

Exploring the Relation of Access to Healthcare with Gender Euphoria in Transgender Adults

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Introduction

Understanding Gender Euphoria and Transgender Healthcare

- Gender euphoria refers to the positive emotions associated with affirming one's gender identity (Jacobson & Devor, 2022)
- Access to gender-affirming healthcare can reduce dysphoria and enhance euphoria, improving mental health and overall well-being (Beischel et al., 2021)

Healthcare Needs of Transgender Adults

- Gender-affirming care includes hormone replacement therapy (HRT), surgeries, and mental health support (Coleman et al., 2022)
- Health service psychologists (HSPs) help transgender individuals explore their gender identity and navigate social and medical transitions (Safer et al., 2016)

Barriers to Care

- Many transgender adults face limited access due to a shortage of knowledgeable providers (Safer et al., 2016)
- Financial constraints, insurance exclusions, and systemic barriers (e.g., long travel distances, discriminatory practices) further restrict care (Harb et al., 2019)
- Cultural incompetence and stigma create unsafe and discriminatory healthcare environments (Safer et al., 2016)

Significance of Gender Affirming Care

- Gender affirming care not only reduces gender dysphoria but also fosters gender euphoria (Beischel et al., 2021; Galupo et al., 2019)
- Research on gender euphoria is limited, despite its importance in transgender well-being

Research Questions

- When receiving gender-affirming care in a healthcare setting, what is the nature of gender euphoria as experienced by transgender adults?
- How has access to healthcare insurance shaped experiences with gender euphoria in transgender adults?

Methods

Study Design:

- Qualitative research using in-depth interviews

Participants:

- Aged 18–29 years
- Identify as transgender
- Have accessed transgender healthcare (HRT or surgical intervention) in Florida since 2020
- Have experienced gender euphoria

Recruitment:

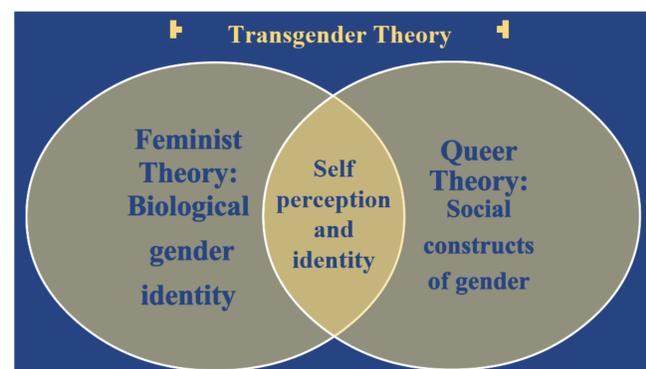
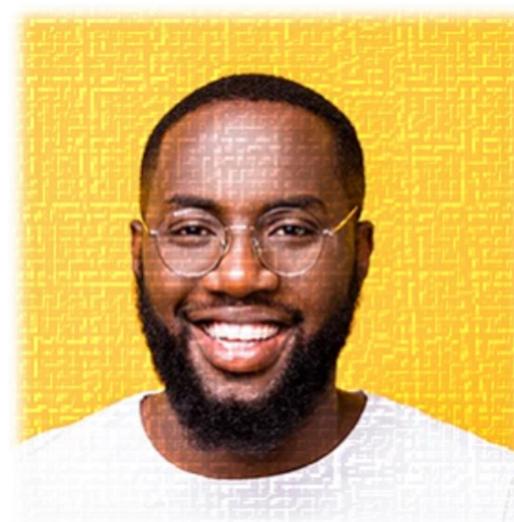
- Volunteers recruited through posters, community networking, and snowball sampling

Data Collection:

- One-on-one interviews, about two hours long
- Participants are asked about their experiences with healthcare, including accessing and receiving healthcare, as well as how those experiences relate to being transgender.

Data Analysis:

- Interview responses interpreted by the lead researcher and two undergraduate assistants
- Peer review conducted to validate interpretations



Results

Goals of Research

- Form a working definition of gender euphoria in terms of gender-affirming hormone therapy and surgery
- Find what gender euphoria in adults most often consists of
- Find common themes within interviews of transgender individuals
- Find ways in which gender euphoria is affected by access to health insurance

Expected Results

- Current definition of gender euphoria: A state in which an individual experiences positive emotions when their gender identity is affirmed, either through external validation or internal self-recognition and alignment with their gender identity
- We expect to find that gender euphoria is often based in healthcare experiences such as gender-affirming hormone therapy and surgical intervention.
- We expect to find common responses across multiple interviews.
- We expect to find a positive correlation between access to health insurance and experiences of gender euphoria.

Conclusions

- This research aims to highlight the lived experiences of transgender individuals in healthcare settings
- Aims to provide valuable insights into the interplay between gender identity, healthcare interactions, and psychological experiences
- The results of this research can be used to:
 - Close the provider knowledge gap
 - Increase cultural competence
 - Assist healthcare workers in creating a gender-affirming environment (to increase feelings of gender euphoria)
 - Provide evidence of the benefits of easily accessible gender-affirming care

Resources

- Beischel, W. J., Gauvin, S. E. M., & van Anders, S. M. (2021). "A little shiny gender euphoria": Gender centrality, attributions, and affect in transgender and cisgender adults. *Psychology of Sexual Orientation and Gender Diversity*, 9(2), 185–198. <https://doi.org/10.1037/sgd0000494>
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