

Studies show that between 63% and 90% of young people who were not given puberty blockers 'desisted' from feelings of gender dysphoria by the end of puberty.

- The 90.3% figure comes from a study authored by Polly Carmichael of the Tavistock clinic. It has been taken down from the World Professional Association for Transgender Health site.
"Persistence was strongly correlated with the commencement of physical interventions such as the hypothalamic blocker ($t=.395$, $p=.007$) and no patient within the sample desisted after having started on the hypothalamic blocker. 90.3% of young people who did not commence the blocker desisted."
[Carmichael, P, Phillott, S, Dunsford, M et al, 'Gender Dysphoria In Younger Children: Support And Care In An Evolving Context', *WPATH*, 2016]
- This [review of literature](#) says that for 85.2% of children, feelings of gender dysphoria remitted around or after puberty.
[Ristori, J, and Steensma, T D, 'Gender dysphoria in childhood', *International Review of Psychiatry*, 28(1), 2016, pages 13-20]
- This [study](#) showed that out of a sample of 54 children initially referred to a gender clinic, 21 were still dysphoric at a follow-up several years later (27%), and the rest (73%) are assumed (reasonably) to have desisted. The authors conclude: "Most children with gender dysphoria will not remain gender dysphoric after puberty."
[Wallien, M S C and Cohen-Kettenis, P T, 'Psychosexual Outcome of Gender-Dysphoric Children', *Journal of the American Academy of Child and Adolescent Psychiatry*, 47(12), December 2008, pages 1413-1423]
- Of 127 adolescents twelve and under who were diagnosed in childhood with gender dysphoria at the Vrije Universiteit clinic, 47 (37%) of these were identified as persisters at follow-up (i.e. they reapplied to the clinic, requested medical treatment, were diagnosed again with gender dysphoria, and considered eligible for treatment (puberty blockers etc)). It is assumed that other 80 (63%) desisted as they did not return to the clinic (which is the only one of its kind in the Netherlands).
[Steensma, T D, McGuire, J K, Kreukels, B P C et al, '[Factors associated with desistence and persistence of childhood gender dysphoria: A quantitative follow-up study](#)', *Journal of the American Academy of Child and Adolescent Psychiatry*, 52, 2013, pages 582-590]

The following studies show that once a young person starts puberty blockers, they almost invariably move on to cross-sex hormones:

- [Here](#), none of the 70 young people in the study who had started puberty blockers "renounced their wish [to continue with trans hormones]" and all progressed onto cross-sex hormones.
[De Vries, A L C, Steensma, T D, Doreleijers, T A H, 'Puberty suppression in adolescents with gender identity disorder: a prospective follow-up study', *Journal of Sexual Medicine*, 8(8), 2011, pages 2276-83]
- This [study](#) of 12 to 15-year-olds from the Gender Identity Development Service in London shows that 43 out of 44 subjects (98%) continued on to cross-sex hormones after first receiving puberty blockers.
[Carmichael, P, Butler, G, Masic, U et al, 'Short-term outcomes of pubertal suppression in a selected cohort of 12 to 15 year old young people with persistent gender dysphoria in the UK', *PLOS ONE*, 2021, 16(2)]