

# **Eine sozio-politische Perspektive auf die Lebenswelten von trans\* und nichtbinären Personen**

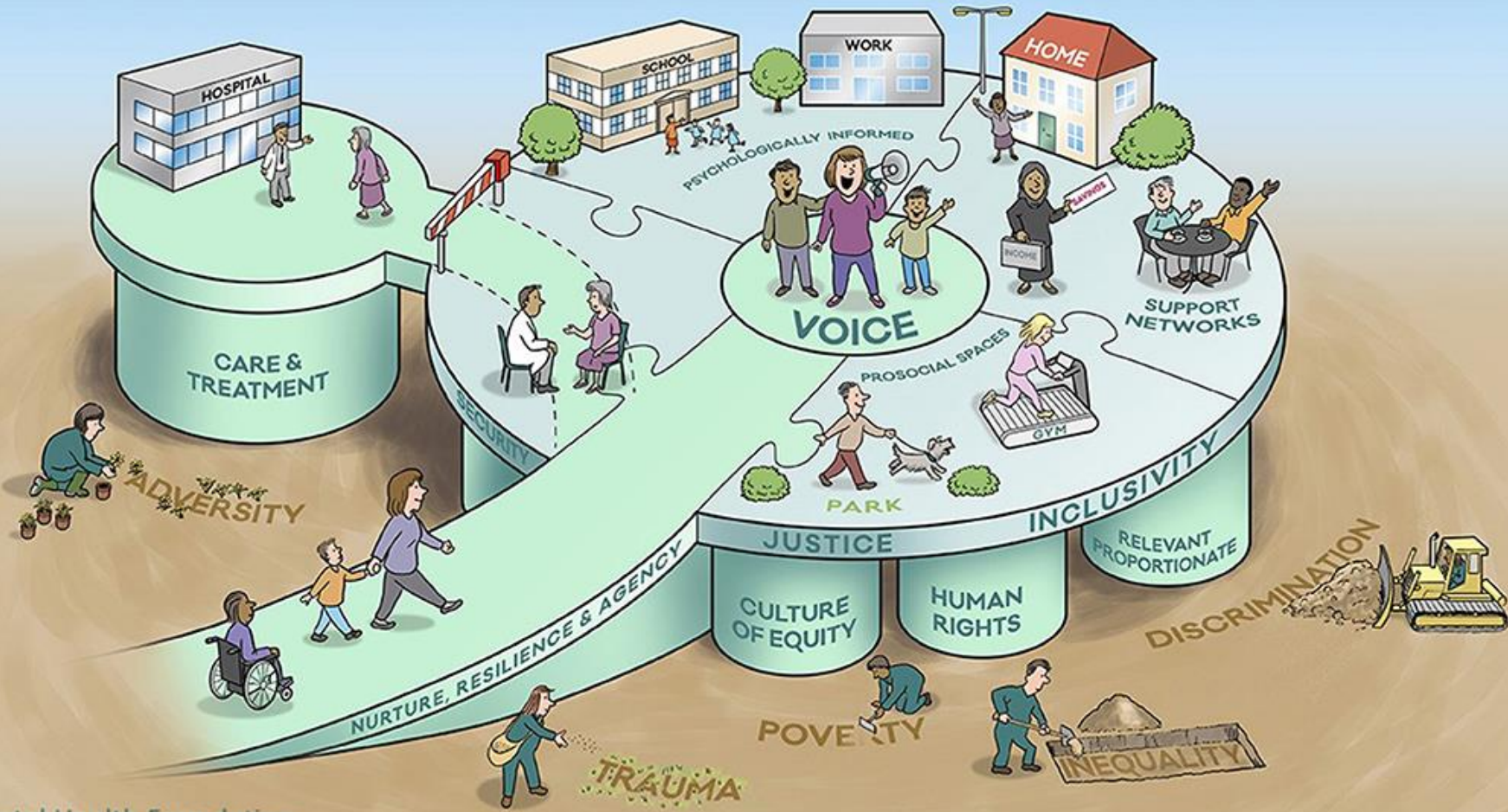
Prof. Dr. Claudia Calvano

Freie Universität Berlin

Klinische Kinder- und Jugendpsychologie und –psychotherapie

5. Fachforum der DGPs, 05. Juni 2025

# GOOD MENTAL HEALTH FOR ALL



Mental Health Foundation

Kousouli & Goldie, 2021  
– Frontiers Public Health

# GOOD MENTAL HEALTH FOR ALL

## Agenda:

- Psychische Belastungen und soziale Einflüsse
- Sozio-politisch-kulturelle Einflussfaktoren
  - Politik
  - Medien
  - Wie gehen wir damit um?
- Ausblick

# Profunde quantitative Datenlage zur hohen psychischen Belastung

European Child & Adolescent Psychiatry  
<https://doi.org/10.1007/s00787-020-01508-5>

REVIEW

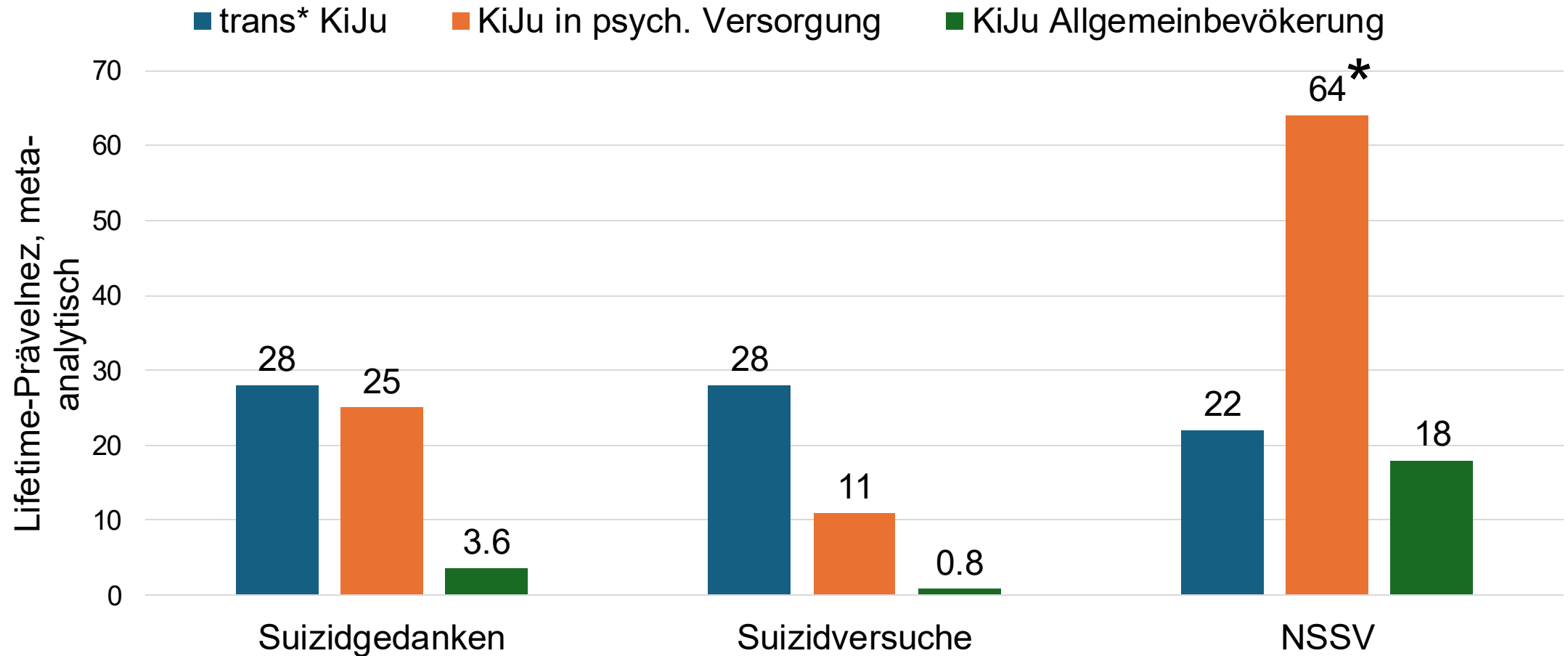


## Lifetime prevalence of suicidal ideation and suicidal behaviors in gender non-conforming youths: a meta-analysis

Teresa Surace<sup>1</sup> · Laura Fusar-Poli<sup>1</sup> · Lucia Vozza<sup>1</sup> · Vito Cavone<sup>1</sup> · Chiara Arcidiacono<sup>1</sup> · Rossella Mammano<sup>1</sup> · Lucia Basile<sup>2</sup> · Alessandro Rodolico<sup>1</sup> · Pablo Bisicchia<sup>1</sup> · Pasquale Caponnetto<sup>3</sup> · Maria Salvina Signorelli<sup>1</sup> · Eugenio Aguglia<sup>1</sup>

- 21 Studien aus 6 Ländern, Jugendliche im Alter von 11-25 Jahre
- 16.114 non-binäre Jugendliche und 11.925 trans\* Jugendliche,
- 283.278 cisgender Jugendliche

# Profunde quantitative Datenlage zur hohen psychischen Belastung

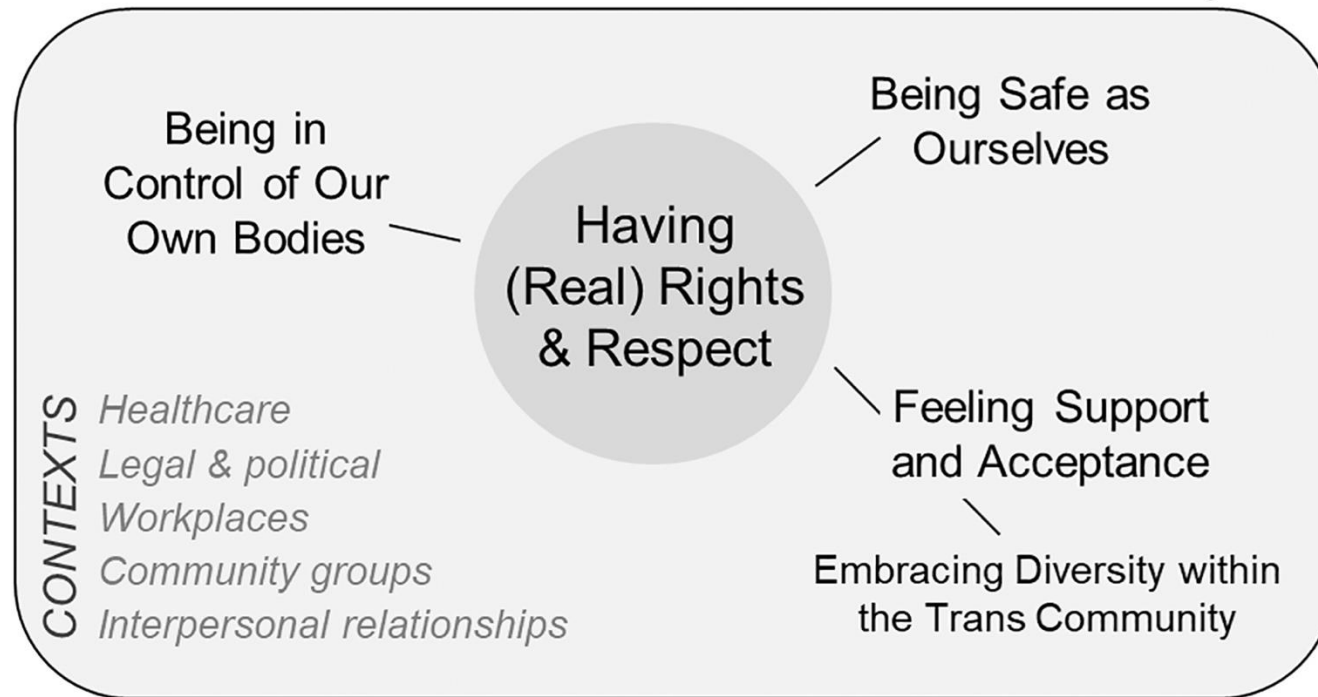


Surace et al., 2021

\* Nicht meta-analytisch, u.a. Xiao, 2022, Front. Psychiatry, Volume 13.

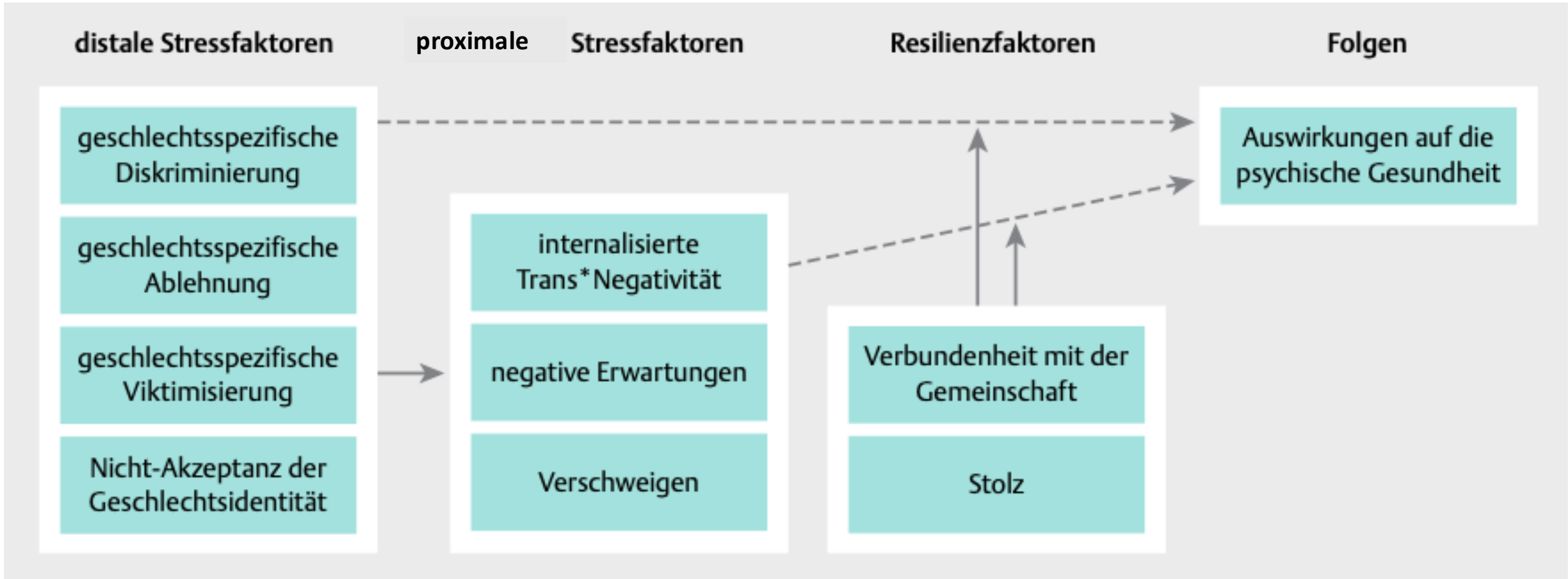
# "It's not the 'being trans,' it's everything around that": Trans Community Perspectives for Suicide Prevention

## *Suicide Prevention Needs for the Trans Community*



- 4 Fokusgruppen, N=56 Teilnehmende
- Thematische Inhaltsanalyse

# Minderheitenstressmodell mit trans\*spezifischen Stress- und Resilienzfaktoren nach Hendricks & Testa (2012)





Original article

Timing of Social Transition for Transgender and Gender Diverse Youth, K-12 Harassment, and Adult Mental Health Outcomes



Jack L. Turban, M.D., M.H.S.<sup>a,\*</sup>, Dana King, A.L.M.<sup>b</sup>, Jason J. Li<sup>c</sup>, and Alex S. Keuroghlian, M.D., M.P.H.<sup>b,d</sup>

<sup>a</sup>Division of Child & Adolescent Psychiatry, Stanford University School of Medicine, Palo Alto, California

<sup>b</sup>The Fenway Institute, Boston, Massachusetts

<sup>c</sup>Department of Psychiatry, Harvard Medical School, Boston, Massachusetts

<sup>d</sup>Department of Psychiatry, Massachusetts General Hospital, Boston, Massachusetts

Article history: Received February 11, 2021; Accepted June 1, 2021

Keywords: Transgender; Gender Dysphoria; mental health; social transition; Bullying

# Langfristige Folgen von Ausgrenzung und Gewalt in der Kindheit und Jugend für psychische Belastung im Erwachsenenalter

N = 9.711	soziale Transition im Alter von		
	3-9 Jahren	10-17 Jahren	über 18 Jahre
Anzahl Personen	165	1.196	8.350
Dauer bis zur sozialen Transition	0,9	10,1	25,7

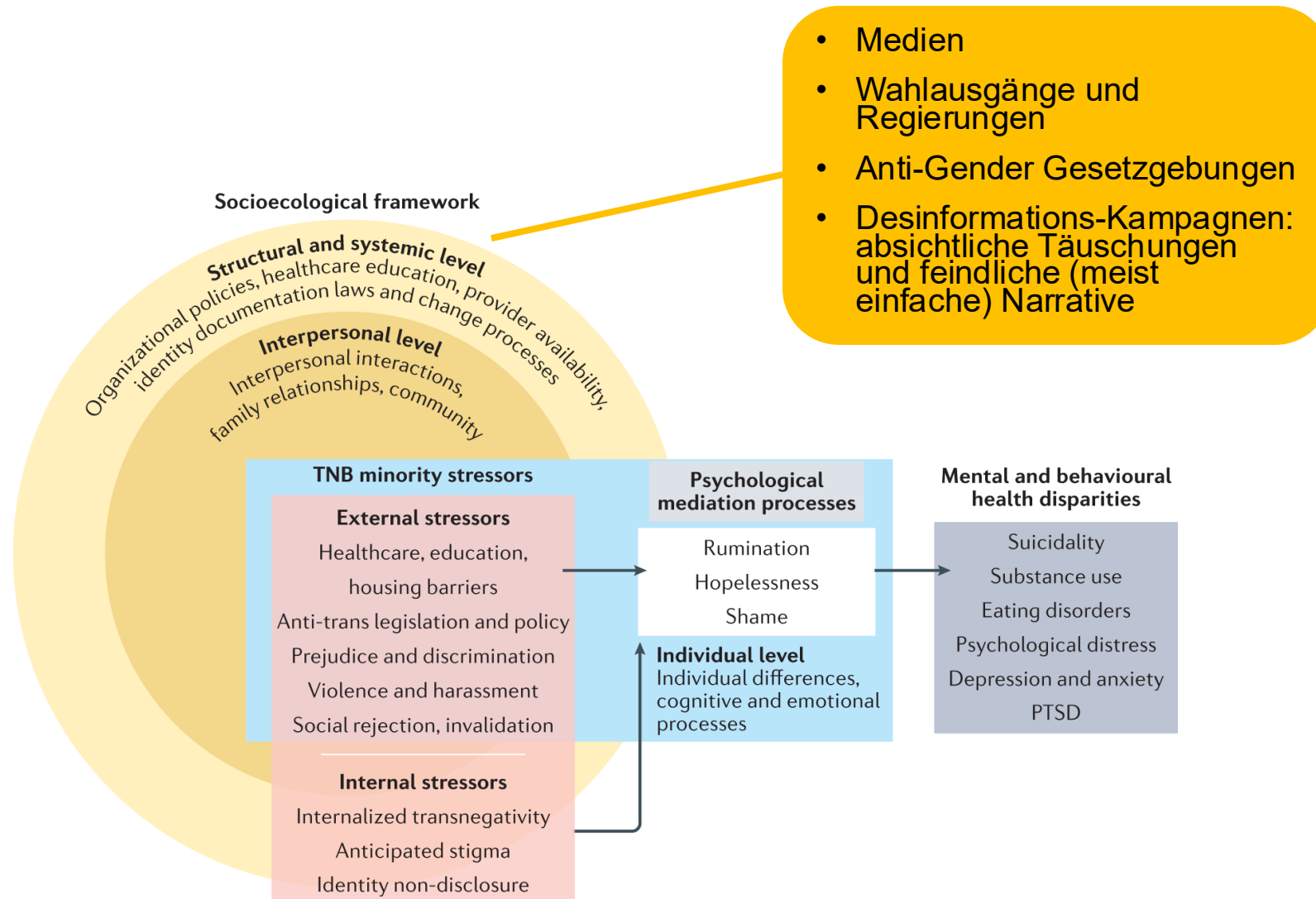
- Zusammenhang zwischen sozialer Transition in der Jugend und psychischen Belastungen im Erwachsenenalter nicht signifikant, wenn Ausgrenzung und Gewalt in der Kindheit und Jugend berücksichtigt.

**Nicht die soziale Transition, sondern das invalidierende Umfeld ist schädlich für die psychische Gesundheit**

- Relevanz unterstützender sozialer Lebensräume, auch und besonders die Schule.

Turban et al., 2021

# Soziokulturelle Einflussfaktoren auf die psychische Gesundheit von trans\* und nicht-binären Personen



# Berichterstattung beeinflusst Inanspruchnahmeverhalten



**Original Investigation** | Public Health

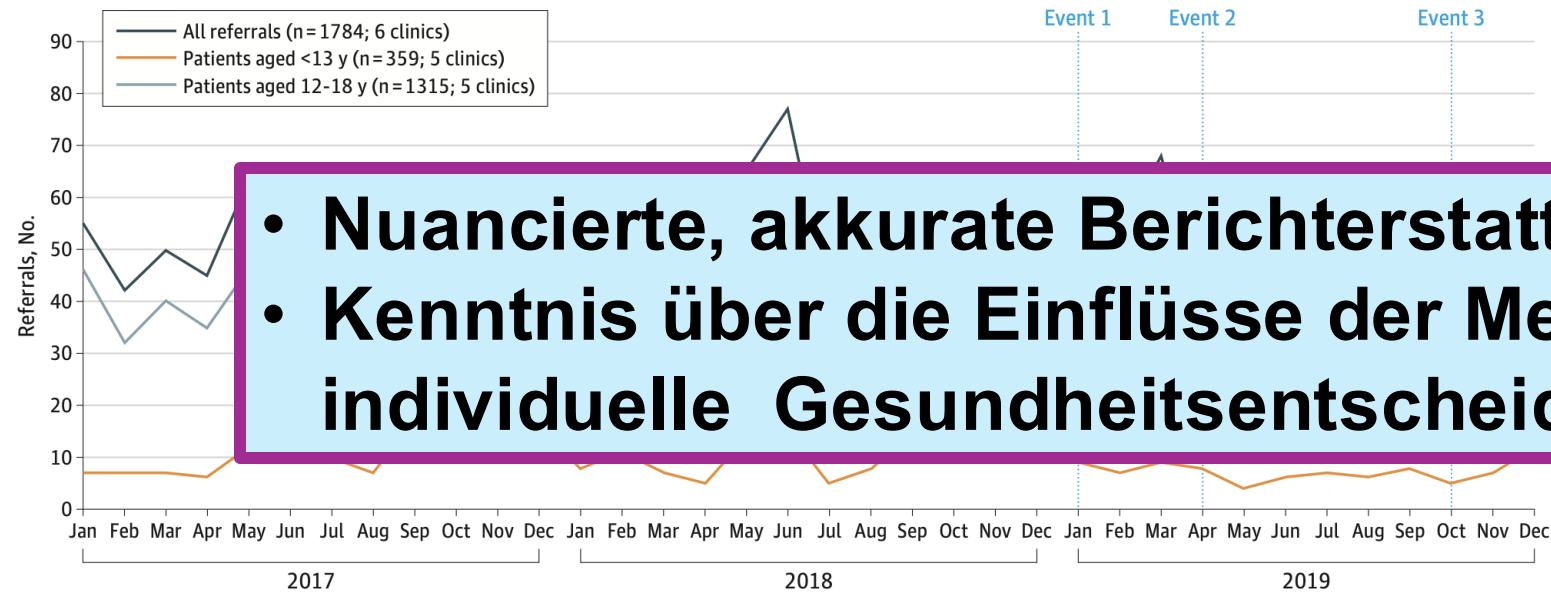
## Association of Media Coverage on Transgender Health With Referrals to Child and Adolescent Gender Identity Clinics in Sweden

Malin Indremo, MS; Anna Clara Jodensvi, MD; Hans Arinell, BSc; Johan Isaksson, PhD; Fotios C. Papadopoulos, PhD

Inanspruchnahmedaten der 6 KJ-Spezialambulanzen in Schweden 2020-21  
N= 1.784 Kinder und Jugendliche

# Negative (falsche) Berichterstattung wirkt sich auf Inanspruchnahme Gesundheitsversorgung aus

Figure 1. Referrals to Gender Identity Clinics From 2017 to 2019 in Total and by Age



- Nuancierte, akkurate Berichterstattung nötig
- Kenntnis über die Einflüsse der Medien auf individuelle Gesundheitsentscheidungen

Event 1: Positive Berichterstattung  
Outing

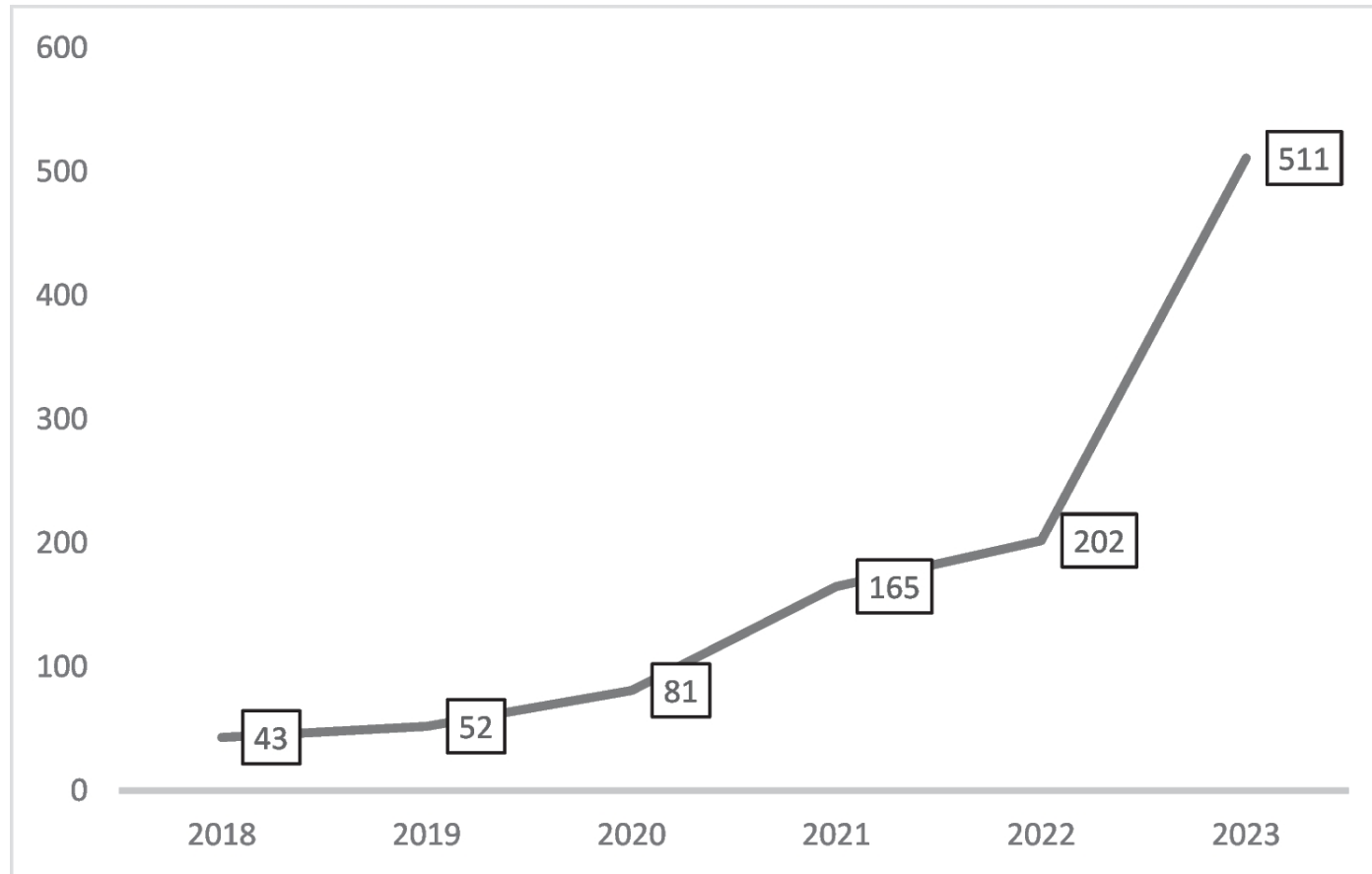
Event 2 und 3: TV Doku Detransition und Regret  
The Trans Train and Teenage Girls – einseitig  
und negativ

# USA, im November 2016

Politik und Wahlen

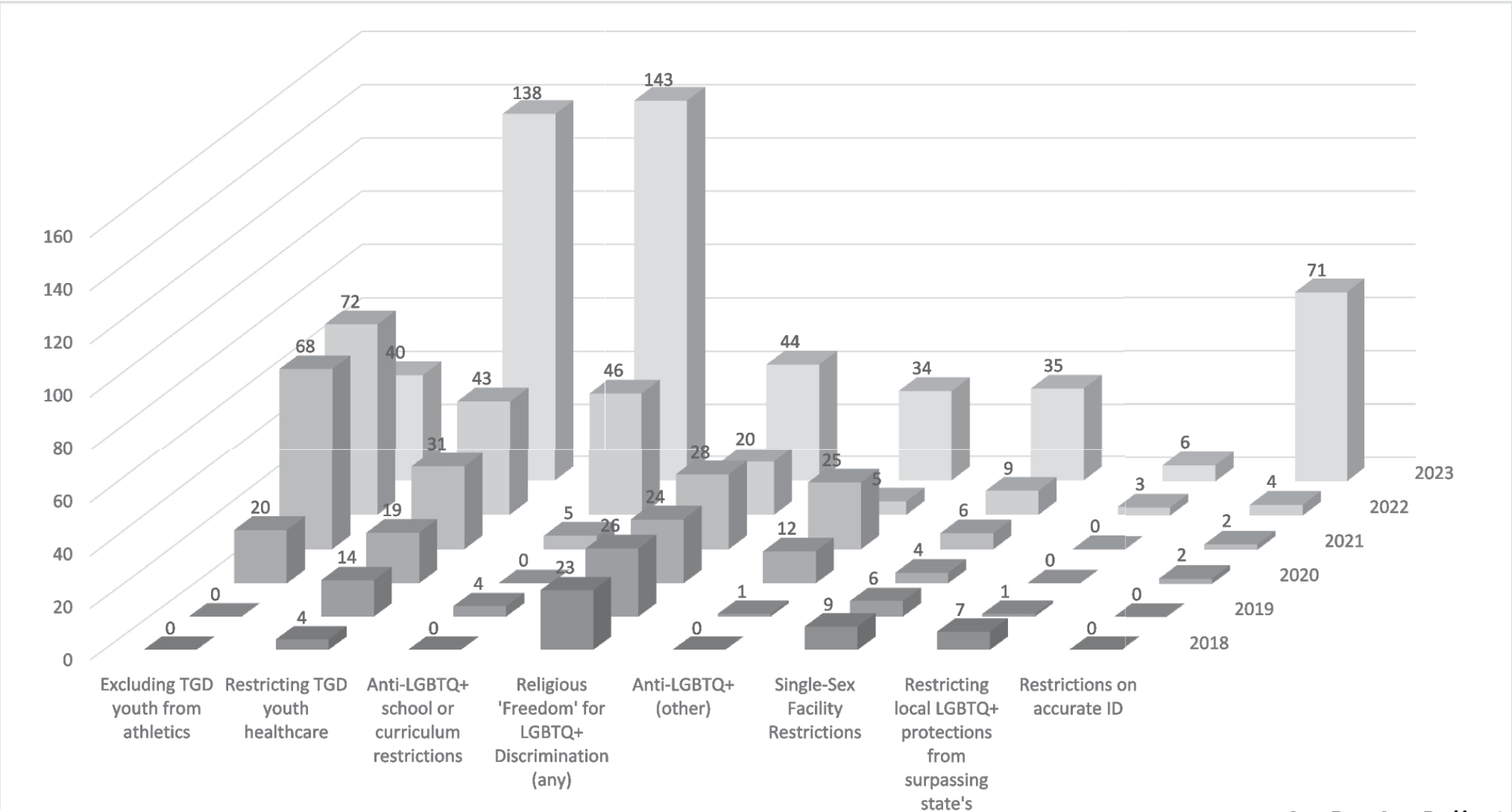
Bilder entfernt

# US state anti-LGBTIQ+ bills attempts by year (2018–2023)



Jones, T. Trans Bans Expand: Anti-LGBTIQ+ Lawfare and Neo-fascism. *Sex Res Soc Policy* **22**, 69–84 (2025).  
<https://doi.org/10.1007/s13178-024-00948-x>

# Inhalte von US state anti-LGBTIQ+ Gesetzesvorschlägen 2018–2023 pro Jahr (gesamt N = 1.054)



# Transfeindliches sozio-politisches Klima und Rhetorik

Sexuality Research and Social Policy (2021) 18:1094–1103  
<https://doi.org/10.1007/s13178-020-00513-2>



## The Impact of the 2016 US Presidential Elections on Transgender and Gender Diverse People

Sarah F. Price<sup>1</sup> • Jae Puckett<sup>2</sup> • Richard MocarSKI<sup>3</sup>



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Journal of Family Psychology

2022, Vol. 36, No. 1, 23–34  
<https://doi.org/10.1037/fam0000873>

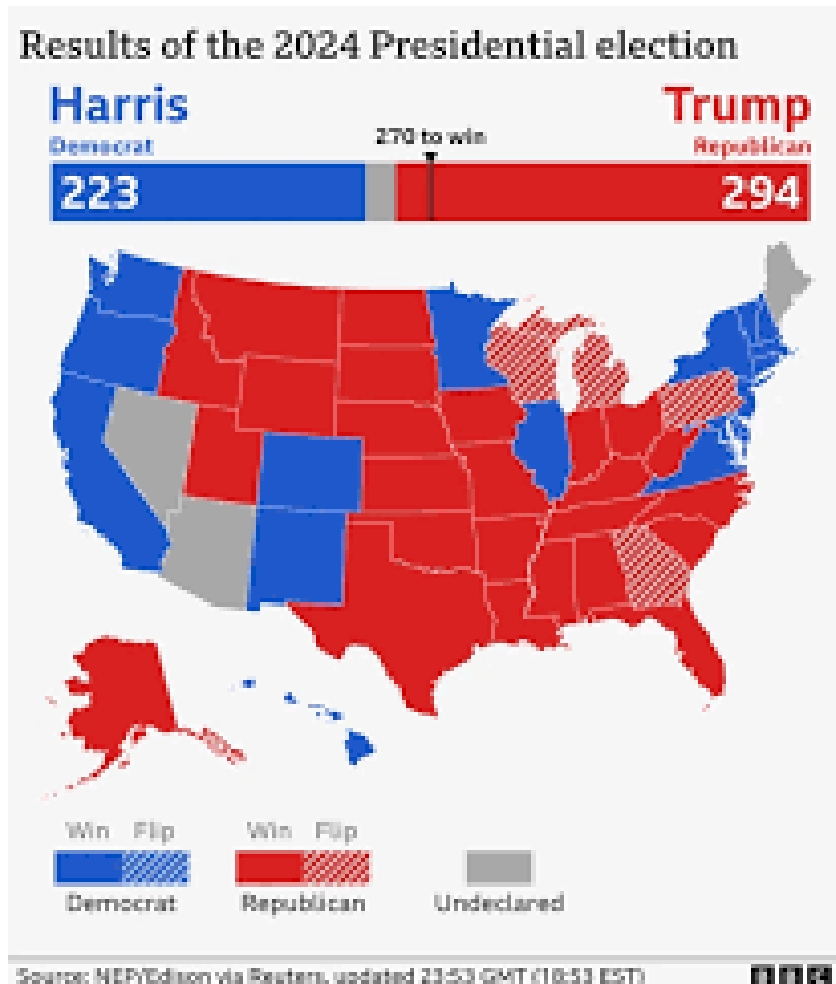
Accepted: 1 November 2020 / Published online: 24 November 2020  
© Springer Science+Business Media, LLC, part of Springer Nature 2020

## The 2016 United States Presidential Election's Impact on Families With Transgender Adolescents in New England

David R. Pletta<sup>1</sup>, Jessica D. Kant<sup>2</sup>, Diane Ehrensaft<sup>3</sup>, Melissa MacNish<sup>4</sup>, Sean Cahill<sup>5, 6, 7</sup>, and Sabra L. Katz-Wise<sup>1, 2, 8</sup>

- Anstieg Diskriminierung
- Anstieg Ängste und Befürchtungen, Zunahme proximaler Stressoren
- Aber auch community-basierter Widerstand und Advocacy

# USA, November 2024 / Januar 25



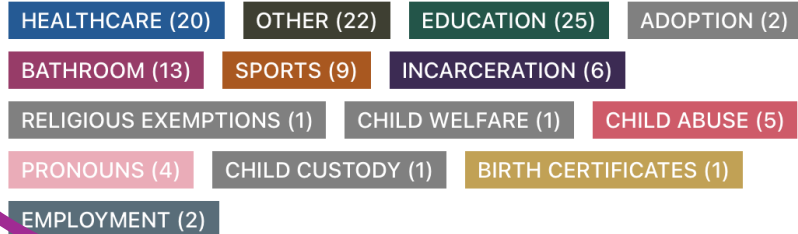
Ernennung 20.01.25:

“the official policy of the United States government is that there are only two sexes—male and female”  
(Axios, 2025)

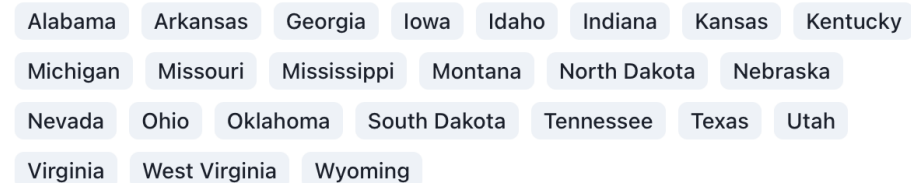
# USA, Stand 2025

## 112 bills

This year, 112 bills have already passed. Of those, 101 have been signed into law. 11 others have passed, but haven't yet been vetoed or signed.



## 24 states

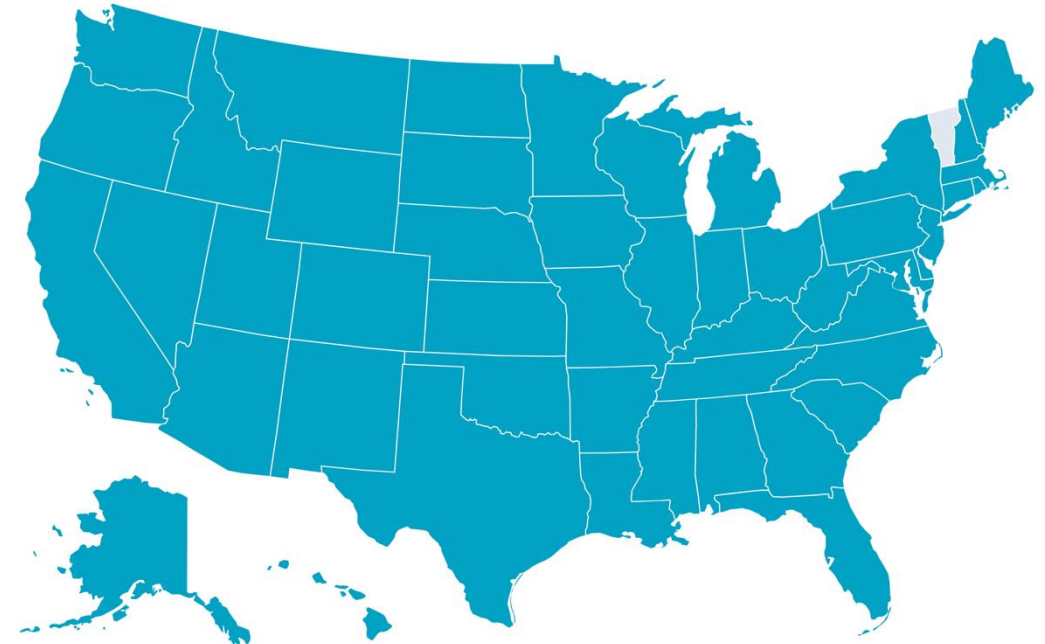


## 13 vetoed

So far this year, 13 bills passed and subsequently vetoed. These bills are not included in our passed bills count. In cases where a veto is overridden, bills will be labeled passed and included in the passed bills count.

920 bills 49 states

112 passed 730 active 78 failed



**ossible activism activists advocacy advocate advocates affirming care all-inclusive allyship anti-racism assigned at birth assigned female at birth assigned male at birth at risk barrier barriers belong bias biased toward biases biases towards biologically female biologically male BIPOCn Blackbreastfeed + people breastfeed + people chestfeed + person clean energy climate crisis climate science commercial sex community diversity community equity confirmation bias cultural competence cultural differences cultural sensitivity culturally appropriate culturally responsive DEI DEIA DEIAB DEIJ disabilities disability discrimination discriminatory disparity diverse diverse backgrounds diverse communities diverse diverse group diverse groups diversified diversify diversifying diversity enhance the diversity enhancing environmental quality equal opportunity equality equitable equitableness equity ethnicity excluded exclusion oppression female females feminism fostering inclusivity GBV gender gender based gender based violence diversity gender identity gender ideology gender-affirming care genders Gulf of Mexico hate speech health equity hispanic minority historically identity immigrants implicit bias implicit biases inclusion inclusive leadership inclusiveness inclusivity increase diversity increase the diversity indigenous communities inequalities inequality inequitable inequities inequity injustice institutional intersectional intersectionality groups key people key populations Latinx LGBT LGBTQ marginalize marginalized men who have sex with sexual health minorities minority most risk MSM multicultural Mx Native American non-binary nonbinary oppressive orientation people + uterus people-centered care person-centered person-centered care political pollution pregnant people pregnant person pregnant persons prejudice privilege privileges promoting diversity pronoun pronouns prostitute race race and ethnicity racial racial diversity racial identity racial inequality racial justice racially racism segregation sense of belonging sex sexual preference equality social justice sociocultural socioeconomic status stereotype stereotypes systemically systemic the trans transgender transsexual trauma traumatic tribal unconscious bias underappreciated underprivileged underrepresentation underrepresented underserved undervalued victim victims vulnerable populations w**

ossible activism activists advocacy advocate advocates affirming care all-inclusive allyship anti-racism assigned at birth assigned female at birth assigned male at birth at risk barrier barriers belong bias biased ward biases biases towards biologically female biologically male BIPOCn Blackbreastfeed + people breastfeed + people chestfeed + person clean energy climate crisis climate science commercial sex community diversity community equity confirmation bias cultural competence cultural differences cultural discrimination sensitivity culturally appropriate culturally responsive discrimination discriminatory disparity diverse diverse group diverse groups diversified diversify diverse environmental quality equal opportunity equality expression female females feminism fostering inclusivity diversity gender identity gender ideology gender-affirming health equity hispanic minority historically identity inclusive leadership inclusiveness inclusivity inequalities inequalities inequality inequitable inequities inequities groups key people key populations Latinx LGBT LG health minorities minority most risk MSM multipressive orientation people + uterus people-centered political pollution pregnant people pregnant person diversity promoting diversity pronoun pronouns pronoun identity racial inequality racial justice racially racial equality social justice sociocultural socioeconomic status trans transgender transsexual trauma traumatic transgenderrepresentation underrepresented underserved

### Federal Aviation Administration's job page

Working at FAA offers a unique opportunity to experience a career where your impact not only reaches throughout the aviation industry but around the world as well. You'll be a part of a **diverse** workforce utilizing the latest technology and systems dedicated to maintaining the safety and integrity of our civil airspace.

### National Park Service's Stonewall National Monument web page

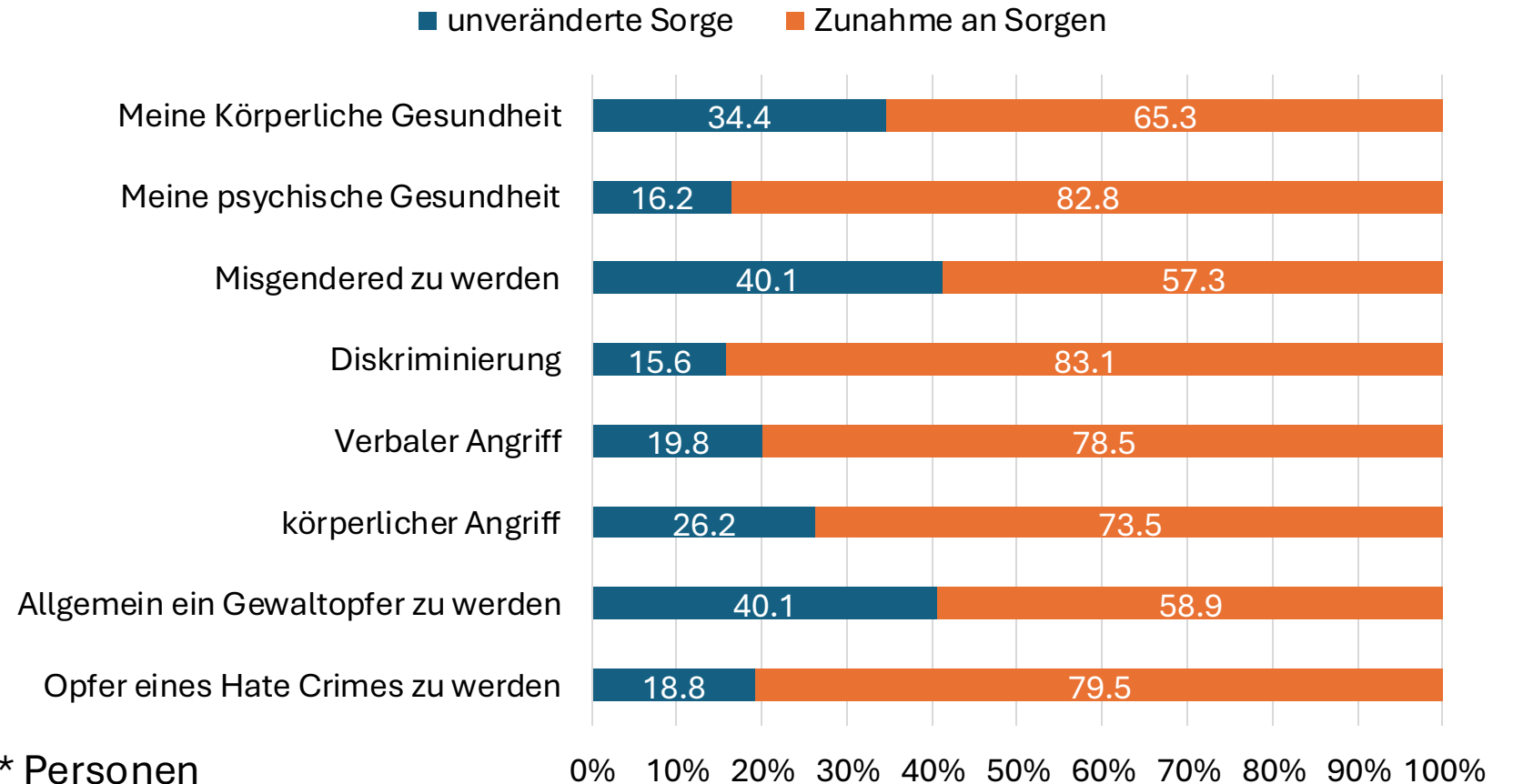
Before the 1960s, almost everything about living openly as a lesbian, gay, bisexual (**LGB**), ~~transgender, or queer (LGBTQ+)~~ person was illegal. The Stonewall Uprising on June 28, 1969 is a milestone in the quest for **LGBTQ+** civil rights and provided momentum for a movement.

<https://www.nytimes.com/interactive/2025/03/07/us/trump-federal-agencies-websites-words-dei.html>

# Trans\* Personen in 2025: deutliche Zunahme an Sorgen um Wohlbefinden und Sicherheit

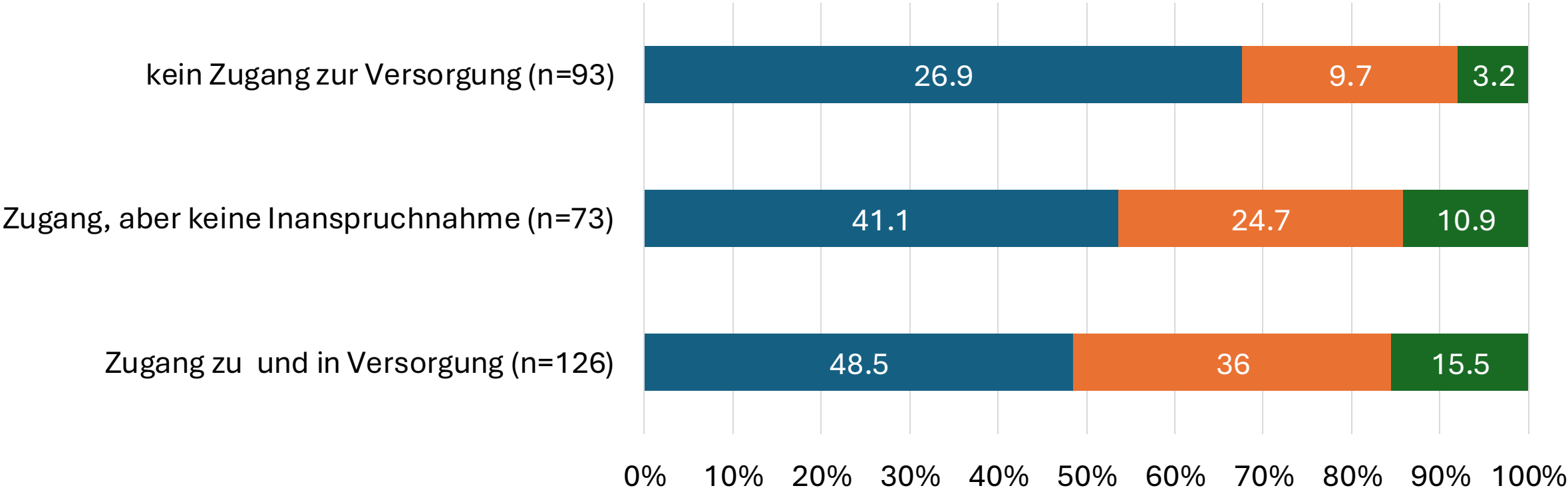
93% sind besorgt über die Bedeutung von Trumps Widerwahl

43% fühlen sich weniger sicher, die Polizei zu rufen



# Deutliche Zunahme auch an Sorgen bzgl. der Gesundheitsversorgung

■ große Sorgen ■ etwas Sorgen ■ Neutral oder keine Sorgen



Gesamt-N = 302 erwachsene trans\* Personen



# Auswirkungen Gesetzgebung auf unsere Profession und Behandlung?

Bestehende Behandlungsangebote und Strukturen haben es schwer, mit dem Tempo dieser sich schnell entwickelnden Verbote im Gesundheitswesen Schritt zu halten.

Interferieren mit der Berufsethik und Berufsordnungen der Praktiker\*innen und stören die Freiheit von Forschung und Wissenschaft – ein staatlicher Eingriff ist keine evidenzbasierte Versorgung.

Straf- und berufsrechtliche Konsequenzen



NEWS

Check for updates

New York  
Cite this as: *BMJ* 2023;381:p1167  
<http://dx.doi.org/10.1136/bmj.p1167>  
Published: 22 May 2023

## Transgender care: 19 US states ban or restrict access with penalties for doctors who break the law

Janice Hopkins Tanne

Nineteen of the 50 US states have enacted bans or restrictions on transgender care with many penalising doctors who provide puberty blockers, hormone therapy, and surgery for children—including 10 years in prison in Idaho, fines up to \$25 000, and loss of medical license.<sup>1</sup>

In 10 states the restrictions are already in effect. In the other states the restrictions will go into effect on 1 July, in October, or in January 2024.

Most states that ban or restrict transgender care for children are in the southern and central US. Florida, Nebraska, and Texas are among the most recent to pass such laws.

Texas, with a population of more than 30 million, is the largest state to ban transgender care for youths, with the bill to go into effect on 1 September.

Texas Attorney General Ken Paxton immediately began an investigation of “potentially illegal” activity. The state has nearly 30 000 transgender children between the ages of 13 and 17. The Dell Children’s Medical Center in Austin, the state capital, said on 20 May that doctors who previously provided care to transgender teenagers would leave the clinic.<sup>2</sup>

Florida’s ban was passed this month and went into effect on 17 May. It was signed by Governor Ron DeSantis, who is running for US president. The law bans prescription of puberty blocking hormones and hormone antagonists and gender affirming procedures or surgeries for minors. Parents of three transgender children are trying to get a federal court to block the law.<sup>3</sup>

The Nebraska legislature voted on 19 May to restrict access to gender affirming care and abortion. The law does permit children and teenagers under age 19 who are already taking puberty blockers or hormone therapy to continue treatment and gives the state’s chief medical officer, who is appointed by the governor, the power to regulate gender-affirming care that does not involve surgery.<sup>4</sup>

The American Medical Association, the American Academy of Paediatrics, the American College of Obstetricians and Gynecologists, and other medical and civil rights organisations endorse gender affirming care for transgender youths.<sup>5-7</sup>

Physicians who provide transgender care face four direct penalties, according to a study published in *JAMA*.<sup>8</sup> The penalties are disciplinary action regarding their medical license, private lawsuits against them, civil legal action against them by the state, and felony charges that enable criminal penalties.

“Many of these states’ laws deem the practice of providing gender affirming care for minors as ‘unprofessional conduct,’” the authors wrote. These new laws also delegitimise informed consent and change the definition of the practice of medicine by amending state law to say that it does not include providing gender transition procedures.<sup>8</sup>

“New influencer”

The Associated Press (AP) reported that a new non-profit organisation called Do No Harm is a “new influencer” opposing diversity initiatives in medicine by producing model legislation that has been used in at least three states—Arkansas, Iowa, and Montana. According to AP the organisation was founded by Stanley Goldfarb, a kidney specialist, professor emeritus, and former associate dean at the University of Pennsylvania’s medical school. He sent AP a statement saying that the organisation “works to protect children from extreme gender ideology through original research, coalition building, testimonials from parents and patients who’ve lived through deeply troubling experiences, and advocacy for the rigorous, apolitical study of gender dysphoria.”

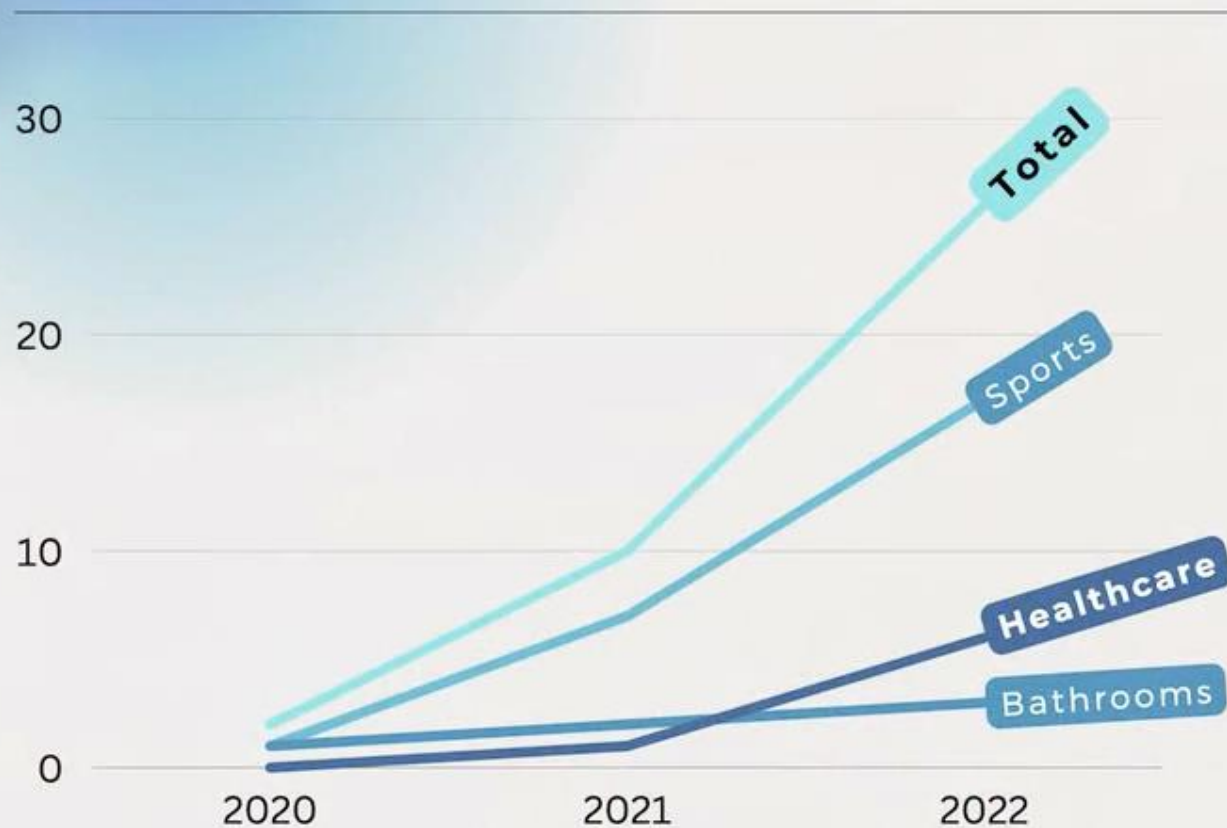
AP said that Do No Harm applied to the state of Virginia to establish a separate non-profit called Do No Harm Action that allowed for more lobbying. “In the application for non-profit status obtained from the Virginia agency, Do No Harm projected revenues of \$910,000 in 2022, more than \$1.1 million in 2023, and over \$1.5 million in 2024,” AP said. The organisation had received previous donations from several conservative organisations.

More than 150 University of Pennsylvania medical school graduates signed a letter criticising Goldfarb for a 2019 op-ed in the *Wall Street Journal*. In the article Goldfarb asked, “Why have medical schools become a target for inculcating social policy when the stated purpose of medical education since Hippocrates has been to develop individuals who know how to cure patients? Where will this all lead? Curricula will increasingly focus on climate change, social inequities, gun violence, bias, and other progressive causes only tangentially related to treating illness. If this country needs more gun control and climate change activists, medical schools are not the right place to produce them.”<sup>9</sup>

**CORRECTION:** On 22 May this article was corrected to state that doctors could be sentenced to 10 years in prison in Idaho, rather than 100 years.

1 Putka S, Robertson R, Fiore K. These states have banned youth gender-affirming care. *MedPage Today*, May 2023. [www.medpage-today.com/special-reports/exclusives/104425](http://www.medpage-today.com/special-reports/exclusives/104425).

# Gender-Affirming Care: Ground Zero for Disinformation in Adolescent Health Policy



**Up to 98,050 transgender youth live in the jurisdictions of proposed or enacted bans on gender-affirming healthcare**

Justified by **intentional falsehoods** about:

- Gender dysphoria
- Evidence on gender-affirming care
- Standard practices
- Safety



# Wissenschaftliche und populäre Desinformation Fehlinformationen (=Falsche Information), und Hate Speech

Definition:

Wissenschaftliche Desinformation ist eine falsche und irreführende Information, die absichtlich von juristischen und politischen Akteuren eingesetzt wird, um die öffentliche Meinung zu beeinflussen und Fakten zu widerlegen.

Narrative der  
Desinformation bzgl.  
Trans\*:

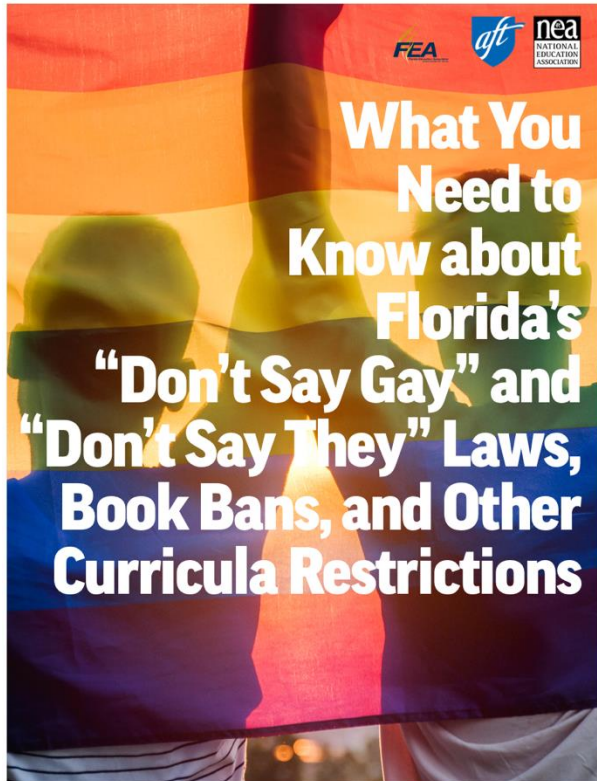
- Kolonialismus durch den liberalen Westen
- Bedrohung der Kinder
- Narrative gegen eine „Gender-Ideologie“ und Heteroaktivismus
- ...

Fehlinformation	Desinformation
<p>→ <b>Keine</b> Täuschungsabsicht</p> <p>zum Beispiel:</p> <p><b>Clickbaiting</b> reißerische Überschriften</p> <p><b>Satire / Parodie</b> überspitzte oder humoristische Darstellung</p> <p><b>Zeitungsente</b> versehentliche Falschmeldung</p>	<p>→ <b>gezielte</b> Täuschungsabsicht</p> <p>zum Beispiel:</p> <p><b>Manipuliert</b> Deep Fakes, gefälschte Fotos, nachgemachte Websites</p> <p><b>Aus dem Kontext gerissen</b> verkürzte Zitate, fehlerhafte Statistiken</p> <p><b>Frei erfunden</b> Lügen, Gerüchte, tendenziöse Behauptungen</p>

Beispiele von Fehlinformation und Desinformation

Foto: Bundesregierung

# ... was zu tun ist: Beispiele auf staatlich-politischer Ebene



Briefing  
Requested by the INGE committee



Disinformation campaigns  
about LGBTI+ people in  
the EU and foreign influence



Authors:  
Cecilia STRAND, Jakob SVENSSON  
European Parliament coordinator:  
Policy Department for External Relations  
Directorate General for External Policies of the Union  
PF 653644 - July 2021

EN

- Harmonisierung der rechtlichen Rahmenbedingungen in Europa
- Kapazitätserhöhung, um gegen Falschinformation und Fehlinformation vorgehen zu können und diese zu entdecken/beobachten
- Begrenzung der finanziellen Flüsse und Mittel von Organisationen, die Falsch-, Fehlinformationen und Hate Speech verbreiten
- Mehr Forschung, auch dazu

<https://www.bundesregierung.de/breg-de/aktuelles/desinformation-erkennen-1750146>

[https://www.europarl.europa.eu/RegData/etudes/BRIE/2021/653644/EXPO\\_BRI\(2021\)653644\\_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/BRIE/2021/653644/EXPO_BRI(2021)653644_EN.pdf)

Viewpoint

September 13, 2021

# Increasing Criminalization of Gender-Affirming Care for Transgender Youths—A Politically Motivated Crisis

Benjamin C. Park, BS<sup>1</sup>; Rishub K. Das, BA<sup>1</sup>; Brian C. Drolet, MD<sup>2,3</sup>

» Author Affiliations

JAMA Pediatr. 2021;175(12):1205-1206. doi:10.1001/jamapediatrics.2021.2969

Viewpoint

November 8, 2021

# Anti-Transgender Legislation—A Public Health Concern for Transgender Youth

Harry Barbee, PhD<sup>1</sup>; Cameron Deal<sup>2</sup>; Gilbert Gonzales, PhD, MHA<sup>1,2,3</sup>

» Author Affiliations

JAMA Pediatr. 2022;176(2):125-126. doi:10.1001/jamapediatrics.2021.4483

State legislatures are enacting policies that deny rights and services to transgender youth. In 2021, 8 states

# Wissenschaftliche Community: schnelle, interdisziplinäre schnelle Reaktionen und breite Dissemination

## Combating Scientific Disinformation on Gender-Affirming Care

Meredith McNamara, MD, MSc,<sup>a</sup> Hussein Abdul-Latif, MD,<sup>b</sup> Susan D. Boulware, MD,<sup>a</sup> Rebecca Kamody, PhD,<sup>c</sup> Laura E. Kuper, PhD,<sup>d</sup> Christy L. Olezeski, PhD,<sup>a</sup> Nathalie Szilagyi, MD,<sup>a</sup> Anne Alstott, JD<sup>f</sup>



### Endocrine Society Statement in Support of Gender-Affirming Care

Washington, DC | May 05, 2024

We stand firm in our support of gender-affirming care. Transgender and gender-diverse people deserve access to needed and often life-saving medical care.

NHS England's recent report, the Cass Review, does not contain any new research that would contradict the recommendations made in our **Clinical Practice Guideline** on gender-affirming care.

The guideline, which cites more than 260 research studies, recommends a very conservative approach to

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PERPECTIVE f X in e W

### Countering the Health Disinformation Machine

Author: Alex S. Keuroghlian, M.D., M.P.H. Author Info & Affiliations  
Published September 30, 2023 | N Engl J Med 2023;389:1256-1258  
DOI: 10.1056/NEJMp2307572 | VOL. 389, NO. 14 | Copyright © 2023

»

#### Abstract

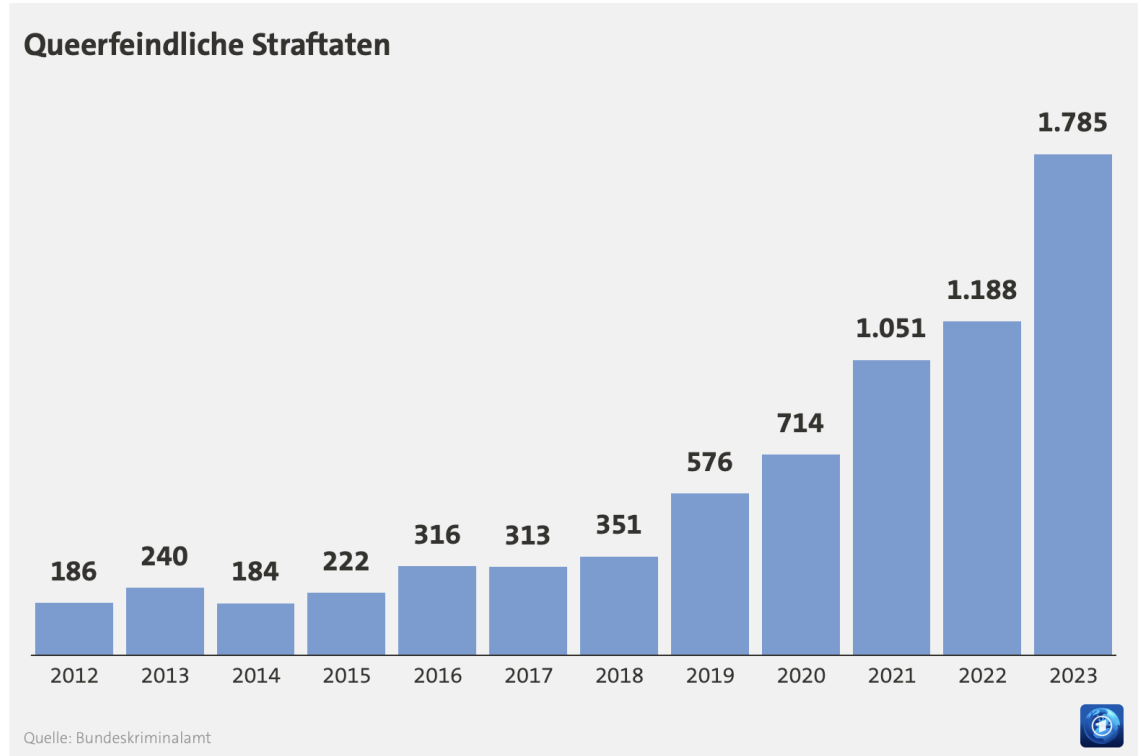
When extremists home in on a Harvard Medical School course on caring for patients with diverse sexual orientations, gender identities, and sex development, its director receives a crash course on the health



08.05.2024

30.09.2023

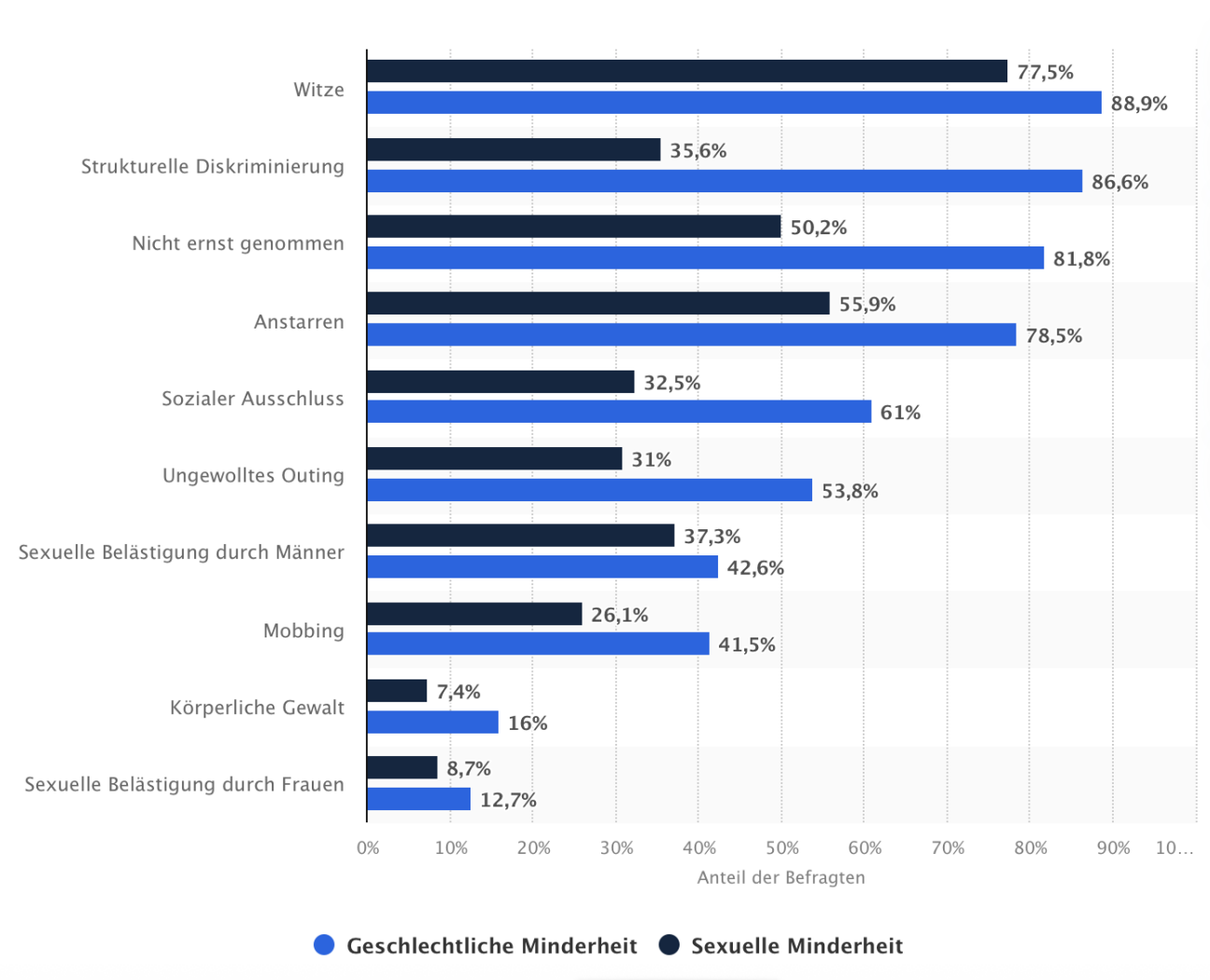
# Situation in Deutschland seit 2012



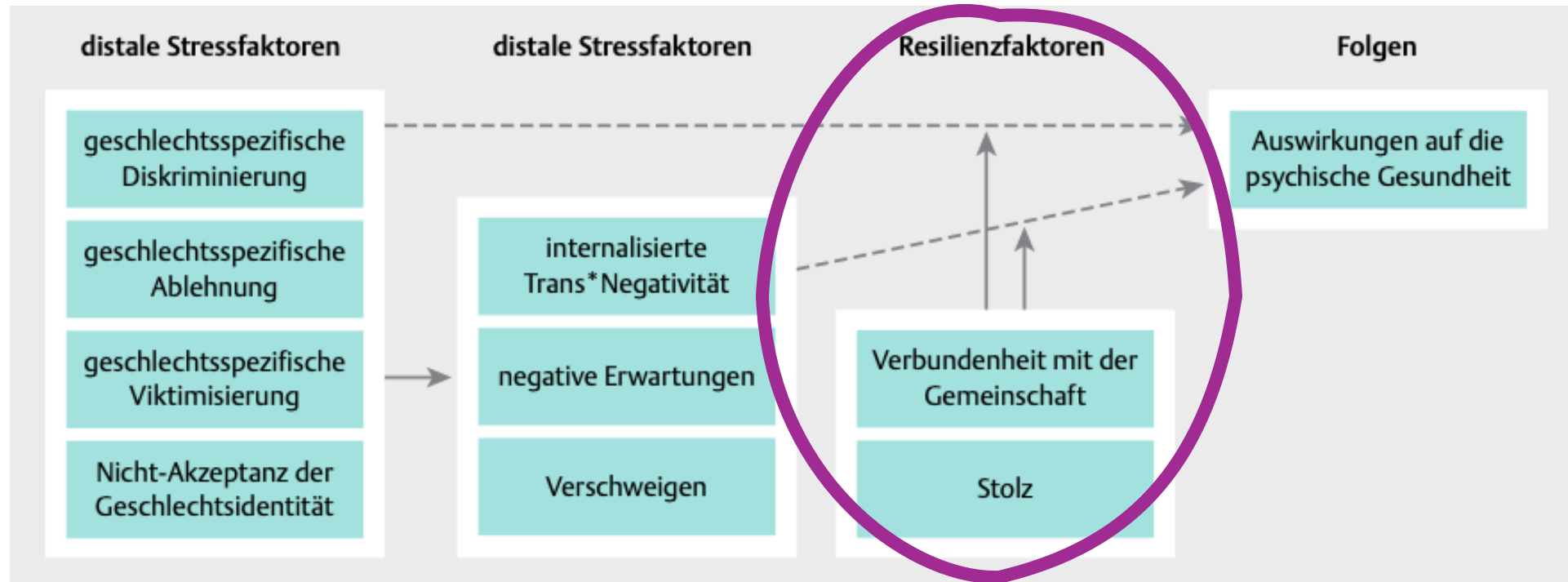
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<https://www.tagesschau.de/faktenfinder/kontext/stolz-monat-csd-100.html>

# Schweiz: 12-Monats-Prävalenz Diskriminierungserfahrungen sexueller und geschlechtlicher Minderheiten 2023



# Wie Resilienz fördern in sozio-politischer Perspektive?



## How Can We Build Structural Resilience? Integration of Social-Ecological and Minority Stress Models

Sharon Y. Lee<sup>1, 2, 3</sup>, Chrystal Vergara-Lopez<sup>1, 2, 3</sup>, Ernestine Jennings<sup>1, 2, 3</sup>, Nicole R. Nugent<sup>3, 4, 5</sup>,  
Stephanie H. Parade<sup>3, 6</sup>, Audrey R. Tyrka<sup>3, 7</sup>, and Laura R. Stroud<sup>1, 2, 3</sup>

<sup>1</sup> Center of Biomedical Research Excellence for Stress, Trauma, and Resilience, The Miriam Hospital,  
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<sup>2</sup> Center for Behavioral and Preventive Medicine, The Miriam Hospital, Providence, Rhode Island, United States

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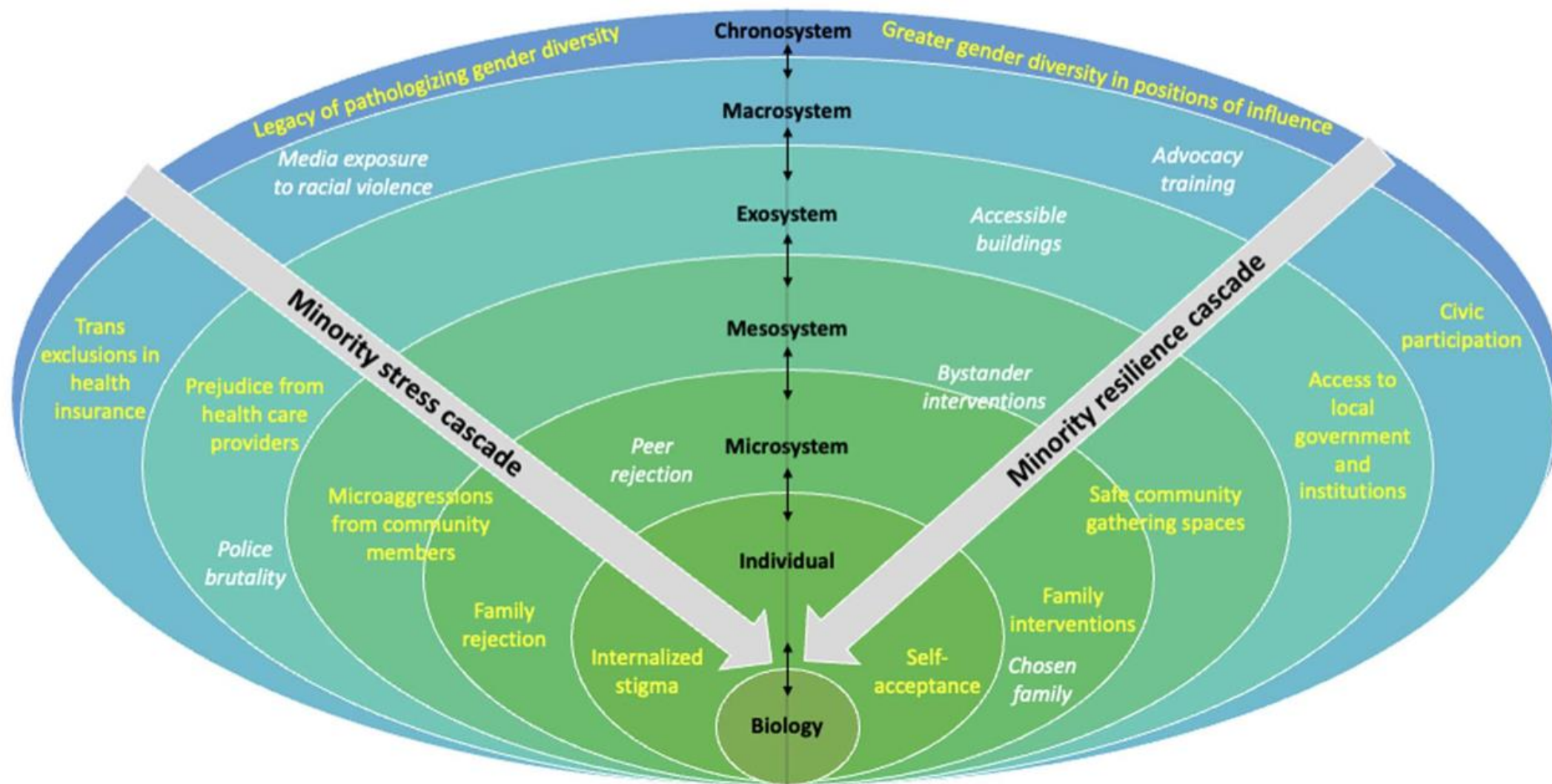
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As the United States contends with racism and a social justice reckoning, the need to advance our understanding of how to build structural resilience continues to be pressing. This article proposes a culturally and structurally informed model of resilience for individuals with minoritized identities that integrates social–ecological and minority stress models. First, common stressors and traumas experienced by minoritized individuals at multiple levels of proximal/distal influence are reviewed: microsystem (e.g., family rejection), mesosystem (e.g., community-based discrimination), exosystem (e.g., barriers to health care), macrosystem (e.g., harmful legal policies), and chronosystem (e.g., historical legacy). Next, how these exposures have cascading effects on minority stress processes (e.g., discriminatory policies in the macrosystem affect how a child is socialized in the microsystem) are considered. Then, modifiable factors (e.g., community cohesion) that promote resiliency in the face of ongoing exposures are discussed. To conclude, guidelines are offered for advancing the psychological science of resilience in minoritized groups including mixed methods to reflect participants' experiences, ecological approaches to assess resilience, and multilevel modeling to understand the interplay between the social–ecological context and individual factors.

### ***Public Significance Statement***

Minority stress has been historically excluded from seminal theories of resilience. This article proposes a social–ecological model of structural resilience to minority stress for guiding conceptual and methodological approaches to studying multiple systems of proximal and distal influence.

**Figure 1**  
*Model of Structural Resilience to Minority Stress*



*Note.* One example of a minority stress cascade and one example of a minority resilience cascade are depicted in yellow font. Other examples of stress and resiliency factors at each social–ecological level are depicted in white italicized font. Double-sided arrows depict bidirectional relationships between social–ecological levels. See the online article for the color version of this figure.

# Abschluss: Empfehlung für berufspolitisches und klinisches Handeln – in und trotz einem feindlichem sozio-politischem Klima

## On the Frontlines: Protecting and Advancing Gender-Affirming Care in a Hostile Sociopolitical Environment

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## **Abschluss:**

### **Empfehlung für berufspolitisches und klinisches Handeln – in und trotz einem feindlichem sozio-politischem Klima**

- **Brücke zur Community und Fachverbänden, Engagement und Bildung / Weiterbildung/Informationsvermittlung** sind zentral:
  - Informationsmaterialien
  - Unterstützungsgruppen
  - Q&A Sessions
  - Teilnahme an Community Events und Zusammenarbeit
- **Kommunikation mit den Medien** ist wichtig – beidseitige Zusammenarbeit zwischen Versorgung und Medien für korrekte, nuancierte Berichterstattung, lokal und national

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## APA Policy Statement on Affirming Evidence-Based Inclusive Care for Transgender, Gender Diverse, and Nonbinary Individuals, Addressing Misinformation, and the Role of Psychological Practice and Science

FEBRUARY 2024



# WPATH

WORLD PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH

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<https://doi.org/10.1080/26895260.2022.210644>



REPORT

OPEN ACCESS

### Standards of Care for the Health of Transgender and Gender Diverse People, Version 8

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# Fazit

- Diskriminierung führt zu hoher psychischer Belastung
- **Medien** haben einen großen Einfluss und **falsche Narrative** verbreiten sich schnell
- Das **politische Umfeld** wirkt sich auf die psychische Gesundheit und die Gesundheitsversorgung aus
- **Gemeinsame, direkte und andauernde Anwartschaft** von akademischen und nicht-akademischen Netzwerken und Resilienzförderung **auf allen Ebenen unabdingbar**
- Blick auf Europa nötig

# Vielen Dank für die Aufmerksamkeit

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