

Case Vignette

[Patient] 19 years old; biologically female-bodied and identified himself as male at the initial consultation.

[Life and medical histories]

Born as the second of four children, the patient had an elder brother, a younger sister, and a younger brother. Since his days as a preschooler, he always disliked being treated as a girl, and frequently played cup and ball (note: a traditional play that boys usually like) with boys, lacking interest in playing house or with dolls. As an elementary school student, he used to play baseball and soccer, and often entered the river with fellow boys. He also hated his girly name, and often complained to his mother about giving him such a name. He would cut his hair as soon as it started growing long, and he always kept it short. He felt uncomfortable using women's bathroom at school, so he used it only when there were no other girls using it, such as during classes. He never participated in swimming activities because he did not want to change clothes in front of his classmates. On the other hand, he always took part in the physical education class; on days when he had a P.E. class, he made sure to put on his gym uniform before leaving home. It was painful for him to see his body gradually become feminine with the development of the secondary sexual characteristics, and he cried in shock when he started menstruating. The development of his breasts also disgusted him. When he was in his second year at junior high school, he began to use corrective underwear to press his breasts to make them look less noticeable. He rarely attended classes at junior high school. Hating to wear a uniform skirt, he came to school in private clothes only to study in a separate room, or simply showed up after school class periods. He learned the term "gender identity disorder" through the Internet, and disclosed his situation to his mother and a few close friends of his, all of who turned out to be accepting and cooperative toward him. One of his friends even gave him a boy's nickname, which he has continued to use to this day. He has

always been attracted to girls. He had his first romantic relationship with a girl when he was in the second year at junior high school. He failed at the entrance examination for senior high school, and he started working part-time at a gas station after graduating from junior high school. Subsequently, he went on to work in automobile maintenance. He also disclosed his situation to the business owner, who allowed him to wear a male uniform at work. Although his situation about his gender did not interfere with his job, his sense of discomfort and aversion to his biological sex persisted. He continued to experience distress due to menstruation and having to wear clothes that would cover up his body shape all the time. He came to our facility with his mother, seeking to be diagnosed and treated by a specialist.

[Initial findings]

The patient wore men's clothes and talked about himself. Psychiatric symptoms, such as depression, anxiety, hallucinations, and delusions, were not particularly noted. He expressed a strong desire for medical procedures including hormonal therapy and mastectomy, and stated that he was considering sex reassignment surgery in due course and ultimately applying for a change of the sex indicated in his birth register certificate in the future.

[Items to be described]

- a. If you encounter patients like this in your country/community, how do you assess and diagnose them? Please also describe the names of diagnoses and concepts used for these patients in your country, if any, not limited to international diagnostic criteria such as ICD-10 and DSM-5.
- b. Are patients like this within the scope of psychiatry in your country?
- c. What treatment do medical institutions in your country provide for patients like this?
- d. Are patients like this within the scope of treatment supported by public services (such as national health insurance systems) in your country? If so, what are the contents of treatment supported by such services?

- e. This patient demanded legal sex change (changing the sex indicated in her birth register certificate). Are there legal systems that allow such changes in your country? If there are, what are their details?
- f. Are there discrimination or prejudice against patients like this in your country? If there are, to what degree?