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APA Task Force Reviews Possible Gender Identity Disorder Treatment Guidelines

ARLINGTON, Va. (April 28, 2009) — The American Psychiatric Association (APA) Board of Trustees has established a task force on the treatment of Gender Identity Disorders (GID) to address concerns about the relative lack of evidence-based treatment guidelines and to determine if guidelines should be developed. The task force was created on a recommendation by the APA Committee on Gay, Lesbian, and Bisexual Issues.

The board asked the task force to review the literature on the treatment of Gender Identity Disorder at different ages and to report back with “an opinion as to whether or not there is sufficient credible literature to take the next step and develop treatment recommendations.”

The board asked the task force to communicate with the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* work group on Gender Identity Disorder, which can serve as a resource on diagnostic issues during the term of the task force.

After the May 2008 announcement of *DSM-V* work group membership, the APA received many inquiries regarding the Gender Identity Disorders work group on treatment. These inquiries most often dealt with treatment controversies for GID in children, rather than issues related specifically to the *DSM* text and diagnostic criteria. While the diagnosis and treatment of mental disorders are inextricably linked, separation of the diagnostic mission of the *DSM* work groups from the evaluation of treatment issues is especially important.

Gender Identity Disorders Task Force on Treatment members have been identified and appointed by APA President Nada L. Stotland, M.D., M.P.H. They include APA members William M. Byne, M.D., Ph.D.; A. Evan Eyler, M.D., M.P.H.; Edgardo Jorge Menvielle, M.D., M.S.H.S.; Richard Randall Pleak, M.D.; and David A. Tompkins, M.D. Advisors include Susan Bradley, M.D.; Eli Coleman, Ph.D.; Richard Green, M.D., J.D., and Heino F. L. Meyer-Bahlburg, Dr., rer. nat.

About the American Psychiatric Association

The American Psychiatric Association is the nation’s leading medical specialty society whose more than 38,000 physician members specialize in prevention, diagnosis, treatment and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org.

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