**Public Health Evidence Report Following Engagement Activity**

This form is to be completed by the Policy Working Group’s Public Health Lead if stakeholders identify potential new evidence during policy development engagement activities. The Public Health Lead will assess the evidence raised to against the Population, Intervention, Comparator and Outcome (PICO) criteria and will record the studies in the appropriate boxes in the ‘*Outcome for studies suggested during engagement activities*’ section of this form. In cases where newly identified evidence has a material impact, please return the completed form to the Clinical Effectiveness Team (CET).

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| --- | --- |
| **URN** | 1927 |
| **Policy title:** | Draft Interim Clinical Policy: Puberty Suppressing Hormones |
| **CRG:** | Gender Dysphoria Clinical Programme |
| **NPOC:** | Not applicable |
| **Engagement activity** | Public consultation |
| **Date** | 5th January 2024 |

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| **Description of comments during engagement (If studies have been suggested please provide a list of references)** | | 251 URLs related to the public consultation questions:   * Has all of the relevant evidence been taken into account? * Are there any changes or additions you think need to be made to this policy?   Short references were allocated for the information to which each of the URLs linked. 10 URLs linked to 5 duplicate short references, leaving 246 unique short references suggested during consultation. | | |
| **Action taken by Public Health lead** | | 246 unique references were checked for relevance against the search strategy and PICO used for the evidence review and literature surveillance report and against the references detailed in the evidence review, the literature surveillance report the stakeholder testing Public Health Evidence Report. Where necessary, references were obtained in full text.  3 unique references were general website pages from which specific information could not be determined.   1. ONS data [http://www.nomisweb.co.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nomisweb.co.uk%2F&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ldPdOtbEal6AxUlssfBXJBZ1jX9%2FMPFo6LvM%2BXWoVWM%3D&reserved=0) 2. St Louis [https://www.stlouischildrens.org/conditions-treatments/transgender-center/puberty-blockers](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.stlouischildrens.org%2Fconditions-treatments%2Ftransgender-center%2Fpuberty-blockers&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341816740%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=c%2BIQzh%2BsbsOu0Dyt8JBpJlsUn48dU6%2F2ePfOSpuph5E%3D&reserved=0) 3. UK Parliament Committees   <https://committees.parliament.uk/writtenevidence/7947/html/> | | |
| **Outcome for studies suggested during engagement activities** | | | | |
| **1. Evidence already identified as part of the evidence review, literature surveillance report or stakeholder testing** | | 1. Achille 2020  [https://doi.org/10.1186/s13633-020-00078-2](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1186%2Fs13633-020-00078-2&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fx6qY4xZncDHKOn64zlsxvMhnlnEhWrZ1UEhPQYBtTI%3D&reserved=0) 2. Anacker 2020 <https://pubmed.ncbi.nlm.nih.gov/32919399> 3. Angus 2020 [https://doi.org/10.1111/cen.14329](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1111%2Fcen.14329&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gbi86atCh3%2BU%2B%2Fwt3ixPJ0mqV6L%2BssIDhqglxsjh0tc%3D&reserved=0) 4. Biggs 2023  [https://pubmed.ncbi.nlm.nih.gov/36120756/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F36120756%2F&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JLOsR54oKvHgLyTq0QNmDD8caRcR0KnHx4%2BIai3Q2R0%3D&reserved=0) 5. Boogers 2022  [https://pubmed.ncbi.nlm.nih.gov/35666195/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F35666195%2F&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MBk5vII1BJNpwBsCGY%2B2SDioAuDykmK%2Frmp6qeIEqQc%3D&reserved=0) 6. Carmichael 2021 [https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0243894](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjournals.plos.org%2Fplosone%2Farticle%3Fid%3D10.1371%2Fjournal.pone.0243894&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BiLEB327nTlWeImi8n%2BTcQjRC4z52uuJ6Dxfqwsyabg%3D&reserved=0) 7. Chen 2021  [https://doi.org/10.1016/j.jadohealth.2020.07.033](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1016%2Fj.jadohealth.2020.07.033&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=VtmJATXGBwy1GE42UXp%2BqT0Ko6zztFV%2BiQZ%2FVfORzfg%3D&reserved=0) 8. Costa 2015 [https://pubmed.ncbi.nlm.nih.gov/26556015/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F26556015%2F&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=1lHaTSGJB3hKv8THe296hh7TLWpWjO6rdZvd%2F4dbxX8%3D&reserved=0) 9. de Vries 2011 [https://pubmed.ncbi.nlm.nih.gov/20646177/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpubmed.ncbi.nlm.nih.gov%2F20646177%2F&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=mfrQkvR9Jp6FgYN5oHe5GpdZNzra65p0rrQu55J985Y%3D&reserved=0) 10. de Vries 2014  [https://publications.aap.org/pediatrics/article-abstract/134/4/696/32932/Young-Adult-Psychological-Outcome-After-Puberty?autologincheck=redirected](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpublications.aap.org%2Fpediatrics%2Farticle-abstract%2F134%2F4%2F696%2F32932%2FYoung-Adult-Psychological-Outcome-After-Puberty%3Fautologincheck%3Dredirected&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339473865%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=tsVEy0VuCZ52nrqfydpRjuDUBQQTVaxXYnj2trVS6jo%3D&reserved=0) 11. 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Nos 2022 [https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2798002](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjamanetwork.com%2Fjournals%2Fjamanetworkopen%2Ffullarticle%2F2798002&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184339629748%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=5lP6iyAtPi1pgvUygnZC1ZhA%2BGz9Vd0ISJZWTADl6ZA%3D&reserved=0) 10. 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You tube 1 [https://youtu.be/52UNfgTJBL0](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F52UNfgTJBL0&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oN7fVu%2BhJ0Y2XLIgRF%2FVYJ1AkZNHHwrrNyzUJTzCfT0%3D&reserved=0) 2. You tube 2 [https://youtu.be/Azx8e5nmc9g](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FAzx8e5nmc9g&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=piZGgJE%2BBAcKL%2FO2jebruFKxkezdICQEBkZMX3F6yrM%3D&reserved=0) 3. You tube 3   <https://youtu.be/v1eWIshUzr8?si=eRZLOTTeFau2tr74>   1. You tube 5   <https://zero.sci-hub.st/4911/9dc0c58006960fe1220b267bafa48e53/olson2016.pdf#view=FitH>   1. You tube 6  [www.youtube.com/watch?v=6mtQ1geeD\_c](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D6mtQ1geeD_c&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=m8XDELKlhzlNX6npWhje2841Ov9vZjAoDeEH5howLBo%3D&reserved=0) 2. You tube 7 [www.youtube.com/watch?v=N7\_5m-AUuj4](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DN7_5m-AUuj4&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=l19lMOOPM0bjR23c0VgMX2ik2DFT5Bm%2FIh22z7dC0eY%3D&reserved=0) 3. Zucker 2012   <https://doi.org/10.1080/00918369.2012.653309> |
| **3.New evidence identified by stakeholders that falls within PICO and search methodology but does not materially affect the conclusions of the existing evidence review** | | 1. Lavender 2023 [https://doi.org/10.1089/lgbt.2022.0201](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1089%2Flgbt.2022.0201&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hzTGTBCznmpsmO%2FWGOXNjOkgO1lDLtqXvsDeCEVFv%2B8%3D&reserved=0)   They report a retrospective observational analysis of patients who attended an endocrine clinic. All patients in this study had been treated with puberty suppression **and** gender-affirming hormone treatment, although results are presented separately for each stage of treatment and thus it is possible to determine outcomes for patients following puberty suppression only.  Number of patients in this study is small, with considerable loss to follow up (ie 109 eligible participants but full results only available for 38). Comprehensive assessment at each stage using a range of questionnaires, completed by young people and caregivers.  The use of puberty suppressants resulted in statistically significant improvements in the Child Behavior Checklist but no statistically significant differences in the Youth Self Report questionnaire or the Body Image Scale questionnaire or the Utrecht Gender Dysphoria Scale. Improvements were also noted in self harm and suicidality statements following treatment with puberty suppressants.   1. Ludvigsson 2023 [https://doi.org/10.1111/apa.16791](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1111%2Fapa.16791&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GBsUSYKvC6V4HRiMV9zjyYl%2FGuPbAlp3R0A7OpmKLcE%3D&reserved=0)   This is a systematic review with relevant outcomes. All contributing studies were checked and have been previously identified or are not relevant to the PICO.  Note also that the authors state “Evidence to assess the effects of hormone treatment on the above fields [psychosocial and mental health, cognition, body composition, and metabolic markers of hormone treatment in children with gender dysphoria] is insufficient.”   1. Kuper 2020 [https://doi.org/10.1542/peds.2019-3006](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1542%2Fpeds.2019-3006&data=05%7C02%7Cshona.burman-roy%40nhs.net%7C4bb4406a45d04c34fbaf08dc0738025f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638393184341660557%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=iWk4gEa1P331Gz1hS4KxFHaZ70kcIeUy48X1Nc0%2FI28%3D&reserved=0)   In this study a total of 148 participants completed surveys assessing body dissatisfaction, depression and anxiety at initial presentation to their clinic and at follow-up after one year.  Most patients in this study were treated with feminising or masculinising hormone therapy but a small number (25/148; 17%) were treated with puberty blocking drugs and the results for this group are reported separately. Note that 90% of all the patients in this study were at a late stage of puberty (Tanner Stage IV or V).  There were modest improvements in body dissatisfaction, depressive symptoms and anxiety symptoms in the group of patients treated with puberty suppressants only. | | |
| **4.New evidence identified by stakeholders that falls within PICO and search methodology, that does materially affect the conclusions of the existing evidence review. Updated evidence review to be undertaken (to be agreed with CET)** | | None | | |

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| Completed by: | Consultant in Public Health Medicine, NHS England |
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| Peer reviewed and supported by: | Not applicable |
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