# 'Trans regret' at just 1% says report



In recent years, a spotlight has been cast on the discussion of gender-affirming surgeries, particularly surrounding the notion of regret among transgender individuals who have undergone these procedures. Despite prevalent narratives suggesting high levels of regret, recent research published in JAMA Surgery challenges this belief, revealing that such regret is, in fact, exceedingly rare.

According to the study, less than 1% of transgender individuals who have undergone gender-affirming surgery report any regret. This statistic significantly contrasts with the broader population undergoing similar surgeries, where about 14.4% express regret. For context, women who undergo mastectomies to reduce breast cancer risk report a regret rate ranging from 5% to 14%, much higher than the less than 1% rate among transgender men who undergo the same procedure.

The statistics were derived from comprehensive reviews of studies involving 7,928 transgender individuals who had received gender-affirming surgeries. While some criticisms of earlier research suggest these studies may not fully capture longer-term regret, the findings align with an increasing body of evidence supporting positive outcomes for transgender people who access such care.

The significance of gender-affirming surgery for the transgender community cannot be understated. With approximately 1.6 million people identifying as transgender in the United States, these surgeries serve a crucial role. While only about a quarter of these individuals have undergone such procedures, they were performed 48,000 times between 2016 and 2020.

Aligning physical appearance with gender identity through surgery often leads to improved mental health outcomes. Research indicates that access to gender-affirming surgeries correlates with reduced rates of depression, anxiety, and suicidal thoughts among transgender individuals, who generally face higher rates of mental health challenges compared to their cisgender counterparts. The process to obtain these surgeries is rigorous, often involving waiting periods, hormone therapy, and extensive counselling on the risks and benefits, which may further contribute to the low regret rates observed.

Despite the compelling evidence of benefits, the political climate around gender-affirming care remains contentious. Legislation in certain U.S. states, such as Oklahoma and North Dakota, has begun restricting access to these surgeries. In contrast, twelve states have taken steps to become sanctuaries for gender-affirming care, ensuring continued access for patients seeking these services.

Research continues to evolve, and while current statistics on surgical regret may be subject to change as more data becomes available, the consensus among medical experts remains clear. Organisations like the American Medical Association advocate for the health benefits these surgeries confer and oppose legislative bans.

The discussion surrounding gender-affirming surgery underscores the importance of basing public policy on the best available evidence, thereby potentially improving the lives of those who undergo these transformative procedures. As research continues, the understanding of long-term outcomes for transgender individuals following surgery could further inform both policy and practice within the healthcare landscape.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://segm.org/regret-detransition-rate-unknown> - Discusses the methodological limitations of studies claiming low regret rates after gender-affirming surgeries and highlights the unknown true rates of regret and detransition.
* <https://atm.amegroups.org/article/view/64719/html> - Reports a rate of regret between 0.2-0.3% for surgical gender transition and discusses various reasons for regret, including change in gender identity and social factors.
* <https://pubmed.ncbi.nlm.nih.gov/37556147/> - Evaluates long-term decisional regret and satisfaction with the decision to undergo gender-affirming mastectomy, indicating low rates of regret.
* <https://www.americanjournalofsurgery.com/article/S0002-9610(24)00238-1/abstract> - Mentions that regret after gender-affirming surgery is less than 1%, contrasting with higher regret rates in other types of surgeries.
* <https://www.gendergp.com/new-study-confirms-regret-rates-of-gender-affirming-surgery-are-non-existent/> - Reports a study showing that 99.7% of trans individuals were satisfied with their gender-affirming surgery, with only 0.3% requesting reversal.
* <https://atm.amegroups.org/article/view/64719/html> - Provides context on the significance of surgical results and their influence on surgical regret, highlighting differences between transgender men and women.
* <https://pubmed.ncbi.nlm.nih.gov/37556147/> - Details the use of validated survey instruments to assess long-term decisional regret and satisfaction following gender-affirming mastectomy.
* <https://www.americanjournalofsurgery.com/article/S0002-9610(24)00238-1/abstract> - Compares the regret rates of gender-affirming surgery to those of other elective surgeries, such as knee replacement surgery.
* <https://segm.org/regret-detransition-rate-unknown> - Highlights the importance of understanding the potential for long-term regret and the need for comprehensive follow-up in studies on gender-affirming surgeries.
* <https://www.gendergp.com/new-study-confirms-regret-rates-of-gender-affirming-surgery-are-non-existent/> - Discusses the benefits of gender-affirming healthcare, including improved mental health outcomes and the positive impact on transgender individuals' lives.