**Title:** “A Plausible Explanation of Increased Suicidal Behaviors among Transgender Youths through Interpersonal Theory of Suicide (IPTS): Case Series and Systematic Review”

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**Abstract**

**Background:** There is a growing wealth of data of suicidal behaviors (suicidal ideations and suicide attempts) among LGBTQ+ community particularly its subgroup such as transgender population that demonstrates a stark elevation in this minority, relative to its heterosexual counterpart despite increasing public awareness and early psychiatric intervention. Among the available theories of suicide, Interpersonal Theory of Suicide (IPTS) acknowledged by researchers with expanding research as a plausible explanation behind the theoretical framework of this increased suicidal behaviors among transgender youths. This systematic review and case series represent this framework.

**Methods:** We conducted systematic review using Pubmed and Psych Info. We reviewed about 78 articles and based on exclusion criteria, we eliminated non-English and irrelevant articles to narrow down to 20 articles relevant to our review that were published up to April 2020.

**Results:** From 20 relevant articles, it revealed that transgender youths experience significant elevated rates of suicidal behaviors (45-77%) as compared to cisgender youths (15%) that is about four to six-fold increase than general population and
exemplified the proposed theoretical framework with IPTS model. Contributing factors of IPTS model found similar in this case series: thwarted belongingness demonstrated by sense of rejection of transgender status by family and/or friends and community. This lead to social isolation and loneliness; perceived burdensomeness associated with self-hatred and feeling of being liable on other, in addition to an acquired capability for suicide. The IPTS theory explains the associated increased pain tolerance and losing fear of suicide leads, in fact, to lethal suicide attempt. Perceived burdensomeness appears to have greater correlation with developing suicidal behaviors than thwarted belongingness alone, but presence of both demonstrates the highest risk of suicidality in transgender youths.

**Conclusions:** Transgender youths are at extremely high risk of suicidal behaviors but there is little research devoted to the etiology and plausible explanation of this vulnerability. This review demonstrates that the triadic factor interactions of the IPTS model could help us to better understand these behaviors and direct our clinical interventions through multi-disciplinary practice to improve the outcome. Further research should focus on the clinical application of this framework to generalize in clinical trials in order to achieve ample data helps to mitigate risk factors among transgender youths.