

## DSM-5 Criteria for Gender Dysphoria

A). A marked incongruence between one's experienced/expressed gender and assigned gender, of at least 6 months duration, as manifested by at least two or more of the following:

1. A marked incongruence between one's experienced/expressed gender and primary and/or secondary sex characteristics (or in young adolescents, the anticipated secondary sex characteristics).
2. A strong desire to be rid of one's primary and/or secondary sex characteristics because of a marked incongruence with one's experienced/expressed gender (or in young adolescents, a desire to prevent the development of the anticipated secondary sex characteristics).
3. A strong desire for the primary and/or secondary sex characteristics of the other gender.
4. A strong desire to be of the other gender (or some alternative gender different from one's assigned gender).
5. A strong desire to be treated as the other gender (or some alternative gender different from one's assigned gender).
6. A strong conviction that one has the typical feelings and reactions of the other gender (or some alternative gender different from one's assigned gender).

B). The condition is associated with clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Specify if:

With a disorder of sex development

Specify if:

Post transition

**Note:** DSM-5 Gender Dysphoria (302.85) is not diagnosed in the absence of criterion B. Other Specified Gender Dysphoria may be more appropriate, and is also an appropriate diagnosis for accessing treatments (e.g., hormones, gender identity counseling).