

Trans Youth CAN! Gender Distress Scale (TYC-GDS)

Updated April 2021

Development of this measure

This measure was developed to reflect distress-related symptoms of gender dysphoria in youth, including those who do not identify within the gender binary. While it captures a similar construct to existing gender dysphoria scales, we have labelled it gender distress to indicate that it captures the distress-related symptoms of gender dysphoria rather than a clinical diagnosis. Initial items were pooled from both the assigned-male and assigned-female versions of the Utrecht Gender Dysphoria Scale (UGDS)¹, and revised to make them appropriate for non-binary individuals. Redundant or highly overlapping items and a sexual behavior item were removed. Additional items were derived from researcher and clinician expertise and input, as well as input from two trans youth feedback groups (English and French).

The final scale includes 9 modified items from the UGDS, as well as 5 new items designed to capture aspects of dysphoria-related distress not addressed in other scales (e.g., voice), and aspects that may manifest at young ages (e.g., distrust in what body will do with age). The measure was designed to have two subscales reflecting distress related to gender in one's social life and related to sexed aspects of the body.

There are two versions of this measure, each available in English and French (French versions: <http://www.jeunestranscan.ca/documents-de-projet/#instruments>). One version is for youth assigned male at birth, and one for those assigned female. Items on birth wish and on distress related to gender in one's social life are identical across these versions, with differences in items for distress related to sexed aspects of the body. This measure was designed to be administered by personal interview to youth age puberty to 17 who are attending clinics for puberty blockers or gender-affirming hormone therapy. The measure was developed in English and then translated to French. This 2021 version reflects updates to the original 2017 scale; based on validation analysis, one original item was removed and one reclassified into a subscale.

Scoring

Each of the 14 items are scored using a 1 to 5 Likert-type scale. The mean of all 14 items is calculated to produce a total score. Mean scores are also calculated for the two subscales: the 5-item *Gender Distress Subscale – Social* and the 9-item *Gender Distress Subscale – Body*.

Citation

Bauer G, Churchill S, Ducharme J, Feder S, Gillis L, Gotovac S, Holmes C, Lawson M, Metzger D, Saewyc E, Speechley K, Temple J, for the Trans Youth CAN! Research Team. Trans Youth CAN! Gender Distress Scale (TYC-GDS). London, Canada: Trans Youth CAN! Research Team, 2021.

Acknowledgement

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¹ Cohen-Kettenis PT, van Goozen SHM. Sex reassignment of adolescent transsexuals: A follow-up study. *Journal of the American Academy of Child and Adolescent Psychiatry* 1997;36:263–271. doi:10.1097/00004583-199702000-00017

Trans Youth CAN! Gender Distress Scale (TYC-GDS) – Assigned Female at Birth Version

On a scale from 1-5:

- 1= disagree completely
- 2= disagree somewhat
- 3= neutral
- 4= agree somewhat
- 5= agree completely

To what extent do you agree with the following statements?

Gender Distress Subscale - Social	
1)	I avoid social situations or activities because I can't express myself in my gender
2)	I feel hurt if someone calls me the wrong gender (using the wrong pronouns/wrong name)
3)	I feel that society doesn't accept or embrace me in my gender
4)	I worry that people will always treat me as the wrong gender
5)	When people treat me like the wrong gender or expect me to behave like a girl I feel hurt
Gender Distress Subscale - Body	
6)	I wish I had been born in a different body
7)	I dislike seeing my naked body
8)	I feel unhappy because I have a feminine body
9)	I worry that I might always have a feminine body
10)	I dislike peeing sitting down
11)	I dislike having a period because it makes me feel like I'm not my true gender
12)	I dislike having breasts because they make me feel like I'm not my true gender
13)	I feel like I can't trust what my body might do as I get older
14)	I dislike my voice because I feel that it doesn't match my gender

Trans Youth CAN! Gender Distress Scale (TYC-GDS) – Assigned Male at Birth Version

On a scale from 1-5:

- 1= disagree completely
- 2= disagree somewhat
- 3= neutral
- 4= agree somewhat
- 5= agree completely

To what extent do you agree with the following statements?

Gender Distress Subscale - Social	
1)	I avoid social situations or activities because I can't express myself in my gender
2)	I feel hurt if someone calls me the wrong gender (using the wrong pronouns/wrong name)
3)	I feel that society doesn't accept or embrace me in my gender
4)	I worry that people will always treat me as the wrong gender
5)	When people treat me like the wrong gender or expect me to behave like a boy I feel hurt
Gender Distress Subscale - Body	
6)	I wish I had been born in a different body
7)	I dislike seeing my naked body
8)	I feel unhappy because I have a masculine body
9)	I worry that I might always have a masculine body
10)	I dislike peeing standing up
11)	I dislike having a penis or erections because it makes me feel like I'm not my true gender
12)	I dislike having facial hair because it makes me feel like I'm not my true gender
13)	I feel like I can't trust what my body might do as I get older
14)	I dislike my voice because I feel that it doesn't match my gender