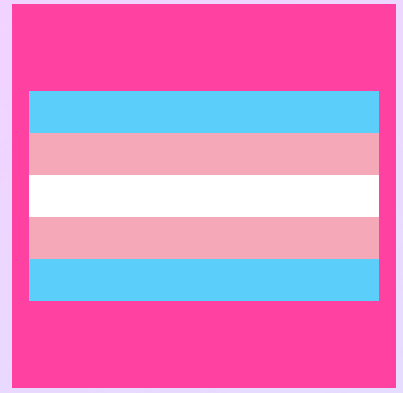


# Myth: Transitioning harms transgender people

# Fact: Transition improves mental health and decreases suicide risk



A common myth is that transitioning harms transgender people. This is false, numerous scientific studies listed below have shown that transitioning, both medically and socially is beneficial.

An analysis of 55 studies by Cornell University reported that 51 studies out of the 55 showed that transition improved quality of life and self-esteem while decreasing suicide risk, anxiety and depression rates. The other 4 studies showed mixed results.

An analysis of 27 studies found that regret after gender affirming surgery was around 1%. A lot of the regret came from transphobia or being non binary and not binary transgender showing that people who regretted the transition itself is even lower.

A study sampling over 30,000 LGBT+ youth found that use of gender affirming hormones improved the mental health of transgender youth, decreasing depression and suicide attempts.

A study found that getting gender affirming treatment lead to much better mental health compared to before the treatment where mental health was much worse.

Many medical groups support the right transition such as the American Psychiatric Association, the American Medical Association, the American Academy of Pediatrics, and many more.