

Patient-reported Outcomes For Non-binary Patients Seeking Gender-affirming Care

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Significance

1 in 200 individuals identifies with a gender different from their sex assigned at birth in the U.S., with approximately 1.4 million people nationwide.

Gender-affirming care (GAC) research focuses on the gender binary, lacking patient-reported outcomes measures (PROMs) for non-binary people seeking GAC.

Objectives

This study aims to to objectively assess PROMS in non-binary individuals seeking GAC using a validated psychometric tool: the Vanderbilt Mini-PROM (VMP-G).

Methods: Design and Recruitment

	Study Design:	Retrospective of PROMs
	Participants:	Patients seeking GAC who self-identified with a non-binary gender identity and a DSM-V diagnosis of gender dysphoria
	Setting:	Tertiary Medical Center
	Outcomes:	Vanderbilt Mini Patient-Reported Outcomes Measure-Gender (VMP-G)
	Intervals:	Patient responses collected 1 week pre-op & 1-3-, 7-9-, 10-12-, and 12-14-months pot-op (9/2022-10/2024)

Methods: Outcomes

The Vanderbilt Mini Patient-Reported Outcomes Measures-Gender (VMP-G), a validated psychometric tool

- Assesses five scales: quality of life, self-concept, satisfaction, gender dysphoria, and regret.
- Score range: 20-100; higher scores indicate better outcomes

Data collected from non-binary patients via EPIC survey prompts during preoperative visits and post-surgery timepoints (see design and recruitment intervals).

Results

Demographics:

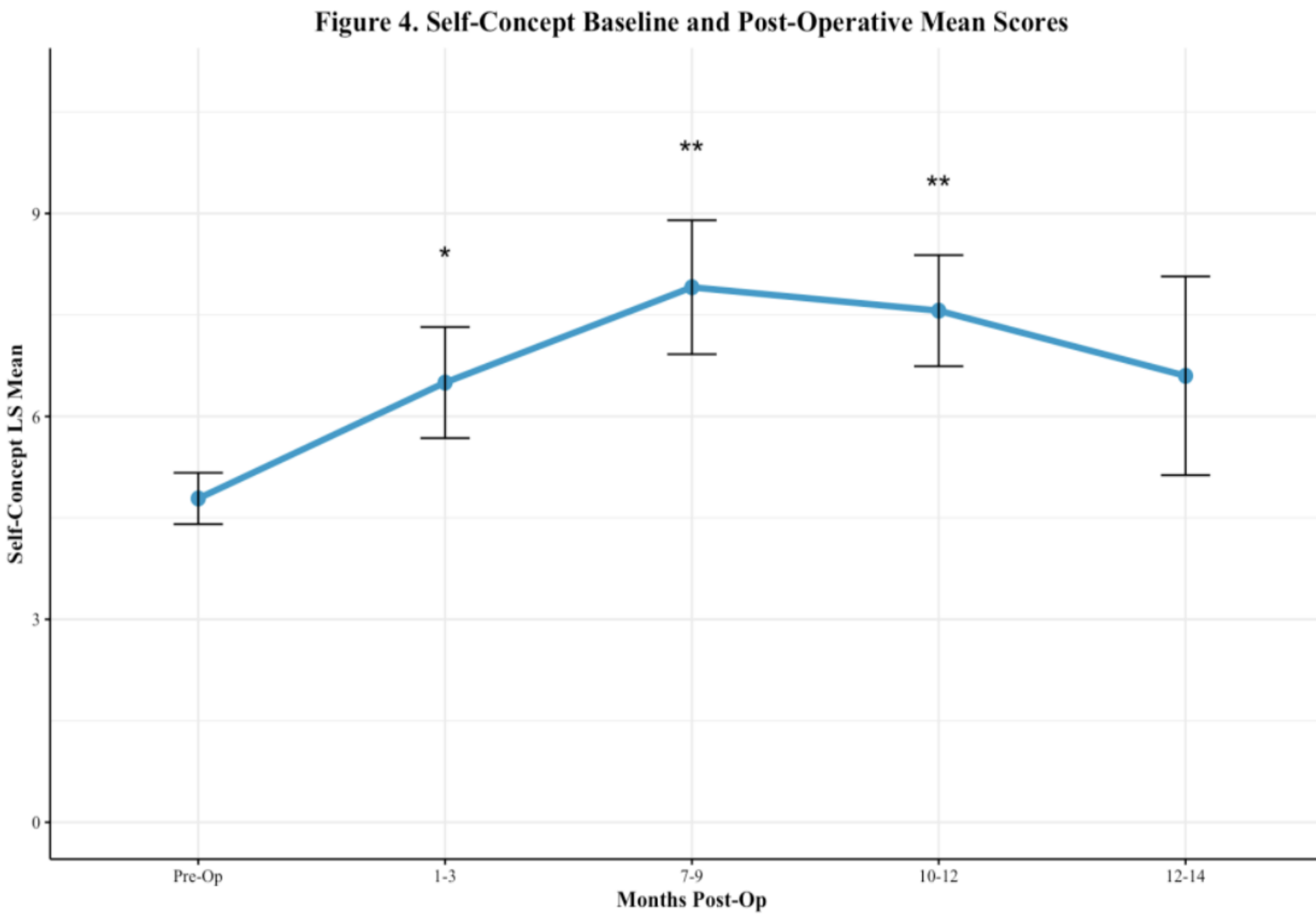
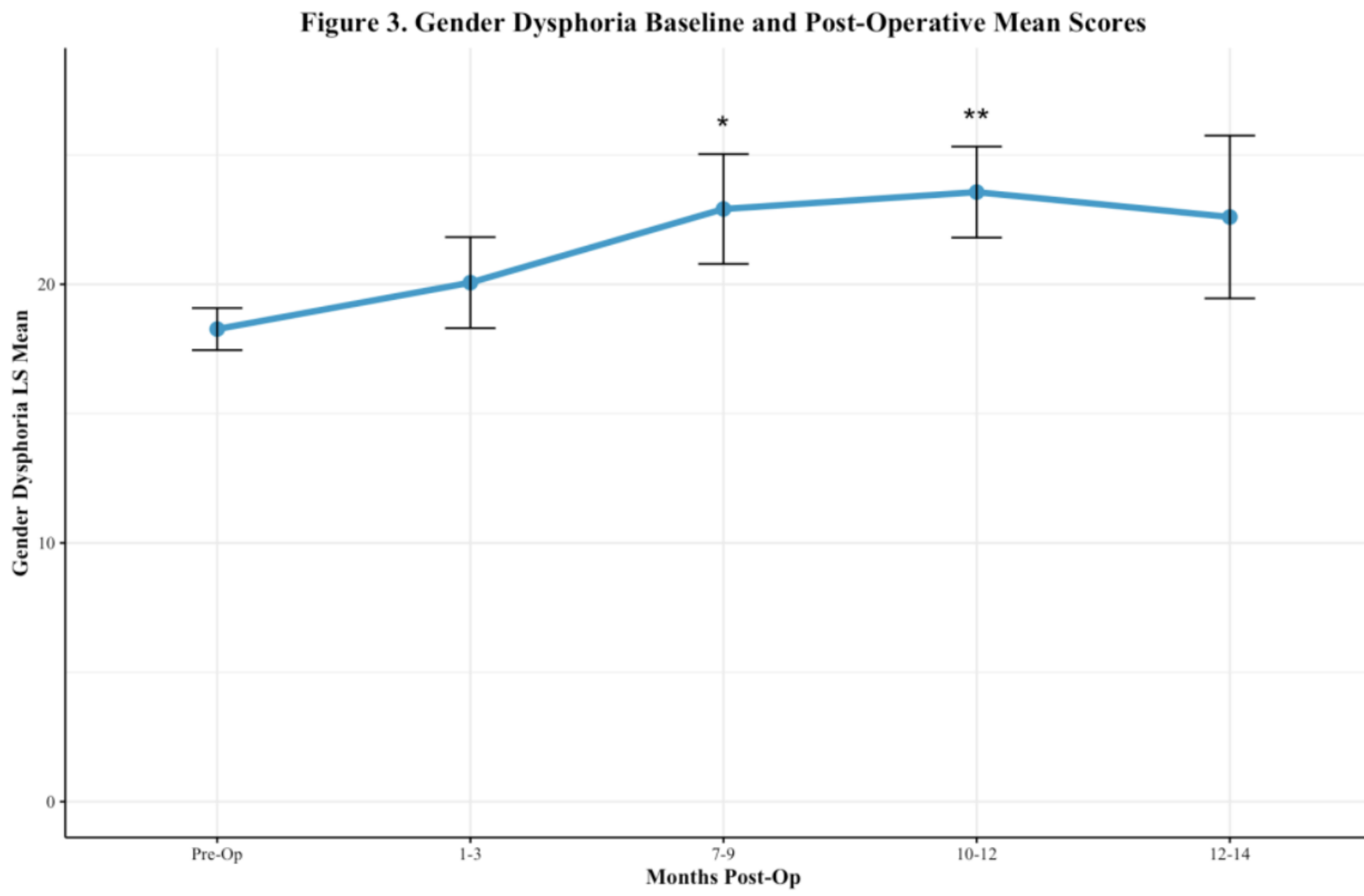
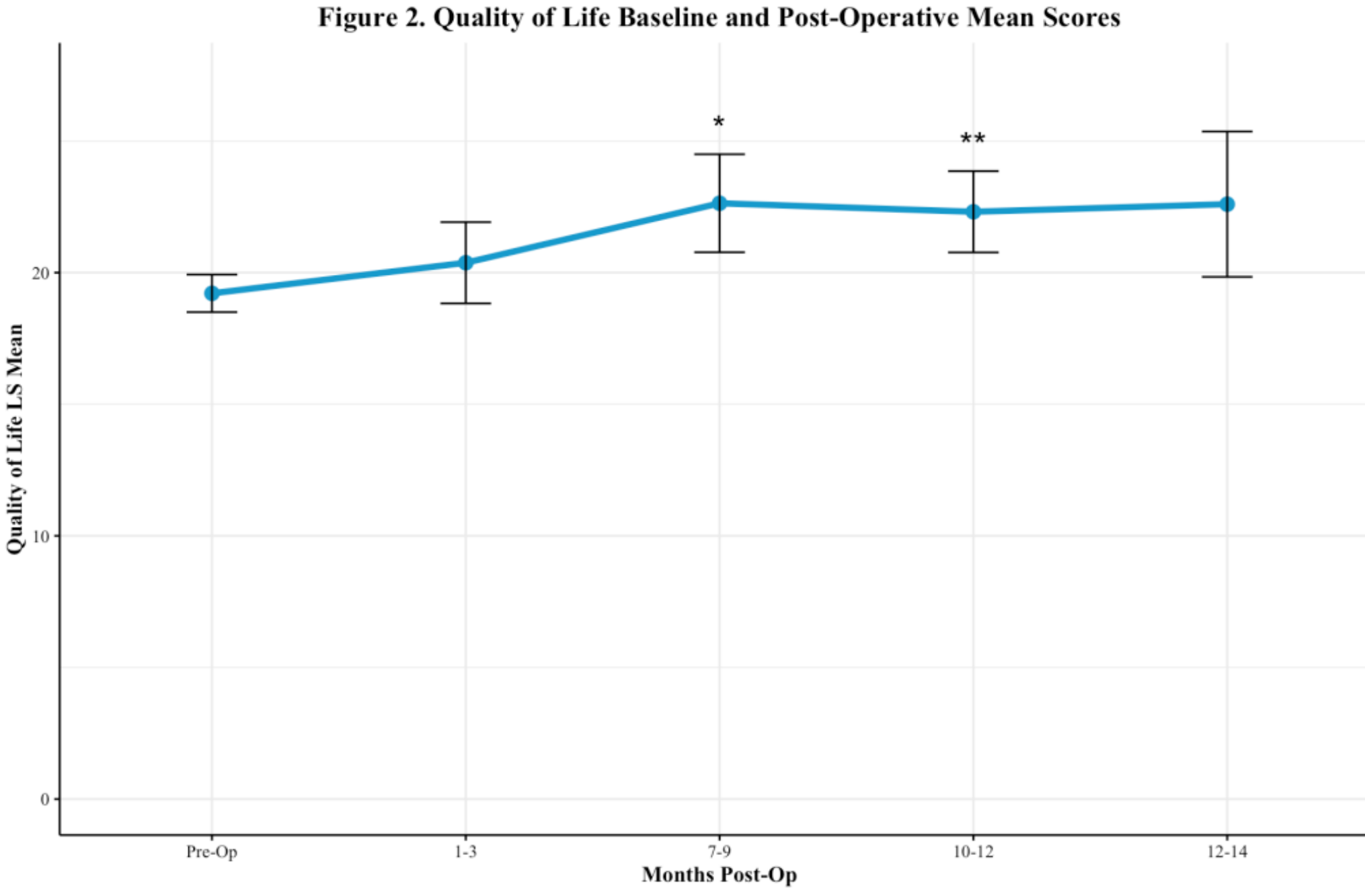
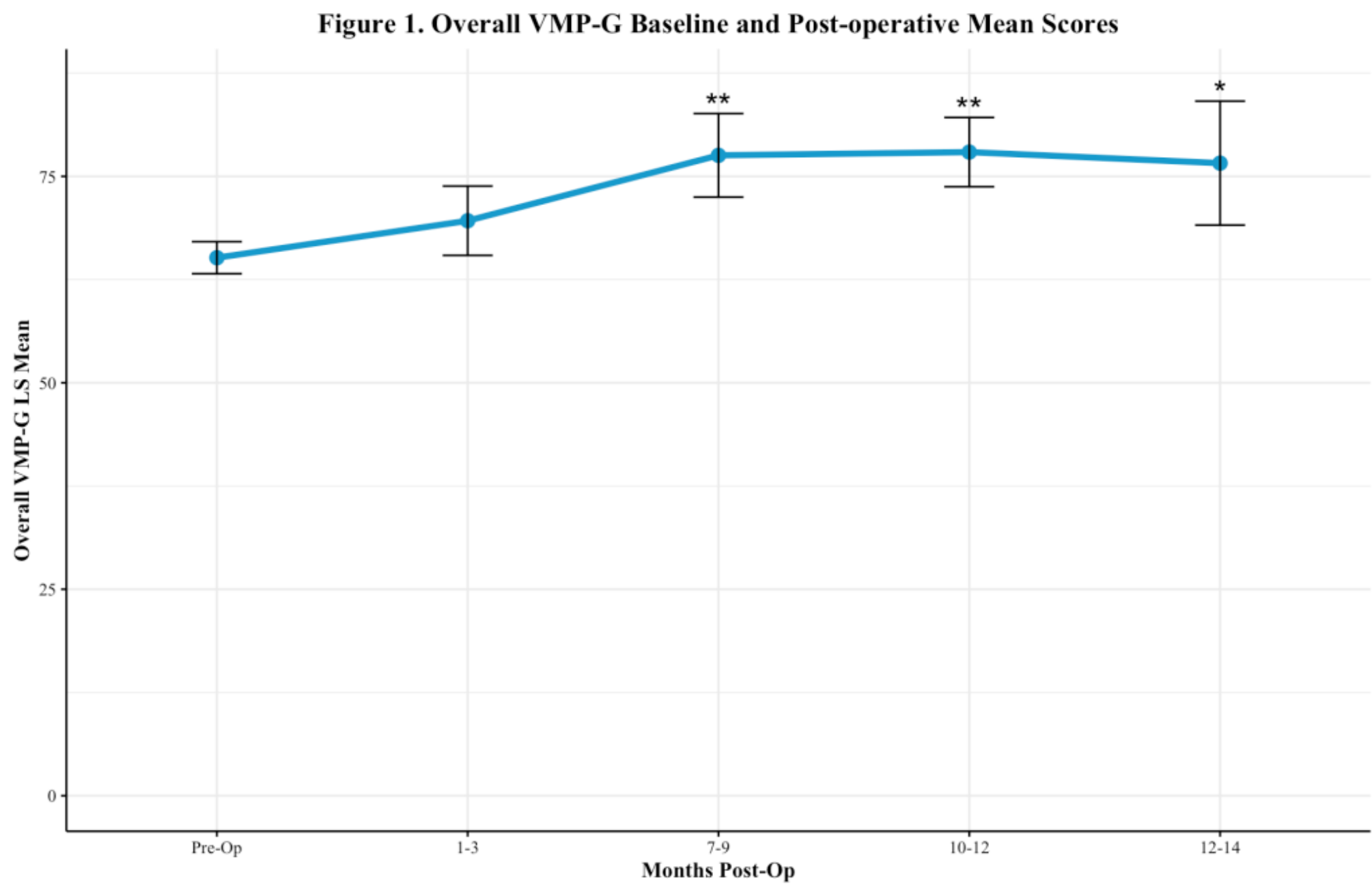
- 108 patients analyzed, who had a median age of 28 [Min: 19, Max: 53]
- Median age of 28 [Min: 19, Max: 53], with most patients (52.8%) between the ages of 26 and 35 years old
- Self-selected gender identities included Non-Binary (82.4%); Non-Binary, Female (1.9%); Non-Binary, Male (8.3%); Other (7.4%)

Comparing Pre-and-Post-Operative VMP-G Mean Scores:

Score Category	Change	Statistically Significant?	P-Value
Overall	↑	Yes	<0.0001
Quality of Life	↑	Yes	<0.0001
Self-Concept	↑	Yes	<0.0001
Satisfaction	↑	Yes	0.0447
Regret	↓	No	0.1166

- Overall VMP-G scores indicate statistically significant improvements in post-operative scores when compared to pre-operative scores
- Statistically significant improvements were also observed in the quality of life, self-concept, and satisfaction metrics
- Regret demonstrated decreased post-operative scores, but the difference was not statistically significant

Results



Conclusions

These findings highlight **significant improvements in well-being**, and **reduced dysphoria** following gender-affirming surgery in **non-binary individuals**, underscoring the intervention’s effectiveness in this gender-diverse population.