

GMSR

Please check all that apply. (For example, you may check both "after age 18" and "in the past year" columns if both are true). *In this survey gender expression means how masculine/feminine/androgynous one appears to the world based on many factors such as mannerisms, dress, personality, etc.

	Never.	Yes, before age 18.	Yes, after age 18.	Yes, in the past year.
D				
1 I have had difficulty getting medical or mental health treatment (transition-related or other) because of my gender identity or expression*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 Because of my gender identity or expression, I have had difficulty finding a bathroom to use when I am out in public.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 I have experienced difficulty getting identity documents that match my gender identity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 I have had difficulty finding housing or staying in housing because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 I have had difficulty finding employment or keeping employment, or have been denied promotion because of my gender identity or expression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
R				
1 I have had difficulty finding a partner or have had a relationship end because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 I have been rejected or made to feel unwelcome by a religious community because of my gender identity or expression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 I have been rejected by or made to feel unwelcome in my ethnic/racial community because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 I have been rejected or distanced from friends because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 I have been rejected at school or work because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been rejected or distanced from family because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
V				
1 I have been verbally harassed or teased because of my gender identity or expression. (For example, being called "it.")	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 I have been threatened with being outed or blackmailed because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 I have had my personal property damaged because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 I have been threatened with physical harm because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 I have been pushed, shoved, hit, or had something thrown at me because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 I have had sexual contact with someone against my will because of my gender identity or expression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
na I have heard negative statements about transgender or gender nonconforming people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree with the following statements.					
	Strongly Disagree	Somewhat Disagree	Neither Agree/ Disagree	Somewhat Agree	Strongly Agree
NA					
1	I have to repeatedly explain my gender identity to people or correct the pronouns people use.	0	0	0	0
2	I have difficulty being perceived as my gender.	0	0	0	0
3	I have to work hard for people to see my gender accurately.	0	0	0	0
4	I have to be "hypermasculine" or "hyperfeminine" in order for people to accept my gender.	0	0	0	0
5	People don't respect my gender identity because of my appearance or body.	0	0	0	0
6	People don't understand me because they don't see my gender as I do.	0	0	0	0
IT					
1	I resent my gender identity or expression.	0	0	0	0
2	My gender identity or expression makes me feel like a freak.	0	0	0	0
3	When I think of my gender identity or expression, I feel depressed.	0	0	0	0
4	When I think about my gender identity or expression, I feel unhappy.	0	0	0	0
5	Because my gender identity or expression, I feel like an outcast.	0	0	0	0
6	I often ask myself: Why can't my gender identity or expression just be normal?	0	0	0	0
7	I feel that my gender identity or expression is embarrassing.	0	0	0	0
8	I envy people who do not have a gender identity or expression like mine.	0	0	0	0

P		Strongly Disagree	Somewhat Disagree	Neither Agree/ Disagree	Somewhat Agree	Strongly Agree
1	My gender identity or expression makes me feel special and unique.	0	0	0	0	0
2	It is okay for me to have people know that my gender identity is different from my sex assigned at birth.	0	0	0	0	0
3	I have no problem talking about my gender identity and gender history to almost anyone.	0	0	0	0	0
4	It is a gift that my gender identity is different from my sex assigned at birth.	0	0	0	0	0
5	I am like other people but I am also special because my gender identity is different from my sex assigned at birth.	0	0	0	0	0
6	I am proud to be a person whose gender identity is different from my sex assigned at birth.	0	0	0	0	0
7	I am comfortable revealing to others that my gender identity is different from my sex assigned at birth.	0	0	0	0	0
8	I'd rather have people know everything and accept me with my gender identity and gender history.	0	0	0	0	0

Do you currently live in your affirmed gender* all or almost all of the time?

(*Your affirmed gender is the one you see as accurate for yourself.)

If NO, answer questions in section A and C, and skip section B.

If YES, skip section A, and answer questions in section B and C.

SECTION A: Please indicate how much you agree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree/Disagree	Somewhat Agree	Strongly Agree
NE					
1	0	0	0	0	0
2	0	0	0	0	0
3	0	0	0	0	0
4	0	0	0	0	0
5	0	0	0	0	0
6	0	0	0	0	0
7	0	0	0	0	0
8	0	0	0	0	0
9	0	0	0	0	0
ND					
1	0	0	0	0	0
2	0	0	0	0	0
3	0	0	0	0	0
4	0	0	0	0	0
5	0	0	0	0	0

SECTION B: Please indicate how much you agree with the following statements.

		Strongly Disagree	Somewhat Disagree	Neither Agree/Disagree	Somewhat Agree	Strongly Agree
NE						
1	If I express my gender history, others wouldn't accept me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	If I express my gender history, employers would not hire me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	If I express my gender history, people would think I am mentally ill, "crazy."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	If I express my gender history, people would think I am disgusting or sinful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	If I express my gender history, most people would think less of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	If I express my gender history, most people would look down on me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	If I express my gender history, I could be a victim of crime or violence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	If I express my gender history, I could be arrested or harassed by police.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	If I express my gender history, I could be denied good medical care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ND						
1	Because I don't want others to know my gender history, I don't talk about certain experiences from my past or change parts of what I will tell people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Because I don't want others to know my gender history, I modify my way of speaking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Because I don't want others to know my gender history, I pay special attention to the way I dress or groom myself .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Because I don't want others to know my gender history, I avoid exposing my body, such as wearing a bathing suit or nudity in locker rooms.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Because I don't want others to know my gender history, I change the way I walk, gesture, sit, or stand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SECTION C: Please indicate how much you agree with each statement.

C		Strongly Disagree	Somewhat Disagree	Neither Agree/ Disagree	Somewhat Agree	Strongly Agree
1	I feel part of a community of people who share my gender identity.	0	0	0	0	0
2	I feel connected to other people who share my gender identity.	0	0	0	0	0
3	When interacting with members of the community that shares my gender identity, I feel like I belong.	0	0	0	0	0
4	I'm not like other people who share my gender identity.	0	0	0	0	0
5	I feel isolated and separate from other people who share my gender identity.	0	0	0	0	0

INFORMATION FOR CLINICIANS AND RESEARCHERS:

The Gender Minority Stress and Resilience (GMSR) Measure was developed to assess aspects of minority stress and resilience faced by people whose gender identity or expression is different in any way from that socially expected based on their sex assigned at birth. The scale consists of the following constructs:

D

Gender-related discrimination. This measure was created by combining (a) themes identified from a previously conducted focus group of trans adults focusing on minority stress (Balsam, Beadnell, Simoni, & Cope, 2008) with (b) items created based on other prevalent forms of discrimination described by TGNC respondents in a large national studies of TGNC people's experiences (Beemyn & Rankin, 2011; Grant, et al., 2010). For scoring purposes, responses are coded as 1 if "Yes" at any point, and 0 if "Never" (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

R

Gender-related rejection. This measure was created by combining (a) themes identified from a previously conducted focus group of trans adults focusing on minority stress (Balsam, Beadnell, Simoni, & Cope, 2008) with (b) items created based on other prevalent forms of rejection identified by trans respondents in national studies of TGNC people's experiences (Beemyn & Rankin, 2011; Grant, et al., 2010). For scoring purposes, responses are coded as 1 if "Yes" at any point, and 0 if "Never" (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

V

Gender-related victimization. Items were developed by adapting those from the Sexual Minority Negative Events Scale (SMNE; Goldblum, Waelde, Skinta, & Dilley, unpublished manuscript) such that items would refer to gender identity or expression instead of sexual orientation. For scoring purposes, DO NOT include the last item. This item was retained here as a potentially useful clinical prompt for discussion. However, because almost all respondents answer affirmatively, the item is not included in the final validated measure. All other responses are coded as 1 if "Yes" at any point, and 0 if "Never" (Testa, Habarth, Peta, Balsam, & Bockting, 2014). For research purposes, the last item (7) is not included in scoring, but has been retained for clinical purposes.

NA

Non-Affirmation. This scale was created based on prevalent experiences reported by TGNC people in national surveys related to gender identity non-affirmation in various settings (Beemyn & Rankin, 2011; Grant, et al., 2010). For scoring purposes, response options are coded as (0) Strongly Disagree, (1) Somewhat Disagree, (2) Neither Agree/Disagree, (3) Somewhat Agree, and (4) Strongly Agree (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

IT

Internalized transphobia. Internalized transphobia was evaluated with the 8-item Shame subscale from the Transgender Identity Survey (TGIS; Bockting, in press). This scale has demonstrated internal reliability, Cronbach's alpha = .89. Response options were adjusted from a 7-point to a 5-point Likert-type scale from "strongly disagree" to "strongly agree." For scoring purposes, response options are coded as (0) Strongly Disagree, (1) Somewhat Disagree, (2) Neither Agree/Disagree, (3) Somewhat Agree, and (4) Strongly Agree (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

P

Pride. Pride regarding TGNC identity was measured by the Pride subscale of the Transgender Identity Scale (Bockting, Miner, Swinburne Romine, Robinson, Rosser, & Coleman, 2014). Reliability has been established with an alpha of .88. Response options were adjusted from a 7-point to a 5-point Likert-type scale from "strongly disagree" to "strongly agree." For scoring purposes, response options are coded as (0) Strongly Disagree, (1) Somewhat Disagree, (2) Neither Agree/Disagree, (3) Somewhat Agree, and (4) Strongly Agree (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

NE*

Negative Expectations for future events. For this scale, items were adapted from a measure of negative expectations for rejection among LGB people (Goldblum, Waelde, Skinta, & Dilley, unpublished manuscript). Several items were also added to reflect unique concerns identified in a focus group and national surveys with TGNC people (Balsam, Beadnell, Simoni, & Cope, 2008; Beemyn & Rankin, 2011; Grant, et al., 2010). For scoring purposes, response options are coded as (0) Strongly Disagree, (1) Somewhat Disagree, (2) Neither Agree/Disagree, (3) Somewhat Agree, and (4) Strongly Agree (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

ND*

Non-Disclosure. Items were developed to reflect means of non-disclosure utilized by TGNC people identified in a national survey of TGNC people, and autobiographical material of TGNC writers (Beemyn & Rankin, 2011; Feinberg, 1993; Green, 2004). For scoring purposes, response options are coded as (0) Strongly Disagree, (1) Somewhat Disagree, (2) Neither Agree/Disagree, (3) Somewhat Agree, and (4) Strongly Agree (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

CC

Community Connectedness. This scale was created utilizing both (a) themes from a previously conducted focus group of trans adults focusing on minority stress (Balsam, Beadnell, Simoni, & Cope, 2008) and (b) items from the Alienation subscale of the Transgender Identity Survey (TGIS; Bockting, in press). Items from the latter were modified to primarily reflect affiliation instead of isolation. For scoring purposes, the response options are coded as (0) Strongly Disagree, (1) Somewhat Disagree, (2) Neither Agree/Disagree, (3) Somewhat Agree, and (4) Strongly Agree, with the exception of the last two items, which are reverse scored (Testa, Habarth, Peta, Balsam, & Bockting, 2014).

* Both NE and ND constructs are measured with slightly different wording depending on whether individuals do or do not live in their affirmed gender all or most of the time. (Affirmed gender means that which the individual sees as accurate for themselves.)

CITATION

Testa, R. J., Habarth, J., Peta, J., Balsam, K., & Bockting, W. (2015). Development of the Gender Minority Stress and Resilience Measure. *Psychology of Sexual Orientation and Gender Diversity*, 2(1) 65-76.