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Title: Stigma and diurnal cortisol among transitioning transgender men

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Stigma and diurnal cortisol among transitioning transgender men

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#### Highlights

- Transitioning and non-transitioning stressors, as well as diurnal cortisol were assessed among 65 transgender men.
- Transitioning-related stressors predicted elevated awakening cortisol levels; non-transition-related stress did not.
- Findings speak to the need for supportive resources for trans men during transition.
- Future research must delineate further stress-disease links in transgender people.
- To reduce stigma –related stress, public must be educated about sex/gender diversity.

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