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"Why do we do this work? Because we know if people are not acknowledged in who they are, there is a tremendous amount of suffering and risk," Dr. Rosenthal said. He pointed to a 2015 study by Reisner et al showing that people who are transgender have a two to three-fold increased risk for internalizing disorders such as depression, anxiety, suicidal ideation, and suicide attempts.<sup>7</sup>

"Now does this mean that kids are currently depressed if they are transgender? I don't think so at all," Dr. Rosenthal said. "I think it's important to acknowledge the fact that there is still a tremendous amount of misunderstanding and transphobia in our cultures, and that obviously has an impact on how people feel."

He stressed that study of the biologic underpinning of gender identity is not intended to provide a "litmus test" of transgender, but rather to increase knowledge and understanding in the community at large, which may lead to increased acceptance a positive impact on quality of life for people who don't fit stereotype gender norms.

## References

1. Heylens G, De Cuypere G, Zucker KJ, et al. Gender identity disorder in twins: a review of the case report literature. *J Sex Med.* 2012;9(3):751-757.

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