

Mental Health Effects On Postoperative Outcomes Following Gender-affirming Mastectomy: An Administrative Claims Analysis Of Over 5800 Patients

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Introduction

- Mental health diagnoses are common among gender-diverse individuals^{1–2}
- Associated with increased suicidality, substance use, and poorer physical health in this population^{3–5}
- The impact of mental health on surgical outcomes after gender-affirming surgery remains unclear
- This study evaluates how preoperative mental health diagnoses affect adverse events following gender-affirming mastectomy (GAM)

Methods

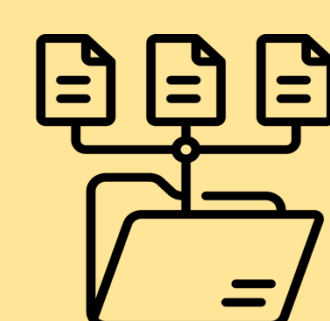
Design & Population



Retrospective cohort study



Gender-diverse patients undergoing GAM (2010–2022)



Identified using CPT and ICD codes in PearlDiver database (>165M records)

Data Collection

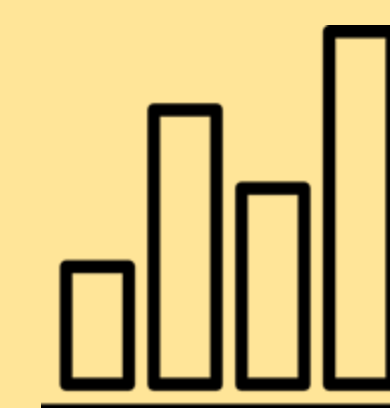


Preoperative psychiatric diagnoses identified via ICD codes



Postoperative adverse events identified via ICD/CPT codes

Statistical Analysis



Chi-square tests & two-sample t-tests

Compared adverse events between those *with* and *without* preoperative mental health diagnoses

Results



5,808 patients underwent GAM



32.9% had at least one mental health diagnosis

- **Depression: 21.4%**
- **Anxiety: 21.2%**



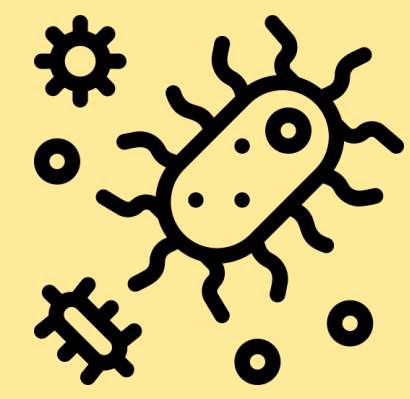
13.6% had at least one adverse event

Mental Health Associations*



Sensory disturbance (2.4%)

- Depressive disorders: **1.64 (1.15-2.34)**
- Anxiety disorders: **1.73 (1.21-2.45)**
- Bipolar disorders: **1.87 (1.10-3.15)**
- Psychotic disorders: **2.95 (1.24-6.98)**



Surgical site infection (1.5%)

- Bipolar disorders: **2.20 (1.18-4.11)**
- Psychotic disorders: **4.76 (1.99-11.39)**
- Suicidal ideation: **2.74 (1.22-6.18)**

*Risk ratio (95% confidence interval)

Discussion

- Around 1 in 3 GAM patients had a preoperative mental health diagnosis (most commonly depression and anxiety)
- Overall risk of adverse events is low
- Mental health conditions are associated with increased risk of sensory changes and surgical site infections
- May reflect mental health effects on pain perception, healing, and wound care
- Our findings support the need for individualized perioperative counseling and stronger mental health support for those undergoing GAM

References

