# The Impact of COVID-19 on Transgender Health in German-Speaking Countries

**Preliminary Results of the TransCareCOVID-19 Study**

Andreas Koehler, Joz Motmans, Annette Gueldenring, Timo O. Nieder

## Participants

<table>
<thead>
<tr>
<th>Gender</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(trans) woman</td>
<td>31.3%</td>
</tr>
<tr>
<td>(trans) man</td>
<td>43.0%</td>
</tr>
<tr>
<td>non-binary</td>
<td>22.2%</td>
</tr>
</tbody>
</table>

- 3.5% I don’t know, I don’t have a preference

## Average Age

32.5 Years

## Health Risks

- At least one acute or chronic disease: 30.0%
- Cardiovascular disease: 11.7%
- Endocrine disorder: 11.7%
- Asthma: 9.4%
- Upper respiratory disease: 4.2%
- Neurological conditions: 2.9%
- Rheumatoid arthritis: 2.5%
- Osteoporosis: 2.4%
- COPD: 1.6%
- Lung disease: 1.3%
- COPD: 1.6%
- Blood disorder: 1.2%
- Cancer: 0.5%
- HIV: 1.1%

## Education

- Basic education: 15.0%
- Upper secondary or post-secondary education: 32.5%
- Tertiary education (college/university): 32.9%

## Relationship(s)

- Single: 49.9%
- Married: 11.0%
- Registered relationship: 28.1%
- Unregistered relationship: 4.2%
- More than one relationship: 6.6%

## Participants by Country

<table>
<thead>
<tr>
<th>Country</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany</td>
<td>940 (76%)</td>
</tr>
<tr>
<td>Switzerland</td>
<td>76 (6%)</td>
</tr>
<tr>
<td>Austria</td>
<td>224 (18%)</td>
</tr>
</tbody>
</table>

## Covid-19: Experiences and Concerns

- Had contact with a person who was diagnosed with or is suspected to have COVID-19: 22.8%
- Would avoid COVID-19 testing because of fear of discrimination, even if they had shown COVID-19 symptoms: 14.0%
- Had avoided COVID-19 testing or care because of fear of discrimination: 4.3%
- Was diagnosed with COVID-19: 0.2%

## Barriers to Health Care

- Restricted access to hormones: 24.1%
- An appointment for surgery was cancelled: 15.4%
- Expect that an appointment for surgery will be cancelled: 16.9%

## Access

<table>
<thead>
<tr>
<th>Access to</th>
<th>Restricted?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical material that is important after surgery (e.g., vaginal dilators)</td>
<td>2.6%</td>
</tr>
<tr>
<td>Binders or packing material</td>
<td>10.7%</td>
</tr>
<tr>
<td>Non-medical supplies (e.g., wigs, shaving supplies)</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

## Participants

- University Medical Center Hamburg-Eppendorf, Interdisciplinary Transgender Health Care Center
- Ghent University Hospital
- Westküstenklinikum Heide, Clinic for Psychiatry
- Bundesverband Trans* e.V.

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Results can slightly change in the future as data collection still goes on.

If you have any questions concerning the results, please contact Andreas Koehler (an.koehler@uke.de)

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**We thank all people who participated in the study!**