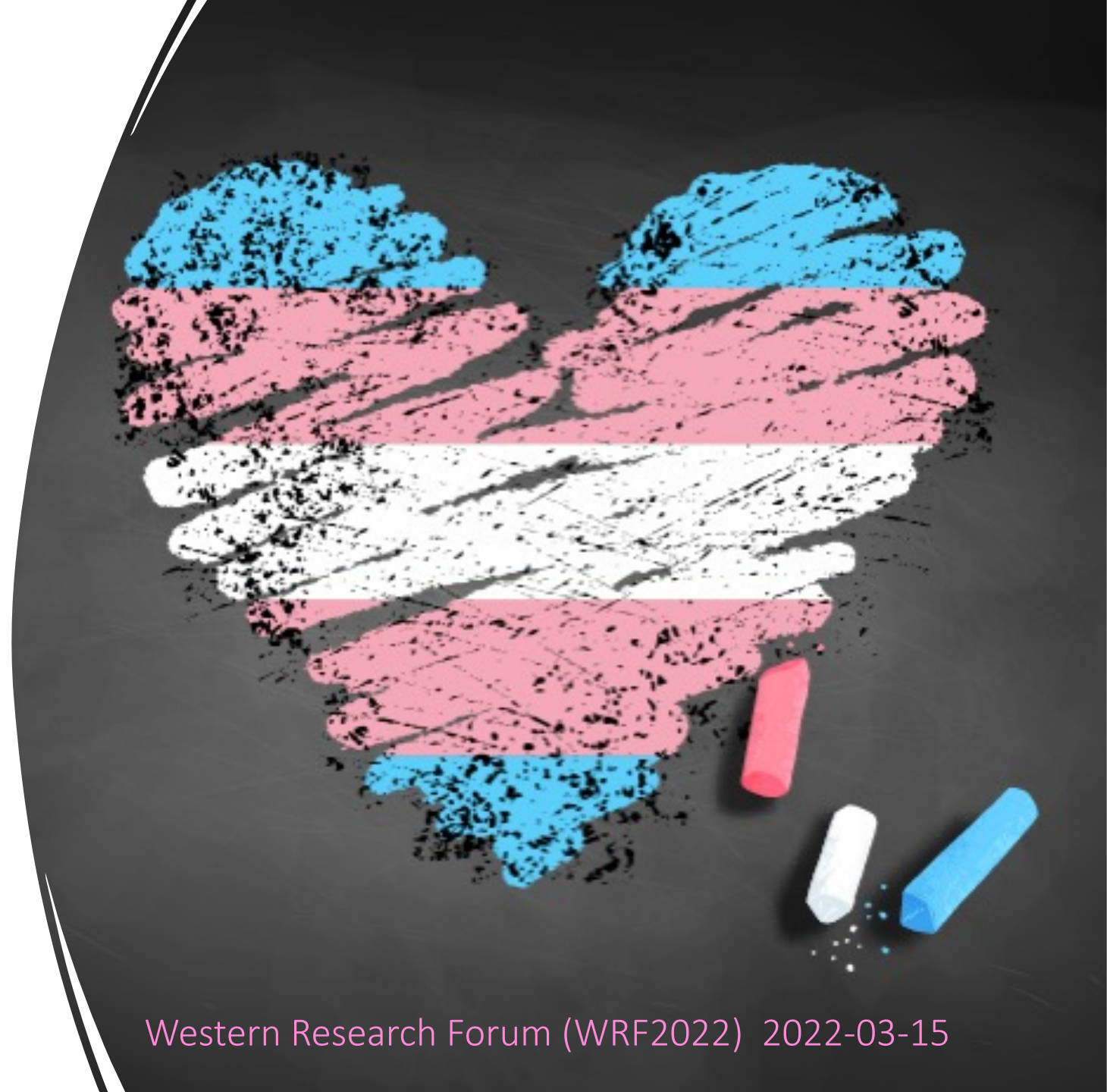


# A Quantitative Study on Gender Positivity and Gender Distress in Transgender and Nonbinary Communities: Predictive Factors and Impact on Health

Lux Li (he/him), MSc Student  
Epidemiology and Biostatistics  
Schulich School of Medicine & Dentistry  
Western University

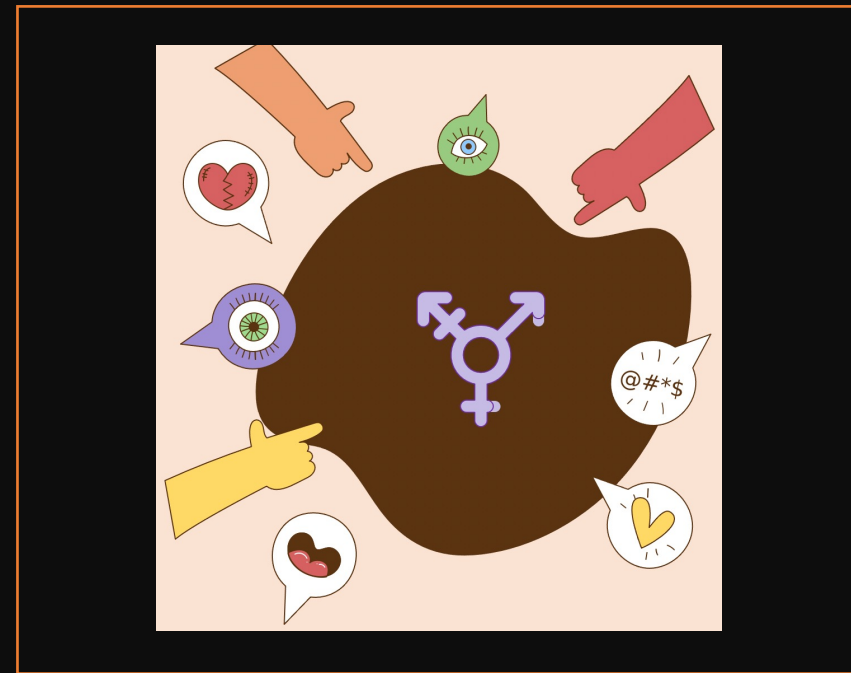
Principal Investigator: Dr. Greta Bauer



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# Background: Gender Dysphoria

- Distress that arises from a mismatch between one's gender identity and sex assigned at birth (American Psychiatric Association, 2013)
- Body + Social
- Clinical diagnosis



# Background: Gender Euphoria/Positivity

- Originated within trans and nonbinary communities
- Positive Psychology: Importance of addressing strengths/resilience of marginalized populations
- More than just absence of dysphoria
- Body + Social
- Rarely recognized in peer-reviewed literature
- Quantitative research almost non-existent

Beischel et al., 2021;  
Galupo & Pulice-Farrow, 2020;  
Ghabrial & Anderson, 2021;  
Pulice-Farrow et al., 2019

Setting Australia's LGBTI agenda since 1979

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## HOW GENDER EUPHORIA IS HELPING TO REDEFINE WHAT IT MEANS TO BE TRANSGENDER





# Methods: Gender Distress Scale (GDS) & Gender Positivity Scale (GPS)

## Issues with commonly used scales:

- Don't capture subclinical gender distress
- Assess dysphoria as a single construct
- Didn't include nonbinary identities (until 2020)
- Inappropriate for youth (sexual items or complex languages)
- Pathologizing
- No measures of gender positivity

## Advantages of GDS and GPS:

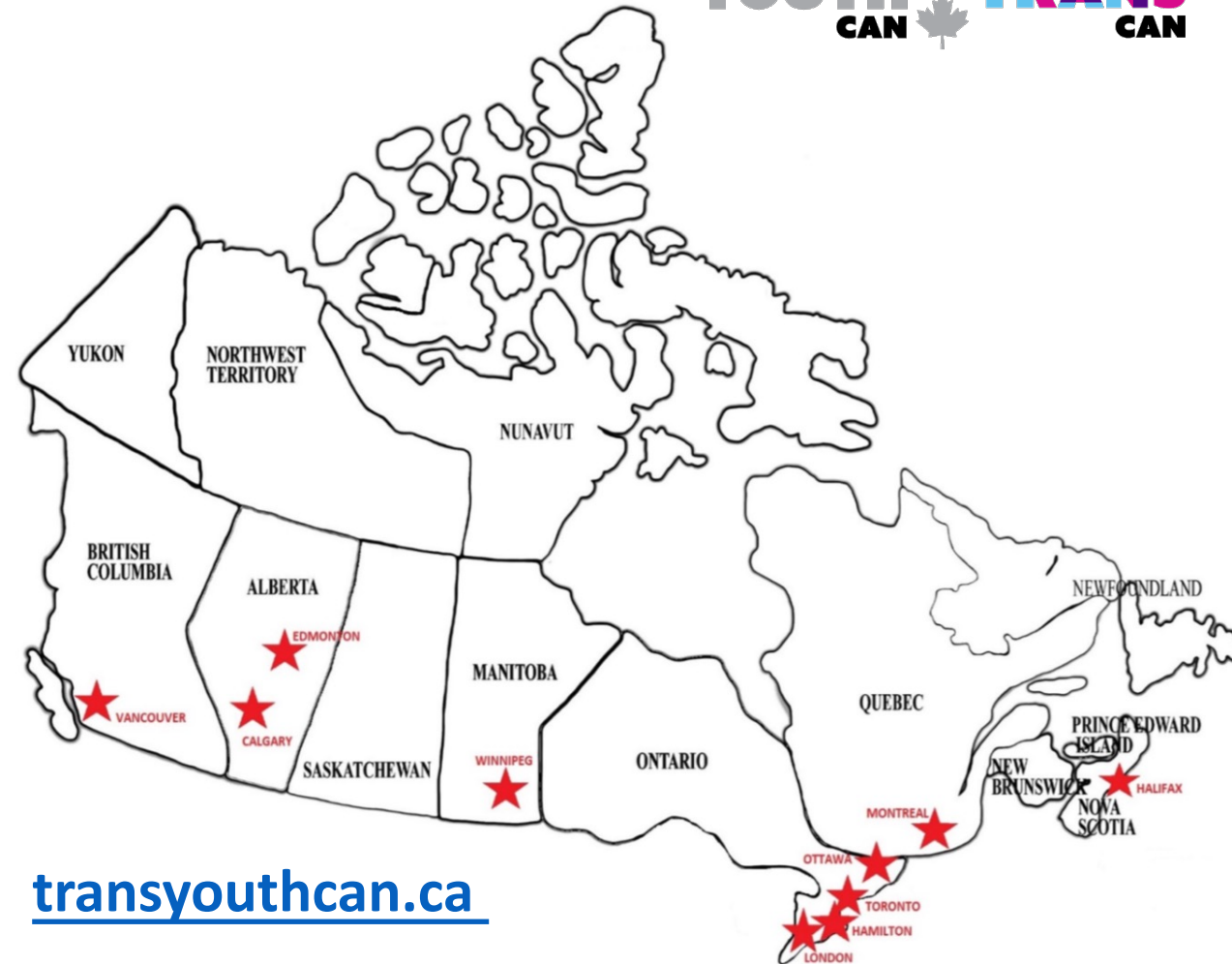
- Address broader gender-related distress
- Subscales assessing feelings related to body and social gender
- Inclusive of nonbinary identities
- Appropriate for youth
- Focus on positive feelings, not just distress



# Methods: Gender Distress Scale (GDS) & Gender Positivity Scale (GPS)

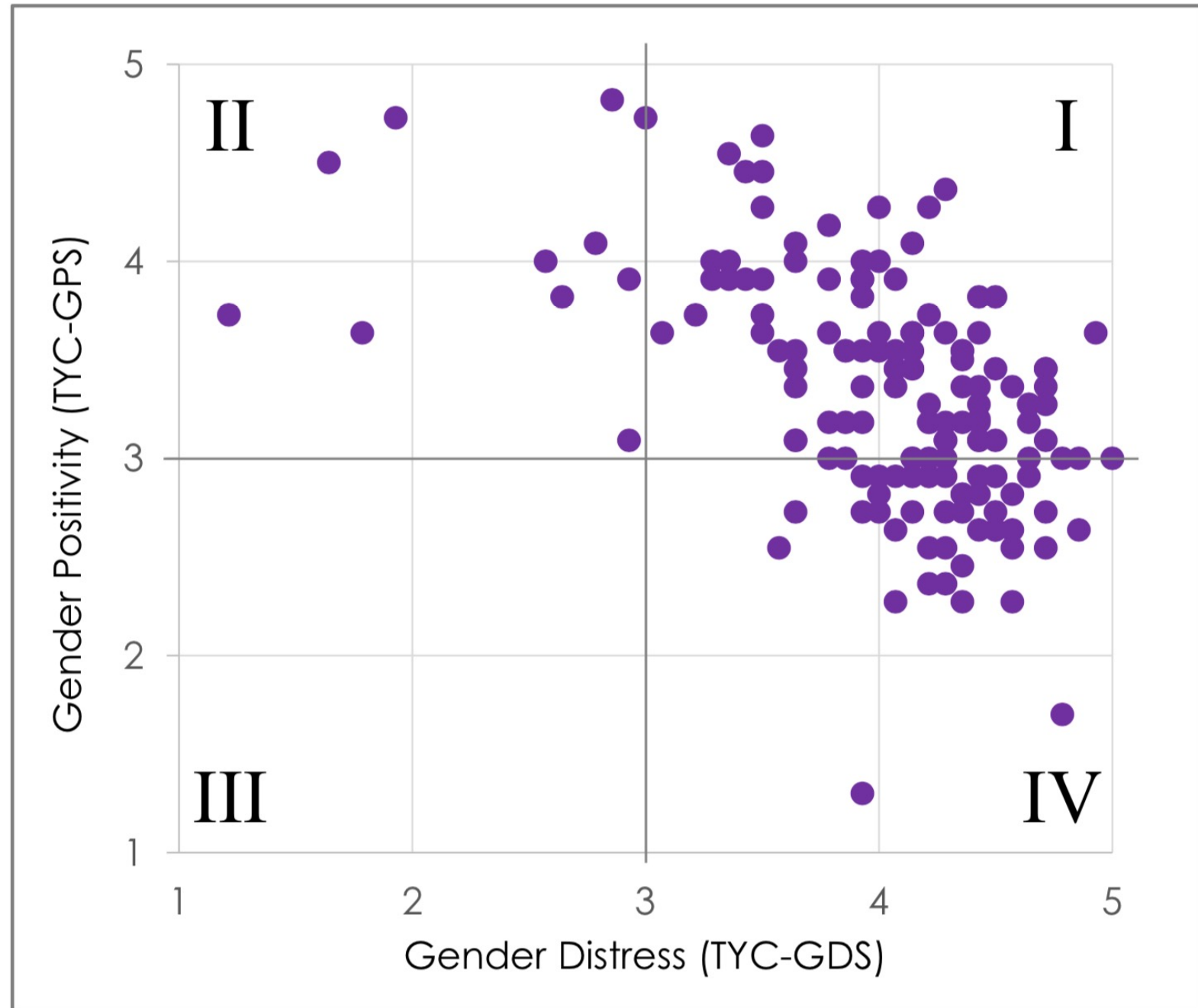
Scales developed & validated using data from Trans Youth CAN! (TYC)

- Prospective cohort study
- 174 youth (+ 160 matched parents)
- 10 gender clinics across Canada
- Data on medical, psychosocial, and family outcomes



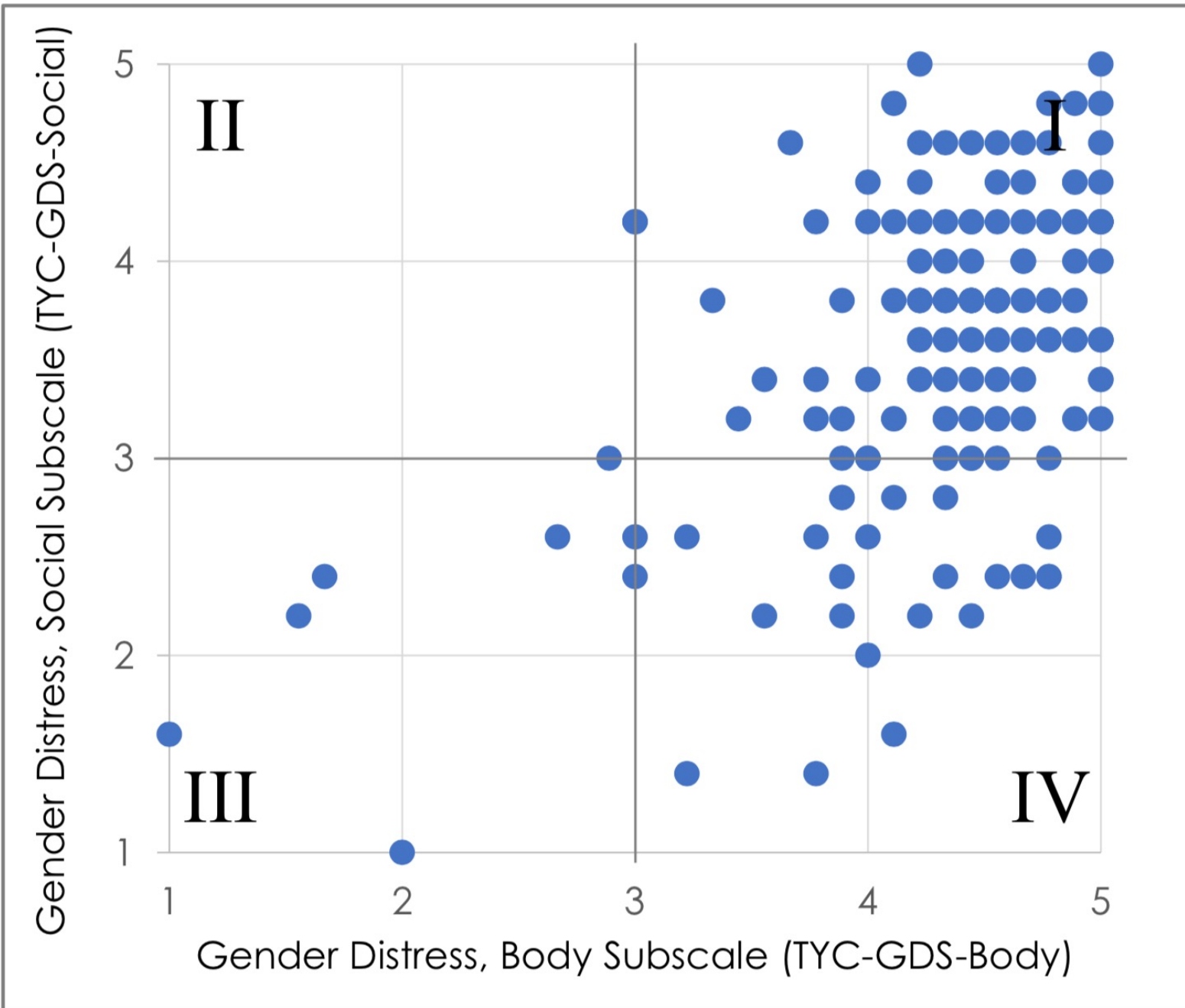
[transyouthcan.ca](http://transyouthcan.ca)

Gender Positivity  
vs.  
Gender Distress  
quadrant plot:  
Total Scale Scores



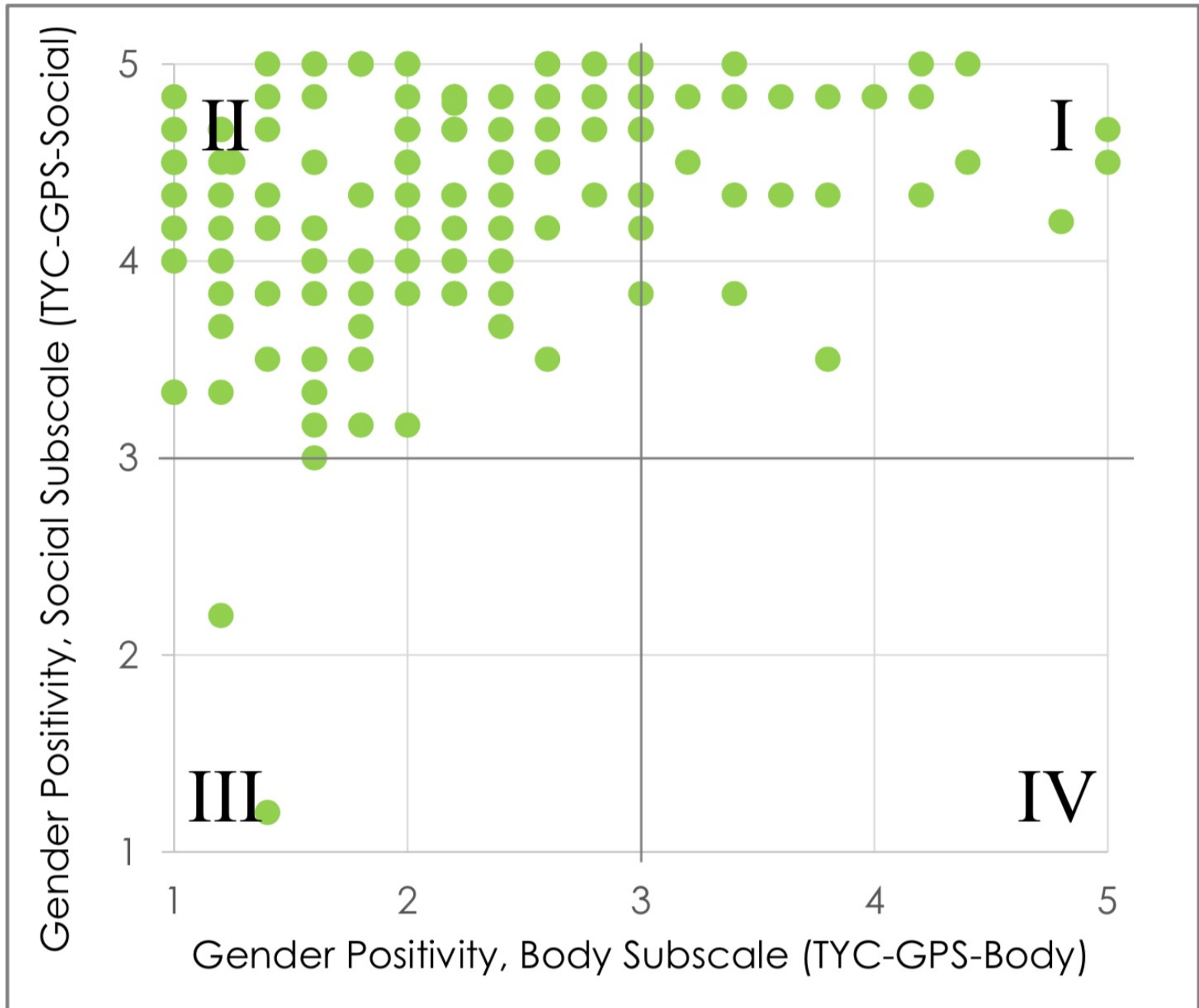
Gotovac et al. 2021. Data from TYC.  
More info on [transyouthcan.ca](http://transyouthcan.ca)

Gender Distress  
quadrant plot:  
Social vs. Body  
Subscale Scores



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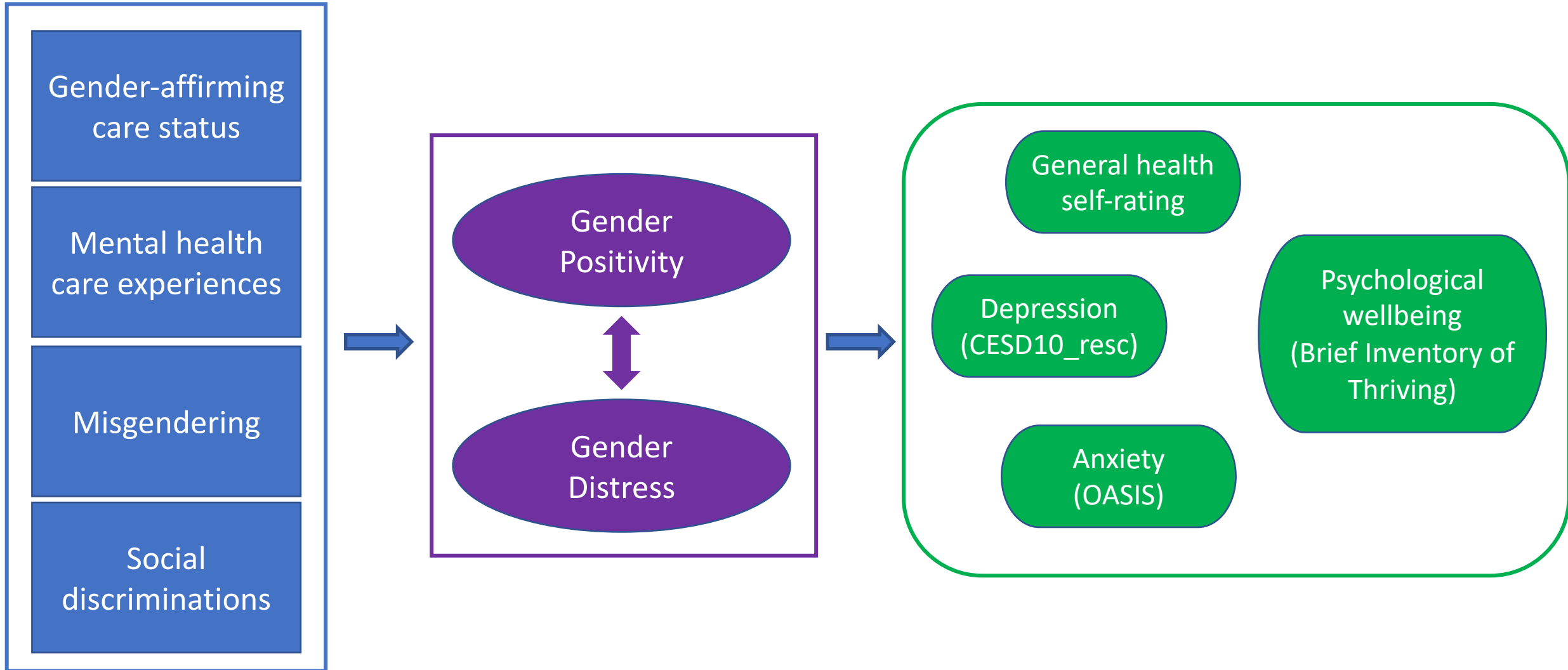


# Current Study: Trans PULSE Canada

- Largest nationwide community survey of trans & nonbinary people in Canada (N=2873).
- Diverse socio-demographics
- A wide range of measures related to gender experiences, health and wellbeing, healthcare access barriers, social support, and discrimination/marginalization.



# Current Study: Gender Positivity, Gender Distress, Predictive Factors, Impact on Wellbeing





# Expected Results and Impact

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- Expand the dysphoria-centred viewpoint into a balanced, nuanced understanding/measures of gender-related feelings
- Epidemiological analysis of gender positivity/distress and their role in health/wellbeing
- Highlight positivity/resilience, diversify representative narratives, and challenge the misconception that cisgender-like experiences are the standard and goal for trans & nonbinary wellness.
- Implications for resilience-based therapy, gender-affirming medical care, and social movements.



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# Thank you!

Lux Li

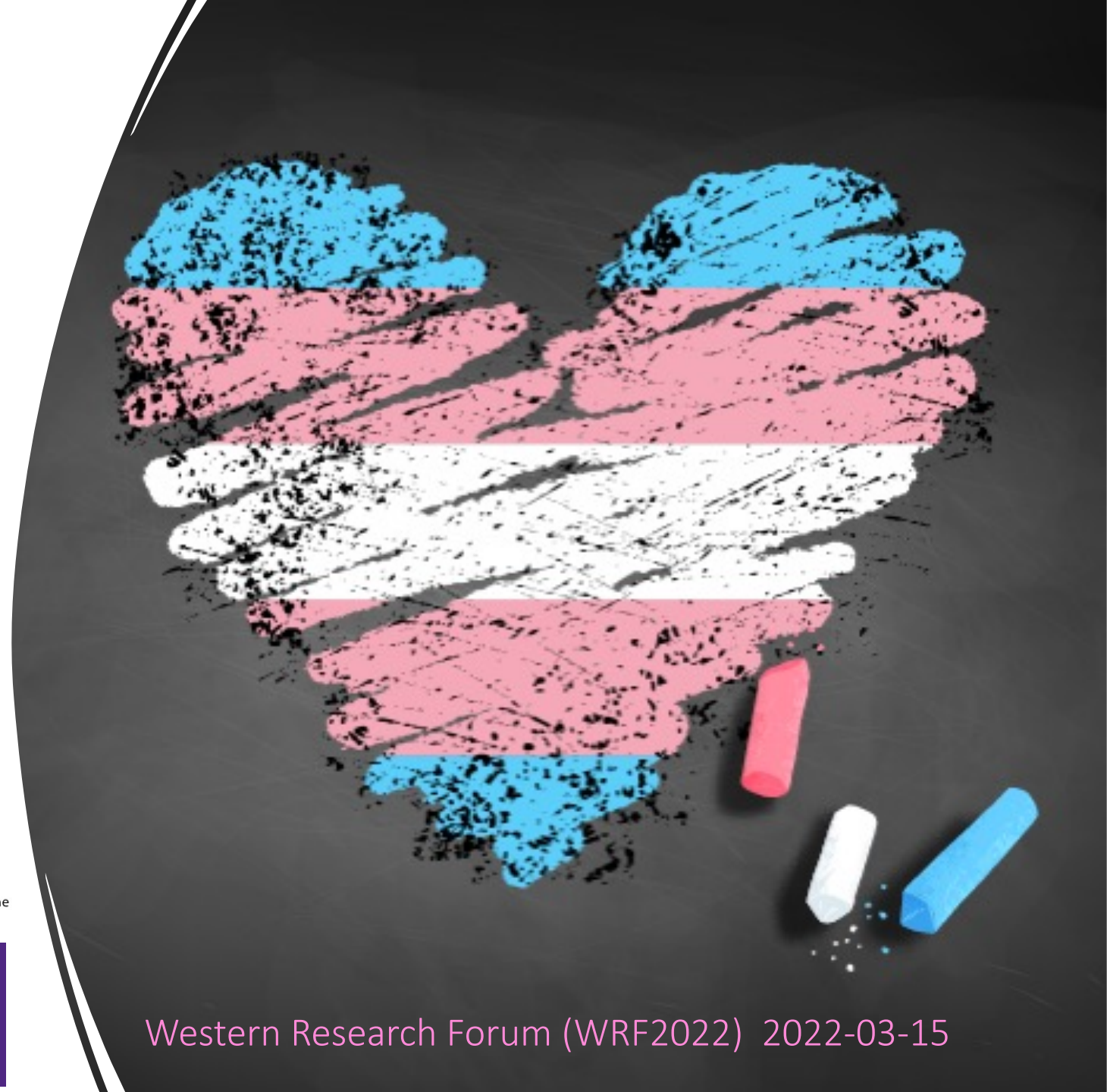


Supervisor: Dr. Greta Bauer

Dept. Epidemiology and Biostatistics

Trans PULSE Canada  
[transpulsecanada.ca](http://transpulsecanada.ca)

Trans Youth CAN!  
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