

Trans Collaborations Clinical Check-In

Start Here

Name:

Today's
Date:

MM

DD

YYYY

Please answer the following questions about how you have felt over the past two weeks.

1. In the past two weeks, how comfortable were you presenting as your gender identity in public?

- Not at all comfortable (1)
- A little comfortable (2)
- Somewhat comfortable (3)
- Mostly comfortable (4)
- Completely comfortable (5)

2. In the past two weeks, how concerned were you about what others thought of your gender presentation?

- Not at all concerned (5)
- A little concerned (4)
- Somewhat concerned (3)
- Mostly concerned (2)
- Extremely concerned (1)

3. In the past two weeks, how concerned were you about not being perceived as your gender identity in public (regardless of whether you desire to fit a particular social category)?

- Not at all concerned (5)
- A little concerned (4)
- Somewhat concerned (3)
- Mostly concerned (2)
- Extremely concerned (1)

4. How often did you avoid using gendered public restrooms?

- Never (5)
- Rarely (4)
- Sometimes (3)
- Frequently (2)
- Always (1)

5. How often did you feel you knew how to present as your gender identity?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Frequently (4)
- Always (5)

6. How concerned were you about meeting any gendered societal expectations?

- Not at all concerned (5)
- A little concerned (4)
- Somewhat concerned (3)
- Mostly concerned (2)
- Extremely concerned (1)

7. Regardless if you experienced stigma or discrimination due to your gender identity, how confident did you feel to handle it?

- Not at all confident (1)
- A little confident (2)
- Somewhat confident (3)
- Mostly confident (4)
- Extremely confident (5)

Next are a couple personal questions about how you felt about your body in the past two weeks.

8. Thinking about your gender identity, how comfortable did you feel with your voice?

- Not at all comfortable (1)
- A little comfortable (2)
- Somewhat comfortable (3)
- Mostly comfortable (4)
- Completely comfortable (5)

9. In the past two weeks, how comfortable were you about your genitals?

- Not at all comfortable (1)
- A little comfortable (2)
- Somewhat comfortable (3)
- Mostly comfortable (4)
- Completely comfortable (5)

10. In the past two weeks, how comfortable were you about your secondary sex characteristics (ex: facial hair, breasts)?

- Not at all comfortable (1)
- A little comfortable (2)
- Somewhat comfortable (3)
- Mostly comfortable (4)
- Completely comfortable (5)

11. In the past two weeks, how often did you feel like you were accepted in society as a transgender or gender diverse person?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Frequently (4)
- Always (5)

12. How often did it feel like you were living two different lives?

- Never (5)
- Rarely (4)
- Sometimes (3)
- Frequently (2)
- Always (1)

13. How satisfied were you with the support you received for being transgender or gender diverse from your friends?

- Not at all satisfied (1)
- A little satisfied (2)
- Somewhat satisfied (3)
- Mostly satisfied (4)
- Completely satisfied (5)

14. How satisfied were you with the support you received for being transgender or gender diverse from your family?

- Not at all satisfied (1)
- A little satisfied (2)
- Somewhat satisfied (3)
- Mostly satisfied (4)
- Completely satisfied (5)

15. How satisfied were you with the support you received for being transgender or gender diverse at work or school?

- Not at all satisfied (1)
- A little satisfied (2)
- Somewhat satisfied (3)
- Mostly satisfied (4)
- Completely satisfied (5)
- Not relevant to me

Now answer these questions about right now.

16. Currently, how many people that you care about know your gender identity?

- None (1)
- Few (2)
- Some (3)
- Most (4)
- All (5)

17. Currently, how close do you feel to your ideal self-expression?

- Not at all close (1)
- A little close (2)
- Somewhat close (3)
- Very close (4)
- Extremely close (5)

18. Currently, how capable do you feel to handle any stressors that may arise due to your gender identity?

- Not at all capable (1)
- Minimally capable (2)
- Somewhat capable (3)
- Mostly capable (4)
- Extremely capable (5)