a</sup>FTM: female-to-male

<sup>b</sup>MTF: male-to-female

## REFERENCES

[1] Cohn, J. The Detransition Rate Is Unknown. *Archives of Sexual Behaviour* 52, 1937–1952 (2023). <https://doi.org/10.1007/s10508-023-02623-5>