



# Healthy Sexual Solutions INFOGRAPHIC

## sexual identity disorder

### Identifying Gender Identity Disorder

Many transgender people do not regard their cross-gender feelings and behaviors as a disorder. They question what a "normal" gender identity or a "normal" gender role is supposed to be. Sometimes, even the very existence of a "normal" gender identity or gender role is examined and often rejected. Not everyone who is born male is stereotypically masculine, and not everyone born female is stereotypically feminine.

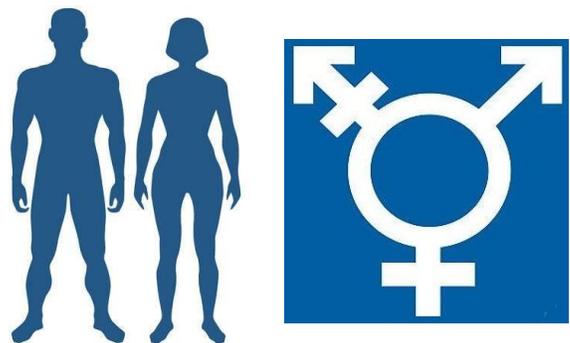
#### DSM Criteria

According to the Diagnostic & Statistical Manual of Mental Disorders, the following criteria that must be met before a diagnosis of Gender Identity Disorder can be given:

- There must be evidence of a strong and persistent cross-gender identification that is more than a desire for any perceived cultural advantages of being the other sex.
- There must be evidence of persistent discomfort about one's assigned sex or a sense of inappropriateness in the gender role of that sex.
- The individual must not have a concurrent physical intersex condition (androgen insensitivity syndrome or congenital adrenal hyperplasia).
- There must be evidence of clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Gender identity disorder, or gender dysphoria, is a condition in which a male or female feels a strong identification with the opposite sex or gender. The individual may feel that they are trapped in the wrong body.

A person with this disorder often experiences great discomfort (or dysphoria) regarding his or her anatomic gender. People with gender identity disorder may act and present themselves as members of the opposite sex and may express a desire to alter their bodies. Individuals who are committed to altering their physical appearance through cosmetics, hormones and, in some cases, surgery are known as transgender or transsexual.



Gender identity disorder is a condition in which a person has been assigned one gender (usually at birth), but identifies as belonging to another gender, or does not conform with the gender role their respective society prescribes to them.