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## EDUCATION

- 2021 – Present** Ph.D., Human Development and Family Sciences.  
The University of Texas at Austin, Austin, TX  
Advisor: Stephen T. Russell, Ph.D.
- 2021 – 2023** M.A., Human Development and Family Sciences  
The University of Texas at Austin, Austin, TX  
Thesis: Differences and Similarities in Mental Health Trajectories Between Sexual and Gender Minority Youth  
Advisor: Stephen T. Russell, Ph.D.  
Committee: Drs. Sae Hwang Han, Elma Lorenzo-Blanco, Maria Monge, Stephen T. Russell
- 2017 - 2019** M.S., Psychiatry and Behavioral Sciences.  
Universidade Federal do Rio Grande do Sul, UFRGS, Porto Alegre, Brazil  
Thesis: Childhood trauma and stigma experience and the impact of traumatic events on the serum concentration of inflammatory cytokines in individuals with Gender Dysphoria (DSM-5)  
Advisor: Maria Inês Rodrigues Lobato, M.D., Ph.D.
- 2014 - 2017** Residency Program in Psychiatry.  
Universidade Federal da Fronteira Sul, UFFS, Passo Fundo, Brazil
- 2008 - 2013** M.D., Universidade Católica de Pelotas, UCPEL, Pelotas, Brazil

## RESEARCH AREAS

Sexual and Gender Minority Mental Health and Well-being, Sexual Identity Discrimination, Minority Stress Theory, Gender Identity Development.

## PUBLICATIONS

### PEER-REVIEW MANUSCRIPTS (\* published in Portuguese)

- Real, A. G.,** Russell, S. T. (2023) 40. Diversity of Gender Identity Trajectories in Transgender and Gender Diverse Youth: Is the Frequency of Gender Identity Variability associated with Mental Health? *Journal of Adolescent Health.* v. 72, n. 3, p. S14, 2023. doi: [10.1016/j.jadohealth.2022.11.059](https://doi.org/10.1016/j.jadohealth.2022.11.059)

**Real, A.G.**, Fontanari, A. M. V.; Costa, A. B.; Soll, B. M. B.; Bristot, G.; Oliveira, I. F.; Kamphorst, A. M.; Schneider, M. A.; Lobato, M. I. R. (2021). Gender dysphoria: prejudice from childhood to adulthood; but no impact in inflammation. A cross-sectional controlled study. *Trends in Psychiatry and Psychotherapy*. doi: [10.47626/2237-6089-2020-0007](https://doi.org/10.47626/2237-6089-2020-0007).

Schneider, M. A.; Spritzer, P. M.; Minuzzi, L.; Frey, B. N.; Syan, S. K.; Fighera, T. M.; Schwarz, K.; Costa, A. B.; Da Silva, D. C.; Garcia, C. C. G.; Fontanari, A. M. V.; **Real, A. G.**; Anes, M.; Castan, J. U.; Cunegatto, F. R.; Lobato, M. I. R. (2019). Effects of Estradiol Therapy on Resting-State Functional Connectivity of Transgender Women After Gender-Affirming Related Gonadectomy. *Frontiers in Neuroscience*. v.13, p.1 - 12, 2019. doi: [10.3389/fnins.2019.00817](https://doi.org/10.3389/fnins.2019.00817).

Fontanari, A. M. V.; Vianna, L. L.; Schneider, M.; Soll, B. M. B.; Schwarz, K.; Da Silva, D. C.; **Real, A. G.**; Costa, A. B.; Lobato, M. I. R. (2019). A Retrospective Review of Medical Records of Laboratory-Tested Sexually Transmitted Infections of Transsexual Men from Southern Brazil. *Archives of Sexual Behavior*. doi: [10.1007/s10508-019-1395-8](https://doi.org/10.1007/s10508-019-1395-8).

Soll, B. M. B.; Brandelli Costa, A.; Vaitses Fontanari, A. M.; Chinazzo, I. R.; Da Silva, D. C.; Schwarz, K.; Schneider, M. A.; Bridi Filho, C. A. N.; Garcia De Garcia, C.; **Real, A. G.**; Tramontina, S.; Lobato, M. I. R. (2019). Use of the House-Tree-Person Projective Drawings and Parental Styles Inventory in the Global Psychological Evaluation of Transgender Youth Who Seek Healthcare at the Gender Identity Program. *Frontiers in Psychology*. doi: [10.3389/fpsyg.2019.02488](https://doi.org/10.3389/fpsyg.2019.02488).

**Real, A.G.**; Fontanari, A. M. V.; Costa, A. B.; Bristot, G.; De Oliveira, L. F.; Kamphorst, A. M.; Schneider, M. A.; Lobato, M. I. R. (2019). Gender Dysphoria: Lifetime Prejudice without Inflammatory Impact. A Case-Control Study. *International Journal of Sexual Health*. v.31. doi: [10.1080/19317611.2019.1661941](https://doi.org/10.1080/19317611.2019.1661941).

Real, L. H. G.; Jansen, K.; Moreira, F. P.; **Real, A. G.** (2019) HIV/AIDS patients adherence to antiretroviral therapy and the impact of the use of psychoactive substances. *Revista Eletrônica Acervo Em Saúde*. doi: [10.25248/reas.e640.2019](https://doi.org/10.25248/reas.e640.2019).

Vaitses Fontanari, A.M.; Lemos Vianna, L.; Schneider, M.; Machado Borba Soll, B.; Schwarz, K.; Cardoso Da Silva, D.; **Real, A. G.**; Brandelli Costa, A.; Lobato, M. I. R. (2018) Hospital-based STIs prevalence and associated factors in transgender men from southern Brazil. *Journal of Sexual Medicine*. doi: [10.1016/j.jsxm.2018.04.050](https://doi.org/10.1016/j.jsxm.2018.04.050).

Vaitses Fontanari, A. M.; Costa, A. B.; Zanella, G.; Feijo, M.; Schwarz, K.; Soll, B. M. B.; Cardoso, D.; Schneider, M.; **Real, A. G.**; Lobato, M. I. R. (2018) AIDS related care for transgender people: a systematic review. *Journal of Sexual Medicine*. v.15, p.S286. doi: [10.1016/j.jsxm.2018.04.356](https://doi.org/10.1016/j.jsxm.2018.04.356).

Lobato, M. I. R.; Saadeh, A.; Cordeiro, D. M.; Gagliotti, D. A. M.; Brandelli, A. C.; Fontanari, A. M. V.; Bridi Filho, C.; De Garcia, C. C. G.; Da Silva, D. C.; Salvador, J.; Schwarz, K.; Schneider, M. A.; Brambila, M. I.; Giardin, A.; Monteiro, L. M.; Soll, B. M. B.; **Real, A. G.** (2016). Gender Incongruence of Childhood Diagnosis and Its Impact on Brazilian Healthcare Access. *Archives of Sexual Behavior*. doi: [10.1007/s10508-016-0864-6](https://doi.org/10.1007/s10508-016-0864-6).

Brião, F. F. C.; Horta, M. L.; Horta, B. L.; Barros, G. A. M.; Behrensdorf, A. P.; Severo, I.; Nunes, M. A.; Boabaid, R.; **Real, A. G.** (2015) Comparison of the prophylactic effects of droperidol and ondansetron on pruritus caused by subarachnoid morphine. (Comparação dos efeitos profiláticos do droperidol e do ondansetron sobre o prurido provocado pela morfina subaracnóidea). *Revista Brasileira de Anestesiologia*. doi: [10.1016/j.bjane.2013.11.005](https://doi.org/10.1016/j.bjane.2013.11.005).

\*Rosa, J.; Saraiva Junior, J. R.; **Real, A. G.**; Siqueira, L. Q.; Rosa, C. S. (2017) Influence of omega 3 fatty acids and vitamin D on depression: a brief review. (Influência dos ácidos graxos ômega 3 e vitamina D na depressão: uma breve revisão.) *Revista de Ciências Médicas e Biológicas*. doi: [10.9771/cmbio.v16i2.17896](https://doi.org/10.9771/cmbio.v16i2.17896).

#### MANUSCRIPTS IN PROGRESS

**Gonzales Real, A.**, Russell, S. T. Differences and similarities in mental health trajectories between sexual minorities and gender diverse youth.

**Gonzales Real, A.**, Russell, S. T. Family acceptance for transgender and gender diverse youth: a longitudinal study.

**Gonzales Real, A.**, Sherwood, S. H., Russell, S. T. Sexual and gender minority youth in secondary schools: what is effective to improve feelings of safety at school for sexual and gender minority youth?

**Gonzales Real, A.**, Turban, J. L., Lobato, M. I. R., Russell, S. T. Differences in gender identity trajectories for transgender and gender diverse youth: Is gender identity change associated with mental health?

**Gonzales Real, A.**, Gillis, B. T., Gower, A. L., Parchem, B., Lawrence, S. E., Eisenberg, M., Russell, S. T. Sleep deprivation among adolescents at the intersection of multiply marginalized social positions.

Parchem, B., Gower, A. L., Eisenberg, M., Lawrence, S. E., **Gonzales Real, A.**, Suresh, M., Ip, K. I., Rider G. N. Beyond smoking: The role of stigma in asthma rates among a diverse sample of youth

Amadori, A., **Gonzales Real, A.**, Eisenberg, M., Gower, A. L., Russell, S. T. Cyberbullying and Intersectionality: Understanding the Interplay of Sex assigned at birth, Gender Identity, Race/Ethnicity, Sexual Orientation, and Victimization

#### **CONFERENCE PRESENTATIONS**

##### ORAL PRESENTATIONS (\* presented in Portuguese)

**Real, A. G.**, Russell, S. T. (2023) Diversity of gender identity trajectories for Transgender and Gender Diverse youth: is it associated to mental health? (Society of Adolescence Health and Medicine (SAHM) Annual Conference, Chicago/IL, Paper presentation)

**Real, A. G.**, Russell, S. T. (2022) Family acceptance: does it differ for Sexual and Gender Minority Youth? (National Council of Family Relations (NCFR) Annual Conference, Minneapolis/MN, Paper presentation)

**Real, A. G.**; Fontanari, A. M. V.; Costa, A. B.; Bristot, G.; De Oliveira, L. F.; Kamphorst, A. M.; Schneider, M. A.; Lobato, M. I. R. (2019) Gender dysphoria: lifetime prejudice without inflammatory impact. A case-control study. (24th Congress of the World Association for Sexual Health, Mexico City, Mexico, Paper presentation)

\***Real, A. G.** (2020) Transgender and gender non-conformity: Concepts and updates in Gender Dysphoria/Gender Incongruence. (Rio Grande do Sul Psychiatric Association, Online Presentation, Updates in Sexuality Course)

\***Real, A. G.** (2019) Traumatic experience impact and inflammatory markers in Gender Dysphoria (XIV Gaucho Congress of Psychiatry, Bento Gonçalves/Brazil, Paper presentation)

\***Real, A. G.**, Lobato, M. I. R.; Schneider, M. A. (2018) Transsexuality: the research and care scope in Public Health in Southern Brazil. Clinical aspects and biomarkers in Gender Dysphoria. (XXXVI Brazilian Congress of Psychiatry, Brasília/Brazil, Round Table)

\***Real, A. G.**, Lobato, M.I.R. (2018) Round table – Lines of research in Gender Dysphoria. (CELG Conference, Canela/Brazil, Paper presentation)

\***Real, A.G.**; Fontanari, A. M. V.; Costa, A. B.; Kamphorst, A. M.; Bristot, G.; Cardoso, S. B.; Lobato, M. I. R. (2019) Gender dysphoria: Lifetime prejudice without inflammatory impact. (XXXVII Brazilian Congress of Psychiatry, Rio de Janeiro/Brazil, Paper presentation)

#### POSTER PRESENTATIONS (\* presented in Portuguese)

**Real, A. G.**, Russell, S.T. (May 2023) Trajectories of depression in different groups of Transgender and Gender Diverse youth and its predictors. American Psychiatric Association Annual Meeting, San Francisco.

**Real, A. G.**, Russell, S.T. (April 2023) Family acceptance between different groups of TGD youth: trajectories and association with poorer mental health. Society for Research on Adolescence (SRA) Annual Meeting, San Diego/CA.

\***Real, A. G.**; Borba, A. O.; Fontanari, A. M. V.; Silva, D. C.; Mori, D.; Saadeh, A.; Lobato, M. I. R. (2017) Relationship between BDNF, trauma and rumination in trans women. (XXXV Brazilian Congress of Psychiatry, São Paulo/Brazil)

\*Silva, D. C.; Fontanari, A. M. V.; Brambila, Márcia Ivani; De Garcia, C. C. G.; Filho, Bridi, C.; Costa, A. B.; **Real, A. G.**; Schwarz, K.; Soll, B. M. B.; Lobato, M. I. R. (2017) Mental rumination as cognitive marker in Gender Dysphoria. (XXXV Brazilian Congress of Psychiatry, São Paulo/Brazil)

\*Real, A. G.; Marcon, G.; Lopes, B. C.; Rosa, J. S.; Danna, P. C.; Saraiva Jr., J. R. F.; Tams, B. D. (2016) Huntington Disease Chorea management: A Case Report. (World Congress on Brain. Behavior and Emotions, Buenos Aires/Argentina)

## RESEARCH EXPERIENCE

- January 2023 – Present**      Graduate Research Assistant
- Project: Protection at the Intersections for Queer Teens of Color (PIQ-TOC)
  - Supervisor: Stephen T. Russell, Ph.D. (The University of Texas at Austin), Marla Eisenberg, Ph.D. (University of Minnesota)

## TEACHING EXPERIENCE

### THE UNIVERSITY OF TEXAS AT AUSTIN

- August 2021 – December 2022**      Graduate Teaching Assistant  
Department of Human Development and Family Sciences
  - NTR 306: Fundamentals of Nutrition
  - HDF 313: Child Development

### Guest Lectures (for undergraduate courses)

- September 2022**      HDF 305 (Leading professor: Sae Hwang Han, Ph.D.) – Sexual and Gender Minority Disparities.

- April 2022**      HDF 313 (Leading professor: Nicole Perry, Ph.D.) – Gender and Sexual Identity Development

### UNIVERSIDADE DE PASSO FUNDO, BRAZIL

- 2019 - 2021**      Adjunct Professor,  
Department of Psychiatry

### UNIVERSIDADE CATÓLICA DE PELOTAS, BRAZIL

- 2012 - 2012**      Undergraduate Teaching Assistant

## PROFESSIONAL MEDICAL EXPERIENCE

### UNIVERSIDADE FEDERAL DA FRONTEIRA SUL, BRAZIL

- 2018-2021**      Residency Supervisor, Psychiatry.

**2018-2019** Supervisor of Medical Students, Psychiatry.

**2014-2017** Resident Physician, Psychiatry.

PRIVATE OFFICE, PASSO FUNDO, BRAZIL

**2017-2021** Psychiatrist.

PASSO FUNDO CITY HALL, BRAZIL

**2018- 2021** Psychiatrist.

HOSPITAL DE CLÍNICAS DE PORTO ALEGRE/ UNIVERSIDADE FEDERAL DO RIO GRANDE DO SUL

**2017-2021** Research Assistant.

Collected data for three research projects, with transgender population.

Wrote and co-wrote 8 scientific papers.

Speaker panelist presenting about “Transgender and gender non-conformity: Concepts and updates in Gender Dysphoria/Gender Incongruence” in a Course entitled: Updates in Sexuality for the Rio Grande do Sul Psychiatric Association Presented research data in three congresses as a panelist (including National Congresses), and other four congresses as Poster and Oral presentations (including International Congresses)

CENTRO DE ATENDIMENTO SOCIOEDUCATIVO - PASSO FUNDO – CASE – (JUVENILE DETENTION CENTER)

**2017 - 2020** Psychiatrist.

WASHINGTON UNIVERSITY IN SAINT LOUIS (WUSTL)- SCHOOL OF MEDICINE

**2013- 2013** Sub-Intern, Psychiatry.

HOSPITAL ESPÍRITA DE PELOTAS – HEP (PSYCHIATRIC INPATIENT HOSPITAL)

**2011 - 2013** Intern, Psychiatry.

UNIVERSITY OF NORTH CAROLINA IN CHAPEL HILL - UNC

**2011- 2012** Observer student, Psychiatry.