

EMERGING TRANS RESEARCHERS CONFERENCE

**Fostering capacity-building and
meaningful connections between trans
researchers in trans research.**

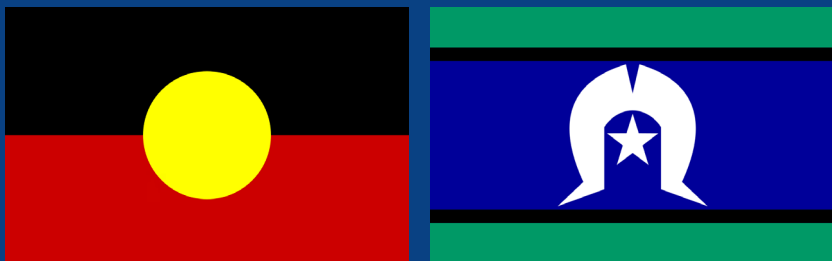


TRANS HEALTH
RESEARCH



Austin
HEALTH

Friday 18th November 2022, online via Zoom.
This is a free event, but registration is required.



Acknowledgement of Country

Trans Health Research is based on the lands of the Wurundjeri people of the Kulin Nation. We would like to pay respect to the Elders both past and present, and extend that respect to other Aboriginal and Torres Strait Island people.

We acknowledge that prior to colonisation, diverse gender roles and presentations were practiced and celebrated on this land. Gender diversity has always been, and continues to be, a recognised and integrated part of First Nations cultures. Sistergirls, Brotherboys, and gender-diverse people are part of every Aboriginal nation in this country.

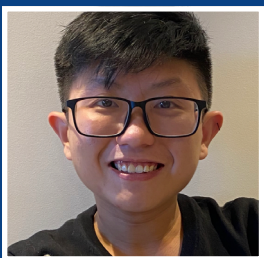
About Trans Health Research

Trans Health Research is based in the Department of Medicine at the University of Melbourne (Austin Health). We conduct research with one goal: to provide robust evidence to improve the health and wellbeing of the trans and gender-diverse community.

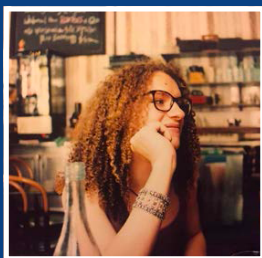
Every question we ask, every project that we do, every collaboration that we start, is aligned with this goal and must translate to better health and advocating for our community. Our research findings are used to guide health and wellbeing programs, treatment guidelines, and health policy.

As part of this goal, we are also committed to the capacity-building of trans researchers, with the aim to see increasing numbers of trans researchers leading trans research projects.

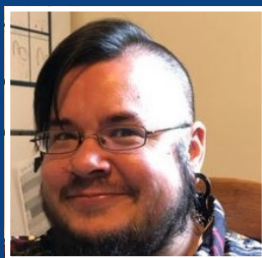
Thank you to our organising committee:



Dr Alex Wong



Tomi Ruggles



Kalen Eshin



Dr Sav Zwickl



Ariel Ginger

Welcome to the inaugural Emerging Trans Researchers Conference!

Conference Aims

As the first event of its kind in Australia, the Conference aims to:

- Contribute to the capacity-building of trans researchers in trans research
- Provide a supportive conference space for trans students and early-career researchers to share their research and develop their presentation skills
- Foster meaningful connections between trans researchers from across Australia

Improving Accessibility

To minimise barriers to access and to promote community engagement, this event is **FREE** to trans community members and their allies. Automated closed captions will be available.

Trans-Affirming Space

All conference attendees are required to agree to a code of conduct when they register for the event. Anyone who behaves in ways deemed inappropriate or offensive will be promptly removed from the online conference space.

Resources and Services

This conference will include information and personal stories about mental health, and other complex and difficult experiences. If you are feeling distressed and need some support, there are a number of avenues available to you.

QLife is a national LGBTIQA+ hotline and webchat service.

Ph: 1800 184 527

W: qlife.org.au

Lifeline is a 24-hour service that supports people thinking about suicide or experiencing emotional distress.

Ph: 13 11 14

W: lifeline.org.au

Beyond Blue is a national hotline and webchat service that supports people experiencing depression.

Ph: 1300 22 4636

W: beyondblue.org.au

1800RESPECT is a 24-hour service that supports people impacted by sexual assault, domestic or family violence and abuse.

Ph: 1800 737 732

W: 1800respect.org.au

DISCHARGED is a peer support group for people experiencing suicidality to openly discuss their feelings. There are groups specifically for trans community members.

W: discharged.asn.au

TRANSHUB offers a wealth of information, resources and resilience-building activities specifically for trans people.

W: transhub.org.au

Conference Program: Session 1

10:00 - 11:30 (90 minutes)

Time (AEDT)	Presenter	Presentation Title
		CONFERENCE OPENING
		Acknowledgement of Country
		Housekeeping
10:00	Sav Zwickl	Why is it so important to have trans researchers in trans research?
10:15	Chair: Julian Grace	RESEARCH PRESENTATIONS
	Ollie Cook	Who defines transgender and gender diverse communities? The impact of past discourse on transgender narratives
	Florin Douglas	A "low risk" population? Reviewing classifications of transmasculine sexual health risk in scholarship
	Lily Osmetti	Predictors of transgender wellbeing: Outness, authenticity and harassment
	Percy Gurtler	'I don't need saving': Resistance to sexual orientation and gender identity change efforts in multicultural communities
	Sam Hay	Contraception, abortion and fertility preservation: How we can demystify these topics for healthcare workers and increase accessibility for transgender and gender diverse patients
11:30		MORNING BREAK (15 minutes)

Conference Program: Session 2

11:45 - 13:15 (90 minutes)

Time (AEDT)	Presenter	Presentation Title
11:45	Estelle Keerthana Ramaswamy	LIVED EXPERIENCE SPOTLIGHT
		Squaring the trans transition between Chennai and Melbourne: Experience of Australia's first trans doctoral student from India
12:00	Chair: Alex Wong	RESEARCH PRESENTATIONS
	Hannah Gillard & Leslie Peters	Creating inclusive alcohol and other drugs services for trans and gender-diverse people
	Molly Speechley	Exploring transnormative identity beliefs within the Australian medical community
	Kai Schweizer	Experiences of Australian trans and gender diverse people presumed female at birth living with eating disorders
	Leslie Peters & Benjamin Trevitt	"We may be few in number, but our p-values are strong": Examining sport and mental health in a cohort of trans and gender-diverse young people across Australia
	Jae Curmi	It's never too late
13:15		LUNCH BREAK (45 minutes)

Conference Program: Session 3

14:00 - 15:15 (75 minutes)

Time (AEDT)	Presenter	Presentation Title
14:00	Stevie Lane	LIVED EXPERIENCE SPOTLIGHT Neuroqueer: Embracing and understanding life at the intersection
14:15	Moderator: Teddy Cook Panel Members: Lee Taube Liz Duck-Chong Amber Loomis	TRANS RESEARCHERS IN TRANS RESEARCH: MANAGING OUR MENTAL HEALTH AND WELLBEING A panel and Q&A session with experienced trans researchers and community workers, covering topics such as: <ul style="list-style-type: none">• vicarious trauma• becoming a community leader and how that affects your personal experiences of community• dealing with anti-trans sentiment• preventing burnout
15:15		AFTERNOON BREAK (15 minutes)

Conference Program: Session 4

15:30 - 17:00 (90 minutes)

Time (AEDT)	Presenter	Presentation Title
15:30	Chair: Ariel Ginger	RESEARCH PRESENTATIONS
	Aaron Sylvian	Intimate partner violence in Australian transgender relationships: An interpretive phenomenological study
	Eibhlinn "Eb" Cassidy	Influences on transgender and gender diverse patient experiences in the Australian healthcare environment
	Alessandra Chinsen	'There's hope and there's a future for all of us': Preliminary findings from the co-design of a group therapy program for young trans people
	Yalei Wilson	General and gynecological healthcare experiences of LGBTQI people presumed female at birth
	Nia Franks	Fostering Gender-IQ: Barriers and enablers to gender affirming behaviour amongst an Australian general practitioner cohort
16:45	Sav Zwickl	CONFERENCE CLOSING

Conference Program: Debrief Session

17:00 - 17:30 (30 minutes)

Time (AEDT)	Presenter	Presentation Title
17:00	Facilitators: Kalen Eshin TBC	TRANS RESEARCHERS POST- CONFERENCE DEBRIEF A post-conference peer-facilitated debrief session, only open to trans researchers
17:30		FINISH

Presenter Bios and Abstracts

Listed in order of program

Ollie Cook

Ollie Cook (they/them) is a second year PhD student at Deakin University. They are a non-binary, trans individual whose research interest is in gender, sexuality, queerness, and transgender studies with their current focus on transgender and gender diverse communities in Australia. Ollie graduated from the University of Newcastle in 2018 with a Bachelor of Social Science (Honours) with Distinction.

Who defines transgender and gender diverse communities? The impact of past discourse on transgender narratives

Transgender and gender diverse individuals have become more visible within media and popular discourse in the past decade. Along with this rise in visibility there has also been a rise in research although there is still a lack of research investigating transgender and gender diverse communities outside of the medical, health and wellbeing frameworks. There is also a considerable lack of research surrounding trans communities in Australia.

Medical discourses of transgender and gender diverse narratives have dominated societies understanding of what it is to be trans. These normative medical discourses, which often portray transness as a binary experience in which an individual's transition medically from one gender to another, both legitimatise trans experience and limit the possibilities of what it is to be trans. These normative narratives, often understood as transnormativity, continue to be at play within the transgender and gender-diverse communities. This paper looks to explore how transgender and gender-diverse individuals understand the identity category of "transgender" and how past discourse continues to impact present narratives around transgender selfhood. How does past discourse around transgender identity effect who can and cannot call themselves "transgender"?

Florin Douglas is in the first year of his PhD candidacy at Deakin University, Melbourne. His research focusses on sex, sexual identity and healthcare for transmasculine people, investigating the quality of trans and gender diverse people's access to appropriate and gender-affirming sexual healthcare in Australia.

A "low risk" population? Reviewing classifications of transmasc sexual health risk in scholarship

The absence of academic engagement on the topic of trans men and transmasculine people (hereafter "tm")'s sexual health risk is stark, both overseas and especially here in Australia. Much research on the topic refers to the fact that, due to cisnormative and heteronormative assumptions, trans men have been considered a low-risk population for HIV and other STIs.

Further, many scholars offer this fact - that trans men have been considered a low-risk population - as an explanation for the lack of academic engagement in tm sexual behaviours and sexual health risk over the years (Stutterheim et al. 2021, 14; Stephenson et al. 2017, 424; Reisner and Murchison 2016, 883). Yet, if there has been so little research into this population, how can such a claim be made? The idea that tm are not at high risk of contracting HIV and other STIs is not actually backed by a specific body of research, and thus begs further investigation. In an attempt to learn more about the idea that assumed heterosexuality has impacted tm's experience of sexual health care, I've attempted to map the progress of the claim. This paper takes the form of a short literature review, outlining past research about tm sexual health to address (and challenge) the persistence of the claim that tm are considered a 'low-risk population.'

I will illustrate how assumptions and misunderstandings about tm's sexual practices have become embedded in the foundations of research about our community, in order to open a discussion about quality scholarship in our field. What is suggested by deficiencies in research about our community? Why do unsubstantiated claims persist, and how are their impacts being felt in academia today?

Lily Osmetti is a transgender postgraduate psychology student with an interest in LGBTQIA+ research. I conducted this study earlier this year as a thesis project for my honours course at SCU and have since begun preparing it for submission to journals. I am hoping to begin a PhD program next year and eventually enter the research field professionally.

Predictors of transgender wellbeing: Outness, authenticity and harassment

Transgender people have been shown to experience extremely poor mental health. One factor shown to contribute to psychological wellbeing in lesbian, gay and bisexual people is 'outness': the degree to which someone discloses or conceals their sexuality or gender identity to others. Disclosure risks provoking homophobic harassment but ultimately increases wellbeing by providing people a sense of lived authenticity about their identity. However, outness research in transgender populations is limited. Qualitative research suggests that transgender people are particularly conflicted about how to disclose their transgender identity on online dating services to minimise harassment, and the outcomes of these decisions have never been studied quantitatively.

We conducted an anonymous online survey of 202 Australian adults who identified as transgender or otherwise gender diverse. Results indicated that outness was positively associated with wellbeing after accounting for age and harassment, and that this relationship was partially mediated by authenticity. Our mediation model explained 24% of the total variance in wellbeing. While harassment predicted lower wellbeing it was not associated with outness. 45% of the participants had used an online dating service within the past year; 83.5% of these online dating users opted to disclose their transgender status within their public profiles. Choice of online dating disclosure method did not significantly affect rates of harassment or wellbeing, suggesting that prospective users may want to prioritise personal preference over harassment concerns when making this decision. Users of Grindr and users whose profiles were visible to cisgender men experienced the highest rates of harassment on these services. Our results emphasise the importance of outness as a predictor of positive mental health in the transgender community. Future research should explore the complexities of outness in the trans community by addressing the heterogeneity of transgender experiences and notions of gender transition.

Percy Gurtler is a PhD candidate at the Australian Research Centre in Sex, Health and Society at La Trobe University. Their research examines conversion practices, which are attempts to change or suppress gender identity or sexuality, in multicultural and multifaith communities in Australia. Their Honours thesis examined representations of gender, sexuality, race, and religion in queer pop music. They were involved in a campaign to ban conversion practices in Victoria in 2020 and they have been a steering committee member of Brave Network for 4 years. They are passionate about the intersection of queer identity and religion.

'I don't need saving': Resistance to sexual orientation and gender identity change efforts in multicultural communities

Sexual orientation and gender identity change efforts (SOGICE) are practices which attempt to change or suppress a person's gender identity and sexuality. In Australia it is estimated that 10% of LGBTQA+ people experience SOGICE in their lives, causing serious impacts to their mental health and wellbeing. Research examining SOGICE has primarily focused on Anglo-Christian experiences and has lacked attention to intersectionality in non-Anglo communities. This study addresses how multicultural and multifaith (MCMF) LGBTQA+ people living in Australia navigate conversion practices in relation to religion, culture, family, gender identity, and sexuality.

The study draws from 15 in-depth semi-structured life history interviews with MCMF people residing in Australia who had experience with conversion practices. The research showed that participants expressed a deep sense of conflict between faith/culture and gender identity/sexuality which they often struggled to resolve. This, combined with the impact of conversion practices, often caused significant distress or trauma. MCMF people experienced an added layer of complexity due to the impacts of colonisation and white oppression that often led to the assumption that queerness did not exist in their communities. Participants experienced a great amount of pressure from their families and communities to hide or suppress their gender identity and sexuality to conform to a sense of cultural integrity. Despite this, many participants were able to reconcile these conflicts and find ways to hold both faith, cultural identity, sexuality, and gender identity as cohesive parts of their identity. Developing strategies to challenge or resist conversion ideologies and practices was an important part of recovering from these experiences. This study has implications for research that better understands the experiences of culturally diverse queer and trans people who have experienced SOGICE and for fostering their wellbeing and recovery.

Sam Hay (they/them) is a Project Assistant with the Trans20 team, working across Murdoch Children's Research Institute and the Royal Children's Hospital. They have dedicated their studies across a double degree in Human Biology and Anthropology and Sociology, a Masters of Reproductive Health and Fertility, and currently a Masters of Counselling, to exploring how these topics relate to transgender and gender diverse individuals. Sam lives in Melbourne with their partner and 2 cats. In their free time you can find them reading, going to the local yoga studio and trying to find best baked goods nearby.

Contraception, abortion and fertility preservation: How we can demystify these topics for healthcare workers and increase accessibility for transgender and gender diverse patients

Sexual and reproductive healthcare for transgender and gender diverse (TGD) individuals is an under researched and often overlooked field of study. Few healthcare workers, particularly general practitioners, understand contraception, abortion, and fertility preservation, and how these topics relate to TGD patients. Furthermore, practitioners working in TGD services often overlook these topics in favour of psychoanalytic interventions and gender affirming procedures. Access to these services is consequently sparse and challenging for these patients.

The purpose of my research was to demystify these topics, investigate how accessibility can be improved, and create a basic resource for healthcare workers. Interviews were conducted with several healthcare practitioners, both within and outside of the TGD health services, and a literature review of these topics was completed. Through this research I was able to create a presentation which summarises each of these topics and how they relate to TGD patients, gather suggestions for how to improve accessibility, create educational brochures, and demystify who the onus of responsibility falls upon address these sexual and reproductive healthcare topics. By further educating healthcare workers on these topics, TGD patients will receive appropriate and equitable sexual and reproductive healthcare, which will increase overall health and well-being.

Estelle Keerthana Ramaswamy

Mx. Estelle Keerthana Ramaswamy, is the first Indian trans Deakin University Postgraduate Research Scholarship (DUPRS) awardee from Chennai, India and the first Indian transgender person to pursue a PhD in Australia. Estelle pursues a PhD in Public Health at Deakin University. Estelle is the Editor-in-Chief for The Ecopreneur India (online) and runs Ardham a collective which focuses on gender and education. Previously, Estelle has been invited as a speaker at various seminars, conferences and workshops and is recently nominated to be a part of the Queensland Regional Pride and the Tamil Nadu (India) Government's Working Group to implement the SDGs in Kanyakumari district, Tamil Nadu, India.

Squaring the trans transition between Chennai and Melbourne: Experience of Australia's first trans doctoral student from India

This will be an experience sharing by Australia's first trans doctoral student from Chennai, India. The presenter looks at presenting lived experience of not only certain unheard-of details of trans-existence but also how difficult it becomes to be an international student in Australia who is transgender.

Hannah Gillard & Leslie Peters

Hannah Gillard (they/she) is a white, non-binary and trans PhD researcher. Hannah is about to complete a PhD at the University of Sydney on how to make workplaces more LGBTQ+ inclusive. They also work at the Network of Alcohol and Other Drugs Agencies (NADA).

Leslie Peters (they/he) is an Australian-Asian, trans non-binary researcher at The Matilda Centre, University of Sydney. Their research aims to better understand and address trauma, mental health, and substance use among LGBTQ+ young people. They are Co-Chair of NADA's GSD AOD Worker Network.

Creating inclusive alcohol and other drugs services for trans and gender-diverse people

Background: Trans and gender diverse people (TGD) experience higher rates of alcohol and other drug (AOD) use and related harms compared to their cisgender peers. AOD service provision that is inclusive of TGD peoples' needs is critical. Gaps in service provider knowledge, skills and confidence present a significant barrier. In response, the Network of Alcohol and Other Drug Agencies (NADA), a peak body for the non-government AOD sector in NSW, created a network of gender and sexuality diverse AOD Workers to facilitate inclusive AOD service provision. In June 2022, this Network held a state and sector-wide forum to showcase best practice TGD inclusivity strategies, for workers and those accessing AOD services.

Methods: This presentation will describe the conceptualisation, organising, and evaluation of NADA's 2022 Gender and Sexuality Diverse AOD Worker Symposium. We will describe the member-driven, collaborative approach to organising the forum which centred TGD voices. Post-event survey results from attendees assessing learning experience will also be presented. Additionally, we will thematically analyse conversations with members of the Gender and Sexuality Diverse AOD worker Network who organised the forum about their experience of the event, and its impact on their AOD work.

Results: Survey results and conversation analyses show the process and impact of the Symposium. The results and analysis underscore the importance of additional future consultative, participatory, and evidence-based educational opportunities for AOD workers to build their capacity to create inclusive AOD services for TGD communities.

Discussion: We will offer reflections on how to better support TGD workers and people seeking AOD support in a respectful way. We will also outline research gaps regarding how to support TGD people in AOD services in the Australian context, as well as limitations to the Symposium, and recommendations for future educational events.

Molly Speechley

Molly Speechley is a PhD candidate and transgender woman from Griffith University. Her research explores gender diversity from an identity development perspective, investigating the milestones experienced and pressures felt by gender diverse peoples as they grow, learn, and actualise their gender identity. Molly came out at 24, and enjoyed a relatively uncomplicated transition, unlike many of her peers. Her research into how these gender diverse identities form is driven by both intellectual curiosity, and a drive to better understand herself, and her own lived experience.

Exploring transnormative identity beliefs within the Australian medical community

While many studies have investigated determinants of practitioner attitudes toward providing gender affirming care, few to date have explored practitioner beliefs beyond the provisioning of care. Although attitudes are generally positive, with many practitioners willing to work to meet the needs of their gender diverse patients, what they perceive those needs to be may be dependant upon their own beliefs about gender diversity. These beliefs may be informed by transnormativity (Bradford & Sayed, 2019), or, the sociocultural norms that have arisen describing what the attainment of gender diverse identity can, could, or should resemble. Such norms include the concept of nascence (the notion that feelings of gender discomfort will emerge early in life), medicalisation of gender diverse identity, and even questions of what it means for a gender diverse identity to be legitimate.

This presentation will present the preliminary results of an investigation into transnormative beliefs within the Australian medical community. A total of 97 Australian Medical and Allied Health Practitioners (Mean age = 42.25, 75 female, 10 male, 12 non-binary or unspecified) participated in a survey about gender diverse identity. As part of the survey, practitioners completed a scale that was designed to quantify themes from Bradford and Sayed's 2019 paper, and to extend/build upon the Gender/Sex Diversity Beliefs scale (Schudson & van Anders, 2021). Exploratory factor analyses determined that the seven themes resolved into three factors: beliefs about the legitimacy of gender diverse identity, perceptions of inherent risk and nascence, and beliefs pertaining to normative gender. Reflecting that the medical and allied health communities receive differential levels of exposure and training to concepts of gender diversity, the study will also explore differences between medical and allied health adherence to these beliefs, as well as potential predictors of these beliefs, such as sense of competency, or levels of training.

Kai Schweizer (he/they) is a sexologist and youth worker located in Boorloo (Perth). They have recently completed a Master's dissertation studying eating disorders in trans people assigned female at birth. Someday, they hope to undertake a large, mixed-methods PhD study further looking at rates of disordered eating and eating disorders amongst trans and gender diverse Australians. Kai is currently obsessed with the devolution of sloths, the mating rituals of cuttlefish, and a retro video game called Kingdom.

Experiences of Australian trans and gender diverse people presumed female at birth living with eating disorders

This study explored the lived experiences of Australian trans and gender diverse people assigned female at birth living with eating disorders using a descriptive phenomenological approach. Globally, trans and gender diverse people are reported to experience eating disorders at higher rates than their cisgender peers. However, the reasons for this elevated risk are not well understood. This study aimed to gain insight into the relationship between participants' eating disorders, their gender diversity, and their treatment experiences. Preliminary thematic analysis of fifteen interviews (N=15) revealed three core themes: (1) the role of gender diversity in eating disorders; (2) negative experiences with treatment; and (3) recommendations for treatment and prevention. Participants reported utilising disordered eating to affirm their gender identities and a lack of competent and affirming eating disorder treatment.

Leslie Peters & Benjamin Trevitt

Leslie Peters (they/them) is a public health researcher at The Matilda Centre researching trauma-informed mental health and substance use prevention for LGBTQ+ young people. Their work is driven by principles of intersectionality, equity, and social justice.

Benjamin Trevitt (He/They) is a young medical professional highly passionate about population-health research. Benjamin has worked for over 3 years in a variety of clinical medical roles and is now training as a public health and addiction medicine registrar at the Langton Centre. He/They has a special interest in epidemiology and biostatistics.

“We may be few in number, but our p-values are strong”: Examining sport and mental health in a cohort of trans and gender-diverse young people across Australia

Introduction: Recent media attention has highlighted transphobic and discriminatory attitudes toward trans and gender diverse (TGD) young people in sport. TGD young people play sport at significantly lower rates than their cisgender counterparts. Sport is a well-known protective factor against mental ill-health hence this underrepresentation is especially concerning because TGD young people experience significantly higher rates of mental ill-health and related harms compared to their cisgender peers. Urgent research is required to better understand TGD young people in sport and its impact on their mental health.

Methods: We will conduct a cross-sectional analysis of Wave 8 data from the nationally representative, longitudinal cohort study, The Longitudinal Study of Australian Children (LSAC), to describe sport and physical activity participation rates among TGD young people. We will use regression modelling to determine the degree to which sport and physical activity is associated with psychological distress and suicidal thoughts and behaviour amongst TGD young people and run comparative models for cisgender participants.

Results: We will present findings on the sport and physical activity participation rates among TGD young people in this sample and its impacts on psychological distress and suicidal thoughts and behaviour. This will include a comparison of the mental health benefit conferred from sport and physical activity experienced by TGD participants, compared to that experienced by cisgender participants.

Discussion: We will discuss the importance of sport and physical activity participation among TGD young people and implications for sport and physical activity service provision. Limitations of the LSAC dataset will also be explored.

Jae Curmi recently completed their doctorate thesis titled: It's Never Too Late: Documenting Trans and Gender Diverse People's Experiences of Gender Affirmation in Mid-Later Life in the Northern Rivers of NSW. Building on the participants' stories from the thesis and inspired by Jess T. Dugan's and Vanessa Fabbre's US project, To Survive on This Shore, Jae would like to work on a national project in the future that incorporates their visual arts background by documenting older trans* and gender diverse people's lived experiences in Australia through story and photography.*

It's never too late

This presentation discusses my doctoral research, investigating the experiences of a small number of trans* and gender diverse (TGD) people beginning their gender affirmations in mid-later life in a regional area of NSW known as the Northern Rivers. I discuss the cultural studies frameworks used, the narrative inquiry interviews with participants and the autoethnographical component. I then discuss my analysis of the participants' interviews through the 'narrative threads' that arose from each person's stories and the 'resonant threads' that emerged across the participants' stories and discuss these within theoretical and conceptual frameworks.

This study was conducted with 8 TGD people aged between 47 and 64, and although it is situated knowledge with no generalisability claims, the findings contribute to the growing number of regional and rural studies of TGD people, and to studies of older TGD people beginning gender affirmation. Many of the findings were congruent with other studies, such as feelings of gender dysphoria and poor mental health. However, importantly, the study also found that participants had strong feelings of gender euphoria and agency once they had begun their gender affirmations, and this is an area that has largely been neglected in the literature thus far.

The study also flagged areas for further research. Absent in the literature, for example, are studies on the effects of testosterone use on TGD people who would medically be considered 'postmenopausal.' Current studies have focused on testosterone use in younger trans men with findings of vaginal dryness, atrophy, and associated pain as being widespread side effects. However, the findings from this research differed significantly in this respect, where 2 participants reported high levels of vaginal lubrication equal to that of their youth. Given the small size of this study and having no other studies for comparison, this area is worthy of further research.

Stevie is an advocate, writer, and digital creator based in Boorloo/Perth, WA, where they have many years' experience advocating for the rights of LGBTIQ+ people and other marginalised communities. They love to use their lived experience as a queer, trans, non-binary and neurodivergent person to connect with others, tell stories, educate and create change. They currently work in equity and diversity in the tertiary sector, are an LGBTIQ+ consultant and trainer, and are part of LGBTIQ+ Health Australia's National Trans and Gender Diverse Advisory Committee. In 2021, they completed their master's research looking into the experiences of young neurodivergent students with autism and/or ADHD in Australian universities. They were recently named on LinkedIn's top 20 LGBTQIA+ Voices for 2022.

Website: stevielane.com.au

Instagram: @TheQueerAdvocate

Twitter: @SteveMLane

Neuroqueer: Embracing and understanding life at the intersection

I spent my youth and most of my twenties figuring out, feeling comfortable with, and then finally celebrating my queer, trans and non-binary identities. Now, in my early thirties, I'm figuring out a whole new part of myself – having ADHD (being an ADHDer), and how this fits in with everything I thought I already knew about myself. There are many similarities with my neurodivergence and my queerness. Both of them involve learning to accept myself as different, not less, reclaiming words like queer and disabled, which were once, and sometimes still are, used to try and hurt others, and feeling pride in being a part of such diverse communities with many different experiences and ways of thinking. What I have come to realise in all of this is that, in the same way I can't separate my trans, queer and neurodivergent experiences and identities with who I am as a person, I can't separate each of those identities from each other either. In this presentation I will use my lived experience to talk about the intersection between LGBTQIA+ identities and neurodivergence, the importance of creating inclusive environments for trans, queer and neurodivergent/disabled communities, and ways to empower people to embrace all aspects of themselves.

Teddy Cook

Teddy has over 15 years of experience in community health and non-government sectors. He specialises in community development, health promotion and program delivery, and is currently acting as Director of Community Health at ACON. He is the architect of TransHub, the former VP of the Australian Professional Association for Trans Health and is an Adjunct Lecturer at the Kirby Institute, UNSW.

Lee Taube

Lee is proudly genderqueer, uses they/them/theirs pronouns, is a Masters of Professional Psychology graduate and provisional psychologist in their final supervised placement in a private practice. Lee has over 10 years experience in working with LGBTIQ+ populations in support roles and specialises in using emotion focussed therapy, working mostly with trans & gender diverse clients. Lee is the first author of four peer reviewed publications using strength-based approaches to improve mental health and psychosocial outcomes for TGD people. Lee founded Ygender, successfully led a campaign to secure gender-neutral bathrooms at their university campus and founded Trans Housing Melbourne.

Liz Duck-Chong

Liz is a writer, researcher and filmmaker who works primarily in LGBTQ+ sexual health and education. Her work focuses on uplifting the lives and work of trans communities, and telling the stories less told. Liz is a proud trans and bisexual woman and lives and works on Wangal land.

Amber Loomis

Amber (they/them) is a proud trans, genderqueer, bi+ advocate with experience in grassroots organising and community-led research. Amber's background includes work in policy, health care advocacy for refugees and asylum seekers in the United States, and mixed-methods program evaluation. They are currently working on a Master's thesis with ARCSHS at La Trobe University focused on bi+ experiences of domestic, family, and sexual violence. They are passionate about using anti-oppressive, strengths-based approaches to help build a world where trans people can thrive.

Aaron Sylvian is a PhD candidate at Central Queensland University. In 2020, Aaron graduated from the University of New England with a Bachelor's degree in Criminology, receiving the Vice-Chancellor's Award for Academic Excellence. He graduated from CQUniversity with a post-graduate Certificate in Research, with distinction, in 2022. He is currently preparing his Confirmation of Candidature document. His proposed research focuses specifically on the Australian transgender experience of intimate partner violence.

Intimate partner violence in Australian transgender relationships: An interpretive phenomenological study

Background: Globally, studies have found that between 31% to 54% of transgender individuals experience intimate partner violence (IPV). Scant empirical evidence currently exists on what is known about IPV in Australian transgender relationships. The lack of focused Australian transgender-specific IPV research provides the stimulus for the proposed research project. My PhD research project aims to explore the IPV experiences of Australian transgender people. In my presentation, I will first address the gaps in knowledge identified through a literature review. The presentation will then discuss the methodological approach inspired by the research question, and finally the data analysis approach.

Objective: To understand the lived experiences of Australian transgender individuals in abusive relationships.

Method: The proposed study is concerned with understanding the lived experience of IPV in Australian transgender lives rather than providing generalisable conclusions. A qualitative interpretive phenomenological analysis (IPA) approach will be used to gain a deep understanding of the issues Australian transgender people are facing. This will be achieved through non-probability sampling and semi-structured interviews with between 10-15 transgender individuals aged 18 plus. Ethical clearance will be sought before commencement.

Conclusions: This research project will be groundbreaking by exploring IPV in transgender relationships in Australia. Evidence-based information is urgently needed to help prevent and address IPV issues in Australian transgender individuals' lives. Understanding the complexities of interpersonal abuse in transgender relationships makes it possible to design services, advocate, and address transgender-specific needs. Collaboration with transgender health and associated organisations will ensure that crisis responders obtain the necessary training to engage with transgender clients seeking domestic violence services appropriately. This presentation aims to highlight the existing knowledge gaps and detail how I plan to address this issue through my PhD research. **Keywords:** Transgender, intimate partner violence, Australia

Dr Cassidy is a PGY1 practising in Launceston, Tasmania. They have dual interests in critical care and obstetric medicine, with a passion for providing healthcare to those who need it most. A childhood spent south of Bass Strait has left them keenly attuned to geographical disparities in access to health services; their research interest is in the intersectional nature of healthcare access block, particularly for patients requiring obstetric and gynaecological care.

Influences on transgender and gender diverse patient experiences in the Australian healthcare environment

All healthcare workers have a role to play in providing healthcare to transgender and gender diverse (TGD) patients; however, lack of exposure and education around gender-related health issues means that health practitioners lack expertise and confidence in dealing with these patients and their concerns.

There is limited information available on the size of the wider queer cohort in Australia and around the world, and the relative representation of TGD groups within this population. These patients share common concerns with cisgender groups, with additional care required for gender-specific and mental health issues.

Structural barriers such as service cost and practitioner availability affect all Australians, but have a disproportionate effect on TGD patients. This group must also contend with subtle and overt discrimination from healthcare practitioners, as well as the heteronormative structure of the healthcare system. These issues can have real and devastating consequences for patients' health.

Effective change must be grounded in evidence-based practice. Challenges to research in this field are discussed, including factors specific to the Australian context and to this cohort. Selected important topics within queer and TGD health are also described. Solutions to these problems can be implemented at multiple levels in the healthcare system.

Alessandra Chinsen (she/her) is a first year PhD student with the University of Melbourne, Murdoch Children's Research Institute and Royal Children's Hospital. Her PhD is centred around designing and trialling a group therapy program for young trans people, with a focus on the use of participatory research methods to collaborate with young trans people.

'There's hope and there's a future for all of us': Preliminary findings from the co-design of a group therapy program for young trans people

All healthcare workers have a role to play in providing healthcare to transgender Trans young people are at a greater risk of anxiety and depression than cis young people (Becerra-Culqui et al., 2018). These outcomes have been shown to be associated with the rejection and discrimination that many trans young people experience due to transphobia, otherwise known as minority stress (Strauss et al., 2020). While there is thus a significant need for psychosocial interventions targeted to young trans people's experiences of minority stress, there is a lack of programs that have been developed with and for this group (Busa et al., 2018).

This study builds on research that has shown the effectiveness of cognitive behavioural therapy (CBT) interventions for other young minority communities (Pachankis et al., 2015). We used a participatory research approach to collaborate with young trans people to develop a CBT group program, to be piloted with young trans people on the waitlist for the Royal Children's Hospital Gender Service (RCHGS).

We used co-design, a participatory method where consumers are involved in service design and are given decision-making power. We recruited eight young trans people aged 15 to 21 years (mean 17.88, SD 1.73) who had attended the RCHGS. Over two months, they participated in three online workshops where they designed the program, and an online survey where they assessed their experience of the workshops.

Here we present preliminary results from the workshops and survey, and observations from the co-design process. In the workshops, participants designed a six-session program facilitated by a psychologist and trans peer worker, with content around minority stressors experienced by young trans people (e.g. discrimination) and resilience factors that contribute to psychological wellbeing (e.g. community connectedness). In the survey, participants reported that the workshops were enjoyable and worthwhile, and that they were happy with the program design. More broadly, we found that co-design was an effective method for collaborating with young trans people, though some adaptations to activities were needed to facilitate engagement with neurodivergent participants.

Yalei (They/Them) is a provisional psychologist undertaking a Master of Clinical Psychology at the University of Tasmania and is based in nipaluna/Hobart. Their thesis project and career motivation centres on improving access and the standards of healthcare for LGBTQIA+ people. Yalei currently works as a gender peer support group facilitator, and as the lutruwita/Tasmania coordinator of a national drug trend project.

General and gynecological healthcare experiences of LGBTQI people presumed female at birth

Little research has explored the general and gynaecological healthcare needs of people who were presumed female at birth and who are Lesbian, Gay, Bisexual, Transgender, Queer, and/or Intersex (LGBTQI+), however preliminary research in this area demonstrates poorer healthcare outcomes compared to cisgender and heterosexual populations. The current study aimed to explore the key barriers, experiences, and satisfaction of LGBTQI+ people presumed female at birth in accessing general and gynaecological healthcare. An online survey comprised questions regarding the provision of information by healthcare professionals, involvement in decision making processes, experiences in gender affirming care, experiences with relevant healthcare professions, and experiences receiving information and care regarding sexual and reproductive health. Data from 140 participants, inclusive of 70 trans and gender diverse people, were analysed through descriptive statistics, and one-way ANOVAs and chi-square analyses investigating differences between gender groups

Nia is a professional aviatrix, provisional psychologist studying Masters at USQ, and proud trans woman. Having experienced a history of non-affirming clinical encounters, Nia has taken the opportunity afforded by her academic studies to research and advocate for pro-affirmative structural change.

Fostering Gender-IQ: Barriers and enablers to gender affirming behaviour amongst an Australian general practitioner cohort

Background: Primary healthcare for trans and gender diverse Australians remains hindered by stigmatisation and a lack of practitioner competency. This work draws upon qualitative research with gender-affirming general practitioners (GPs) to explore barriers, and enablers when treating trans and gender diverse patients. This critical analysis contributes to better understanding how gender-affirming GPs effectively diffuse minority stress, negotiate cis-normative biases, and foster a person-centered therapeutic relationship with trans and gender diverse patients.

Methods: Seven Australian GPs, meaningfully engaged in the provision of gender-affirming primary care, were purposively recruited for this study. Semi-structured interviews were conducted by the lead author, a trans woman, facilitating a flexible power dynamic, drawing upon personal experience to validate, and where appropriate probe. Reflexive thematic analysis facilitated a rich description of exemplary gender-affirming primary care, identifying four distinct themes.

Results: Three themes encapsulated positive behavioral models for gender affirming practice. Structural Competency describes the consciously affirming behaviors GPs enact to mitigate institutional barriers. Clinical Awareness explores the nuanced clinical approach affirming GPs utilize. Cultural Companionship considers cultural aspects of the encounter, where affirming GPs transcend competency to companionship. Finally, Professional Reward explores the deep sense of professional fulfilment gender-affirming primary care provides for participant GPs.

Conclusion: This work offers a contemporary model for beneficial gender-affirming primary care within an Australian GP setting. A construct delivered through effortful mitigation of structural barriers, and a person-centred, empathetic, and culturally companionate enabling of trans and gender diverse patient care. Professionally rewarding work that may buffer the GP against professional burnout. This research contributes knowledge that may provide the foundation for necessary positive change across the primary care community and enhance training in culturally-responsive care.

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