



The Hong Kong College of Psychiatrists Ltd.

香港精神科醫學院

(Incorporated in Hong Kong with limited liability)

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A Constituent College of the
Hong Kong Academy of Medicine

Position Statement of the College of Psychiatrists on Gender Dysphoria (or Gender Identity Disorder in DSM-IV or ICD-10)

Gender Dysphoria in the recently published *Fifth Edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* has replaced the category of “Gender Identity Disorder” in DSM-IV. It refers to a condition where a person experiences clinically significant distress or impairment in social, occupational, or other important areas of functioning because there is a mismatch between their biological sex and gender identity.

Gender Dysphoria is manifested in a variety of ways, including strong desires to be treated as the other gender or to be rid of one’s sex characteristics, or a strong conviction that one has feelings and reactions typical of the other gender. Current scientific evidence suggests that both biological and psychosocial factors may influence the development of this condition. Gender Dysphoria can be complicated by adjustment problems, depression or anxiety, and associated with significant psychological distress and morbidity.

Treatment for Gender Dysphoria aims to reduce or remove the distressing feelings of the mismatch between biological sex and gender identity. People with Gender Dysphoria require full range medical support, not only in assessing and treating the condition, but also in managing the complications arising from the condition.

The Hong Kong College of Psychiatrists fully supports endeavours that promote the mental health of all people. We are committed to the provision of timely, comprehensive, multi-disciplinary psychiatric assessment, including the eligibility criteria and the evidential requirements for undergoing certain forms of treatment, such as hormone replacement, sex reassignment surgery, and the treatment of psychiatric co-morbidities in people with Gender Dysphoria.

The College opines that the issue of legal entitlement accompanying the new gender a person chooses goes beyond the medical perspective, and should be deliberated widely by the society.

Prepared by
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