

Symposium

📅 Sun. Sep 28, 2025 4:30 PM - 6:00 PM JST | Sun. Sep 28, 2025 7:30 AM - 9:00 AM UTC 🏛️ Session Room 4 (Large Hall B)

[Symposium 111] LGBTQ+ and mental health

Moderator: Katsuki Harima (Harima Mental Clinic)

[SY-111-03] Developing a Balanced, Caring, Compassionate, Cautious and Evidence-based Guide to Gender Dysphoria

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Keywords : Gender Dysphoria、 Youth、 Guideline

Background: The treatment of gender dysphoria in children and adolescents is a highly controversial topic within the medical community. Gender dysphoria is a condition where an individual experiences significant distress due to a mismatch between their gender identity and their biological sex. Objectives: This presentation describes the development of a balanced, respectful, compassionate, cautious, evidence-based and practical guide to caring for children and adolescents with gender dysphoria. Methods: The presentation describes the key features of the approach to treating gender dysphoria in children and adolescents. Findings: The guide provides a clear pathway for a thorough evaluation of each patient's individual circumstances, considering their age, maturity, and other medical and psychological factors, as well as and family circumstances, to deliver treatment that is both safe and effective. Conclusions: The Guide offers a model of care entirely consistent with the United Kingdom Cass Review Report approach to gender dysphoria in children and adolescents. Conflicts of interest: None.