



Trans-identified people have higher than average rates of all mental illnesses.

A study [1] of the medical records of 10,270 trans-identified patients found that 58% had at least one psychiatric diagnosis. This compares to just 13.6% of patients without trans identities. Trans-identified patients showed greater prevalence of every psychiatric condition queried, with major depressive disorder and generalized anxiety disorder being the most common diagnoses (31% and 12%, respectively). There was also an increased lifetime prevalence of bipolar disorder (11%) and psychotic disorders (4.7% overall, 2.5% for schizophrenia and 2.2% for schizoaffective disorder) in trans-identified patients.

Table 1. Mental Health Diagnoses Among Transgender Patients and the General Population

Diagnosis	Transgender population n = 10,270 (%)	Control population n = 53,449,400 (%)
Mood disorder	4720 (46)	4,802,280 (9.0)
Major depressive disorder	3210 (31)	2,549,270 (4.8)
Dysthymia	700 (6.8)	739,450 (1.4)
Bipolar disorder	1200 (11)	685,300 (1.3)
Anxiety disorder	3220 (31)	3,194,050 (6.0)
General anxiety disorder	1260 (12)	1104270 (2.0)
Panic disorder	460 (4.4)	393,690 (0.74)
Phobic disorder	300 (2.9)	77,830 (0.15)
Social phobia	220 (2.1)	29,860 (0.06)
Agoraphobia	90 (0.87)	43,660 (0.08)
Post-traumatic stress disorder	690 (6.7)	275,730 (0.52)
Obsessive compulsive disorder	210 (2.0)	113,200 (0.21)
Psychotic disorder		
Schizophrenia	260 (2.5)	196,820 (0.37)
Schizoaffective disorder	230 (2.2)	88,140 (0.16)
Adjustment disorder	830 (8.1)	631,320 (1.2)
Dissociative disorder	130 (1.3)	51,690 (0.10)
Somatoform disorder	100 (0.97)	96,410 (0.18)
Personality disorder	610 (5.9)	199,860 (0.37)
Cluster A personality disorder	20 (0.19)	6750 (0.01)
Cluster B personality disorder	350 (3.4)	62,660 (0.11)
Borderline personality disorder	320 (3.1)	47,390 (0.09)
Cluster C personality disorder	20 (0.19)	7700 (0.01)
Eating disorder	210 (2.0)	133,510 (0.25)
ADHD	1070 (10)	916,370 (1.7)
PDD	250 (2.4)	109,710 (0.20)
Autism	150 (1.5)	83,760 (0.16)
Chemical dependence		
Substance use disorder	1040 (10)	1,410,960 (2.6)
Alcohol	440 (4.2)	737,820 (1.4)
Cannabis	390 (3.8)	334,230 (0.63)
Cocaine	140 (1.4)	144,200 (0.27)
Opioid	120 (1.2)	157,150 (0.27)
Amphetamine	80 (0.77)	69,940 (0.13)
Tobacco user	2380 (23)	5,252,940 (9.8)
Percentage with at least one diagnosis	5940 (58)	7,311,780 (13.6)

^ap Values are from global χ^2 and Fisher's exact tests.

^bSignificance is set to $p < 0.005$. All associations were significant unless otherwise noted.

ADHD, attention-deficit/hyperactivity disorder; PDD, pervasive developmental delay.

REFERENCES

- [1] Wanta JW, Niforatos JD, Durbak E, Viguera A, Altinay M. Mental Health Diagnoses Among Transgender Patients in the Clinical Setting: An All-Payer Electronic Health Record Study. *Transgender Health*. 2019 Nov 1;4(1):313-315. doi: 10.1089/trgh.2019.0029. PMID: 31701012; PMCID: PMC6830528.