A Review of the Gender Preoccupation and Stability Questionnaire-2 (GPSQ-2): Qualitative Descriptors, Psychometric Properties, and Normative Data

The Gender Preoccupation and Stability Questionnaire-2 (GPSQ-2), developed by Bowman et al. (2024), is a 14-item self-report measure that assesses gender-related distress and the stability of gender identity in adolescents and adults. This technical review presents normative data, qualitative descriptors and percentile rankings to help clinicians better understand and utilise the assessment in practice.

View the GPSQ-2 on NovoPsych.com.au

February 2025

Developer

The Gender Preoccupation and Stability Questionnaire (GPSQ-2) was developed by Bowman et al. (2024):

Bowman, S. J., Hakeem, A., Demant, D., McAloon, J., & Wootton, B. M. (2024). Assessing Gender Dysphoria: Development and Validation of the Gender Preoccupation and Stability Questionnaire - 2nd Edition (GPSQ-2). *Journal of Homosexuality*, *71*(3), 666–690. https://doi.org/10.1080/00918369.2022.2132440

This document was developed by NovoPsych to review contemporary literature, describe original scoring methodologies, provide interpretation material, enhance normative data and provide qualitative descriptors.

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Description

The Gender Preoccupation and Stability Questionnaire-2 (GPSQ-2) is a 14-item self-report measure of gender-related distress (gender dysphoria) in adolescents and adults (Bowman et al., 2024). The scale was developed to assist in assessing outcomes relating to gender-affirming care (medical, surgical, social, or psychological) in transgender and gender-diverse people, the GPSQ-2 revised the original GPSQ (Hakeem et al., 2016) to improve its validity and extend its use to adolescents aged 13 and above (Bowman et al., 2024).

Gender dysphoria can involve significant distress and preoccupation with the mismatch between one's sex assigned at birth and identified gender, as well as internal variability in how one perceives their gender (Bouman et al., 2016). The GPSQ-2 focuses on two core aspects of gender dysphoria: preoccupation with gender and stability of gender identity:

- **Preoccupation Subscale (8 items)** – the frequency and intensity of one's thoughts, worries, and upset feelings about their gender or sex characteristics. It captures cognitive preoccupation (e.g., persistent thinking about identifying with another gender) and emotional distress (e.g., feeling upset at incongruence).

- **Stability Subscale (6 items)** – the degree to which one's sense of gender identity is consistent and unwavering versus fluctuating over time. Items probe whether their sense of "being male, female, neither, or another gender" has been steady or has changed from day to day.

In clinical practice, GPSQ-2 scores can guide conversations, as high-scores on certain items can help clients articulate specific distresses or goals (e.g., "I see you've been very troubled by being prevented from living in your affirmed gender; let's explore what's triggering those feelings"). The scale also provides a standardised gauge of gender-related distress, allowing for tracking client progress. Particularly as the scale asks about the past two weeks, it can be repeated at bi-weekly intervals to monitor changes in feelings of dysphoria distress.

Research on the scale has demonstrated meaningful correlations with several psychological constructs such as depression (PHQ-9), anxiety (GAD-7) and distress (K-10) (Bowman et al., 2024).

Research by Donaghy et al. (2024) demonstrated excellent positive predictive power (99%) with specialist gender clinic diagnosis using the predecessor scale the GPSQ. Given the high correlation between the GPSQ and GPSQ-2 (*r* = .91), clinicians can have confidence in the GPSQ-2's ability to identify gender-related distress alongside improved content validity for adolescents.

The GPSQ-2 can assist in formulation and informing treatment by assessing dysphoric thoughts and gender identity variability. For instance, someone with high preoccupation but low instability might have a firmly identified gender but is distressed about barriers to living in that gender role. In contrast, someone with high fluctuation in identity might benefit from exploratory therapy before pursuing medical interventions that may involve lasting changes.

Psychometric Properties

The GPSQ-2 demonstrates strong construct validity as a measure of gender-related preoccupation and identity stability. A content validity process involving expert feedback and pilot testing was used to create relevant and understandable items. Empirical tests show high correlations with related measures such as the Gender Congruence and Life Satisfaction Scale (GCLS) and the Gender Identity Reflection and Rumination Scale (GRRS) (Bowman et al., 2024).

Factor analysis indicates that the GPSQ-2 has a two-factor structure corresponding to its theorised subscales: Preoccupation and Stability (Bowman et al., 2024). Bifactor modeling further revealed the two subscales are empirically separable while still being under a dominant general factor. Statistical indices such as McDonald's omega hierarchical (ω 0.84) and explained common variance indicated that most of the reliable variance in GPSQ-2 scores is

accounted for by a general dysphoria factor. In practical terms, the GPSQ-2 can be viewed as primarily unidimensional, while still acknowledging two meaningful sub-dimensions. Thus, clinicians may legitimately use the total score as an overall index of gender dysphoria severity, or examine subscale scores for more nuanced information.

The GPSQ-2 exhibits excellent reliability. Internal consistency is high for the total scale and good for each subscale. In the primary validation sample (n=141), Cronbach's alpha was $\alpha = .92$ for the total score, $\alpha = .89$ for preoccupation, and $\alpha = .86$ for stability. Test–retest reliability was examined for a subset of participants ($n = 69$) who retook the GPSQ-2 after two weeks. The intraclass correlation coefficient (ICC) for the total score was high at .88. Subscales showed similar test-retest values ($r = .88$ for preoccupation, and $r = .81$ for stability).

Normative data have been reported by Bowman et al. (2024) from a gender-diverse community sample recruited from trans and gender-diverse social media sites and support groups (n=141). In this sample, 65% identified as binary (i.e., male/transmale/female/transfemale) and 35% identified as nonbinary/gender-fluid participants (i.e., transgender, non-binary, agender). The authors reported a mean total score of 22.95 (SD = 12.25). Table 1 provides further details including age, subscale means and standard deviations, in addition to further gender-diverse clinical ($n = 32$) and cis-gender community $(n = 122)$ norms are also reported by Bowman (2022).

Cut scores were established by receiver operating characteristic (ROC) analysis to evaluate the ability of the GPSQ-2 to classify individuals based on their subjective experiences of gender-related distress scores (a 1-item 5-point scale assessing the degree of distress experienced over the previous two weeks relating to gender dysphoria). ROC analysis determined how well the GPSQ-2 could predict different levels of distress as measured by the single item. The total score showed excellent discrimination, with a sensitivity of 97%, and specificity of 87% at a cut-score of 15. The Preoccupation subscale had similar performance (sensitivity = 97%, specificity = 87%) at a cut-score of 13, while the Stability subscale had more moderate classification power (sensitivity = 69%, specificity = 73%) at a cut-score of 3.

Severity categories for the total and subscales are outlined by Bowman (2022), created based on ROC analysis outlined above and a one-way ANOVA test of differences between distress categories ('not at all distressed' through to 'highly distressed').

Total:

- Score 0-10 = "Not at all distressed"
- Score 11-20 = "Not very distressed"
- Score 21-28 = "Somewhat distressed"
- Score 29-56 = "Highly distressed"

Preoccupation:

- Score 0-8 = "Not at all distressed"
- Score 9-14 = "Not very distressed"
- Score 15-20 = "Somewhat distressed"
- Score 21-32 = "Highly distressed"

Stability:

- Score 0-2 = "Not at all distressed"
- Score 3-5 = "Not very distressed"
- Score 6-7 = "Somewhat distressed"
- Score 8-24 = "Highly distressed"

While the total score and subscale scores have different raw score severity ranges as above, NovoPsych adjusted the ranges to align them based on the percentile distribution of the total score in the gender-diverse sample from Bowman et al. (2024), these new severity ranges work similarly to the above raw score ranges, but allow for the total and subscale scores to be graphed together in gender-diverse percentile terms:

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

For subscales, NovoPsych adjusted descriptor labels for the two subscales:

Preoccupation:

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

Stability:

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

Scoring & Interpretation

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 the cis-gender, gender-diverse and clinical samples.

When administered more than once, a line graph is presented for the raw 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 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"

Supporting Information

This section details the gender-diverse norms for the GPSQ-2. These norms enhance the interpretability of GPSQ-2 scores, table 2 shows the percentiles for the gender-diverse sample.

NovoPsych has computed percentiles using mean and standard deviation data reported in Bowman et al. (2024) from the gender-diverse sample to convert the GPSQ-2 total and subscale scores to percentiles as shown in table 2, according to the following equation.

$$\text{Percentile} = 100 \times \Phi(x - M)/SD$$

Where:

- x is the score
- M is the mean
- SD is the standard deviation
- Φ is the <u>standard normal cumulative distribution function</u>

This equation first standardises the score to a z-score by subtracting the mean and dividing by the standard deviation, then converts the z-score to a percentile by applying the standard normal cumulative distribution function and multiplying by 100. The percentiles contextualise each score relative to typical scores among those in a gender-diverse setting, offering a clear perspective on how the respondent's level of gender related distress compares to gender-diverse peers.

Table 1. GPSQ-2 means and standard deviations for gender-diverse and clinical samples.

Study	Sample	Age range, mean(SD)	N	Total Mean (SD)	Preoccupation	Stability
Bowman et al. (2024)	Gender-diverse Community	14-73, 36.44(14.76)	141	22.95 (12.25)	16.18 (7.76)	6.77 (5.49)
Bowman (2022)	Cis-gender Community	20-88, 35.67(11.79)	122	6.78 (6.21)	4.35 (3.72)	2.42 (3.03)
Bowman (2022)	Clinical	18-53, 31.28(8.97)	32	27.06 (8.97)	19.78 (5.27)	7.28 (5.31)

Table 2. Percentile distributions of the gender-diverse sample for the total and subscales.

	Gender-diverse Community		
Score	Total	Preoccupation	Stability
0	3	2	11
1	3.7	2.5	15
2	4	3	19
3	5	4	25
4	6	6	31
5	7	7	37
6	8	9	44
7	10	12	52
8	11	15	59
9	13	18	66
10	15	21	72
11	16	25	78
12	19	30	83
13	21	34	87
14	23	39	91
15	26	44	93
16	29	49	95
17	31	54	97
18	34	59	98
19	37	64	98.7
20	40	69	99.2
21	44	73	99.5
22	47	77	99.7
23	50	81	99.8
24	53	84	99.9
25	57	87	
26	60	90	
27	63	92	
28	66	94	
29	69	95	
30	72	96	
31	74	97	
32	77	98	
33	79		
34	82		
35	84		
36	86		
37	87		
38	89		
39	90		
40	92		

41	93
42	94
43	95
44	96
45	96
46	97
47	97.5
48	98
49	98.3
50	98.6
51	98.9
52	99
53	99.3
54	99.4
55	99.6
56	99.7

Interpretive Text

The interpretive text for the GPSQ-2 follows a structured format that adapts based on the client's scores, comparative position, and change over time.

Not distressed at all (score 0–10):

> *The client's total score indicates minimal or no gender-related distress. They generally experience little cognitive or emotional preoccupation regarding their gender or sex characteristics, and their sense of gender identity appears stable. Their score is lower than XX% of individuals in a* gender-diverse *sample.*

Not very distressed (score 11–20):

> *The client's total score suggests low gender-related distress. While they may occasionally experience concerns or fleeting thoughts related to gender incongruence, these experiences typically do not significantly disrupt daily functioning. Their score is higher than XX% of individuals in a gender-diverse sample.*

Somewhat distressed (score 21–28):

> *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 medical treatment. Their score is higher than XX% of individuals in a gender-diverse sample.*
>
> *Responses to the following items contributed to the client's high score:*
> *<Two highest scored items >. i.e.,*
> *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? (Often)*
> *5 Over the past two weeks how often have you been upset by issues relating to gender? (Often)*

Highly distressed (score 29–56):

> *The client's total score indicates significant gender-related distress. They are likely experiencing considerable distress relating to persistent and intense preoccupations with the mismatch between their sex assigned at birth and their experienced gender in addition to frequent fluctuations in their sense of gender identity. Individuals scoring in this range may benefit from gender-affirming medical treatment. Their score is higher than XX% of individuals in a gender-diverse sample.*
>
> *Responses to the following items contributed to the client's high score:*
> *<Three highest scored items >. i.e.,*
> *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? (All the time)*
> *5 Over the past two weeks how often have you been upset by issues relating to gender? (All the time)*
> *6 Over the past two weeks how often has your understanding of your gender, or how you describe gender to others, changed? (Often)*
>
> Note: If the client's Preoccupation is high (>25) while their Stability is low (<12), the Highly distressed text will reflect this *"The client's total score indicates significant gender-related distress, primarily characterized by intense*

preoccupations and concerns about gender incongruence. Their score is higher than XX% of individuals in gender-diverse settings." This is handled similarly for the case where Stability is high (>18) while preoccupation is low (<20)

Tracking score change over time.

Since the respondent was first assessed on [Date], their total gender related distress score has [not changed | not shown meaningful change (if change <6) | increased | decreased]. A change of half a standard deviation (6) or more points is considered meaningful based on a minimally important difference calculation.

Example: Since the respondent was first assessed on 02 Jan 2025, their total gender related distress score has not shown meaningful change and has remained in the Not very distressed range (score change = 3).

The text then describes any two highest subscales that score at or above the 'Somewhat distressed' range. The subscales are presented in order based on percentile value, with higher percentiles listed first. For each elevated subscale, the text includes:

- The specific subscale percentile comparison to gender-diverse norms
- An explanation of what aspect of gender related distress the subscale measures
- The specific items that received the highest ratings, highlighting the most significant areas

This allows for quick identification of significant areas of gender related distress and informs clinical understanding.

Pre-occupation:

"The responses on the Preoccupation subscale indicate strong 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 XXst/nd/rd/th 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:
*<Top **Three** highest scored items >"*

Stability:

The responses on the Stability subscale indicate significant 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 XXst/nd/rd/th 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:
*<Top **Three** highest scored items >"*

Developer

Bowman, S. J., Hakeem, A., Demant, D., McAloon, J., & Wootton, B. M. (2024). Assessing Gender Dysphoria: Development and Validation of the Gender Preoccupation and Stability Questionnaire - 2nd Edition (GPSQ-2). Journal of homosexuality, 71(3), 666–690. https://doi.org/10.1080/00918369.2022.2132440

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Assessment Questions

NovoPsych

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

Instructions:
Please select the answer that best reflects your thoughts and feelings over the past two weeks.

|		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					
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)					

Sample Result

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

Client Name	Generic Client	Date administered	28 Feb 2025
Date of birth (age)	1 Jan 1999 (26)	Time taken	1 min 49s
Assessor	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

NovoPsych
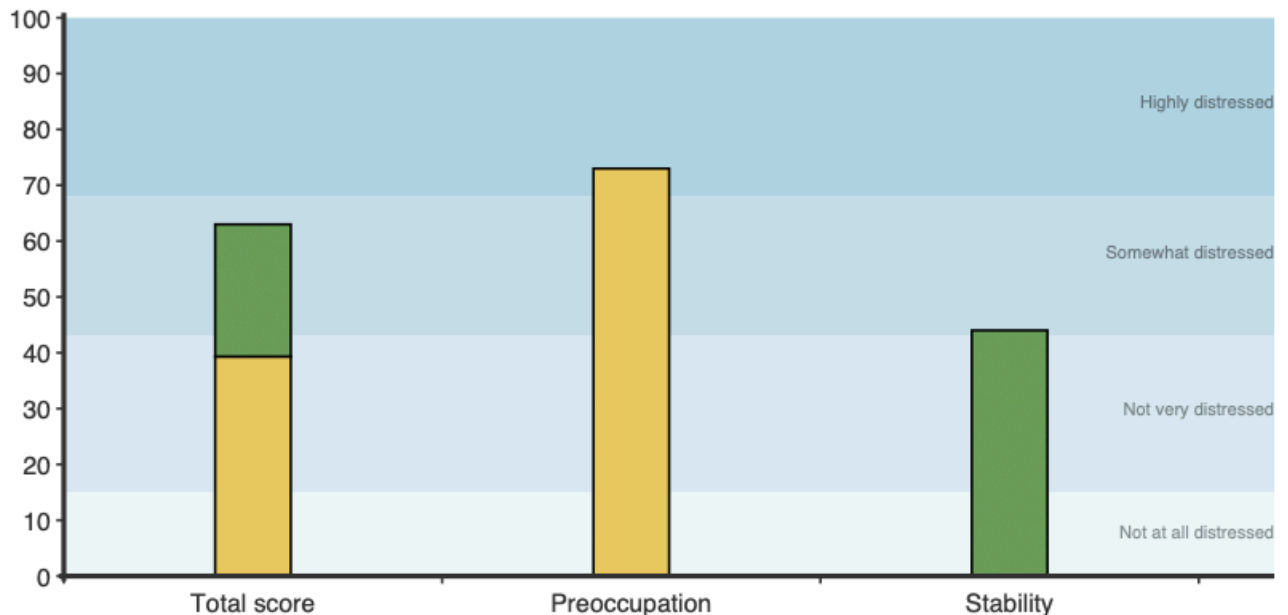
Client Name	Generic Client

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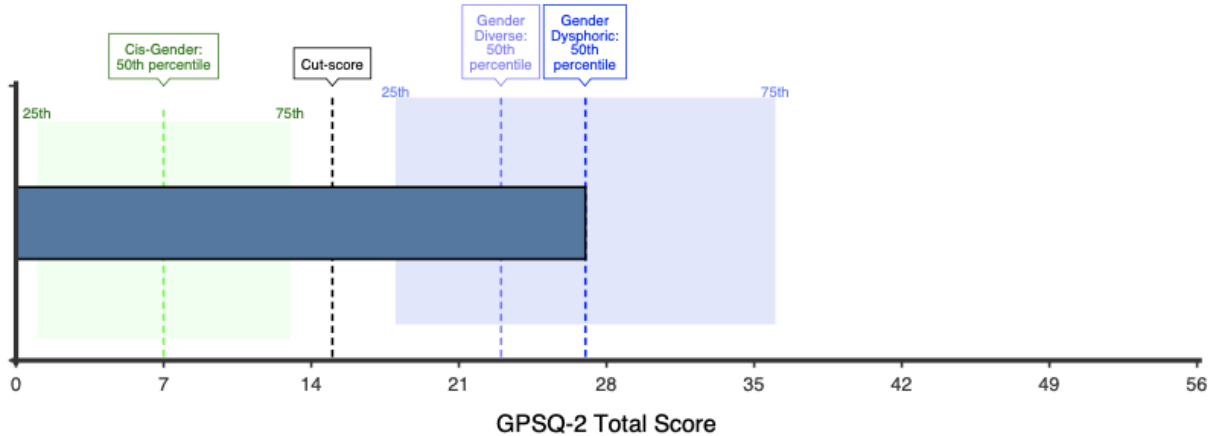
Interpretation

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

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

Client Name	Generic Client

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					

Client Name	Generic Client

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