
EFFECTS OF SEX REASSIGNMENT SURGERY ON QUALITY OF LIFE AND MENTAL HEALTH IN TRANSSEXUALS

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Introduction: Gender identity disorder is an emergent and important disorder which may lead to devastating consequences and comorbidities if proper treatment approaches are not used.

Objectives: We planned showing the improvements in patients' life in multiple domains after sex reassignment surgery (SRS).

Aims: In our research we focused on changes experienced by people who gained new gender identity with sex reassignment surgery.

Methods: We interviewed at least one year after the operation with 20 sex reassigned transsexuals (SR-T) who were once on SRS programme of Istanbul University Psychiatry Department Psychoneurosis and Psychotherapy Unit and who had confirmative reports for surgery and we also interviewed with 50 non-sex reassigned transsexuals (NSR-T) who applied to the same unit for SRS programme.

Results: Worries about gender discrimination and gender victimization were lower, but worries of being uncovered about transgender identity were higher in SR-T group. SR-T group scored lower on Family Assessment Device, 4th and 5th items of Arizona Sexual Life Scale and total points excluding the 3rd item (item for penile erection and vaginal lubrication), but scored higher on Multi Dimensional Scale for Perceived Social Support, Coopersmith Self Esteem Scale and psychological subscale of World Health Organization Quality of Life Scale-Brief Form.

Conclusions: The SRS used in the treatment of transsexuality releases the conflict and makes the transformation on official gender and is associated with improvements in quality of life, self esteem, family support, sexual life satisfaction and interpersonal relationships and reduction in worries about gender discrimination and gender victimization.