

Clinical Toolkit

Clinical Tips: Gender Dysphoria – DSM-5 Criteria

For Gender Dysphoria to be present, a patient must have had at least two DSM-5 criteria for at least six months, and it must cause significant distress to the patient.

- A significant difference between their own experienced gender and their secondary sexual characteristics
- A strong desire to be rid of their secondary sexual characteristics or prevent their development
- Wanting secondary sexual characteristics of the opposite gender
- Wanting to be treated as the other gender
- The strong belief that they have the feelings/reactions of the opposite gender