

Gender Identity/Gender Dysphoria Questionnaire: Adult Version (Female)

Patient name: _____ Date: _____

Instructions: Women may vary a lot in how they think and feel about themselves in terms of gender, ranging from feeling totally comfortable in being a woman to uncertainty through pursuing a change into a man. Thus, we are not talking about reactions to some social disadvantage of women in our society, but about the basic sense of self of being a woman.

You will read some questions about how you have been thinking and feeling in this regard about yourself during the past 12 months. Please answer each question with **one of five answers: Always, Often, Sometimes, Rarely, or Never.**

In the Comments section after each question, please feel free to write out everything you wish to add.

1. In the past 12 months, have you felt satisfied being a woman?

Comments:

Always Often Sometimes Rarely Never [12 months]

2. In the past 12 months, have you felt uncertain about your gender, that is, feeling somewhere in between a woman and a man?

Comments:

Always Often Sometimes Rarely Never [12 months]

3. In the past 12 months, have you felt pressured by others to be a woman, although you don't really feel like one?

Comments:

Always Often Sometimes Rarely Never [12 months]

4. In the past 12 months, have you felt, unlike most women, that you have to work at being a woman?

Comments:

Always Often Sometimes Rarely Never [12 months]

5. In the past 12 months, have you felt that you were not a real woman?

Comments:

Always Often Sometimes Rarely Never [12 months]

6. In the past 12 months, have you felt, given who you really are (e.g., what you like to do, how you act with other people), that it would be better for you to live as a man rather than as a woman?

Comments:

Always Often Sometimes Rarely Never [12 months]

7. In the past 12 months, have you had a dream?

Comments:

Always Often Sometimes Rarely Never [12 months]

If yes, in the past 12 months, have you had dreams in which you were a man?
**If no, skip to Question 8*

Comments:

Always Often Sometimes Rarely Never [12 months]

8. In the past 12 months, have you felt unhappy about being a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

9. In the past 12 months, have you felt uncertain about yourself, at times feeling more like a man and at times feeling more like a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

10. In the past 12 months, have you felt more like a man than like a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

11. In the past 12 months, have you felt that you did not have anything in common with either men or women?

Always Often Sometimes Rarely Never [12 months]

Comments:

12. In the past 12 months, have you been bothered by seeing yourself identified as female or having to check the box "F" for female on official forms (e.g, employment applications, driver's license, passport)?

Always Often Sometimes Rarely Never [12 months]

Comments:

13. In the past 12 months, have you felt comfortable when using women's restrooms in public places?

Always Often Sometimes Rarely Never [12 months]

Comments:

14. In the past 12 months, have strangers treated you as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

15. In the past 12 months, at home, have people you know, such as friends or relatives, treated you as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

16. In the past 12 months, have you had the wish or desire to be a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

17. In the past 12 months at home, have you dressed and acted as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

18. In the past 12 months, at parties or at other social gatherings, have you prepared yourself as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

19. In the past 12 months, at work or at school, have you presented yourself as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

20. In the past 12 months, have you disliked your body because it is female (e.g. having breasts or having a vagina)?

Always Often Sometimes Rarely Never [12 months]

Comments:

21. In the past 12 months, have you wished to have hormone treatment to change your body into a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

22. In the past 12 months, have you wished to have an operation to change your body into a man's (e.g., to have your breasts removed or have a penis made)?

Always Often Sometimes Rarely Never [12 months]

Comments:

23. In the past 12 months, have you made an effort to change your legal sex (e.g., driver's license or credit card)?

Always Often Sometimes Rarely Never [12 months]

Comments:

24. In the past 12 months, have you thought of yourself as a "hermaphrodite" or an "intersex" rather than as a man or woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

25. In the past 12 months, have you thought of yourself as a "transgendered person"?

Always Often Sometimes Rarely Never [12 months]

Comments:

26. In the past 12 months, have you thought of yourself as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

27. In the past 12 months, have you thought of yourself as a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

Gender Identity/Gender Dysphoria Questionnaire: Adult Version (Male)

Patient name: _____ Date: _____

Instructions: Men may vary a lot in how they think and feel about themselves in terms of gender, ranging from feeling totally comfortable in being a man to uncertainty through pursuing a change into a woman.

You will read some questions about how you have been thinking and feeling in this regard about yourself during the past 12 months. Please answer each question with **one of five answers: Always, Often, Sometimes, Rarely, or Never.**

In the Comments section after each question, please feel free to write out everything you wish to add.

1. In the past 12 months, have you felt satisfied being a man?

Comments:

Always Often Sometimes Rarely Never [12 months]

2. In the past 12 months, have you felt uncertain about your gender, that is, feeling somewhere in between a man and a woman?

Comments:

Always Often Sometimes Rarely Never [12 months]

3. In the past 12 months, have you felt pressured by others to be a man, although you don't really feel like one?

Comments:

Always Often Sometimes Rarely Never [12 months]

4. In the past 12 months, have you felt, unlike most men, that you have to work at being a man?

Comments:

Always Often Sometimes Rarely Never [12 months]

5. In the past 12 months, have you felt that you were not a real man?

Comments:

Always Often Sometimes Rarely Never [12 months]

6. In the past 12 months, have you felt, given who you really are (e.g., what you like to do, how you act with other people), that it would be better for you to live as a woman rather than as a man?

Comments:

Always Often Sometimes Rarely Never [12 months]

7. In the past 12 months, have you had a dream?

Comments:

Always Often Sometimes Rarely Never [12 months]

If yes, in the past 12 months, have you had dreams in which you were a woman? *If no, skip to Question 8

Comments:

Always Often Sometimes Rarely Never [12 months]

8. In the past 12 months, have you felt unhappy about being a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

9. In the past 12 months, have you felt uncertain about yourself, at times feeling more like a man and at times feeling more like a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

10. In the past 12 months, have you felt more like a woman than like a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

11. In the past 12 months, have you felt that you did not have anything in common with either women or men?

Always Often Sometimes Rarely Never [12 months]

Comments:

12. In the past 12 months, have you been bothered by seeing yourself identified as male or having to check the box "M" for male on official forms (e.g, employment applications, driver's license, passport)?

Always Often Sometimes Rarely Never [12 months]

Comments:

13. In the past 12 months, have you felt comfortable when using men's restrooms in public places?

Always Often Sometimes Rarely Never [12 months]

Comments:

14. In the past 12 months, have strangers treated you as a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

15. In the past 12 months, at home, have people you know, such as friends or relatives, treated you as a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

16. In the past 12 months, have you had the wish or desire to be a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

17. In the past 12 months at home, have you dressed and acted as a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

18. In the past 12 months, at parties or at other social gatherings, have you prepared yourself as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

19. In the past 12 months, at work or at school, have you presented yourself as a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

20. In the past 12 months, have you disliked your body because it is male (e.g. having a penis or having hair on your chest, arms, and legs)?

Always Often Sometimes Rarely Never [12 months]

Comments:

21. In the past 12 months, have you wished to have hormone treatment to change your body into a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

22. In the past 12 months, have you wished to have an operation to change your body into a woman's (e.g., have your penis removed or to have a vagina made)?

Always Often Sometimes Rarely Never [12 months]

Comments:

23. In the past 12 months, have you made an effort to change your legal sex (e.g., driver's license or credit card)?

Always Often Sometimes Rarely Never [12 months]

Comments:

24. In the past 12 months, have you thought of yourself as a "hermaphrodite" or an "intersex" rather than as a man or woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

25. In the past 12 months, have you thought of yourself as a "transgendered person"?

Always Often Sometimes Rarely Never [12 months]

Comments:

26. In the past 12 months, have you thought of yourself as a woman?

Always Often Sometimes Rarely Never [12 months]

Comments:

27. In the past 12 months, have you thought of yourself as a man?

Always Often Sometimes Rarely Never [12 months]

Comments:

Reference: Zucker, K., Meyer-Bahlburg, H., Kesler, S., & Schober, J. (2020). Gender Identity/Gender Dysphoria Questionnaire for Adolescents and Adults. https://www.researchgate.net/publication/336315392_Gender_IdentityGender_Dysphoria_Questionnaire_for_Adolescents_and_Adults