# Article information:

Sex and gender: Meanings, definition, identity, and expression  
<https://www.medicalnewstoday.com/articles/232363>

# Article summary:

1. Sex and gender are different, with sex referring to physical differences between people and gender referring to how a person identifies.

2. Gender exists on a broad spectrum, including transgender, nonbinary, or gender-neutral identities. It also exists as social constructs in the form of gender roles or norms.

3. Gender has an impact on physical and mental health, with gender stereotypes and stigmas influencing a person's healthcare experience.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is generally reliable and trustworthy in its discussion of sex and gender. The article provides clear definitions for both terms and explains the differences between them in detail. It also acknowledges that there are issues with the binary distinction between male and female, noting that some babies are born with atypical genitalia or chromosomal markers that do not fit into this binary. Furthermore, it discusses the idea that sex may be a spectrum rather than two distinct categories, citing research from 1993 to support this claim.

The article does not appear to have any major biases or one-sided reporting; it presents both sides of the issue fairly by discussing both biological definitions of sex as well as social constructions of gender roles and norms. Additionally, it acknowledges that different cultures have different understandings of gender identity which may not match up with American understandings of the binary system.

The article does not make any unsupported claims; all claims are backed up by evidence from research studies or surveys which are cited appropriately throughout the text. Furthermore, all potential risks associated with certain identities are noted in the text; for example, it mentions how gender stereotypes can affect a person's healthcare experience negatively due to stigmas associated with certain genders or identities.

In conclusion, this article is reliable and trustworthy in its discussion of sex and gender; it provides clear definitions for both terms while acknowledging their complexities and nuances without making any unsupported claims or presenting one side more favorably than another.

# Topics for further research:

* Gender identity spectrum
* Gender roles and norms
* Intersex conditions
* Gender stereotypes and healthcare
* Gender non-conforming individuals
* Gender expression and gender identity

# Report location:

<https://www.fullpicture.app/item/27c1d8fa7200dc2a4b6e85789181c6dc>