

Trans and gender-diverse teens more likely to experience gender discrimination and poorer well-being: Study

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Trans and gender-diverse adolescents in England are more likely to experience gender discrimination and poorer well-being than their

cisgender peers. Researchers compared 20,000 young people aged 12–15 in Greater Manchester across different gender groups. The study is published in the journal *Royal Society Open Science*.

Marked disadvantages were seen for the trans and gender-diverse group (including non-binary) for well-being and minority stressors, such as bullying and gender discrimination. This work highlights a stark disadvantage in well-being for trans and gender minority adolescents, the authors said.

This research compared the mental well-being of adolescents across different gender groups: cis males, cis females, trans and gender diverse (including non-binary), and those who preferred not to say. These groups were also compared on minority stress outcomes, things like bullying and discrimination that were considered likely predictors of poorer well-being.

Marked disadvantages were seen for the trans and gender-diverse group for well-being, and stressors, particularly [gender discrimination](#). Stressors at time one were also shown to predict later well-being. However, the way stressors acted on well-being was consistent across all gender groups. Overall, this work highlights stark disadvantage in well-being for trans and gender minority adolescents.

More information: Louise Black et al, The influence of minority stress-related experiences on mental wellbeing for trans/gender-diverse and cisgender youth: a comparative longitudinal analysis, *Royal Society Open Science* (2023). [DOI: 10.1098/rsos.221230](https://doi.org/10.1098/rsos.221230)

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