2nd World Congress on
Physical Medicine and Rehabilitation

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2nd International Congress on
Psychology & Behavioral Sciences

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2nd Global Summit on
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Veronya Bedford

Independent
USA

Gender-Affirming interventions and mental health outcomes

Abstract:

This research proposal addresses the scarcity of comparative studies on the effects of gender-affirming interventions on mental health among transgender and nonbinary individuals. Through a longitudinal design, it aims to examine how hormone therapy, gender-affirming surgery, and social transition impact depression and anxiety symptoms. The proposal integrates insights from existing literature, highlighting the mental health challenges faced by transgender and nonbinary individuals and the potential benefits of gender-affirming care. Anticipated findings may offer tailored interventions to enhance well-being, with hormone therapy expected to yield significant effects. Ethical considerations, including informed consent and Institutional Review Board approval, are central to the study's design. While limitations such as sample constraints and reliance on self-report measures exist, future research avenues could explore randomized trials and qualitative approaches for a deeper understanding. Ultimately, this research contributes to the broader goal of improving support and mental health outcomes for transgender and nonbinary individuals undergoing gender-affirming care.

Biography

Veronya Bedford, holds a Master's of Science in Psychology and works as a Behavior Technician. He is passionate about health psychology, psychopathology, and LGBTQ+ advocacy, aspiring to advance these fields through research and clinical practice. With a focus on improving mental health outcomes, treatment adherence, and addressing challenges faced by LGBTQ+ communities, he combines academic training with professional experience to tackle complex psychological and societal issues. Committed to fostering inclusive, compassionate care, he aims to drive research and interventions that support equitable mental health and well-being for diverse populations.