Appendix

Transgender Congruence Scale

Gender identity is defined as the gender(s) that you experience yourself as; it is not necessarily related to your assigned gender at birth. For the following items, please indicate the response that best describes your experience *over the past two weeks.*

**1. My outward appearance represents my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**2. I experience a sense of unity between my gender identity and my body.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**3. My physical appearance adequately expresses my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**4. I am generally comfortable with how others perceive my gender identity when they look at me.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**5. My physical body represents my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**6. The way my body currently looks does not represent my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**7. I am happy with the way my appearance expresses my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**8. I do not feel that my appearance reflects my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**9. I feel that my mind and body are consistent with one another.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**10. I am not proud of my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**11. I am happy that I have the gender identity that I do.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

**12. I have accepted my gender identity.**

1 2 3 4 5

Strongly Disagree Somewhat Disagree Neither Agree Nor Disagree Somewhat Agree Strongly Agree

Scoring: Reverse score items 6, 8, and 10 (where 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1).

To arrive at the total scale score average the responses of the 12 items.

For the Appearance Congruence subscale, average responses to items 1, 2, 3, 4, 5, 6, 7, 8, and 9.

For the Gender Identity Acceptance subscale, average responses to items 10, 11, and 12.