**Appendix A. Protocol: Transgender Male**

| **Year** | **Study** | **Participants** | **Age (years)** | **Medication** | **Duration of Treatment** |
| --- | --- | --- | --- | --- | --- |
| 2015 | Deutsch *et al. [1]* | 31 | 29 ± 6.9 | Testosterone cypionate 200 mg weekly IM | 6 months |
| 2015 | van Caenegem *et al. [2]* | 23 | 27 ± 9 | TU 1,000 mg/12 weeks IM | 12 months |
| 2014 | Pelusi *et al. [3]* | 45 | 27.9-33.9;26.6-32.1;25.6-30.9 | Testosterone enanthate 100 mg/10 days IM; testosterone gel 50 mg/day TTS; TU 1,000 mg/6-12 weeks IM | 12 months |
| 2014 | Wierckx *et al. [4]* | 53 | 27.3 ± 8.5 | TU 1,000 mg/6-12 weeks IM | 12 months |
| 2010 | Mueller *et al. [5]* | 45 | 30.4 ± 9.1 | TU 1,000 mg IM/12 weeks IM | 12 months |
| 2010 | Cupisti *et al. [6]* | 45 | 29.9 (CI 27.8-32.0) | TU 1,000 mg/12 weeks IM | 12 months |
| 2009 | Perrone *et al. [7]* | 27 |  | Testosterone enanthate 100 mg/10 days IM | 12 months |
| 2007 | Haraldsen *et al. [8]* | 21 | 25.1 ± 4.8 | Testosterone enantate 250 mg/3 weeks IM | 12 months |
| 2007 | Mueller *et al. [9]* | 35 | 29.6 ± 9.0 | TU 1,000 mg/3 months IM | 12 months |
| 2006 | Berra *et al. [10]* | 16 | 30.4 ± 5.4 | Testosterone enanthate 100 mg/10 days IM | 6 months |
| 2004 | Giltay *et al. [11]* | 81 | median 36.7 (range 21-61) | Sustanon 250mg/2 weeks (n = 61); TU 240 mg/day OR (n = 20) | 3-4 months |
| 2003 | Elbers *et al. [12]* | 17 | 23 ± 5 | Sustanon 250mg/2 weeks IM | 12 months |
| 1998 | Giltay *et al. [13]* | 15 | median 23 (range 16-33) | Sustanon 250mg/2 weeks IM | 12 months |
| 1997 | Elbers *et al. [14]* | 10 | 24 ± 6 | Sustanon 250mg/2 weeks IM | 12 months |
| 1997 | Elbers *et al. [15]* | 15 | 23 ± 5 | Sustanon 250mg/2 weeks IM | 12 months |

Abbreviations: TU, testosterone undecanoate; IM, intramuscular; TTS, transdermal; OR, oral

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**Appendix B. Protocol: Transgender Female**

| **Year** | **Study** | **Participants** | **Age (years)** | **Medication** | **Duration of Treatment** |
| --- | --- | --- | --- | --- | --- |
| 2016 | Gava *et al. [1]* | 40 |  | CPA 50 mg/day or leuprolide acetate 3,75 mg/month IM + Estradiol 1-2 mg TTS | 12 months |
| 2015 | Deutsch *et al. [2]* | 16 | 29 ± 9.4 | Spironolactone 100 mg/day OR+ 17Estradiol 2 mg 2 dd OR (n=14) or 17-β Estradiol patch 100 mcg/day TTS (n= 1) or Estradiol valerate 20 mg/2 weeks IM (n= 1) | 6 months |
| 2014 | Wierckx *et al. [3]* | 53 | 31.7 ± 14.8 | CPA 50 mg/day OR + Estradiol valerate 4 mg/day OR (n = 40) or 17-β Estradiol patch 100 mcg/24 hours TTS (n = 13) | 12 months |
| 2011 | Mueller et al. [4] | 84 | 36.3 ± 11.3 | 3.8 mg goserelin acetate/4 weeks + Estradiol valerate 10 mg/10 days IM | 12 months |
| 2007 | Haraldsen *et al. [5]* | 12 | 29.3 ± 7.8 | 50 mcg Ethinylestradiol OR | 12 months |
| 2003 | Elbers *et al. [6]* | 20 | 26 ± 6 | 100 mg CPA\*\*+ 100 mcg Ethinylestradiol OR | 12 months |
| 1999 | Elbers *et al. [7]* | 20 | 26 ± 6 | 100 mg CPA \*\*+ 100 mcg Ethinylestradiol OR | 12 months |
| 1998 | Giltay *et al. [8]* | 18 | median 27 (range 18-37) | 100 mg CPA\*\*+ 100 mcg Ethinylestradiol OR | 12 months |
| 1997 | Elbers *et al. [9]* | 17 | 26 ± 7 | 100 mg CPA\*\*+ 100 mcg Ethinylestradiol OR | 12 months |

Abbreviations: CPA, cyproterone acetate; OR, oral; TTS, transdermal; IM, intramuscular; OR, oral

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