



12. GENDER DYSPHORIA: UNDERSTANDING AND ASSESSMENT

Author: Terzi Iulia

Scientific advisor: Chihai Jana, MD, Associate Professor, Department of Mental Health, Medical Psychology and Psychotherapy, *Nicolae Testemitanu* State University of Medicine and Pharmacy of the Republic of Moldova; Senior Mental Health Advisor for MENSANA Project

Introduction. Gender dysphoria represents a profound incongruence between an individual's experienced gender and their assigned sex at birth, impacting their mental health, social integration and overall well-being. Understanding gender dysphoria necessitates a departure from rigid binary constructs and embraces a more fluid and inclusive perspective of gender identity.

Aim of study. To challenge social stigmatization and discrimination through education, promoting acceptance and respect for diverse gender identities. To identify effective methods of support, including mental health interventions and social frameworks that affirm and aid individuals experiencing gender dysphoria.

Methods and materials. Empirical studies based on original data 34%, 555 articles, including qualitative studies, cohort studies, case control studies and clinical trials. Meta-ethnography approach conducted a structured analysis for synthesizing research about the phenomenology of gender dysphoria in transgender individuals.

Results. Studies consistently demonstrate the positive impact of social support and acceptance on the mental health outcomes of individuals with gender dysphoria. Research underscores the detrimental effects of societal stigmatization and discrimination on individuals with gender dysphoria, leading to increased mental health challenges and decreased quality of life.

Conclusion. Positive social support and acceptance play a main role in the well-being of individuals with gender dysphoria. Creating inclusive and affirming environments is crucial in reducing stigma and supporting individuals in their journey. The experiences of gender dysphoria are diverse and intersect with various aspects of identity, including race, culture, socioeconomic status. Understanding these interactions is vital in providing inclusive and culturally competent care.