

Mental Health Treatment Satisfaction and Best Practice Adherence: Does Clinician Adherence to Trans-Affirmative Best Practices Matter?

- H3: Do transgender patients of different ages prefer different gender identity labels?
- H4: Does transgender patient access to gender specialists for mental health treatment differ based on rural or urban location?

- These results support that mental health provider best practice adherence (BPA) is positively associated with patient satisfaction with mental health services. Also, less than 20% of transgender participants sought mental health services for only gender related concerns. Thus, it is recommended that all mental health providers have a foundational knowledge of transgender affirmative best practices, in order to provide culturally competent services.
- Older participant age was associated with binary gender identity labels (e.g. MtF, FtM) and younger participant age was associated with non-binary identification. Thus, providers who work with younger populations may need additional knowledge regarding non-binary gender identities.

Areas for future research include:

- Evaluation of access to gender specialists for rurally situated transpeople

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