

APA Official Actions

Position Statement on Discrimination Against Transgender and Gender Non-Conforming Individuals

Approved by the Board of Trustees, December 2024

Approved by the Assembly, November 2024

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Approved by the Board of Trustees, July 2012

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“Policy documents are approved by the APA Assembly and Board of Trustees. . . . These are . . . position statements that define APA official policy on specific subjects ” – *APA Operations Manual*

Issue:

Being transgender or gender non-conforming implies no impairment in judgment, stability, reliability, or general social or vocational capabilities; however, these individuals often experience discrimination due to a lack of civil rights protections for their gender identity or expression. As a result, transgender and gender non-conforming gender diverse persons face challenges in their marriage, adoption, and parenting rights; are regularly discharged from uniformed services and/or rejected from enlisting due to their gender identity; and have difficulty revising government identity documents. Incarcerated transgender and gender non-conforming gender diverse persons suffer risks to their personal safety and lack access to comprehensive healthcare. Furthermore, transgender and gender non-conforming gender diverse individuals may be inappropriately assigned space in gender-segregated facilities such as inpatient psychiatric units, homeless shelters, and residential treatment programs. This extends to public bathrooms, sports teams, and other public single-gender organizations and spaces. Transgender and gender non-conforming gender diverse people are frequently harassed and discriminated against when seeking housing or applying to jobs or schools and are often victims of violent hate crimes.

The APA declares in its vision statement that it is “the voice and conscience of modern psychiatry.” Thus, this position statement is relevant to the APA because discrimination and lack of equal civil rights are damaging to the mental health of transgender and gender non-conforming gender diverse individuals. In addition, APA’s values include “advocacy for patients.” Speaking out firmly and professionally against discrimination and lack of equal civil rights is a critical advocacy role that the APA is uniquely positioned to take.

APA Position:

APA opposes all forms of discrimination against transgender and gender non-conforming individuals.

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