

Psychosocial Functioning in Transgender Youth after Hormones

TO THE EDITOR: Chen et al. (Jan. 19 issue)¹ provide useful data on a cohort of youth who received treatment with cross-sex hormones for gender dysphoria. One finding deserves to be emphasized. Among the 315 participants, 2 died by suicide in 2 years. I calculate an annual suicide rate of 317 per 100,000 (95% confidence interval, 38 to 1142). This rate is significantly higher than that found among 15,000 adolescents who had been referred to the world's largest pediatric gender clinic in London, most of whom were not undergoing any endocrinologic intervention. The

annual suicide rate in that cohort was 13 per 100,000.² The disparity is significant ($P < 0.001$ by a two-sample test of proportions).

The relatively high rate of suicide among the participants in the study by Chen et al. is remarkable given that the authors had excluded anyone presenting serious psychiatric symptoms or manifesting suicidal distress. Aside from the two deaths, 11 other participants reported suicidal ideation during a study visit. It is imperative for Chen et al. to report outcomes for their own scale of suicidal ideation, as described in the study protocol (available with their article at NEJM.org), and how these changed over the 2 years.

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No potential conflict of interest relevant to this letter was reported.

1. Chen D, Berona J, Chan YM, et al. Psychosocial functioning in transgender youth after 2 years of hormones. *N Engl J Med* 2023;388:240-50.
2. Biggs M. Suicide by clinic-referred transgender adolescents in the United Kingdom. *Arch Sex Behav* 2022;51:685-90.

DOI: 10.1056/NEJMc2302030