



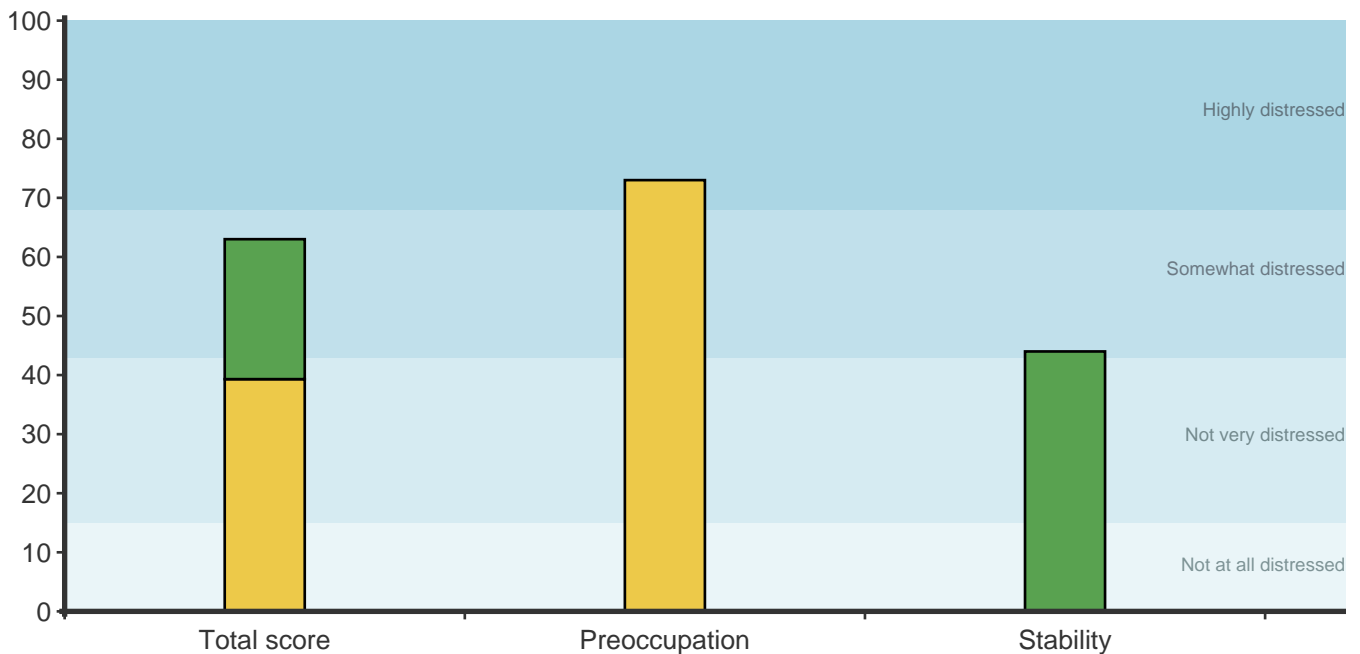
Gender Preoccupation and Stability Questionnaire-2 (GPSQ-2)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	28 Feb 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	1 min 49s
<i>Assessor</i>	Dr Emerson Bartholomew		

Results

	Raw Score	Gender-Diverse Percentile	Descriptor
Total	27	63	Somewhat distressed
Preoccupation	21	73	Highly preoccupied
Stability	6	44	Not very stable

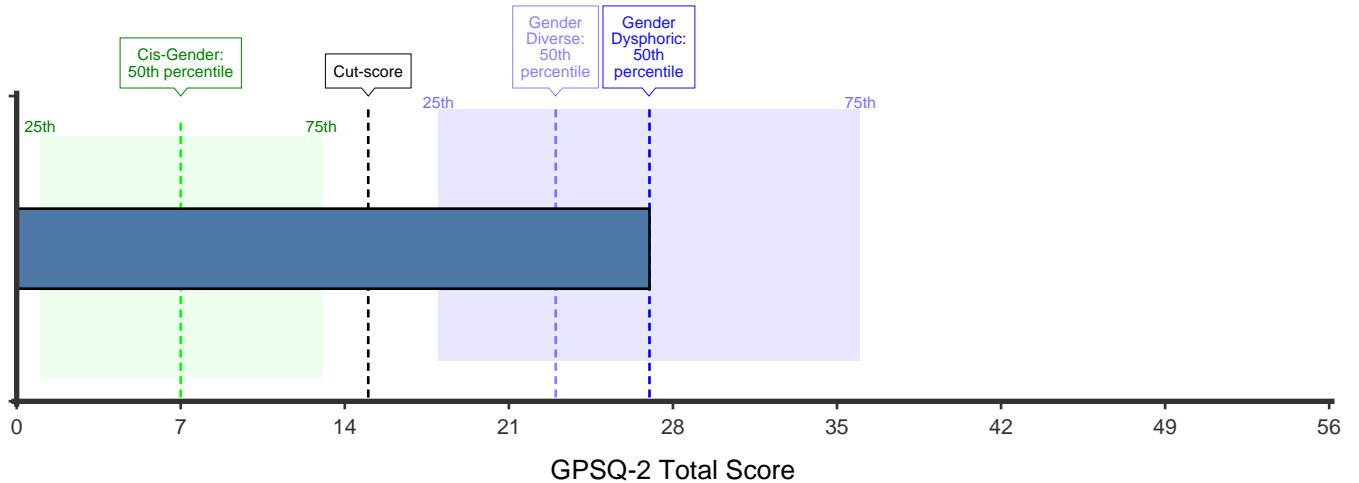
**Gender Preoccupation and Stability Questionnaire-2
Gender-Diverse Percentiles**





Client Name | Generic Client

GPSQ-2 Score Compared to Cis-Gender and Gender-Dysphoric Samples



Interpretation

The client describes their sex assigned at birth as Male and their current gender identity as Non-binary. They report being somewhat confident that they will be able to lead a satisfied life with their current gender identity.

The client's total score indicates a noticeable level of gender-related distress. They may frequently experience intrusive or worrisome thoughts regarding gender incongruence and report some fluctuations in their sense of gender identity. Individuals scoring in this range may benefit from gender-affirming care. Their score is higher than 63% of individuals in a gender-diverse sample.

Note: Elevated scores on the Stability subscale may reflect different experiences for non-binary individuals. These scores can indicate frustration with external binary expectations and societal pressures rather than internal confusion about gender identity. What appears as 'instability' may actually represent adaptive responses to navigate environments with rigid gender expectations.

Area(s) of Difficulty:

The responses on the Preoccupation subscale indicate concerns about gender incongruence including considerable rumination on the mismatch between their sex assigned at birth and their internal sense of gender. Their score is on the 73rd percentile when compared to a gender-diverse sample. In therapy, this individual may benefit from cognitive-focused interventions such as mindfulness-based stress reduction or cognitive defusion to help manage intrusive thoughts and reduce emotional distress.

Items with the highest ratings were:

- 5. Over the past two weeks how often have you been upset by issues relating to gender? (All the time)
- 1. Over the past two weeks how often have you thought about your gender? (Often)
- 2. Over the past two weeks how often has your gender identity affected everyday things such



Client Name | Generic Client

Interpretation (cont.)

as school, work, recreation, or purchases? (Often)

The responses on the Stability subscale indicate fluctuations in gender identity over short periods. These variations may reflect a process of exploration, yet can contribute to distress if they interfere with the development of a cohesive sense of self. Their score is on the 44th percentile when compared to a gender-diverse sample. In therapy, this individual might benefit from approaches that facilitate identity exploration and integration, such as narrative therapy or identity-focused cognitive-behavioral techniques, along with supportive discussions about the natural fluidity of gender.

Items with the highest ratings were:

- 3. *Over the past two weeks how often has your sense of what gender you identify with changed at all? (Sometimes)*
- 11. *Over the past two weeks how often have you felt annoyed because you have been expected to behave differently or act in certain ways because of the sex assigned to you at birth? (Sometimes)*

Additional Information

For comprehensive information on the GPSQ-2, [see here](#).

The total score ranges from 0-56 with higher scores indicating more intense experiences of gender dysphoria. Subscale raw scores ranges are listed below:

-Preoccupation (8 items: 1, 2, 4, 5, 7, 9, 12, 13): higher preoccupation scores indicate a person spends a great deal of time distressed or consumed by gender-related thoughts (range 0-32)

-Stability (6 items: 3, 6, 8, 10, 11, 14): higher stability scores indicate more frequent fluctuations in gender identity (range 0-24)

The GPSQ-2 can be used to screen for gender-related distress, to inform treatment planning, and to monitor changes over time in therapy or after interventions. On first administration, a stacked bar graph shows the total and each of the two subscale scores in gender-diverse percentiles.

Percentiles give context to a client's score, showing how they compare to their peers. For example, a percentile of 50 represents the typical level of gender dysphoria distress among members of the gender-diverse community. A horizontal comparison graph is also presented showing the respondent's score in comparison to cis-gender and gender dysphoric samples.

When administered more than once, a line graph is presented for the total score with gender-diverse percentile labels on the right. A second line graph is presented plotting each of the two subscales in gender-diverse percentile terms.

Significant changes in the total score are indicated by shifts of half a standard deviation or greater (approximately 6 total score points or more) following the guidelines of the Minimally Important Difference (Turner et al., 2010).

Severity categories for the total and subscales scores were created by Bowman (2022) and



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Additional Information (cont.)

adjusted by NovoPsych to align them (total and subscale) based on the percentile distribution of the total score in the gender-diverse sample from Bowman (2024):

- Percentiles 1st-15th = "Not at all distressed" / "Not at all preoccupied" / "Highly stable"
- Percentiles 16th-40th = "Not very distressed" / "Not very preoccupied" / "Somewhat stable"
- Percentiles 41st-66th = "Somewhat distressed" / "Somewhat preoccupied" / "Not very stable"
- Percentiles 67th-99th = "Highly distressed" / "Highly preoccupied" / "Not at all stable"

Client Responses

		Never	Rarely	Sometimes	Often	All the time
1	Over the past two weeks how often have you thought about your gender?	0	1	2	3	4
2	Over the past two weeks how often has your gender identity affected everyday things such as school, work, recreation, or purchases?	0	1	2	3	4
3	Over the past two weeks how often has your sense of what gender you identify with changed at all?	0	1	2	3	4
4	Over the past two weeks how often have you felt annoyed because you have been prevented from living in accordance with your gender identity?	0	1	2	3	4
5	Over the past two weeks how often have you been upset by issues relating to gender?	0	1	2	3	4
6	Over the past two weeks how often has your understanding of your gender, or how you describe gender to others, changed?	0	1	2	3	4
7	Over the past two weeks how often have you been worried about telling others about your gender identity or past gender history?	0	1	2	3	4
8	Over the past two weeks how often have you changed the way you behave around others in order to fit in with what they expect from your gender?	0	1	2	3	4
9	Over the past two weeks how often have you felt that you wanted to change the physical appearance of your body to match your gender identity (e.g., surgery, hormones or puberty blockers)?	0	1	2	3	4
10	Over the past two weeks how often have you felt uncertain, anxious or confused about your gender identity?	0	1	2	3	4
11	Over the past two weeks how often have you felt annoyed because you have been expected to behave differently or act in certain ways because of the sex assigned to you at birth?	0	1	2	3	4
12	Over the past two weeks how often have you felt sad or hurt as a result of any changes to your gender (e.g., unintended impact on family, relationships, friends, fertility, finances or career)?	0	1	2	3	4
13	Over the past two weeks how often have you stopped yourself from participating in any activity, behaving in a certain way, or purchasing anything because of your gender?	0	1	2	3	4
14	Over the past two weeks how often have you felt you should change how you express your gender (e.g., pronoun or name, how you dress, wear your hair or behave)?	0	1	2	3	4
15	What sex were you assigned at birth? Male/Female/Other					
	Male					



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Client Responses (cont.)

16	Which of the following best describes your current gender? Gender refers to whatever gender you identify as yourself (e.g. Female/Male/Intersex/Transgender female/Transgender male/Non-binary/Gender-queer/Gender-fluid/Other)					
	Non-binary					
		Not at all confident	Not very confident	Somewhat confident	Very confident	Extremely confident
17	Do you feel confident that you will be able to lead a satisfied life with whatever gender identity you feel that you currently have?	0	1	2	3	4