



Emma Dames

Can Puberty Blockers Improve Mental Health of Transgender Adolescents?

Transgender youth are at a disproportionately high risk of depression, anxiety, and suicidal attempts or thoughts. This is often a result of poor self-image, bullying, and rejection from peers and family. The purpose of this research is to determine whether starting puberty blockers (gonadotropin-releasing hormone agonists (GnRHa)) before hormone therapy have better mental health outcomes compared with those who directly begin hormone therapy. A systematic review of literature was conducted, and I concluded that the use of GnRHa is generally associated with improved mental health and seems to be safe for gender diverse youth considering hormonal transition. This research has the potential to significantly impact the mental and emotional health of transgender adolescents and their families. These findings may also help influence practitioners' care for their future transgender adolescent patients.