# Understanding Detransitioning



Detransitioning refers to the process in which an individual who has transitioned to another gender reverts to their gender assigned at birth. According to statistics from 2022 reported by Jake News, detransitioning is relatively rare and involves a complex set of factors beyond simple regret.

A UK survey of 3,398 attendees at a gender identity clinic found that approximately 0.47% experienced transition-related regret, with even fewer actually detransitioning. In the U.S., a survey of nearly 28,000 individuals revealed that 8% reported some form of detransition. Of this group, 62% cited temporary reasons such as social, financial, or family pressures.

A Swedish longitudinal study spanning fifty years of 767 transgender individuals indicated that around 2% expressed regret after gender-affirming surgery. In the Netherlands, only 1.9% of young people on puberty blockers did not continue with their medical transition.

Reasons for detransitioning are varied. Social pressure is the primary factor, as indicated by Dr. Jack Turban's research, which found that 90% of detransitions in the U.S. were due to pressures from family, work, or society. The National Center for Transgender Equality reported that harassment, lack of support, and financial or medical issues were other common reasons.

Jake notes that misinterpretation and misinformation regarding detransition have contributed to widespread misconceptions. Some studies erroneously categorize non-binary individuals and children exploring gender diversity as detransitioners, leading to misrepresentations.

The evidence suggests that a large majority of transgender individuals do not regret their transition. Only around 3% report some form of regret, and just 0.4% detransition due to a belief that their transition was a wrong decision. Factors such as societal acceptance and access to healthcare significantly affect the rates of detransition.