
GENDER TRANSITION: BIOLOGICAL AND PSYCHOSOCIAL FEATURES OF ADJUSTING TO SEX REASSIGNMENT – CROSSING LITERATURE WITH PSYCHOMETRIC DATA FROM A CLINICAL SEXOLOGY UNIT IN LISBON

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Introduction: transsexual populations seem to present specificities in brain structure, function and psychometrics, which may play an important role in adapting to the sex transition process.

Objectives: to find neurobiological and psychometric features determining the adjustment to gender transition.

Methods: we assessed gender identity disorder diagnosed patients of our unit clinically and through MMPI-2, and secondly, we reviewed the literature on differential brain characteristics of this population.

Results: some aspects of brain functioning may be changed by several factors, including early development and the effect of hormones in several stages of life; psychometric features may correlate with psychological adjustment and neurobiological changes, depending on psychosocial resources of the transsexual person.

Conclusions: clinical protocols in gender identity disorder management may benefit from longitudinal tailoring, taking into account neurobiological and psychometric aspects, as well as their interplay.