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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., Lobato, M. I. R., Russell, S. T. Trajectories of gender identity in youths and depressive symptoms. *JAMA Network Open*, 2024;7(5):e2411322. doi: [10.1001/jamanetworkopen.2024.11322](https://doi.org/10.1001/jamanetworkopen.2024.11322)

- Real, A. G.,** Gillis, B. T., Gower, A. L., Eisenberg, M. E., Parchem, B., Lawrence, S. E., & Russell, S. T. (2024). 99. Sleep Deprivation Among Adolescents at the Intersection of Multiply Marginalized Social Positions. *Journal of Adolescent Health*, 74(3), S53.
- 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.; Figuera, 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.; Vaites 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).
- Vaites 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).
- Vaites 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.; Behrendorf, 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. S.; 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 ACCEPTED FOR PUBLICATION

Real, A. G., Russell, S. T. **Guest editorial**. Why do adolescents and young adults discontinue gender-affirming medical treatments? There is no simple answer. *Journal of Adolescent Health*.

Real, A. G., Russell, S. T. Outness, acceptance, and victimization: A longitudinal study of depressive symptoms and suicidality among LGB and transgender and gender diverse youth. *Journal of Adolescent Health*.

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

MANUSCRIPTS UNDER REVIEW

Real, A. G., 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? (Review and resubmit in the Journal of Research on Adolescence)

Real, A. G., 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. (Review and resubmit in Sleep Health)

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. (Review and resubmit in Health Psychology)

Amadori, A., **Real, A. G.**, 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. (Review and resubmit in Journal of Adolescence)

Real, A. G., Russell, S. T. Transitions in gender identity among youth: Trajectories of family acceptance. (Review and resubmit in the Journal of Adolescent Health)

Real, A. G., Russell, S. T. Changes in sexual identity and social support: A cohort analysis. (Under review in the Archives of Sexual Behavior)

Eadeh, H., Rider, G. N., **Real, A. G.**, Eisenberg, M. Understanding rates of depression, suicide, and self-injury in nonbinary+ youth. (Under review in the Journal of Adolescent Health)

MANUSCRIPTS IN PROGRESS

Real, A. G., Russell, S. T. Self-esteem among sexual and gender minority youth: a longitudinal study.

Meng, H., **Real, A. G.**, Koechell, J.J., Morris-Perez, P., Gower, A. L., Eisenberg, M. E., Russell, S. T. Suicidal ideation among adolescents: Examining the intersections of multiple social positions and bias-based bullying experiences

Real, A. G., Gillis, B. T., Parchem, B., Rider, G. N., Lawrence, S. E., Eisenberg, M., Russell, S. T. School climate and sleep duration among adolescents at the intersection of multiple social positions.

AWARDS AND HONORS

2024 European Association for Research on Adolescence – Society for Research on Adolescence Summer School

CONFERENCE PRESENTATIONS

ORAL PRESENTATIONS (* presented in Portuguese)

Parchem, B., Gower, A. L., Eisenberg, M., Lawrence, S. E., **Gonzales Real, A.**, Suresh, M., Ip, K. I., Rider G. N. (August 2024) Examining the Role of Stigma in Physical Health Disparities among Sexual and Gender Diverse Youth. 2024 American Psychological Association Convention, Seattle/WA, Paper presentation.

Real, A. G., Gillis, B. T., Rider, G. N., Eisenberg, M. E., Parchem, B., Lawrence, S. E., & Russell, S. T. (June 2024). Examining school safety associations with sleep duration among LGBTQ+ youth at the intersection of multiple social positions. 2024 International Society for Studies of Behavior and Development Biennial Meeting, Lisbon/PT, Paper presentation.

- Real, A. G.,** Sherwood, S.H., Ioverno, S. & Russell, S.T. (accepted, April 2024). Strategies to promote safety for sexual and gender minority youth in secondary schools: A longitudinal analysis. 2024 Society for Research on Adolescence Annual Meeting, Chicago/IL, Paper presentation.
- Real, A. G.,** Russell, S. T. (2023) Trajectories of gender identity for Transgender and Gender Diverse youth. LGBTQ+ Health Seminar Series.
- Real, A. G.,** Russell, S. T. (2023) Diversity of gender identity trajectories for Transgender and Gender Diverse youth: is it associated to mental health? 2023 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 2024) Risk and protective factors for sexual and gender minority youth's mental health: A longitudinal study. 2024 American Psychiatric Association Annual Meeting, New York/NY.

Meng, H., **Real, A.G.,** Koechell, J.J., Morris-Perez, P., Gower, A. L., Eisenberg, M. E., Russell, S.

T. (April 2024). Suicidal ideation among adolescents: Examining the intersections of multiple social positions and bias-based bullying experiences. 2024 Annual Meeting of the Society for Research on Adolescence, Chicago/IL.

Real, A. G., Gillis, B. T., Gower, A. L., Eisenberg, M. E., Parchem, B., Lawrence, S. E., & Russell, S. T. (March 2024). Sleep Deprivation Among Adolescents at the Intersection of Multiply Marginalized Social Positions. 2024 Society of Adolescence Health and Medicine (SAHM) Annual Conference, San Diego/CA.

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

Real, A. G., Russell, S. T. Family acceptance between different groups of TGD youth: trajectories and association with poorer mental health. 2023 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)
- Supervisors: Stephen T. Russell, Ph.D. (The University of Texas at Austin), Marla Eisenberg, Ph.D. (University of Minnesota)

STATISTICAL SKILLS

Software: Stata, Mplus, SPSS.

Methods: Hierarchical Linear Modeling, Structural Equation Modeling, Mediation and Moderation Analysis, Growth Curve Modeling, Chi-Square Automatic Interaction Detection.

2022	Journal of Sexual Medicine
2023	Journal of Adolescence
2024	Journal of Adolescent Health
2024	JAACAP Open

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

1. Society for Research on Adolescence (SRA)
2. International Society for the Study of Behavioural Development (ISSBD)

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 presenting “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.