

Proposal for Changing the Status of Homosexuality Under the W.H.O.'s Classification of Diseases

1. Bisexuality and homosexuality should be recognized as natural sexual variations. The individual manifestations of sexual orientation lay on a continuum.
2. Bisexuality and homosexuality are based on gene and/or environment dependent neuroendocrine alterations of sexual brain organization.
3. A heterozygous form of steroid 21-hydroxylase deficiency was found to exist in homosexual females. Such genetic enzyme alteration gives rise to increased adrenal androgen production (particularly in the case of stressful events in both pre- and postnatal life) leading to a more male-type sexual brain organization (i.e. female homosexuality).
4. Findings obtained in identical and non-identical twins, as well as in families with an increased prevalence of homosexuality, suggest that heterozygous gene alterations and/or early environmental influences (e.g. prenatal stress) leading to androgen deficiency can predispose males to a more female-type sexual brain organization (i.e. male homosexuality).
5. In agreement with this theory, a more female type positive estrogen feedback effect on luteinizing hormone secretion could be evoked in most homosexual men, in contrast to heterosexual men.
6. In this context, it should be emphasized that heterozygous alterations of recessively active genes are a general attribute for healthy human beings. Consequently, homosexuality caused by such heterozygous gene alterations and/or early environmental influences can no longer be considered as an illness. This definition should be cancelled as soon as possible in the WHO classification of diseases, as there is not necessarily a need for therapy in homosexuals without specific complication, or their desire for such.
7. Millions of human beings could be liberated from needless pressure and suffering by such a measure. This liberates homosexuals from pathological labelling and other forms of discrimination.
8. For the tenth revision of the WHO classification of diseases the following statement is intended to be taken up under F66.1:
"Homosexuality *per se* is not regarded as a mental disorder"
This statement should be extended to:
"Homosexuality *per se* is neither regarded as a disease nor as a mental disorder".

This resolution, based on the proposal of Prof. Günter Dörner M.D. from the Humboldt University in Berlin, was approved by the participants of the 9th International Congress of the International Society of Prenatal and Perinatal Psychology and Medicine in Jerusalem, March 26–30 1989.