

Sexual orientation and sexual activity in a cohort of transgender individuals

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Aim: To describe the relation between gender identity, sexual orientation, and sexual activity in a cohort of transgender individuals.

Method: Retrospective study of the electronic medical records. The following variables were extracted: gender identity, sexual orientation, sexual activity, and gender identity of the sexual partners.

Results: 74 transgender individuals on active follow up were included: 38 assigned male at birth (AMAB) transwomen, 33 assigned female at birth (AFAB) transmen, and 2 AFAB non-binary gender queer (NBGQ) individuals. Of the 38 transwomen, 22 were not sexually active (12 describing their sexual orientation as heterosexual, 5 as asexual, 2 as bisexual, 1 as homosexual, and 1 as pansexual); 17 transwomen were sexually active (13 describing their sexual orientation as heterosexual and reporting their partners to be cismen, 3 as bisexual with the partners being cismen and ciswomen, and 1 as homosexual with her partners being ciswomen). Of the 33 transmen, 14 were not sexually active (5 heterosexuals, 4 homosexuals, 2 bisexuals, 2 asexuals, 1 declined to answer); 20 transmen were sexually active (16 heterosexuals with ciswomen partners, 3 homosexuals with cismen partners, 1 bisexual with cismen partners). 1 AFAB NBGQ person was sexually active, homosexual, in partnership with a cisman; the other AFAB NBGQ person was not sexually active, asexual.

Conclusion: The sexual orientation and experiences of transgender individuals are highly diverse. It is important not to make assumptions and to actively ask about them, to improve the sexual health care (STI screenings, vaccinations, indication for PrEP) of transgender individuals.