

# Johns Hopkins Psychiatrist: Transgender is 'Mental Disorder;' Sex Change 'Biologically Impossible'

August 20, 2014 - 12:34 PM

By [Michael W. Chapman](#)

(CNSNews.com) -- Dr. Paul R. McHugh, the former psychiatrist-in-chief for [Johns Hopkins Hospital](#) and its current Distinguished Service Professor of Psychiatry, said that transgenderism is a "mental disorder" that merits treatment, that sex change is "biologically impossible," and that people who promote sexual reassignment surgery are collaborating with and promoting a mental disorder.

Dr. McHugh, the author of six books and at least 125 peer-reviewed medical articles, made his remarks in a recent [commentary](#) in the *Wall Street Journal*, where he explained that transgender surgery is not the solution for people who suffer a "disorder of 'assumption'" – the notion that their maleness or femaleness is different than what nature assigned to them biologically.

He also reported on a new study showing that the suicide rate among transgendered people who had reassignment surgery is 20 times higher than the suicide rate among non-transgender people. Dr. McHugh further noted studies from Vanderbilt University and London's Portman Clinic of children who had expressed transgender feelings but for whom, over time, 70%-80% "spontaneously lost those feelings."

While the Obama administration, Hollywood, and major media such as *Time* magazine promote transgenderism as normal, said Dr. McHugh, these "policy makers and the media are doing no favors either to the public or the transgendered by treating their confusions as a right in need of defending rather than as a mental disorder that deserves understanding, treatment and prevention."

"This intensely felt sense of being transgendered constitutes a mental disorder in two respects. The first is that the idea of sex misalignment is simply mistaken – it does not correspond with physical reality. The second is that it can lead to grim psychological outcomes."

The transgendered person's disorder, [said Dr. McHugh](#), is in the person's "assumption" that they are different than the physical reality of their body, their maleness or femaleness, as assigned by nature. It is a disorder similar to a "dangerously thin" person suffering anorexia who looks in the mirror and thinks they are "overweight," said McHugh.