



APPA 2020 Virtual Conference Resident Poster Presentation

Abstract 20-2-05

Title: Gender Dysphoria in Adults with Autism Spectrum Disorder

Authors: Dominique Moreno, DO; Logan Rogers, DO; Lucas Boone, MD; Lori Lowthert, MD

Summary: The patient that will be discussed is a 51-year-old, assigned female at birth (AFAB). During their inpatient hospitalization within our facility, they were diagnosed with Autism Spectrum Disorder (ASD); this diagnosis was confirmed with extensive Psychological Testing. ASD may present in many ways, depending on the individual. This developmental disorder can impact how one perceives and interacts with others. This may lead to difficulty socializing and communicating with their peers.

Of importance, the patient's preferred pronouns are they/theirs. They expressed gender dysphoria, specifically claiming to be non-binary. Per the American Psychiatric Association, gender dysphoria is the mismatch between an individual's assigned physical gender, and the gender with which they/she/he identifies. To identify as non- binary, means that one's gender identity is neither exclusively male or female- it may be between or beyond.

The combination of this patient's gender dysphoria and Autism Spectrum Disorder has led to multiple misclassifications of patient's true diagnosis, over the 40 plus year history of their treatment. We will explore the increasing association of gender dysphoria in the setting of Autism spectrum disorder and express the need for further literature/studies to be performed.

References:

1. "What Is Gender Dysphoria?" *What Is Gender Dysphoria?*, Feb. 2016, www.psychiatry.org/patients-families/gender-dysphoria/what-is-gender-dysphoria.
2. Diagnostic and Statistical Manual of Mental Disorders (DSM-5), Fifth edition. American Psychiatric Association. 2013