

Morningside Graduate School of Biomedical Sciences Clinical & Population Health Research Program

Announces the PhD Thesis Defense of

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Eating Disorders Among Gender Minority Individuals: Prevalence, Facilitators and Barriers to Care, and Pathways to Gender Competency Among Mental Health Providers

Tuesday, November 29, 2022 at 3:30 p.m. via Zoom Meeting

High prevalence of self-reported ED diagnosis among gender minority (GM) (i.e., transgender, non-binary) individuals is concerning, as are their narratives describing experiences seeking and receiving treatment for their EDs. Whether self-reported prevalence is consistent with clinically validated estimates, if providers are aware of the barriers their patients endure, and if providers feel they are well-prepared to deliver ED care to GM patients are all unknown.

This dissertation sought to address these gaps in three aims. Aim 1 leveraged IBM® MarketScan® claims data to produce prevalence estimates of EDs among an assumed transgender cohort of individuals seeking gender affirming medical intervention. In Aims 2 and 3, mental health providers participated in individual interviews. Providers discussed their perspectives on GM patients, their education on gender, and the impact of their education on delivery of ED care to GM patients. Aim 2 focused on provider knowledge of barriers to care that GM individuals face when seeking and receiving care for an ED. Aim 3 expanded upon these findings—highlighting the ways their graduate education lacks comprehensive coverage of gender and explores successful methods of education and suggestions for bettering graduate learning.

The findings of this dissertation: 1) support the notion that access to gender affirming care may result in lower ED prevalence among transgender individuals, 2) reveal that mental health providers maintain awareness of barriers to care that ED treatment imposes upon GM patients, and 3) identify inadequacies and potential in the formal education of mental health providers on gender.

Mentor

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Dissertation Exam Committee

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