

# Gender-Affirming Hormone Therapy and Impacts on Quality of Life: A Narrative Review

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**Introduction.** Transgender and gender-nonconforming (TGNC) people often face significant disparities in health education and access to quality medical management. This narrative literature review examines the relationship between TGNC patients seeking gender-affirming hormone therapy and resulting improved quality of life outcomes.

**Methods.** Our search identified papers through the databases PubMed, PsycINFO, CINAHL, Embase, and Web of Science including search terms relating to gender-affirming hormone therapy (GAHT), transgender identities, and patient healthcare experiences and outcomes. Further inclusion criteria required papers published after 1979 with a majority of participants located in the United States. Data extraction and quality assessment of the selected papers were completed using the JBI Manual for Evidence Synthesis, a quality assessment tool created based on the Mixed Methods Appraisal Tool, and Covidence software. Common themes were narratively reviewed.

**Results.** The search yielded 19,482 results across five databases and 51 papers were included in data extraction and quality assessment. Most papers were published between 2020-2024 and enrolled young adults in cross-sectional studies. Recurrent themes observed from data synthesis include improved mental health and quality of life outcomes associated with GAHT use. Distance to clinics, cost of care, insurance coverage, and governmental policies were commonly identified barriers to obtaining gender-affirming care.

**Conclusions.** The identified gaps in information reflect the importance of additional research in TGNC health-related disparities including diverse participant populations and rigorous longitudinal methods. With these changes, we expect improved quality of care, patient satisfaction, and health outcomes for these individuals.

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