

## Self-harm Poisonings Among Transgender Patients: Analysis of Toxicology Investigator's Consortium Registry

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# Self-harm Poisonings Among Transgender Patients: Analysis of Toxicology Investigator's Consortium Registry

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On behalf of the Toxicology Investigator's Consortium (ToxIC)

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## Background

The Toxicology Investigator's Consortium (ToxIC) database was created in 2010 by the American College of Medical Toxicology (ACMT) to compile data recorded by medical toxicologists in both inpatient and outpatient settings. In January, 2017 the data field for transgender (and if transgender, male-to-female or female-to-male) was added to the ToxIC form. Little is known regarding self-harm poisonings within the transgender population. The aim of this study was to review toxicology consultations around poisonings in transgender patients, and provide descriptive data in trends among those within this demographic.

## Methods

In this study, a retrospective ToxIC database review of cases in which the patient identified as transgender was done from January 2017–June 2019 and descriptive demographics reported.

## Results

The database query identified 113 transgender patients. Fifty-one (45.1%) of the 113 were between 13–18 years old and 60 (53.1%) were aged 19–65 years old. There was 1 patient identified as being between 7–12 years old and 1 between 66–89 years old. The primary reason for the encounter for 97 of the patients was for intentional pharmaceutical ingestion, and of these encounters, 85 (87.6%) were classified as intentional pharmaceutical use intended for self-harm.

Among the 51 patients aged 13–18, 46 (90.2%) identified attempt at self-harm with pharmaceutical as primary reason for encounter. Within the 60 patients aged 19–65, 37 (61.7%) identified primary reason for encounter as attempted self-harm with pharmaceutical.

Excluding missing data, of the 113 patients, 41 (36.3%) were recorded as male-to-female, 68 (60.2%) female-to-male and 3 (2.7%) as gender-nonconforming. In the

41 male-to-female transgender patients, 28 (68.3%) identified the encounter was for intentional self-harm with a pharmaceutical agent. Of the 68 female-to-male transgender patients 53 (77.9%) identified the primary reason for encounter as intent for self-harm with a pharmaceutical agent.

## Conclusions

Most toxicological consults in this cohort of transgender patients were for intentional pharmaceutical use intended for self-harm. In this small sample there were some age and transition differences in prevalence. Data describing sex and gender-specific differences in types of exposures/ingestions, as well as outcomes, may inform poisoning prevention practices as well as sex and gender-based management of patients.

