

PRESS RELEASE

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Press release – Abstract 187: Overall impact of Gender Affirming Hormone Therapy: The Portuguese experience

Gender Affirming Hormone Therapy has a positive impact on well-being

New evidence shows that people who have undergone Gender Affirming Hormone Therapy report high grades of satisfaction with both the physical and psychological effects. A new study on this topic, carried out by researchers in Portugal, will be presented today (21 May 2022) at the 24th [European Congress of Endocrinology](#) in Milan, Italy.

Gender Affirming Hormone Therapy (GAHT) aims to align the characteristics of an individual with their gender identity. Typically, this means altering a person's hormone levels to match their gender identity. **Dr. Miguel Saraiva and team** at the **Centro Hospitalar Universitário do Porto - Hospital de Santo António** wanted to understand to what degree this type of therapy impacts the lives of those affected. To this end, the team conducted a cross-sectional study in March 2021, collecting data via an online questionnaire. This questionnaire was distributed to adults living in Portugal who had undergone GAHT for at least one year. The questionnaire used an ordinal scale ranging from 0 (worst result) to 6 (best result). With a median age of 25 years, 142 people completed the questionnaire: 101 for masculinising GAHT and 41 for feminising GAHT. The overall satisfaction with GAHT was rated at 5.0 points on a scale of 6.0.

The high score was consistent across several metrics and shows that GAHT positively influences self-esteem, well-being, and social/familial relationships in the Portuguese adult transgender population. GAHT similarly appears to reduce suicidal ideation, having a significant impact on the quality of life of the people who benefit from it.

"The well-being of transgender patients is very important, and we are happy to document the very positive result of Gender Affirming Hormone Therapy on the Portuguese transgender population," concluded Dr. Saraiva.

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Notes for Editors

1. The presentation “Overall impact of Gender Affirming Hormone Therapy: The Portuguese experience” will be presented on Saturday 21 May at 12:00 CEST at ECE 2022 in Milan on the 21-24 May 2022. You can access more information about the congress [here](#).
2. The [European Society of Endocrinology](#) was created to promote research, education, and clinical practice in endocrinology by the organisation of conferences, training courses and publications, by raising public awareness, liaison with national and international legislators and by any other appropriate means.

About the European Society of Endocrinology

The European Society of Endocrinology (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. By uniting and representing every part of the endocrine community, we are best placed to improve the lives of patients. Through the 54 National Societies involved with the ESE Council of Affiliated Societies (ECAS) ESE represents a community of over 20,000 European endocrinologists. We inform policy makers on health decisions at the highest level through advocacy efforts across Europe.

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Abstract

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Overall impact of Gender Affirming Hormone Therapy: the Portuguese experience

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Introduction

The prevalence of Transgender individuals seeking gender affirming hormone therapy (GAHT) has been increasing. This therapy has been known to be highly effective in the treatment of gender dysphoria and enhancing mental health in this population.

Aim

To evaluate the overall impact of GAHT on self-esteem, well-being and social/familial relations in the Portuguese adult transgender population

Methods

Cross-sectional study conducted in March 2021. Data collected through an *online* questionnaire that was delivered to adult transgender people living in Portugal who had been under GAHT for at least one year. To answer some of the items on the questionnaire, an ordinal scale ranging from 0 (worst result) to 6 (best result) was used.

Results

A total of 142 individuals (Group T) answered the questionnaire: 101 under masculinizing GAHT (Group M) and 41 under feminizing GAHT (Group F), with a median age of 25.0 (21.0–33.0) years.