

## Suicide and trans population: a scoping review

### Suicídio e população trans: uma revisão de escopo

### Suicidio y población trans: una revisión de alcance

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#### Abstract

In comparison with cisgender individuals, transgender people have high indicators of suicide. The present study aimed to analyze the associated protective and risk factors. Based on a scoping review, data published in the last five years were used in the following databases: Medline, Lilacs, and PubMed. The descriptors used were: *transgender persons* and *suicide*. Of the 360 studies found, 22 met the inclusion and exclusion criteria. The results show that suicide among trans population is linked to social stressors and discrimination, prejudice, poor family acceptance and scarce job opportunities as the main explanatory factors. It was observed that depression and substance abuse have a positive correlation with suicidal behavior and suicide. Thus, it is suggested to carry out national and international research, focusing on public policies that provide a better quality of life for trans people.

**Keywords:** transgender persons; suicide; protective factors; risk factors

#### Resumo

Em comparação com indivíduos cisgêneros, pessoas transgêneros apresentam altos indicadores de suicídio. Nesse sentido, o presente estudo teve como escopo analisar os fatores protetivos e de riscos imbricados no tocante ao fenômeno do suicídio. Com base em uma revisão de escopo da literatura, levantaram-se dados publicados nos últimos cinco anos, nas seguintes bases de dados: Medline, Lilacs e PubMed. Os descritores utilizados foram: *transgender persons* e *suicide*. Dos 360 estudos encontrados, 22 atenderam aos critérios de inclusão e exclusão. Os resultados evidenciaram que o suicídio entre a população trans relaciona-se a estressores sociais ligados à discriminação, preconceito, pouca aceitação familiar, escassas oportunidades de trabalho, sendo os principais fatores explicativos. Assim como, denota-se que depressão e abuso de substâncias possuem correlação com o comportamento suicida e o suicídio. Dessa forma, sugere-se a realização de pesquisas nacionais e internacionais, com foco em políticas públicas que proporcionem melhor qualidade de vida às pessoas trans.

**Palavras-chave:** pessoas transgênero; suicídio; fatores protetivos; fatores de riscos



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### Resumen

En comparación con las personas cisgénero, las personas transgénero tienen altos índices de suicidio. El presente estudio tuvo como objetivo analizar los factores protectores y de riesgo asociados. A partir de una revisión de alcance de la literatura, se utilizaron los datos publicados en los últimos cinco años en las siguientes bases de datos: Medline, Lilacs y PubMed. Los descriptores utilizados fueron: *personas trans* y *suicidio*. De los 360 estudios encontrados, 22 cumplieron los criterios de inclusión y exclusión. Los resultados muestran que el suicidio entre la población trans está vinculado a estresores sociales y la discriminación, los prejuicios, la mala aceptación familiar, las escasas oportunidades laborales son los principales factores explicativos. Se dio cuenta de que la depresión, el abuso de sustancias tiene una correlación positiva con el comportamiento suicida y el suicidio. Así, se sugiere realizar investigaciones nacionales e internacionales, enfocadas en políticas públicas que brinden una mejor calidad de vida a las personas trans.

**Palabras clave:** personas transgénero; suicidio; factores de protección; factores de riesgo

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In recent decades, the increase of suicide among the transgender population is considered a historical and cultural phenomenon that has been growing worldwide (Benevides & Nogueira, 2020). Data from the World Health Organization (WHO) estimates that more than 800,000 people die from suicide every year. This alarming fact constitutes a public health concern, focusing on the various facets of this phenomenon. Also, according to the WHO, more than 70 % of suicides occur in low- and middle-income countries, suggesting that the causes of this problem may be linked to family issues, work environments, society, lack of access to education and health, among other factors (WHO, 2019).

Individuals who identify outside of socially defined roles of masculinity or femininity are considered transgender, that is, their gender differs from the sex they were assigned at birth. Thus, trans women are women who were born and raised in a male body, trans men are men who were born and raised in a female body. The term *transsexual* was first used in 1953 by endocrinologist Harry Benjamin to mention people who biologically were nonconforming with their gender and wanted it changed, even though their genitals were without any abnormalities (Azeem et al., 2019; Yarns et al., 2016).

Currently, there is a high number of suicides among transgender people. Data suggest that the suicide rate among cisgender people (who identify with social roles and genitalia assigned socially and biologically) is 4.6 %, while the risk among transgender individuals rises to 41 %, an alarming figure. Furthermore, these same studies show that gender minority youth are a vulnerable group to suicide (Chang & Delaney, 2019; Perez-Brumer et al., 2017). Some factors listed for the presence of a high number of suicide ideation and risk among these people are social injustice, stigma, lack of jobs and educational opportunities, childhood abuse, illicit substance use, as well as high levels of marginalization and other psychological factors (Azeem et al., 2019; Staples et al., 2017; Yarns et al., 2016; Zeluf et al., 2018).

In Brazil, for example, according to the Associação Nacional de Travestis e Transexuais do Brasil (ANTRA; Benevides & Nogueira, 2020), it is estimated that transgender people have a life expectancy of 35 years, and the national average is 75 years. The same association places Brazil as the leader in the number of deaths of trans people in the world, with suicide being the second leading cause of death in this population. Marginalization, stigmatization, discrimination, violation of human rights, classism, LGBTphobia, and racism are factors that contribute to this reality, as well as being part of the Brazilian trans daily life and experience.

Even with the existing data, the literature exploring the phenomenon of suicide in the trans population is still low, especially in Brazil and Latin America (Zeluf et al., 2018). Research points out that a trans person experiences several external stressors during their lifetime, and this can lead to high suicide rates (Edwards et al., 2019; Romanelli et al., 2018). Based on findings from the international literature, the present scoping review aimed to answer the following question: what are the risk and protective factors for suicide attempts in the trans population?

## Method

This literature scoping review was conducted according to the protocol proposed by Prisma. The search for the analyzed materials happened by online search in an open network. First, the descriptors that best fit the research problem were sought, using the Health Science Descriptors, provided by the Biblioteca Virtual em Saúde (BVS)<sup>1</sup>. In the search for descriptors, the library listed the terms *transgender people* and *suicide*; the first was about the target population of this research, while the second was the variable analyzed.

To search, the research followed pre-established steps. The steps pointed out by Costa and Zoltowski (2014) were adopted: the problem to be researched was defined; the data sources to be used were chosen; the search descriptors were chosen; the results were searched and stored; the articles were selected by abstract, from the listed criteria; the data were extracted; the articles were evaluated, and the data were interpreted.

The search, selection, and analysis of the articles were carried out by two judges, independently, in August 2020, using the Medline, Lilacs, and PubMed databases. Initially, the terms in Portuguese (*peças transgênero* and *suicídio*) did not show significant results in the search, so the search was conducted by descriptors in English: *transgender persons* and *suicide*. Therefore, the abstracts of the articles included for analysis were grouped in a single text corpus and analyzed by the Iramuteq software. This software allows several forms of textual data analysis, such as lexicographic analysis and hierarchical descending classification (CHD; Camargo & Justo, 2013).

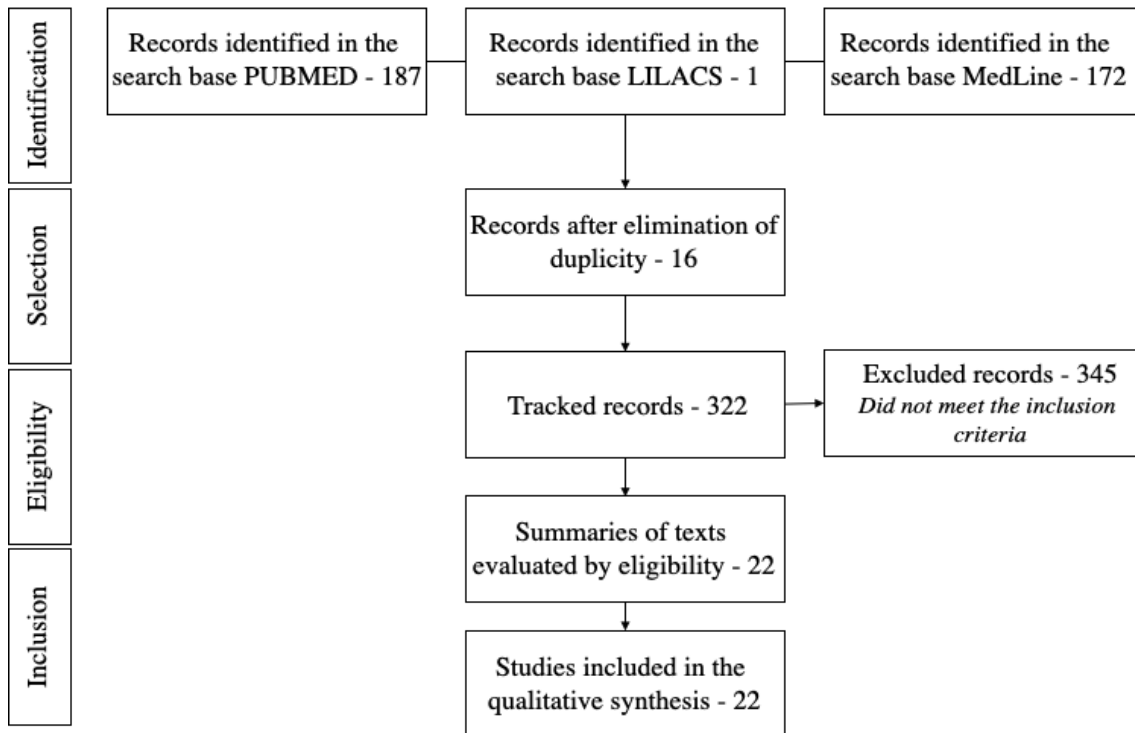
The database search resulted in 360 articles, as shown in figure 1: Medline ( $n = 172$ ), Lilacs ( $n = 01$ ), and PubMed ( $n = 187$ ). First, duplicate titles were excluded, and the search was initiated based on titles and abstracts. After that, the inclusion criteria raised in the construction of the research protocol were applied: being empirical scientific articles; having been published in the last five years in the databases searched (2015-2020); having trans people as the target population; and correlating the suicide theme. The exclusion criteria used were being a review article and having been published before 2015. After adopting the inclusion criteria mentioned above, the database listed 22 articles, which were read, translated into Portuguese, and organized in the corpus for analysis.

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<sup>1</sup> <https://bvsalud.org/>

**Figure 1**

*Flow chart with the phases of the systematic review*



## Results

Initially, table 1 presents the detailed characterization of the articles selected for this review. One can see the concentration of studies in the North American part, but with the presence of studies in regions with conflicting histories, such as Pakistan. Brazil did not present any results in the searches performed.

**Table 1**  
*Characterization of the articles*

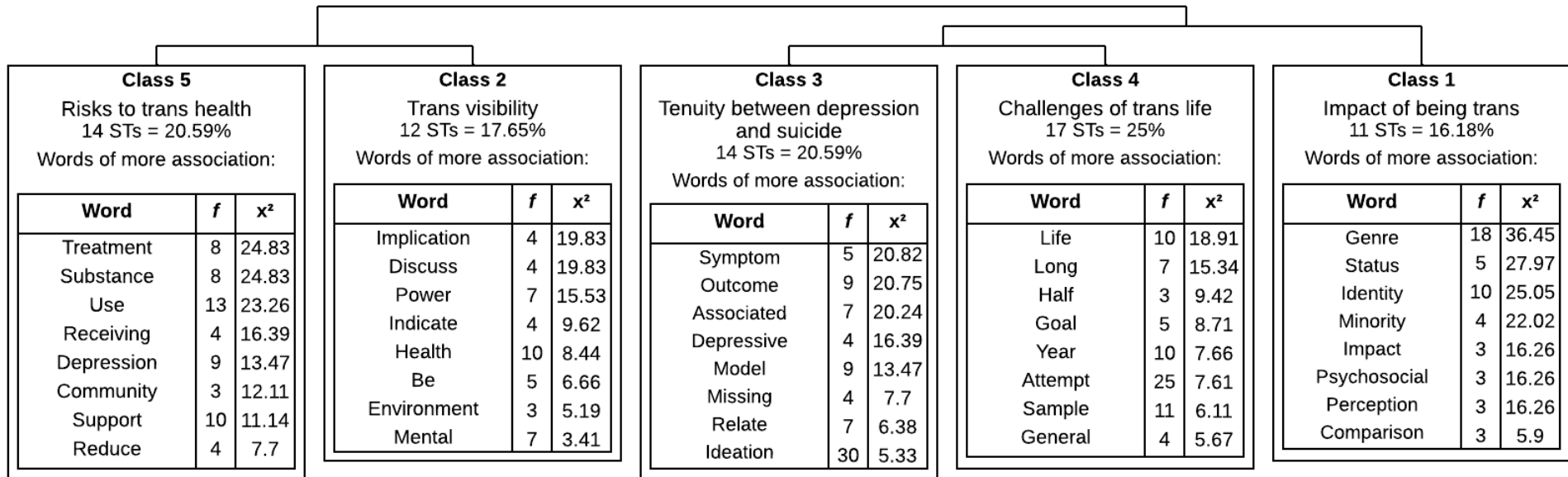
<b>Id</b>	<b>Authors/Year</b>	<b>Country</b>	<b>Participants</b>	<b>Objectives</b>	<b>Delineation</b>
1	Azeem et al. (2019)	Pakistan	148 trans men and women	Aimed to record the prevalence of suicidal ideation in the transgender population and to assess the relationship of depression with suicidal ideation	Quantitative
2	Budhwani et al. (2018)	Caribe	299 trans women	Examined the relationships between suicide attempts, stigma, and trauma in a national sample of trans women in the Dominican Republic	Quantitative
3	Chen et al. (2019)	China	1.309 trans men and women	Understanding suicidal ideation and suicide attempts among trans individuals through an in-depth analysis of a general national population survey in China	Quantitative
4	Edwards et al. (2019)	USA	106 trans men and women	This study explored how individual and community-based resilience factors operated together to reduce suicide risk in a sample of trans clients in therapy	Quantitative
5	Klein & Golub (2016)	USA	3.458 trans men and women	It aimed to analyze associations between family rejection, risk of suicide attempts, and substance abuse among a sample of transgender adults	Quantitative
6	Kohlbrener et al. (2016)	Nepal	400 trans men and women	The present study assessed the prevalence of suicidal ideation, planned suicide, and suicide attempt, and examined the association of perceived discrimination based on sexual orientation with aspects of suicide	Quantitative
7	Kota et al. (2020)	USA	92 trans men and women	It aimed to identify potential and protective risks for suicidal ideation. Examined hypothesized psychosocial factors and substance use behaviors as potential mediators of the relationship between perceived stigma and suicidal ideation	Quantitative
8	Kuper et al. (2018)	USA	1.896 trans men and women	Demographic contribution, minority stress, social support and depressive symptoms in predicting suicide-related outcomes were examined	Quantitative

<b>Id</b>	<b>Authors/Year</b>	<b>Country</b>	<b>Participants</b>	<b>Objectives</b>	<b>Delineation</b>
9	Lehavot et al. (2016)	USA	212 trans men and women	Evaluated associations between characteristic sociodemographic data, stigmas, mental health, and psychosocial resources of trans people with suicidal ideation, plans, and lifetime suicide attempts	Quantitative
10	Marshall et al. (2016)	Argentina	482 trans men and women	The lifetime prevalence and correlates of suicide attempts among transgender people were examined, with data derived from a cross-sectional survey	Quantitative
11	Perez-Brumer et al. (2017)	USA	7.653 trans men and women	This study aimed to study gender identity-related disparities in the prevalence of suicidal ideation	Quantitative
12	Romanelli et al. (2018)	USA	4.190 trans men and women	Aimed to understand how experiences of service denial and discrimination in care settings may contribute to suicide attempts among transgender people	Quantitative
13	Russell et al. (2018)	USA	129 trans men and women	It aimed to examine the relationship between the use of one's chosen name as a motivation for trans youth in gender affirmation in various mental health settings	Quantitative
14	Seelman (2016)	USA	2.325 trans men and women	This study examined whether denied access to public spaces is associated with lifetime suicide attempt in trans people, after controlling for interpersonal victimization by students or teachers	Quantitative
15	Suen et al. (2017)	China	106 trans men and women	This study aimed to analyze whether there is a relationship between quality of life and suicide in transgender people	Quantitative
16	Tebbe & Moradi (2016)	USA	335 trans men and women	The study tested the relationships of minority stressors and substance use with depression and suicide risk in a sample of transgender individuals	Quantitative
17	Testa et al. (2017)	USA	816 trans men and women	This study aimed to analyze the role of gender factors, stress model and minority resilience, interpersonal-psychological theory of suicide and the potential relationship of these factors in explaining suicide in the trans population	Quantitative

<b>Id</b>	<b>Authors/Year</b>	<b>Country</b>	<b>Participants</b>	<b>Objectives</b>	<b>Delineation</b>
18	Tucker et al. (2018)	USA	201 trans men and women	This study aimed to understand the potential influence of minority stress (external and internal) experienced during and after military service on suicidal ideation in a sample of transgender veterans	Quantitative
19	Turban et al. (2019)	USA	27.715 trans men and women	This study aimed to analyze whether gender identity conversion efforts impact the mental health of transgender people	Quantitative
20	Turban et al. (2020)	USA	20.619 trans men and women	The purpose of this study was to examine associations between access to pubertal suppression during adolescence and adulthood in transgender people and their mental health outcomes, with a focus on suicide	Quantitative
21	Zeluf et al. (2018)	Sweden	796 trans men and women	The aim of this study was to investigate the associations between a number of empirically known risk and protective factors and suicide among transgender people	Quantitative
22	Zubair et al. (2019)	Pakistan	156 trans men and women	This study was conducted to assess the frequency of suicide attempts among the transgender population and to analyze the relationship between depression and other sociodemographic factors with suicide attempt	Quantitative

The 22 abstracts of the articles elected in the review were submitted to the analysis of the descending CHD, in this analysis the semantic approximation between the lexicographic elements of the texts seized is evaluated, resulting in classes formed from the analysis of frequencies and chi-square (Camargo & Justo, 2013). The analyzed textual corpus was subdivided into 109 text segments. The CHD analysis categorizes the vocabulary words lexicographically into approximation categories, thus, at the present writing the analysis divided the corpus into five classes of textual elements. Figure 2 presents the resulting dendrogram of the CHD.

**Figure 2**  
*Descending hierarchical classification dendogram*





The results found allowed the creation of classes, therefore, it is recommended that these classes be named (Camargo & Justo, 2013). Thus, class 1 was formed from 11 STs (Text Segments), representing 16.18 % of the total, and presented fragments that recalled aspects of the trans experience. That is, from the analysis of the listed texts, it was observed in the constituent words that the fact of expressing the real gender identity of the trans person can be seen as a risk factor for a suicide attempt, as well as participating in a “social minority”; besides the fact that most studies show that this population experiences - recurrently - abuses (physical and moral) during life. Considering this, the class had been named “Impact of being trans”. In this class, studies 07, 11, and 16 (see table 1) presented the most strength for the formation of the class.

Therefore, class 2 was formed by 12 STs, representing 17.65 % of the total. In this class, it was possible to observe aspects such as the discussion about the trans population; as well as the recognition of these people in areas of power and health can be configured as a protective factor against suicide attempts, as well as the existence of a work that involves the mental health of this population. In this way, the class was named “Trans visibility”, having writings 03 and 14 as the most representative for the formation of the class.

Directly related to the previous class, class 5 presents itself as a counterpoint to what was observed in Class 2, showing words and texts that are directly linked to greater risks of suicide attempts among transgender people. Formed by 14 STs, representing 20.59 % of the total, class 5 presents that the health care offered to this population is a crucial factor, which can be protective or risk, depending on how this care is offered; the class also points to the use of illicit substances and depression as risk factors; community support is also pointed out as protective to suicide issues in these individuals. Therefore, the class was listed as “Risks to trans health”, with writings 01, 04, and 13 as the most representative for the class.

Classes 3 and 4 were also formed from a subdivision of the corpus. Class 3 was made up of 14 STs and represented 20.59 % of the total. In this class, there were notes of results from the studies, where most of them lead to the perception that the depressive symptoms perceived in the trans population are directly associated with the high risk of suicide attempts, especially in the models studied. Therefore, the class was named “Tenuity between depression and suicide”, studies 08 and 19 were the most representative in this class.

Class 4, formulated from 17 STs and representing 25 % of the total, shows some findings of the studies present in the review. Presenting a direct connection with the previous class, it was noticed that the analyzed texts pointed out that the life of trans people includes - most of the time - a low quality of life; as well as showing this population to be more vulnerable to the experience of ideation or suicide attempt throughout life in the researched samples. Thus, the present class was named “Challenges of trans life”, with writings 09, 15, 17, and 18 more representatives for the formation of the class.

## Discussion

In class 1 named “Impact of being trans”, stressors experienced by trans people for the reason of not socially corresponding to their birth gender are portrayed (Thoma et al., 2019). In this sense, the findings suggest that being trans exposes people to experience life with discrimination, prejudice, invisibility, feelings of rejection, fear of punishment, violence, family conflicts; therefore, these are considered triggers of distress among people who self-identify as trans (Testa et al., 2017; Vitali et al., 2019).

Some statistical data corroborate the results found. A survey conducted in the United States about discrimination related to transgender people identified that 63 % of respondents reported having experienced discrimination, mistreatment, abandonment, loss of employment, denial of care in health services, physical and sexual violence (Edwards et al., 2019). In Brazil, according to ANTRA data, in 2020 there was a 49 % increase in the number of murders of trans people when compared to 2019. In addition, 22 attempted murders, 11 suicides, and 21 human rights violations were reported in the months of January to April (Benevides & Nogueira, 2020).

The most representative studies within this class discuss the main psychosocial factors linked to low quality of life among transgender people. Family abuse, anxiety, impactful experiences during life regarding gender, lack of support, and internalized transphobia are recurrent elements pointed out by authors regarding the risk of suicide attempts in this population (Kota et al., 2020; Perez-Brumer et al., 2017; Tebbe & Moradi, 2016).

The data presented in the class brings up points where a greater focus on the trans experience is needed. Tucker et al. (2018) in their study shows that the lives of trans people are constantly vulnerable since the risk of attempted suicide in this population is twenty times higher than in cisgender people. The aspects are of fundamental importance, since social support, emotional stability, and the presence of anti-discrimination policies can configure response to the high mortality rate of this population (Budhwani et al., 2018; Edwards et al., 2019; Tebbe & Moradi, 2016).

Class 2 and class 5, directly interconnected, named “Trans visibility” and “Trans health risks”, discuss some factors that can provide an equitable life for the trans experience. Thus, there must be interference from social powers in the fight for the life of this population. The presence of public policies for education, health, and assistance can provide more positive paths during the experience of these subjects. On the other hand, the lack of these policies can corroborate the path of prejudice, discrimination, and stigma faced by trans people. The classes point out that the scientific results found in the most diverse research should serve as a basis for greater understanding about the trans experience, as well as be seen as resources to act in the face of the demands experienced by these (Chang & Delaney, 2019; Chen et al., 2019; Romanelli et al., 2018; Seelman, 2016).

The main articles that made up the formation of class 2 point to paths that can be adopted as protective factors in the lives of trans people. Offering greater trans visibility is one of the main ways out of the alarming rates regarding suicide in this population, the authors point out that the simple fact of using the bathroom in conformity with the gender can work as a protective factor in the lives of these people. In addition, the person-environment relationship can also function as a protective factor, pointing out that a better bond with the social space can help in decreasing the risk of suicide attempts (Chang & Delaney, 2019; Seelman, 2016).

In contrast, the most representative studies of class 5 point to elements that may contribute to the high rates of suicide in the trans population. That is, in addition to the factors that can influence and configure as aids previously exposed, it is necessary to understand the various facets that reassemble the suicide phenomenon in the trans population. Compared to cisgender individuals, trans people have higher rates of suicide risk, attempts, and deaths by such factors (Staples et al., 2017). A survey of trans people in Argentina showed that 33 %

of people had attempted suicide at least once in their lifetime (Marshall et al., 2016). Furthermore, it was documented that in the long term, 20.5 % of trans people in one study indicated that suicide is something likely in the future (Tebbe & Moradi, 2016).

Another research showed that 23 % of transgender people reported using alcohol or drugs to cope with the stressors suffered, and in cases where there was family rejection, harmful health behaviors were more frequent (Klein & Golub, 2016). In this scope, substance use is considered a mechanism used to cope with psychic pain, however in cases where there is suicidal ideation the use tends to increase impulsivity and disinhibition and thus intensifies the risk of suicide consummation (Klein & Golub, 2016; Tebbe & Moradi, 2016). Studies point out that substance use shows strong associations with suicidal ideation and suicide. Further, it is perceived that gender identity conversion therapies are related to adverse effects on the mental health of the trans population, they are considered largely harmful “treatments” (Kota et al., 2020; Turban et al., 2020).

In dialogue with the above, the research data from Romanelli et al. (2018) shows itself to be directly related to the present classes. The study evaluated the experience of trans people in health care settings. In the research, results were found that confirm the need for a look at assistance and recognition of this population in these spaces. In the data found, the denial of services to the trans population was related to a decrease in the receipt of treatment; and the non-provision of treatment was positively related to substance use and high suicide rates. However, receiving support was configured as a protective aspect for the effective receipt of treatment, showing how the offer of care can influence the saving of trans lives.

The data from this review discusses in its entirety international aspects, showing that the path of understanding and offers of subsidies and assistance to this population is a path to reduce the suicide rate. However, in Brazil, Oliveira and Romanini (2020) demonstrate in their study that public and health policies are still paths little traveled by trans people. For the authors, this lack of assistance is not beneficial to the health of this population, pointing out that the various knowledge needs to be in favor of this population for a better quality of life, both quantitatively - offering greater longevity - and qualitatively - providing greater quality of life.

Among the protective factors reported in studies, research with transgender adolescents indicated that hormone suppression therapy was associated with lower rates of lifetime suicidal ideation (Turban et al., 2020). In addition to greater body satisfaction, the use of a social name congruent with gender identity indicates a reduction in symptoms of depression, as well as a reduction in suicidal ideation and risk of suicide consummation (Russell et al., 2018).

It highlights that emotional support mediated by meaningful relationships with family, friends is considered key in suicide prevention (Klein & Golub, 2016; Zeluf et al., 2018). As such, social support and positive self-concept are considered predictors for having better mental health among transgender people (Kuper et al., 2018). However, data highlights that protective factors related to image, respect for gender identity, and social support can be harmful if insufficient to the physical and mental health of trans people.

Following, classes 3 and 4 also interconnected and named as “Tenuity between suicide and depression” and “Challenges of trans life”, depict graphs that suggest the presence of a positive correlation between suicide and depression in this population, as well as challenging aspects, such as the low quality of life experienced by these social actors (Kota et al., 2020). In this direction, it is evidenced that social stressors predispose trans people to high suicide rates. In the interim, the literature explored in this systematic review addresses

that discrimination, depression, family conflicts, substance abuse are considered risk factors for suicide attempts (Chen et al., 2019; Lehavot et al., 2016; Zeluf et al., 2018).

In most of the articles analyzed, as well as in those that specifically composed class 3, depression is indicated as a risk factor for suicide attempts in the trans population. The study by Tucker et al. (2018) demonstrates that discrimination and rejection can act as triggers for suicide attempts and are minority stressors that this population experiences. These stressors that can lead the trans person to suicide have a direct link with depressive symptoms, thus, the study points out that the control and management of these stressors - in an early way - can contribute to reducing suicide attempts, as well as in the decrease of depressive symptoms, acting as a protective factor.

Other factors/stressors are still in a direct conversation between depression and suicide regarding the trans population, examples of these are experiences of prejudice and discrimination, transphobia, stigmas, lack of social support, and use of licit or illicit substances. These factors also need to be managed during the life experience of these people, because they are crucial aspects that dictate how this subject will face the demands imposed in a still transphobic society (Tebbe & Moradi, 2016; Tucker et al., 2018; Zeluf et al., 2018).

These factors also contribute to the low quality of life offered to the trans population, being presented in most of the words present in class 4. The early departure from the family, the lack of educational opportunities, and the low level of schooling directly influence the low quality of life of trans people. This data is important because this factor is directly related to a lower monthly income, where the research of Suen et al. (2017) points out that trans people with lower income have a higher propensity to commit suicide.

In this sense, the studies pointed out the existence of key aspects in the experience of trans life. Both in the direction of negative and risk points, such as just the fact of being trans being a favorable factor for the risk of suicide, as well as the studies reviewed aspects of possible directions and of what may work as protective factors, such as the creation of welfare policies and the promotion of debate about issues directly linked to suicide in this population. In summary, the findings of this review indicate as the main risk factors for attempted suicide in trans people: transphobia; psychological disorders (such as anxiety, depression, among others); lack of social support; physical, moral, and sexual abuse; and low quality of life of this population. In counterpoint, trans visibility, social support, the use of social spaces, and the person-environment relationship are protective factors to this reality.

The compulsory cisgenderism imposed by the current society crosses the trans experience in its entirety. As pointed out by the studies, the experience of trans life is rooted in negative and difficult elements, which often show themselves as obstacles to the existence of a good quality of life. There must be a broader understanding of the various edges that make up the non-cisgender experiences, especially when it comes to lives lost early, as in cases of suicide.

## **Conclusions**

The present study aimed to identify risk and protection factors related to the high suicide rate among the transgender population. The literature investigated pointed out that prejudice, discrimination, family abandonment, scarce opportunities during life, violence, and lack of policies aimed at the transgender population reflect in the high suicide rates

evidenced. Furthermore, studies show that depression and substance abuse are correlated with suicidal ideation and suicide. On the other hand, factors linked to healthy peer relationships, hormone therapy, and other mechanisms linked to gender identity are considered protective to the lives of trans people.

In this sense, it is believed that the initial objectives were achieved regarding the understanding of factors related to suicide in trans people. As positive aspects considered in this review, it is believed that the studies found are essential in the literature, given the conditions experienced by the trans population and need scientific and social visibility, since the focus on the particularities of this population is scarce in many government plans and societies in general. However, among the limitations, it is inferred that the articles were selected based on pre-established criteria, such as the choice of data source and the election of keywords for the search, besides not having included the OR operator in the search, which could make it more comprehensive. In addition to these factors, the studies hardly address issues related to interventions that enable a better quality of life for the studied population.

In this sense, it is suggested the promotion and subsidies for the realization of studies with trans people worldwide since the high rate of violence and suicide of the population in question in the world plausibly justifies this approach. In addition, the development of intervention proposals and their application are essential to ensure better living conditions for trans people.

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