

# The Cass Review

Independent review  
of gender identity  
services for children  
and young people



# Cass Report: Calls for Action

- Data collection
- Research-clinical partnership
- Attention to the family
- Complex unmet needs
- Psychosocial interventions

# PROTECTING YOUTH MENTAL HEALTH

*The U.S. Surgeon General's Advisory*

2021

# Our Epidemic of Loneliness and Isolation

2023

The U.S. Surgeon General's Advisory on the  
Healing Effects of Social Connection and Community



# Cass Report: Calls for Action

- Data collection

## **As Time Goes By**

### Current Status and Future Directions in the Controversy Over Stenting

Sanjay Kaul, MD, FACC, Prediman K. Shah, MD, FACC, George A. Diamond, MD, FACC  
*Los Angeles, California*

Drug-eluting stents (DES) have dramatically transformed the landscape of interventional cardiology largely on the basis of empirical evidence showing profound reduction in angiographic and clinical restenosis without any significant increase in adverse events. Recent data, however, raise questions regarding the increased risk of late stent thrombosis associated with DES in more complex lesions and higher-risk patients than those evaluated in the initial clinical trials or Food and Drug Administration-approved indications, the challenge of continuing long-term antiplatelet therapy, and the danger of early discontinuation of antiplatelet therapy. We herein review the current status of this controversy, describe the additional evidence needed for its resolution, and offer recommendations for regulatory reform and 3 specific recommendations to encourage evidence-based patient management: 1) an emphasis on medical therapies with proven long-term benefit; 2) the use of kinetic modeling to estimate long-term outcomes of therapies based on the available near-term data; and 3) the restructuring of reimbursement incentives to encourage the use of evidence-based clinical management strategies. (J Am Coll Cardiol 2007;50:128-37) © 2007 by the American College of Cardiology Foundation

# Uncertainty in Decision Making in Medicine: A Scoping Review and Thematic Analysis of Conceptual Models

Marieka A. Helou, MD, MPH, Deborah DiazGranados, PhD, MS, Michael S. Ryan, MD, MEHP, and John W. Cyrus, MLIS

## Abstract

### Purpose

The practice of medicine is rarely straightforward. Data used to facilitate medical decision making may be conflicting, ambiguous, or scarce, and providing optimal care requires balancing clinicians' expertise and available evidence with patients' preferences. To explore uncertainty in decision making across disciplines, the authors performed a scoping review and thematic analysis of the literature to formulate a model describing the decision-making process in medicine under uncertain conditions.

### Method

In 2016, the authors performed a comprehensive search of key databases

using a combination of keywords and controlled vocabulary. They identified and reviewed 3,398 records. After applying their inclusion and exclusion criteria to the titles and abstracts and then full texts, 19 articles were selected. The authors applied a qualitative thematic analysis to these articles, using codes to extract themes related to uncertainty in decision making.

### Results

The 19 articles spanned 6 fields of study and 5 disciplines within the health sciences. The thematic analysis revealed 6 main themes: recognition of uncertainty, classification of uncertainty, stakeholder perspectives, knowledge

acquisition, decision-making approach, and evaluation of the decision-making process.

### Conclusions

Based on the themes that emerged from their thematic analysis of the literature characterizing the effects of uncertainty and ambiguity on the decision-making process, the authors developed a framework depicting the interplay between these themes with a visual representation of the decision-making process under uncertain conditions. Future research includes further development and validation of this framework to inform medical school curricula.

The core predicament of medicine—the thing that makes being a patient so wrenching, being a doctor so difficult, and being a part of society that pays the bills they run up so vexing—is uncertainty. . . . Medicine's ground state is uncertainty. And wisdom—for both the patients and doctors—is defined by how one copes with it.

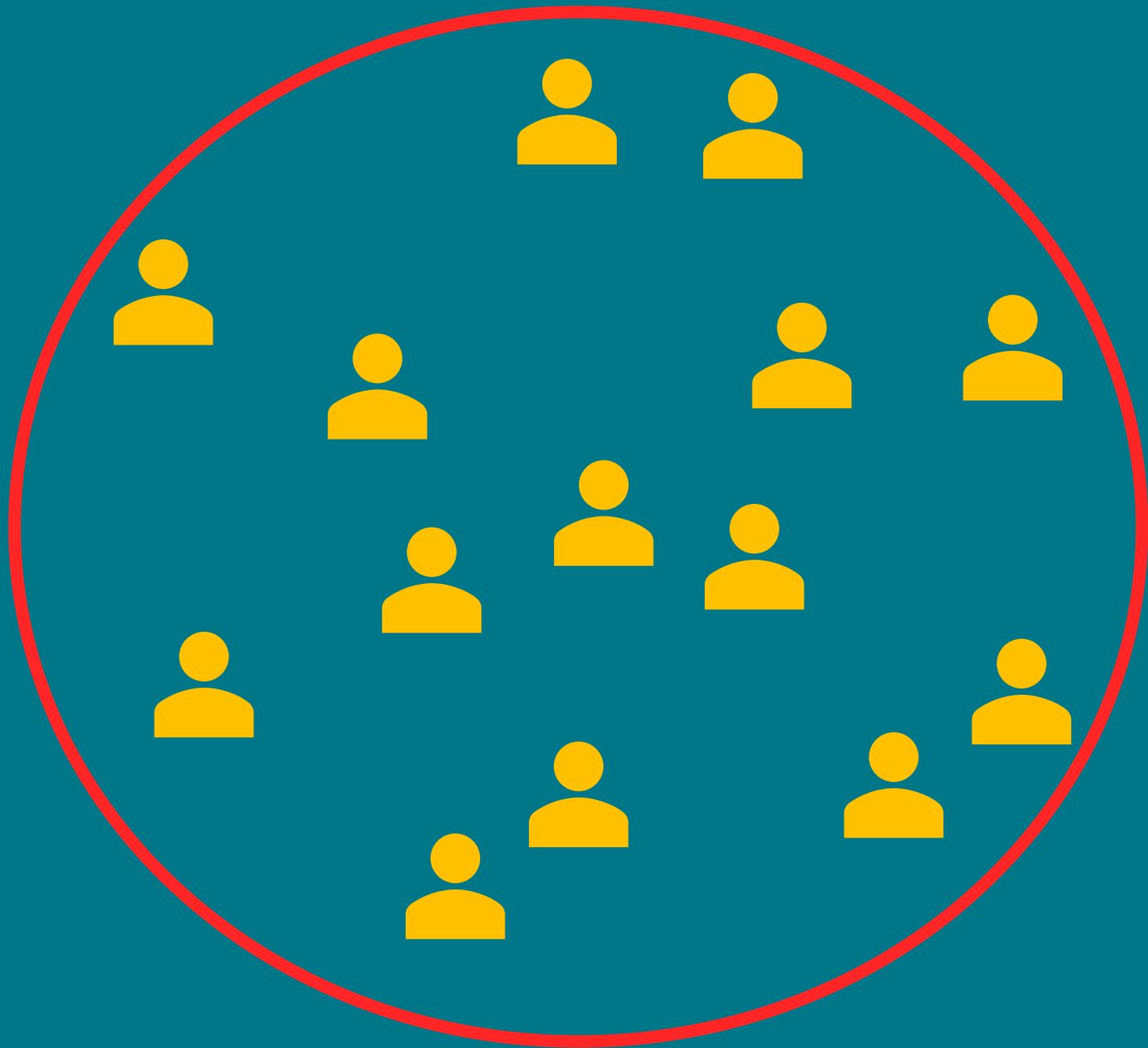
—Atul Gawande<sup>1</sup>

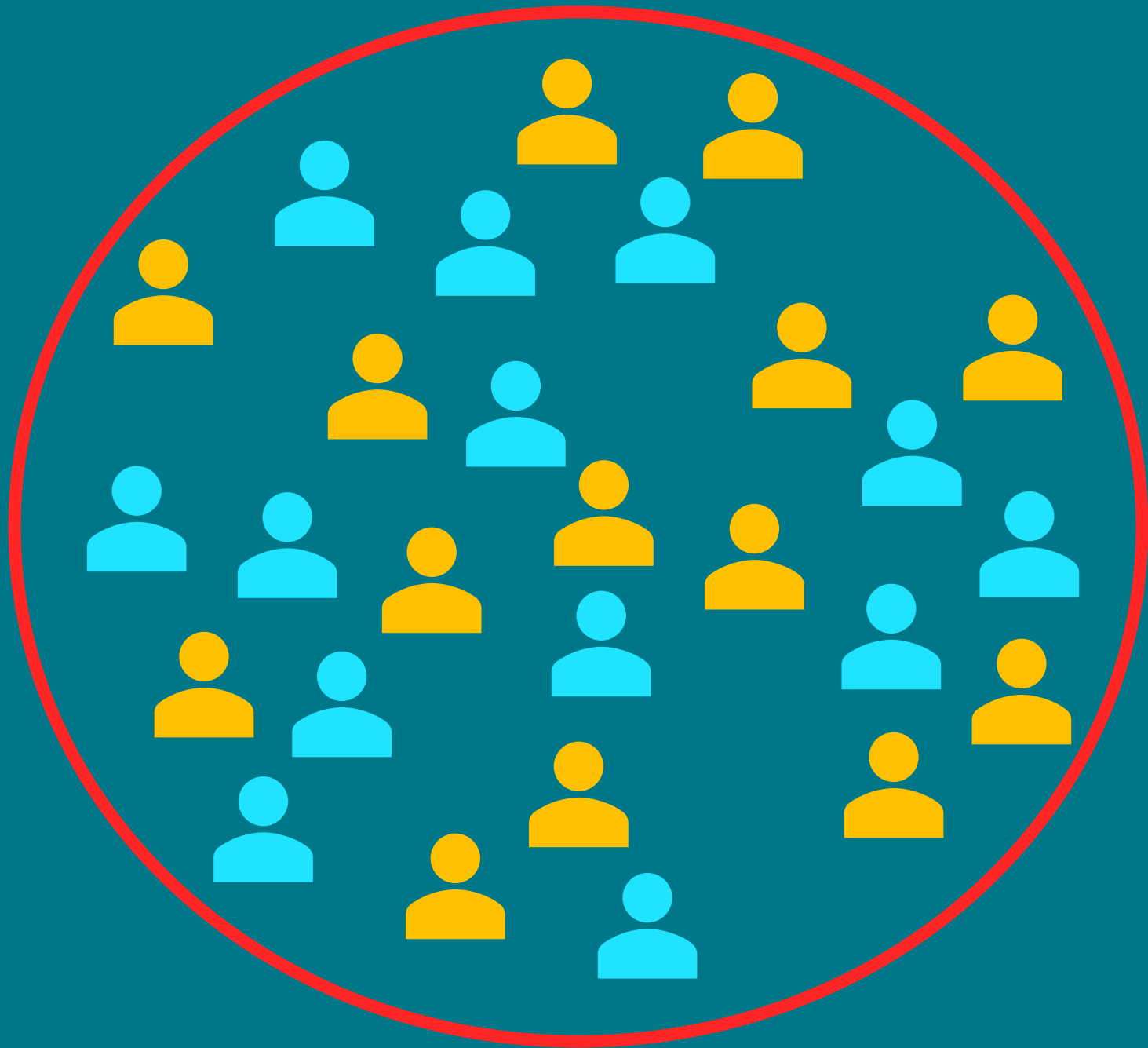
cost of the care.<sup>2</sup> Data used to facilitate decision making may be conflicting, ambiguous, or scarce, and providing optimal care requires balancing clinicians' expertise and the available evidence with patients' preferences. Collectively, researchers attribute these challenges to the uncertainty inherent in medicine.<sup>3</sup>

Uncertainty affects the clinical decision-


psychological distress, and subspecialty choice in medical students.<sup>8-11</sup>


In medical education, managing uncertainty and tolerance for ambiguity are often taught indirectly through observation, role modeling, and informal curricular experiences.<sup>3,12</sup> While these informal experiences may be beneficial, the medical education community





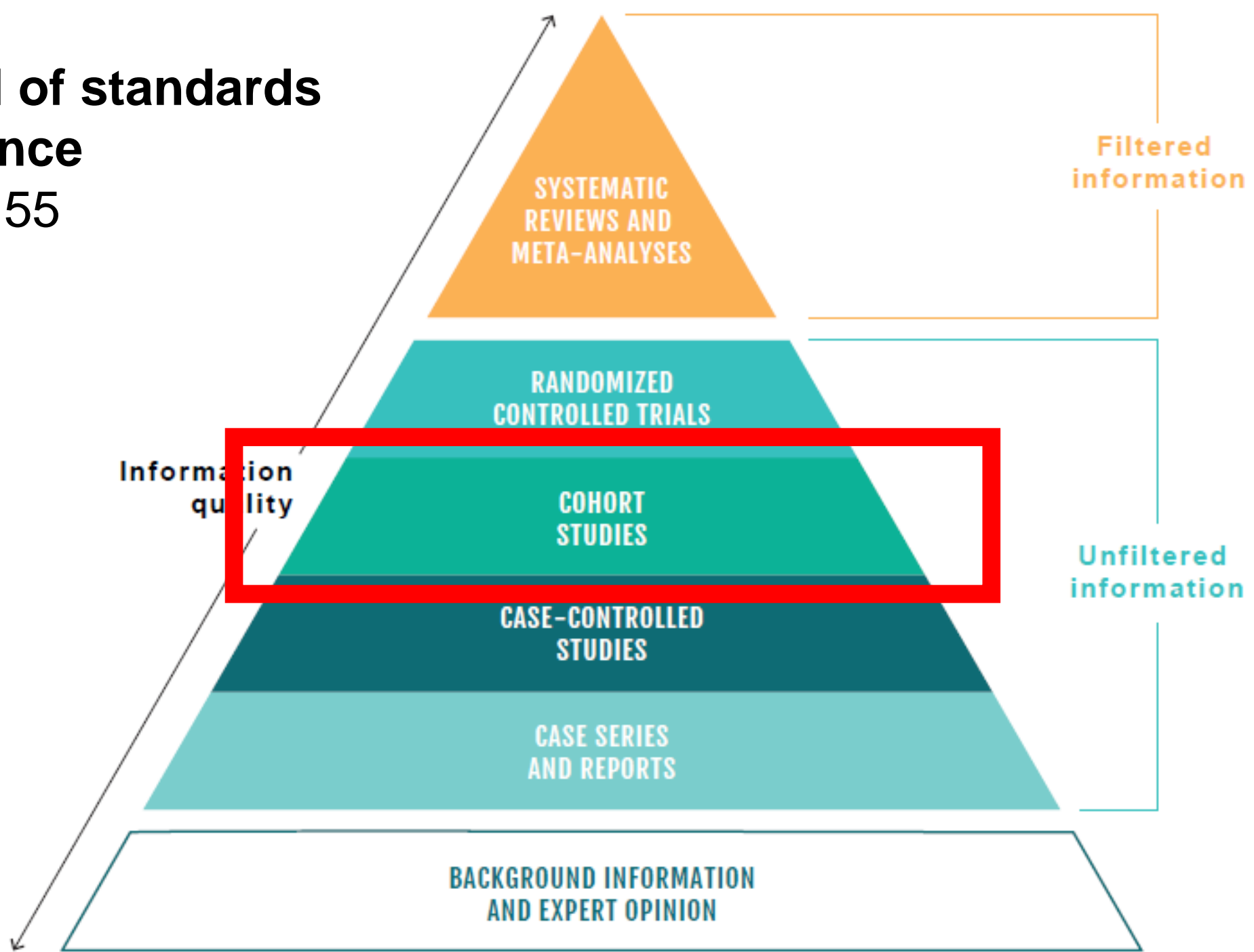


- 
- Mental health didn't improve
  - Mental health improved

- 
- Mental health didn't improve
  - Mental health improved
  - Unable to successfully pass
  - Not enough support
  - Romantic rejection

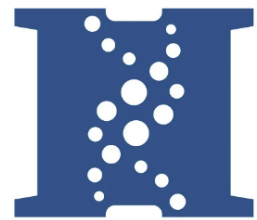
# Pyramid of standards of evidence

Cass, p. 55

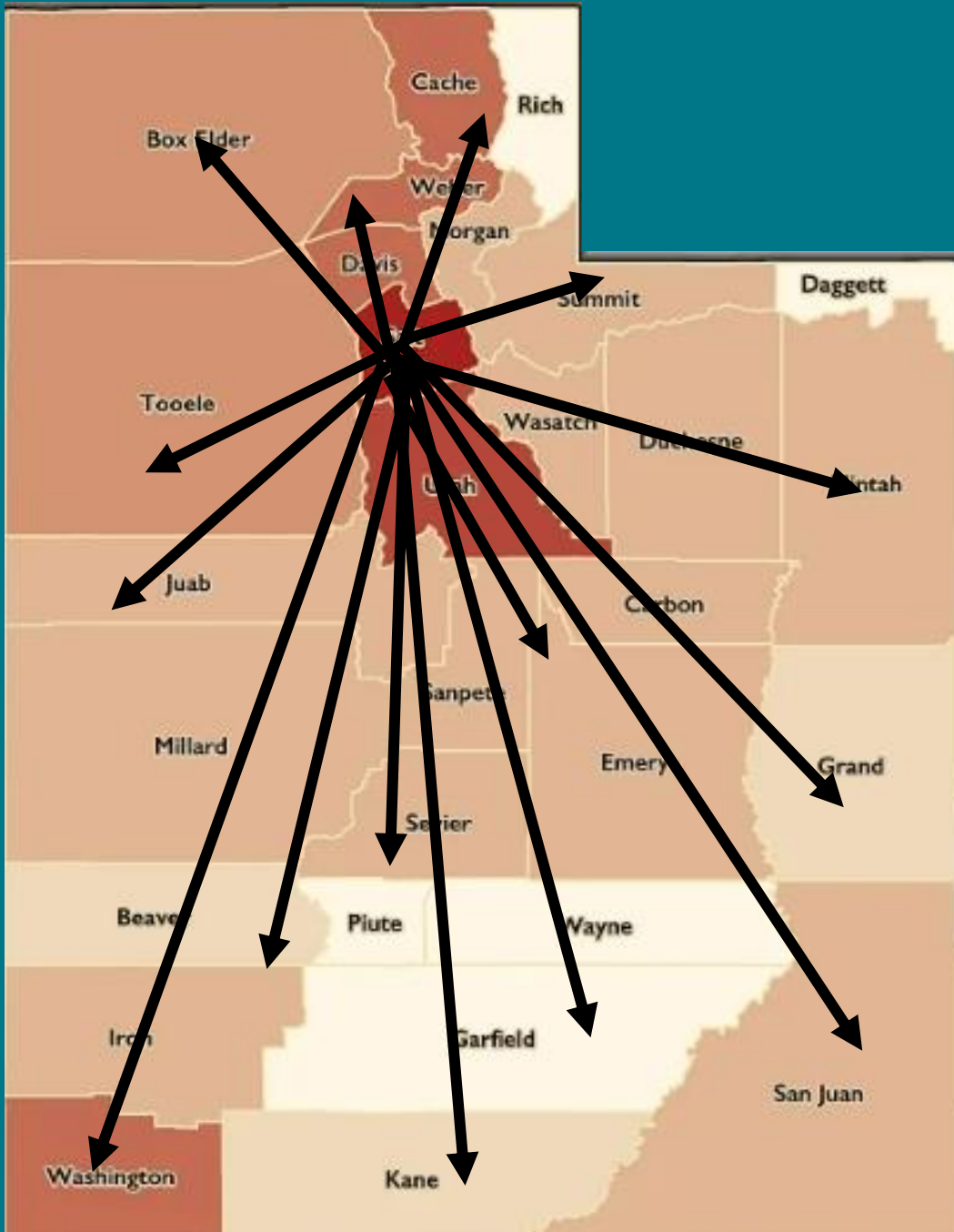


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- Research-clinical partnership



UNIVERSITY OF UTAH  
**HUNTSMAN**  
CANCER INSTITUTE



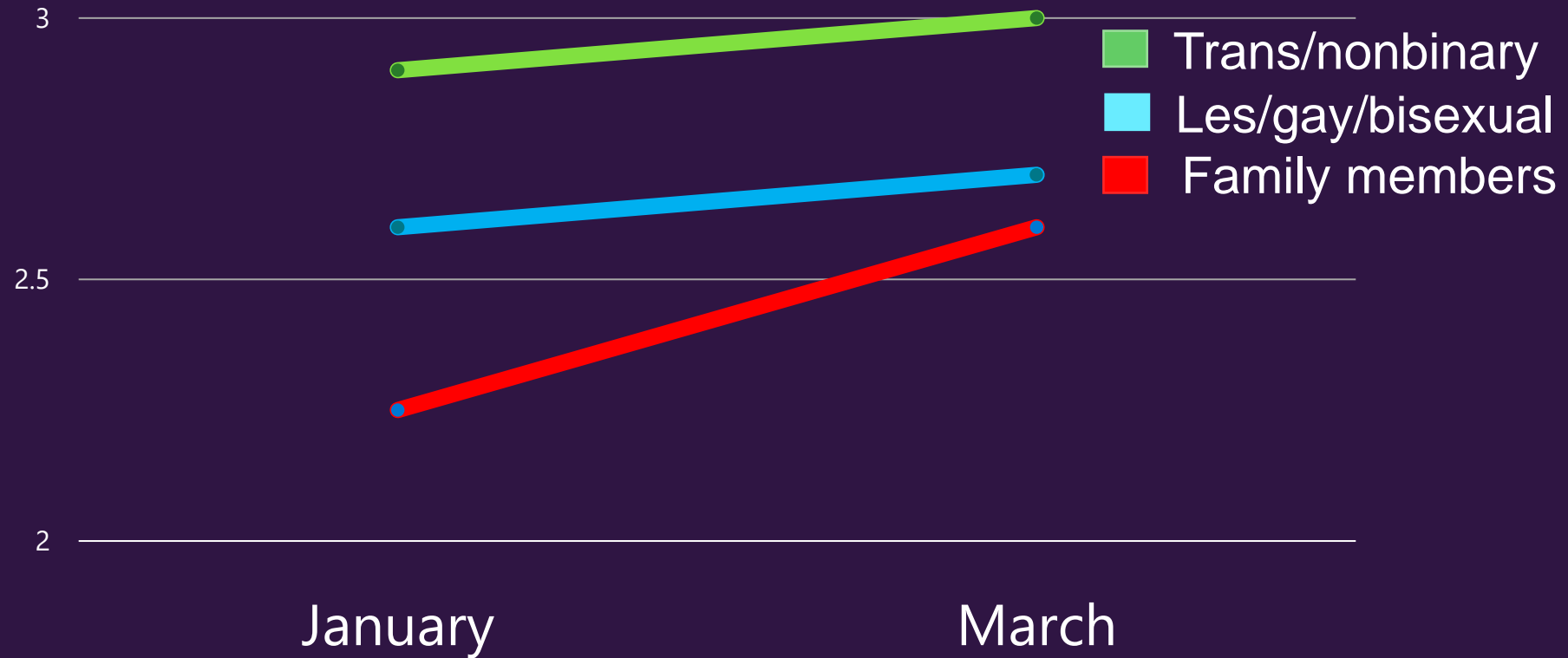
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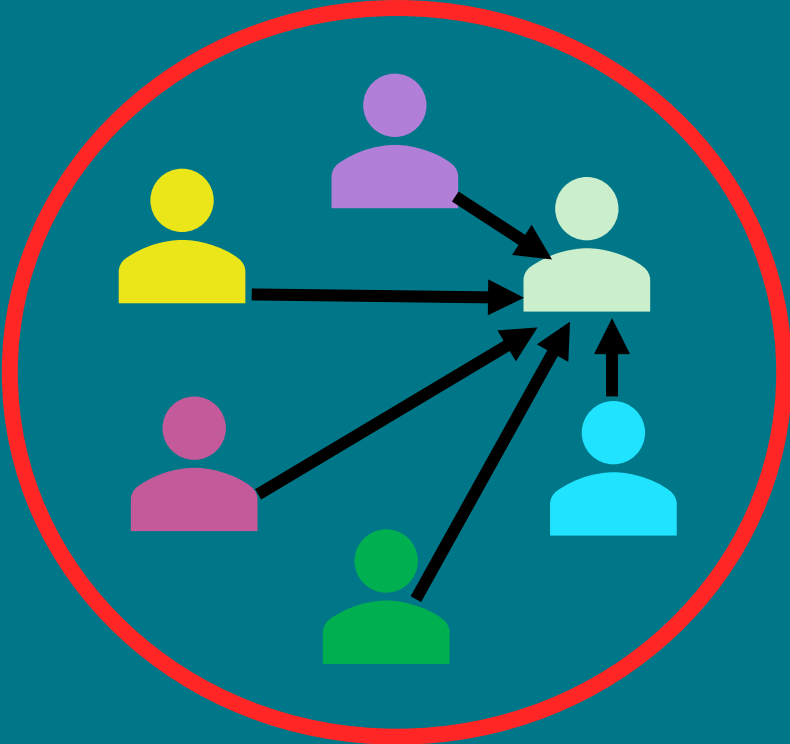
# Utah PULSE Study: N = 1914

- 40% lesbian/gay/bisexual and cisgender
- 25% transgender or nonbinary
- 32% cisgender-hetero family members
- 23 different counties

# Change in Depression

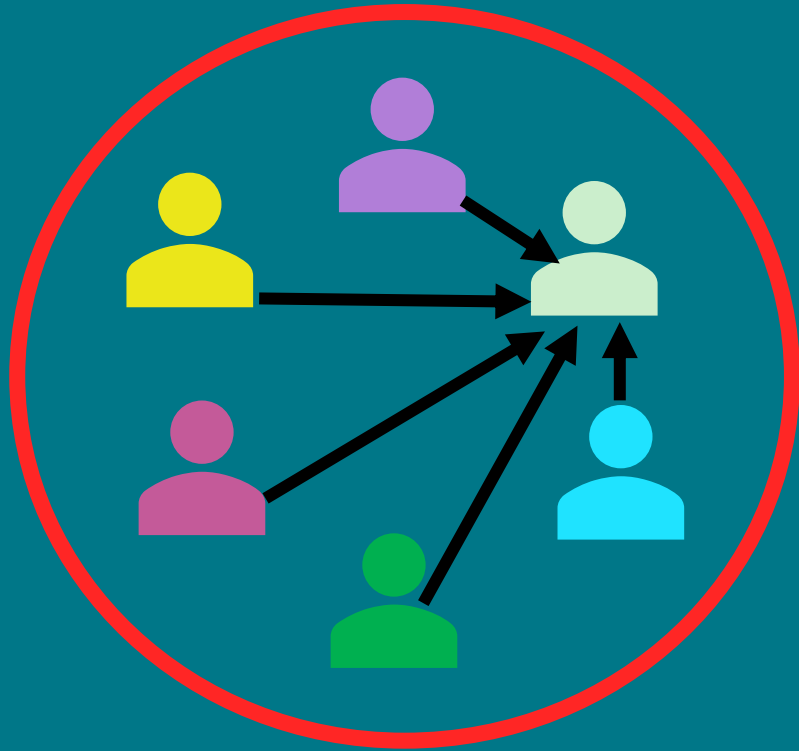


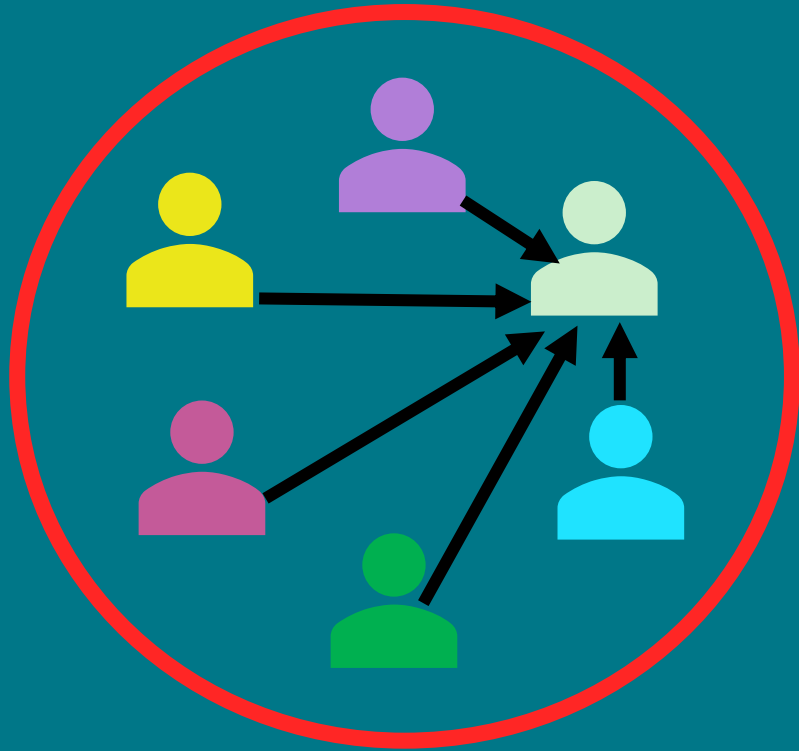




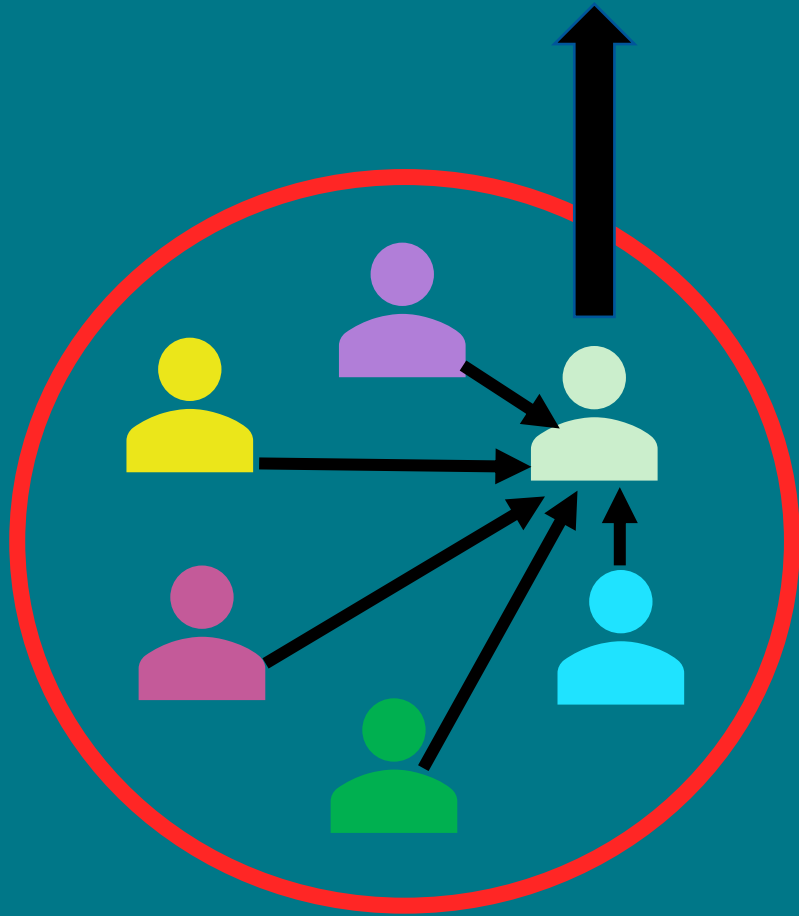




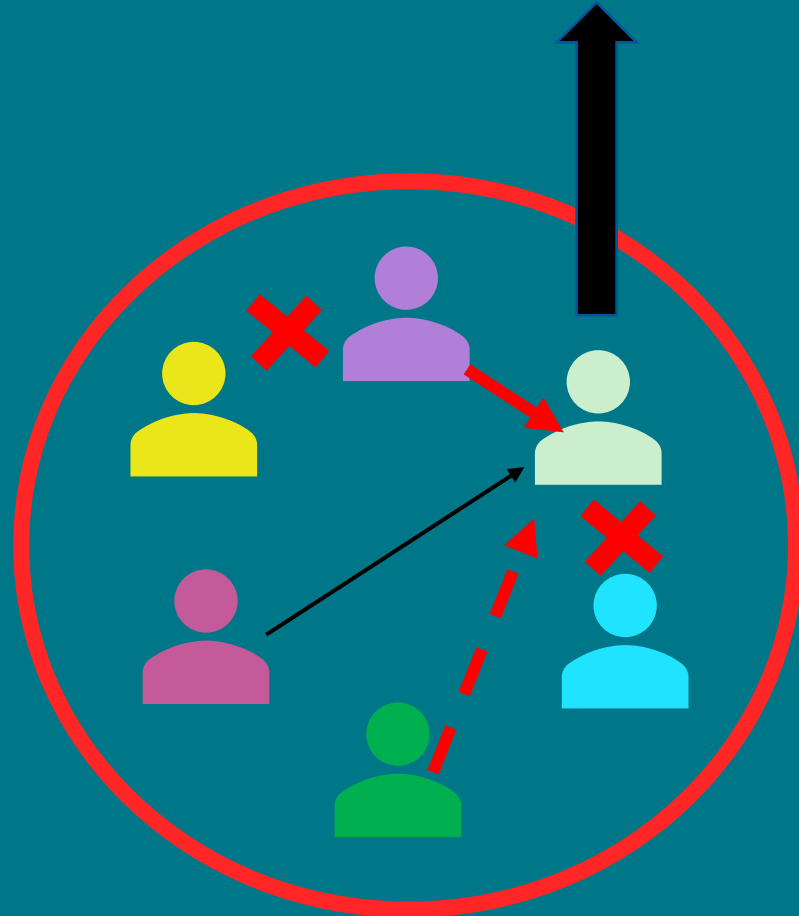




Outcome?



Outcome?

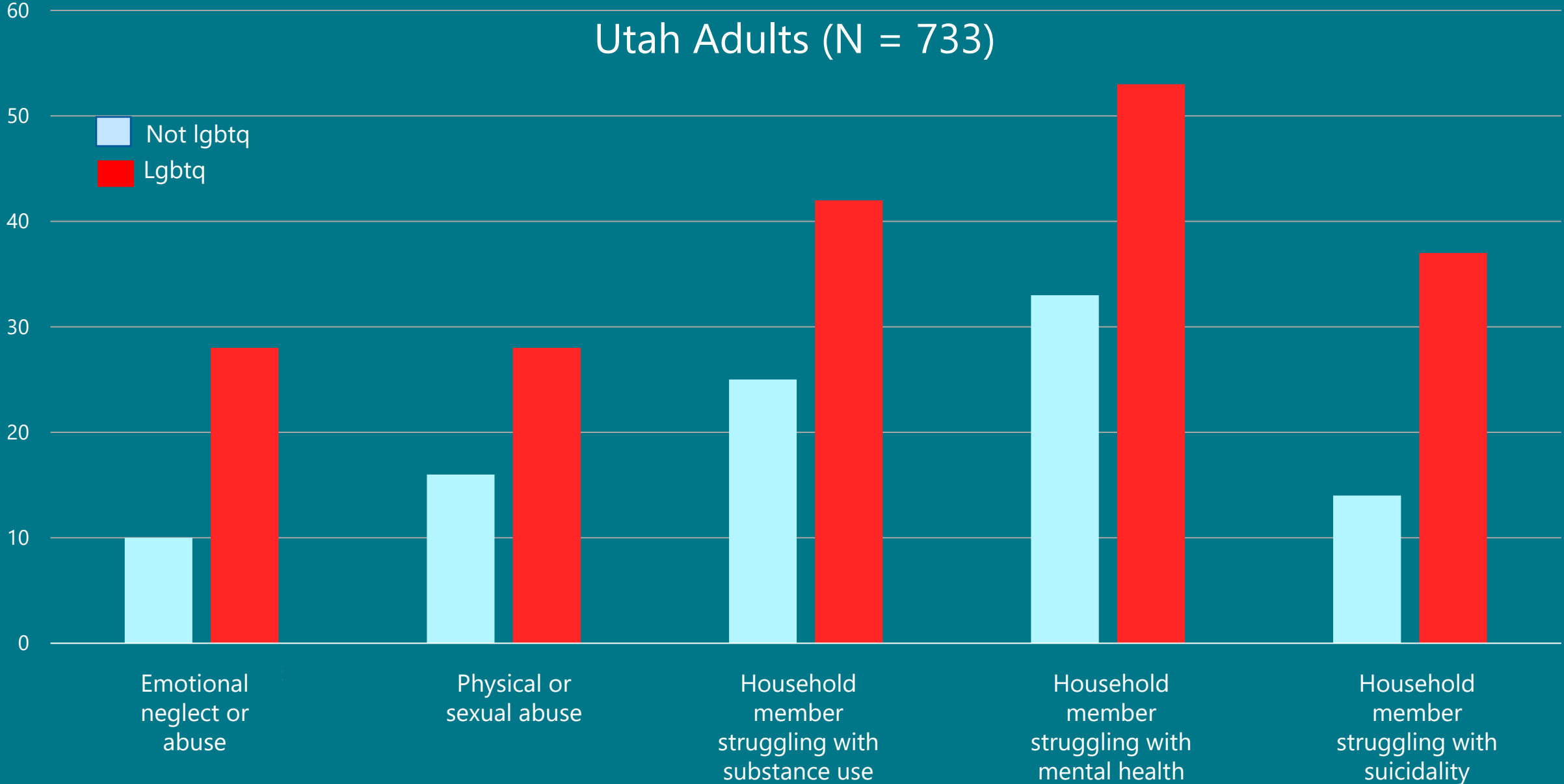




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# Utah Adults (N = 733)



**Figure 29: Holistic needs assessment - essential components**



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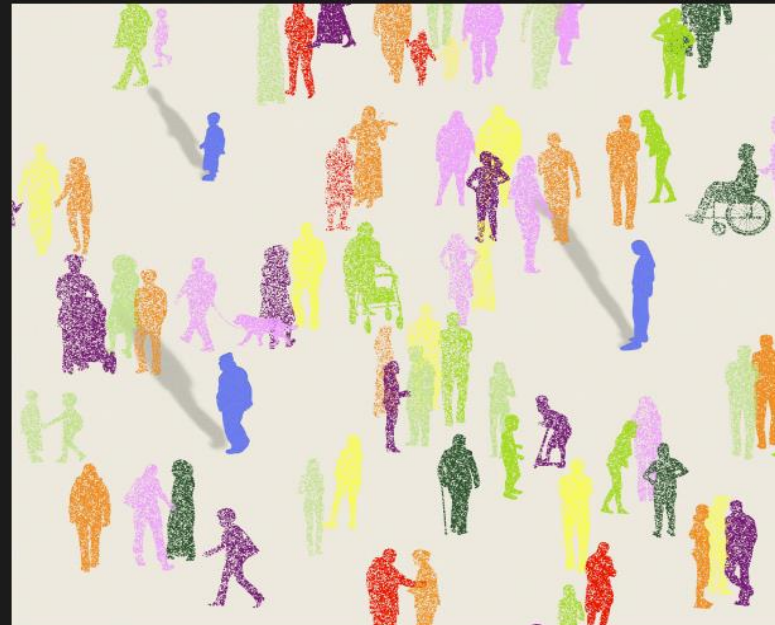
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## Our Epidemic of Loneliness and Isolation



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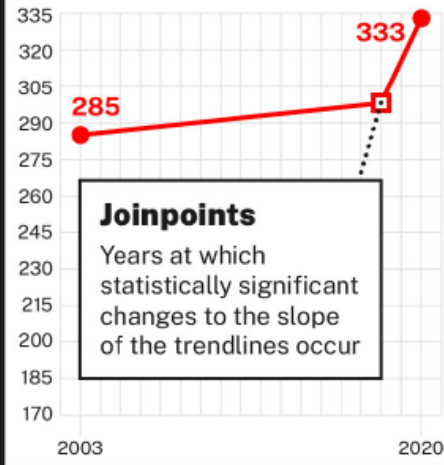


### The Cass Review

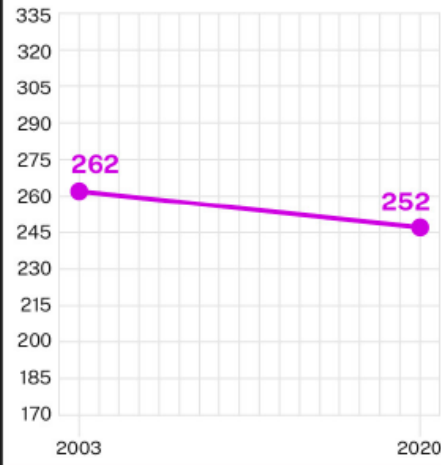
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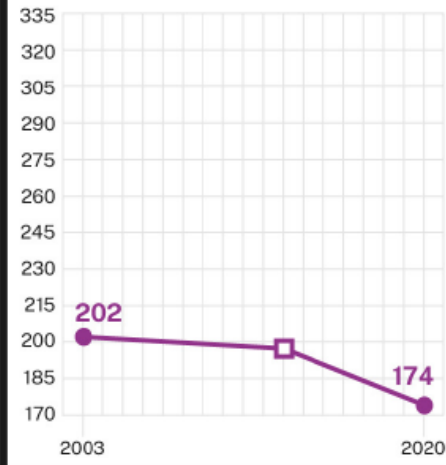
ANNUAL DAILY AVERAGE IN MINUTES



**Social Isolation**  
an increase of  
**24 hours** per month



**Household Family Social Engagement**  
a decrease of  
**5 hours** per month



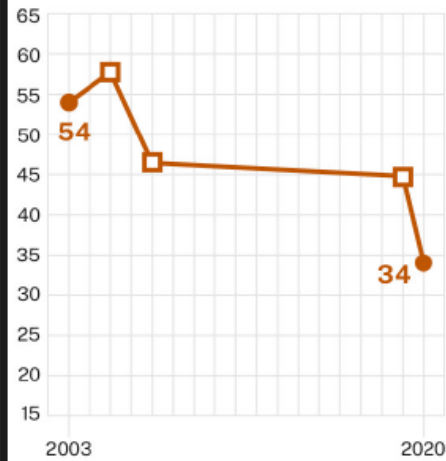
**Companionship**  
a decrease of  
**14 hours** per month  
Companionship refers to shared leisure for the sake of enjoyment and intrinsic satisfaction



**Social Engagement with Friends**  
a decrease of  
**20 hours** per month



**Non-Household Family Social Engagement**  
a decrease of  
**6.5 hours** per month



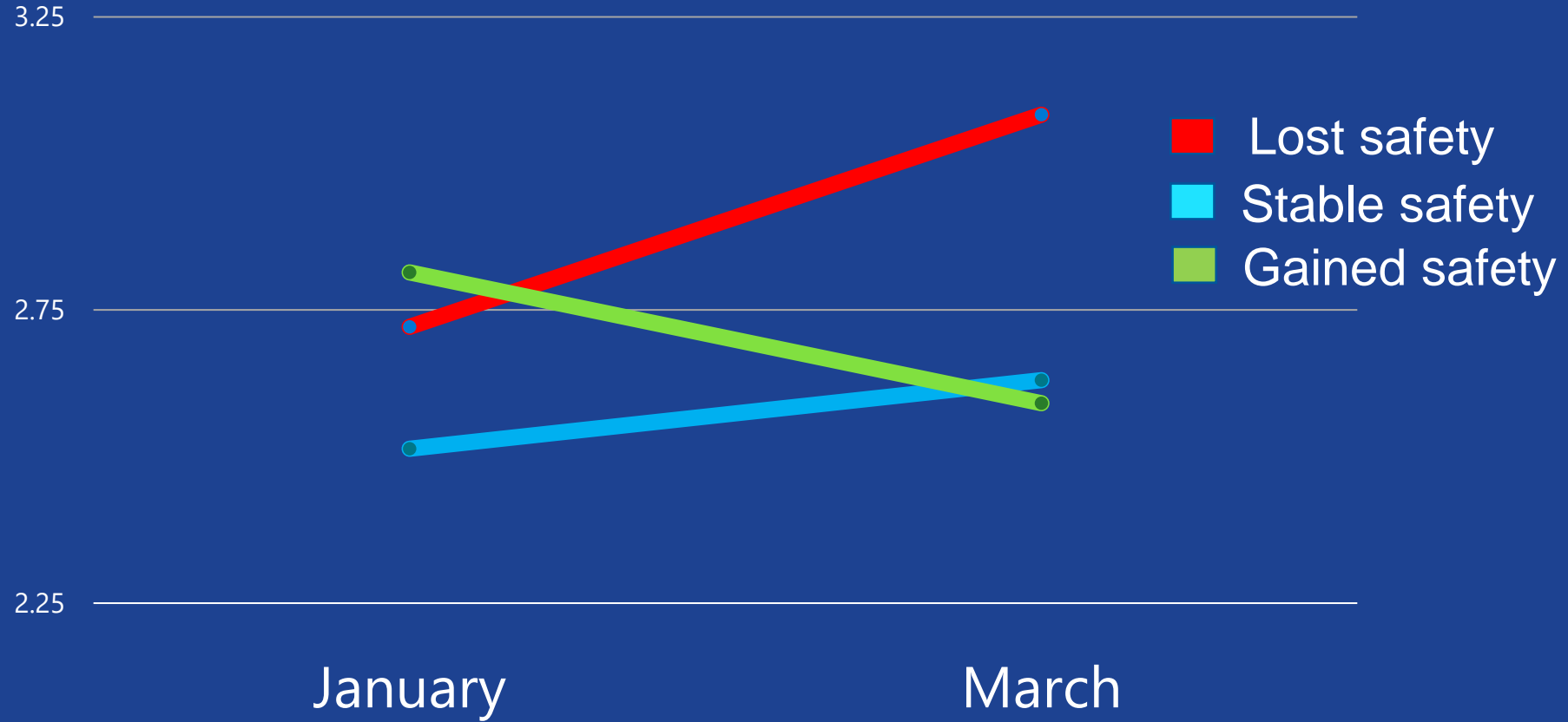
**Social Engagement with Others**  
a decrease of  
**10 hours** per month

## Suicidality and Self-Harm

“Social isolation is arguably the strongest and most reliable predictor of suicidal ideation, attempts, and lethal suicidal behavior among samples varying in age, nationality, and clinical severity.”<sup>169</sup>

2010 Study, “The Interpersonal Theory of Suicide”

# Change in Depression





# HUNTSMAN MENTAL HEALTH INSTITUTE

## REGISTRATION FOR THE 2024 SUMMER CAMP IS NOW OPEN

[Register today](#)

### About Camp Brave'n'Bold

Brave and Bold Camp, (Camp Brave'n'Bold for short), is a ropes course and community-based summer program designed for 12-18 year-olds across the gender spectrum. The camp offers a unique approach to building social connections and offering recreational opportunities to campers in support of building community and relationships across the Wasatch Front. Our hope is that this camp will enable each camper to make numerous friends and feel more comfortable reaching out to others with the safety and support of a community.

The University of Utah Health Huntsman Mental Health Institute is committed to advancing mental health knowledge, hope, and healing for all. Our vision is to free the world from mental health stigma, bring an end to suffering, and integrate mind and body to improve life for every person.

You can view a sample daily and weekly schedule below.

## Cass Report

## Surg. Gen. Advisory: Social disconnection

## Surg. Gen. Advisory: Youth mental health

- Longitudinal data
- Research-clinical partnership
- Family ties
- Complex unmet needs
- Psychosocial interventions

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**Utah is facing a once-in-a-generation challenge.**

**Let's meet it.**

