

Date 23/06/2026  
Your Ref  
Our Ref 11514

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Dear

## FREEDOM OF INFORMATION – DETRANSITIONING

I write in response to your request for information in relation to detransitioning.

Question:

1. What established and currently used detransition pathway does your service provide for detransitioners and desisters?
2. If no formal detransition pathway currently exists, is any detransition pathway presently being developed or established?
3. If a detransition pathway is currently established and being used, please provide:
  - o A copy of the pathway;
  - o Any related policies, procedures, guidance documents, or protocols used to support detransitioners and desisters;
  - o Any clinical standards or safeguarding procedures associated with this care.
4. If a detransition pathway is currently being established, please provide further information regarding:
  - o Who is involved in developing the pathway;
  - o Whether any third-party organisations, charities, advocacy groups, or external stakeholders are providing input;
  - o Whether lived experience input from detransitioners or desisters is being considered or utilised in the development process.

Answer:

Please see enclosed pathway.

Question:

5. Please provide the number of detransitioners and desisters:
  - o Currently using your services;
  - o Who have previously used your services;
  - o Referred to your services within the last five years.

Headquarters  
Mainpoint  
102 West Port  
Edinburgh EH3 9DN

Chair Professor John Connaghan CBE  
Chief Executive Professor Caroline Hiscox  
*Lothian NHS Board is the common  
name of Lothian Health Board*

6. Please provide information on how detransitioners and desisters are recorded or registered within your service, including but not limited to:
- Any DSM diagnostic classifications used;
  - Any ICD-10 or ICD-11 diagnostic or administrative coding used;
  - Any internal terminology, categories, or recording systems used to identify detransitioners or desisters within patient records.

Answer:

We are unable to provide the information related to these queries as this data is not routinely recorded in any database or spreadsheets. This information would only be recorded within individual clinical notes and not held in an extractable format. In order to identify patients that may be within this data, we would have to manually review all of our clinical notes, which would take a significant amount of time.

Under the Freedom of Information Act NHS Lothian is not required to create new records to enable it to respond to your enquiry. This information is not collated or held in aggregate form and it would be necessary to review all case files relating to patients over the period you have requested to assemble the information you seek. Even if NHS Lothian did this – and there would be significant cost implications in doing so – it would be unable to respond in full to your request. The information requested is therefore exempt under section 12.1 – Cost.

Question:

7. Please also provide any available data, reports, audits, reviews, or internal assessments relating to detransitioners and desisters within your service.

Answer:

We have not yet undertaken audit work relating to detransitioners and desisters within our service so do not have data, audits or reports to provide at this time. As per Section 17 of the Freedom of Information (Scotland) Act 2002 formally I must advise we do not hold this information.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at [www.itspublicknowledge.info/Appeal](http://www.itspublicknowledge.info/Appeal). If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.



If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

**ALISON MACDONALD**  
**Executive Director, Nursing**  
Cc: Chief Executive  
Enc.

# Chalmers Gender Identity Clinic: Detransitioning Pathway

## What is meant by detransitioning?

This has been described as the process of discontinuing or reversing a gender transition, often in connection with a change in how the individual identifies or conceptualises their sex or gender from when they started to transition (MacKinnon et al 2023 ).

**Pathway for people considering or wanting to detransition.** This is a process and will be individual for each person

