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### Quality of life and body image improvement among Chinese transgender patients before and after gender-affirming surgery

#### Abstract:

**Background:** Although the transgender population in China is very large, there are insufficient transgender-specific care and support programs. Gender-affirming surgery (GAS) and other related treatments help patients achieve self-acceptance and social adjustment. Although the benefits of GAS have been well studied in transgender adults, there are very few studies on self-image and life changes after surgery in China.

**Methods:** A retrospective study was performed between January 2016 and December 2021. Patients diagnosed with gender dysphoria consulting for GAS were invited to participate. The Perceived Discrimination Scale, the Multidimensional Body-Self Relations Questionnaire (MBSRQ), the Body Image Quality of Life Inventory (BIQLI) and general information were collected and analysed before and after the operation.

**Results:** GAS treatment decreased participants' Perceived Discrimination Scale score from  $22.90 \pm 5.68$  to  $19.52 \pm 4.19$ . The total MBSRQ and BIQLI scores were significantly higher after GAS.

**Conclusions:** Transgender patients experience less discrimination after GAS in China, and their overall quality of life and self-esteem improve.

#### Biography

**Ying Huang** has completed his Master degree at the age of 26 years from Tongji University and Nursing manager from Department of Plastic and Reconstruction Surgery, Ninth People's Hospital, Shanghai Jiao Tong University School of Medicine. She has published more than 5 papers in reputed journals and has been serving as a member of Chinese Plastic and Aesthetic Association.