

Gender Dysphoria in Adults

[illegible]

0.90316% of the total population of students (Apostolova-Pandeva from 0.810054% to 0.20134% of the sample population and Dimitrova 0.00296% to 0.00316% of the sample population).

Clinical Intervdevelopment of transgender identity is critical to achieve accurate diagnosis.

Clinicians may use a list of interview questions (eg, Pappa et al., 2006; Bockting, Knudson, & Goldberg, 2006) to gather detailed information regarding one's transgender identity development. Questions concerning gender identity, gender expression, perceptions of others, sexuality, and support resources may be helpful to consider. A valuable resource for exploring potential areas of inquiry in gender evaluation for transgender persons can be found at: <http://transhealth.vch.ca/resources/library/tcpdocs/guidelines-mentalhealth.pdf> (p. 9).

The GIDYQ-AA (Deogracias et al., 2007) is a 27 item self-report scale which measures gender identity and dysphoria related to subjective, social, somatic, and sociolegal experiences which have occurred over the past 12 months. The GIDYQ-AA offers both female and male versions and is presented at a reading level that is appropriate for most adolescents and adults. For both versions, participants respond to items on a scale ranging from 1 (always) to 5 (never). Questions for the female version include, “In the past 12 months, have you felt that you were not a real woman?” or “In the past 12 months, at work or at school, have you presented yourself as a man?” Questions for the male version include “In the past 12 months, have you had the wish or desire to be a

- Clements-Nolle, K., Marx, R., & Katz, M. (2006). Attempted suicide among transgender persons: The influence of gender-based discrimination and victimization. *Journal of Homosexuality*, 51, 53–69. doi: 10.1300/J082v51n03_04
- Coleman, E., Bockting, W., Botzer, M., Cohen-Kettenis, P., DeCuypere, G., Feldman, J., ... Zucker, K. (2011). Standards of care for the health of transsexual, transgender, and gender nonconforming people (7th version). *International Journal of Transgender Health*, 13, 165-232.
- Deogracias, J. J., Johnson, L. L., Meyer-Bahlburg, H. F., Kessler, S. J., Schober, J. M., & Zucker, K. J. (2007). Gender identity/gender dysphoria questionnaire for adolescents and adults. *Journal of Sexual Research*, 44, 370-379. doi: 10.1080/00224490701586730
- Hendricks, M. L., & Testa, R. J. (2012). A conceptual framework for clinical work with transgender and gender nonconforming clients: An adaptation of the minority Stress model. *Psychology of Women Quarterly*, 43, 460-467. doi: 10.1037/a0029597
- Murray, S. B., Boon, E., & Touyz, S. W. (2013). Diverging eating psychopathology in transgendered eating disorder patients: A report of two cases. *Eating Disorders*, 21, 70-74. doi: 10.1080/10640266.2013.741989
- Sangganjanavanich, V. F. (2014). Counseling transgender individuals. In M. J. Ratts & P. B. Pedersen (Eds.), *Counseling and the transgender community: Integrating research, practice, and advocacy* (4th ed.; pp. 229-244). Alexandria, VA: American Counseling Association.
- Singh, D., Deogracias J. J., Johnson, L. L., Bradley, S. J., Kibblewhite, S. J., Owen-Anderson, A., ... Zucker, K. J. (2010). The gender identity/gender dysphoria questionnaire for adolescents and adults: Further validity evidence. *Journal of Sexual Research*, 47, 49-58. doi: 10.1080/00224490902898728
- Testa, R. J., Sciacca, L. M., Wang, F., Hendricks, M. L., Goldblum, P., Bradford, J., ... Bongar, B. (2012). Effects of violence on transgender people. *Psychology of Women Quarterly*, 43, 452-459.