

Trans Youth CAN! Gender Positivity Scale (TYC-GPS)

updated April 2021

Development of this measure

This measure was developed to capture positive experiences related to gender, given that low levels of the more commonly measured gender dysphoria or gender distress do not necessarily reflect gender positivity. Items were developed based on youth feedback group input (in English and French) as well as researcher and clinician expertise. Items were designed to be applicable to trans and non-binary individuals, and with a single version for those assigned female or male at birth. Items reflect two constructs: positivity related to gendered social life, and positivity related to body. These two categories mirror the subscales for our Trans Youth CAN! Gender Distress Scale (TYC-GDS).

There is one version of this measure, available in English and French (French version: <http://www.jeunestranscan.ca/documents-de-projet/#instruments>). 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 11 items are scored using a 1 to 5 Likert-type scale. The mean of all 11 items is calculated to get a total score. It is also possible to calculate a mean score for the two subscales: *Gender Positivity Subscale – Social* (6 items), and *Gender Positivity Subscale – Body* (5 items).

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 Positivity Scale (TYC-GPS). London, Canada: Trans Youth CAN! Research Team, 2021.

Acknowledgement

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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 Positivity Subscale - Social	
1)	I feel a sense of accomplishment and pride being able to express myself as my gender
2)	I enjoy going out in public and doing social activities because I can express myself as my gender
3)	I feel validated when strangers in public treat me like my gender
4)	I feel confident trying new and different clothes that express my gender
5)	I feel happy that society sees me on the outside for who I am on the inside
6)	I am relieved I don't have to work as hard as I used to for people to see me as my gender
Gender Positivity Subscale - Body	
7)	I feel confident in my body
8)	I feel attractive
9)	I am comfortable in my body
10)	I feel like my body fits with the real me
11)	Things about my body that used to bother me don't bother me as much anymore