

Jeremiah Carrasco

Annotated Bibliography

Engl 210

Prof. Zayas

O'Handley, B., & Courtice, E. L. (2022). Mental well-being, social support, and the unique experiences of transgender and nonbinary people during the COVID-19 pandemic. *The Canadian Journal of Human Sexuality*, 31(2), 163+.

https://link-gale-com.ccny-proxy1.libr.ccny.cuny.edu/apps/doc/A725003001/AONE?u=ccny_ccny&sid=bookmark-AONE&xid=5d22ae64

This text was written shortly after the Covid-19 Pandemic in 2022 and explores the effects of the pandemic on the mental health of transgender and nonbinary people through conducting a study. This study involved selecting people from a larger study and having them complete an online survey. The goal of this data is to be able to answer three questions, “Did TN people differ from cisgender LGBTQ and cisgender heterosexual people in their levels of perceived social support and mental distress during the pandemic? Did greater levels of perceived social support, LGBTQ+ community connectedness, and TN community connectedness predict less mental distress among TN people during the pandemic? What experiences related to gender identity did TN people have during the COVID-19 pandemic?” (Courtice, 2022). O’Handley and Courtice both have an understanding that trans and nonbinary people have different experiences. They

were interested in understanding how the first wave of Covid-19 affected their experiences and especially their experiences living with a marginalized gender identity. This study breaks down the different parts of life that changed for trans and nonbinary people, including their home life, public life, and most importantly access to gender-affirming care. Participants are asked to explain their experiences in these different aspects of their life. Participants expressed how they weren't able to access certain modes of care that they deem necessary to live their life authentically. This text provides personal accounts of people who have had their access to gender-affirming care cut or affected, which is needed in order to break down the different aspects of Gender-affirming care. This study provides a framework for understanding the importance of having access to a secure healthcare program, especially as a marginalized member of society.

Rachel Ann Heath Ph.D, & Katie Wynne Ph.D. (2019). *A Guide to Transgender Health: State-of-the-art Information for Gender-Affirming People and Their Supporters*. Praeger. <https://web-p-ebshost-com.ccnny-proxy1.libr.ccnny.cuny.edu/ehost/ebookviewer/ebook/ZTAwMHhuYV9fMjE0MjYxM19fQU41?sid=52228545-7fed-4356-a8f9-c8eda4e8a7c1@redis&vid=2&format=EB&rid=1>

Doctor Judy Kuriansky is a senior research scientist and a psychologist, who has become dedicated to supporting gender diversity. She was part of the first group of experts to

examine sexuality diagnosis and treatment. She was also on board working with senior psychiatrists on the condition of “gender dysphoria”. Doctor Kuriansky is a pioneer in her field, she wrote this book in order to help people understand the exact science behind gender-affirming care such as puberty blockers, and hormone therapy. This book breaks down in detail using a combination of medical and social science. Providing an informational explanation as to what exactly puberty blockers are, how they affect the youth who are taking them, and lastly debunking certain myths that have denounced the safety of such therapies. This book also touches base on the effects of hormone treatment on fertility, which is a common issue looked at. The conversation surrounding puberty blockers and hormone therapy is one that has been highly debated and controversial. There are many who believe it is immoral to allow a child to change their body, and that medical harm is being done. Others believe children and adults have the right to access these different forms of therapy. This book is relevant and needed to explore the topics of gender-affirming care, as it provides great scientifically grounded information that is needed to understand the direct effect of different gender-affirming care treatments.

