

Level of Depression among Transgender- A Literature Review

Rahemat N. Dosani¹, Jayesh Patidar², Deepak Krishnamurthy³

¹2nd year M.Sc. Nursing Student, ²Assistant Professor, ³HOD of Mental Health Nursing, Manikaka Topawala Institute of Nursing – A constituent of Charotar University of Science & Technology, Changa, Taluka : Petlad, District : Anand, Gujarat, India

Abstract

The Researcher aims to assess the level of depression among the transgender people in selected area. Review of literature shows that depression is most common psychological problems among transgender due to the social isolation, lack of family and peer support, unemployment, social stigma, illiteracy, violence, sex work, gender identity, and low socioeconomic status.

Keywords: Assess, Depression, Transgender

Introduction

In Indian culture transgender also known as Hijras. Transgender consider them neither male nor female. In ancient India, this “third sex” included barren women, impotent men, eunuchs, and hermaphrodites/intersex. Today transgender also known in different communities as Kinnar, Jogtas/Jogappas, Khusras. A **transgender woman** lives as a woman today, but was thought to be male when she was born. A **transgender man** lives as a man today, but was thought to be female when he was born. Some transgender people identify as neither male nor female, or as a combination of male and female. There are a variety of terms that people who aren't entirely male or entirely female use to describe their gender identity, like **non-binary** or **gender queer**.⁽¹⁾

Due to the harassed constantly by police, or public transgender instead form small groups for their protection. These groups are led by a “guru” or mother figure. At their best, the groups can be supportive, nurturing and family-like. Out of a necessity to protect themselves, Hijra's even developed their own language

— a mixture of Hindi, Farsi, Urdu and a little Arabic. Most transgender are uneducated and, combined with the discrimination they face; gaining mainstream employment is made almost impossible.⁽²⁾

The Hijras of India are probably the most well-known and populous third sex type in the modern world. The United Nations development programs have recognized these people as one of the target group needing special attention. Condition of transgender is very appalling in our society and they are underprivileged from their basic rights and transgender are still not accepted by Indian society. Many transgender suffer from mental health problems like depression and suicidal tendencies indicates about problem faced by transgender which showed that transgender is facing many problem in the society, and this is not researcher personal view, this is what research says in previous research study. **Research on transgender cultures has mostly focused in North American and Europe. Only about 7% has been on Asian societies**.⁽³⁾

Material Method and Findings

The literature reviewed was obtained through different database includes CINHALL (Cumulative index TO Nursing & Allied Health Literature), MEDLINE (Medical Literature Analysis & Retrieval System Online), Pub Med, Science Direct, Springer Link, Proquest & Google scholar.

Corresponding author:

Ms. Rahemat N. Dosani,

2nd year M.Sc. Nursing Student, Manikaka Topawala Institute of Nursing – A Constituent of Charotar University of science & Technology, Changa, Taluka : Petlad, District : Anand, Gujarat388421, India.

E-mail: dosanidigi@gmail.com

Review of Literature

1. Hoy-Ellis CP and Fredriksen-Goldsen KI conducted descriptive study to assess the Depression among Transgender Older Adults: General and Minority Stress in March 19 2017. relative contribution of each relationship and examine the direct and indirect effects internalized heterosexism, disclosure of gender identity, and perceived general stress in association with depression among transgender older adults. Secondary analyses of data from a large community-based study of older sexual and gender minorities were conducted utilizing structural equation modeling with a subsample (n = 174) of transgender adults aged 50 to 86-years old. Finally, suggested general stress had an additional significant direct effect on depression, over and above internalized heterosexism. Total effect sizes appear to be considerable with standardized betas greater than 5.0. Perceived general stress and internalized heterosexism independently and cumulatively have significant direct and indirect effects on depression among transgender older adults. Implications for depression among transgender older adults and the role of community psychology are discussed.⁽⁴⁾
2. Larry Nuttbrock and Walter Bockting conducted a 3-year prospective study (2004–2007) among Gender Abuse and Major Depression among Transgender Women: A Prospective Study of Vulnerability and Resilience. Among 230 transgender women aged 19 to 59 years from the New York City Metropolitan Area. Statistical techniques included generalized estimating equations (logistic regression).the result was significant associations of psychological and physical gender abuse with major depression during follow-up. New or persistent experiences of both types of abuse were associated with 4- to 7-fold increases in the likelihood of incident major depression. And the both type of abuse like Psychological and physical gender abuse is endemic in this population and may result from occupational success and attempts to affirm gender identity. Both types of abuse have serious mental health consequences in the form of major depression. Older transgender women have apparently developed some degree of resilience to psychological gender abuse.⁽⁵⁾
3. Stephanie L. Budge and Jill L. Adelson conducted a descriptive study to assess the anxiety and depression among transgender in feb. 11 2013. In this study a total no. of 351 transgender. (n=226 transgender women and n= 125 transgender men) participated . For analyze the data structural equation model was used. The data was separated in two model were hypothesized based on report of depression and anxiety and the result of SEM suggests that the processes for transgender women and transgender men are similarly suffered from depression and anxiety. The Results suggested the need for practitioners to focus on interventions which reduce avoidant coping strategies, while simultaneously increasing social support in order to improve mental health for transgender individuals. Social support helps to reduce the distress variables.⁽⁶⁾
4. Mei-Fen Yang and David Manning conducted a descriptive study to assess the stigma related to transgender associated with anxiety and depression among transgender in dec. 2015. In this study 191 adult transgender women participated who are living or working in the san francisco bay area using the purposive sampling method to participate in a cross section survey. This measured of stigma, depression, and anxiety. The result was higher level of stigma related to transgender associated with higher level of depression 0.31, and anxiety 39, adjusting for self reported health and socio demographic co-variants. Association between the stigmatization, depression and anxiety were not moderated by participant's age or race. The finding suggested that counseling intervention to address the role of stigmatization as factor potentially contributing to psychological distress among transgender women.⁽⁷⁾
5. Nooshin Khobzi Rotondi and Greta R. Bauer conducted explorative study on Depression in Male-to-Female Transgender Ontarians: Results from the Trans PULSE Projecting sep. 2011. High prevalence's of depression have been reported in male-to-female (MTF) transgender communities. The explorative study in that explored factors associated with depressive symptomatology among MTF spectrum trans people in Ontario, using data from the Trans PULSE Project Phase II respondent-driven sampling survey (n = 433 participants, including 191 MTFs with data needed for this analysis). they estimated the prevalence

of depression at 61.2%. Factors associated with higher odds of depressive symptomatology included living outside of Toronto, having some college or university (vs. completed), being unemployed, and experiencing higher levels of transphobia. Increasing social support was associated with reduced odds of depressive symptomatology. Multivariable analyses suggested complex relationships between these factors, passing, and childhood abuse, which require additional study. ⁽⁸⁾

6. Mohsen Bazargan and Frank Galvan conducted a descriptive study to assess the Perceived discrimination and depression among low-income Latina male-to-female transgender women in 2012. As well as evaluates the impact of sexual partner violence and mistreatment on depression. A total of 220 Latina male-to-female transgender women who resided in Los Angeles, California, were recruited through community based organizations and referrals. Participants completed individual interviews using a structured questionnaire. Depressive symptoms were assessed using the Patient Health Questionnaire (PHQ-9). Perceived discrimination was assessed using a fifteen-item measure that was designed to assess the experiences of maltreatment of transgender individuals. A significant association between depression severity and perceived discrimination was identified. How exposure to discrimination leads to increased risk of mental health problems needs additional investigation. Models investigating the association between perceived discrimination and depression among transgender women should include sexual partner violence as a potential confounding variable. ⁽⁹⁾
7. Beth Hoffman conducted study on An Overview of Depression among Transgender Women in feb. 10 2014. Rates of depression are higher in transgender women than in the general population, warranting an understanding of the variables related to depression in this group. Results of the literature review of depression in transgender women reveal several variables influencing depression, including social support, violence, sex work, and gender identity. The theoretical constructs of minority stress, coping, and identity control theory are explored in terms of how they may predict depression in transgender women. Depression and depressive symptoms have been used to predict high-risk sexual behaviors with mixed results. The implications of the findings on treating depression in transgender women include taking into account the stress of transition and the importance of supportive peers and family. Future studies should explore a model of depression and high-risk behaviors in transgender women. ⁽¹⁰⁾
8. Jacob C. Warren, K. & K. Nikki Barefoot conducted study on Psychological well-being among transgender and gender queer individuals in sep.14 2016. The purpose of this study was to compare psychological well-being among transgender women, transgender men, gender queer/no binary individuals, and their cisgender sexual minority counterparts. A total of 2,932 gender and sexual minority individuals participated in the online study. Overall, transgender women had the poorest psychological well-being across the majority of variables. In contrast to their transgender peers, gender queer/nonbinary-identified individuals did not significantly differ from their cisgender sexual minority counterparts on outcomes; however, they did differ on stressors. Transgender men appeared to fall between transgender women and genderqueer/nonbinary individuals in terms of risk factors and outcomes. The current findings highlight the importance of considering the psychosocial experiences of the various gender minority subgroups, separate from not only their cisgender sexual minority counterparts but also each other. ⁽¹¹⁾
9. Michael A. Trujillo and Paul B. Perrin, conducted study on the buffering role of social support on the associations among discrimination, mental health, and suicidality in a transgender sample in Nov.4 2016. A national online survey was n=78 transgender participated to identify the mental health and suicidality. The result was that harassment/rejection discrimination was a unique positive predictor of mental health symptoms and suicidal ideation, with depression positively predicting suicidal ideation. Further, conditional direct effects identified that discrimination led to ideation only for individuals with low support from friends or a significant other but not for those with moderate or high support. the conclusion was helping Trans individuals cope with harassment and rejection, particularly by drawing on social support, may promote better mental health, which could help reduce suicidality in this

population. ⁽¹²⁾

10. Sara B. Oswalt and Alyssa M. Lederer conducted a descriptive study to assess the Beyond Depression and Suicide: The Mental Health of Transgender College Students in feb. 21 2017. Depression and mental health of transgender individuals often focus on depression, anxiety, and suicidal ideation through the use of clinic samples. However, little is known about the emerging adult (18–26 years old) transgender population and their mental health. The current study seeks to fill that gap by using a national dataset of college students (N = 547,727) to examine how transgender college students (n = 1143) differ from their cisgender peers regarding 12 different mental health conditions. Results demonstrate that transgender students have approximately twice the risk for most mental health conditions compared to female students. While these were significant findings, regression analyses indicate that being non-heterosexual is a greater predictor for mental health concerns. Implications for mental health practitioners at colleges and universities are discussed. ⁽¹³⁾
11. Anitha Chettiar conducted an exploratory cum descriptive to assess the Problems Faced by Hijras (Male to Female Transgender) in Mumbai with Reference to Their Health and Harassment by the Police in sep.2014. An exploratory cum descriptive research design with a non-random purposive sampling including the snowball technique was adopted, to collect data from sixty-three hijras cross the districts of Mumbai and Thane from the state of Maharashtra, India. The socio economic status was measured using the Kuppaswamy Scale (2005). Among the transgender, more than half of them belonged to the middle class and about forty percent belonged to the upper-lower class. Majority of hijras stated that they faced several health problems and also problems related to harassment, unlawful penalties, sexual abuse, violence and deprivation of human rights. They chiefly named the police including the traffic and railway police, as perpetrators of violence and abuse. ⁽¹⁴⁾
12. Klemmer, Arayasirikul S. and Raymond H. conducted study on Transphobia-Based Violence, Depression, and Anxiety in Transgender Women: The Role of Body Satisfaction in March 2018. This study used a model of minority stress to explore for indirect effects on the association between transphobia-based victimization and anxiety and depression through one's degree of body satisfaction. Analysis also explored for racial differences. Transgender women (N = 233) were recruited in 2013 using respondent-driven sampling. Sociodemographics, transphobia-based victimization experiences such as having been physically abused, body satisfaction, and mental health were measured. Analyses assessed for direct and indirect associations while controlling for gender confirmation therapies (i.e., cross-sex hormone therapy and gender confirmation surgeries) and racial identity. Individual intervention, however, is not a panacea for structural discrimination. Attention to structural interventions that reduce gender minority stressors including transphobia-based violence is necessary. ⁽¹⁵⁾
13. Witcomb, Bouman and Claes conducted the study. This study aimed to address these limitations and explore depression rates in a large sample of transgender people, compared with matched controls from the general population, as well as factors predicting depression in those taking cross-sex hormone treatment (CHT) compared to those not. Transgender individuals (n = 913) completed a measure of depression, measures which predict psychopathology (self-esteem, victimization, social support, interpersonal problems), and information regarding CHT use. Participants were matched by age and experienced gender with adults from the general population who had completed the measure of depression. Individuals were categorized as having no, possible or probable depressive disorder. Transgender individuals not on CHT had a nearly four-fold increased risk of probable depressive disorder, compared to controls. Older age, lower self-esteem, poorer interpersonal function and less social support predicted depressive disorder. Use of CHT was associated with less depression. ⁽¹⁶⁾

Discussion

In these review of literature 12 review has taken by various studies on depression among transgender. Studies reveal that depression is more among transgender.

Conclusion

Researcher felt that transgender are suffered from

depression due to the social isolation, separation from family, discrimination, unemployment, and physical abuse.

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Ethical Clearance: The ethical clearance obtained from our institute.

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