

Psychology of Sexual Orientation and Gender Diversity

The Hungarian Adaptation and Validation of the Gender Minority Stress and Resilience Measure

--Manuscript Draft--

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The Hungarian Adaptation and Validation of the Gender Minority Stress and Resilience Measure

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Abstract

Because no comprehensive measure exists in the Hungarian language regarding minority stress and resilience experiences of transgender and gender nonconforming (TGNC) individuals, this study aimed to adapt the Gender Minority Stress and Resilience Measure (GMSR), which was developed in English and shown to be a reliable and valid measure of distal stressors (i.e., discrimination, rejection, victimization, and non-affirmation), proximal stressors (i.e., internalized transphobia, negative expectations, and nondisclosure), and resilience factors (i.e., pride and community connectedness), in the Hungarian language and to examine its psychometric properties in an adult Hungarian sample of TGNC individuals. Data were collected from 205 Hungarian TGNC individuals (18-74 years; $M = 29.49$ $SD = 10.24$). Results from confirmatory factor analysis (CFA) based on the original 9-factor solution showed an unacceptable model fit due to cross-loadings. When cross-loadings were allowed, however, findings from the exploratory structural equation modeling (ESEM) based on the original 9-factor solution and bi-factor exploratory structural equation modeling (B-ESEM) demonstrated acceptable to excellent model fit, respectively. Regarding validity analysis, significant correlation coefficients lower than 0.60 ($r = .14 - .38$) were found between subscales of the GMSR, except for community connectedness, mental health measures, and relatedness satisfaction, indicating evidence for criterion, convergent, and discriminant validity. Overall, the results suggest that the Hungarian GMSR is a reliable and valid measure that can be used by researchers and clinicians working with the TGNC population to understand their minority stress and resilience experiences.

Keywords: Gender Minority Stress and Resilience Measure, transgender, reliability, validity, minority stress

Public Significance Statement

The current study adapts and validates the Gender Minority Stress and Resilience Measure in the Hungarian context and provides researchers and clinicians with a reliable and valid tool to better understand and examine the minority stress and resilience experiences of trans adults in research and clinical practice.

Absztrakt

A transznemű és nemileg nem konform (TNNK) személyek kisebbségi stresszhez és rezilienciához kapcsolódó tapasztalatainak felmérésére átfogó magyar nyelvű mérőeszköz eddig nem állt rendelkezésre, ezért tanulmányunk a Nemi Kisebbségek Stressz és Reziliencia Kérdőívének (Gender Minority Stress and Resilience Measure; GMSR) magyar adaptációját (GMSR-H) összegzi. A GMSR-t angol nyelven fejlesztették ki, amely megbízható és valid mérőeszköze a nemi kisebbségi léthez kapcsolódó disztális stresszoroknak (diszkrimináció, elutasítottság, viktimizáció, meg nem értés), proximális stresszoroknak (internalizált transzfóbia, negatív elvárások, fel nem tárulkozás) és reziliencia tényezőknek (büszkeség és közösséghez kapcsolódás). A bevezetésre kerülő magyar nyelvű mérőeszköz pszichometriai tulajdonságait magyar felnőtt TNNK személyek csoportjában vizsgáltuk. A kérdőívcsomagot 205 TNNK egyén töltötte ki (18-74 év között; $M = 29,49$; $SD = 10,24$). Az eredeti 9 faktort tesztelő megerősítő faktorelemzés (confirmatory factor analysis; CFA) a keresztöltések miatt nem megfelelő illeszkedéssel bírt. A keresztöltéseket is megengedő faktorelemzés (exploratory structural equation modeling; ESEM) elfogadható, míg a bifaktoros ESEM elemzés (B-ESEM) kiváló illeszkedést mutatott. A validitásvizsgálat eredményei a GMSR-H alskálái között 0,60 alatti ($r = 0,14-0,38$) korrelációs értékeket azonosítottak, ez alól kivételt a közösséghez kapcsolódás, a kapcsolati elégedettség, valamint a mentális betegségtünetek kapcsolatvizsgálata képezett. Eredményeink a kritérium, a konvergens és a diszkrimináns validitást egyaránt megerősítették. Összegezve, a GMSR magyar változata (GMSR-H) megbízható és érvényes mérőeszköz a TNNK személyek kisebbségi stresszel és rezilienciával kapcsolatos tapasztalatainak felmérésére, ezáltal mind a TNNK csoportokkal foglalkozó gyakorló pszichológusok, mind a kutatók haszonnal alkalmazhatják.

Kulcsszavak: Nemi Kisebbségek Stressz és Reziliencia Kérdőíve, transzneműség, reliability, validity, minority stress

The Hungarian Adaptation and Validation of the Gender Minority Stress and Resilience Measure

Transgender and gender non-conforming (TGNC) is an umbrella term that is used to define individuals whose gender identity, behavior, or expression doesn't align with their sex assigned at birth (American Psychological Association, 2015). It includes binary gender identities (i.e., trans man and trans woman) as well as gender identities outside the gender binary such as agender, non-binary, gender-fluid, or bigender. It is well-established that TGNC individuals experience elevated rates of negative physical (Scheim et al., 2022) and mental (Pinna et al., 2022) health outcomes as compared to their cisgender (i.e., whose gender identity, behavior, or expression aligns with their sex assigned at birth) counterparts.

One of the explanations for these higher rates of health disparities among TGNC populations is proposed by the minority stress model (Meyer, 2003). Although the model was originally developed to understand and explain the disproportionately higher levels of adverse health outcomes among sexual minority (i.e., LGB) populations, later it was expanded to understand the experiences of gender minorities as well (Hendricks & Testa, 2012; Testa et al., 2015). The model attempts to explain the mental health of minority individuals by focusing on social stressors stemming from power dynamics within societies that are unique to minority populations. The model identified two different types of stressors, which are distal and proximal. Distal stressors are defined as objective prejudice-based events such as discrimination and victimization. Proximal stressors, on the other hand, are defined as the subjective experience of these events that change one's cognitive, emotional, or behavioral processes, including internalized phobia, concealment of identity, and expectations of rejection. The model also assumed that some factors such as characteristics of minority identity (e.g., identity centrality,

integration), and individual- and community-level social support could potentially buffer against the negative impacts of stressors.

Minority Stress among TGNC Individuals and The Gender Minority Stress and Resilience Measure (GMSR)

Despite sharing similar experiences of distal and proximal stressors with sexual minorities, TGNC individuals also experience unique challenges due to their perceived gender non-conformity such as safely accessing public restrooms that align with their true gender, legal documents, and gender-affirming healthcare (White Hughto et al., 2015). Thus, the original minority stress model was adapted to include the unique experiences of TGNC individuals (Hendricks & Testa, 2012), and the Gender Minority Stress and Resilience Measure (GMSR) was developed to properly capture those experiences as well as the stressors proposed by the original minority stress model (Testa et al., 2015).

Regarding distal stressors, similar to sexual minorities, discrimination, victimization, and rejection were included in the GMSR since previously published studies found that TGNC individuals experience gender-related discrimination (Falck & Bränström, 2023; Grant et al., 2010), victimization (Wirtz et al., 2020), and rejection (Blair & Hoskin, 2019; Klein & Golub, 2016). Unlike sexual minority stressors, however, a new form of distal stressors was proposed specific to TGNC individuals, named *non-affirmation*, which includes experiences of one's gender identity not being affirmed by others such as not being called by one's preferred name, or using pronouns that don't match one's true gender identity. In terms of proximal stressors, although concealment of identity, internalized transphobia, and expectations of rejection are also experienced by TGNC individuals and included in GMSR, differences in the nature of these stressors exist for TGNC individuals. For instance, concealing one's gender identity is more

difficult than sexual identity, since the former is more visible to others through alterations in one's body, clothing, and grooming. Additionally, for TGNC individuals who are perceived as cisgender (i.e., in traditional terms who blend or pass), when, how, or to whom to disclose or conceal one's TGNC history constitutes another unique experience and stressor (Brumbaugh-Johnson & Hull, 2019).

The GMSR comprehensively assesses aforementioned distal stressors (i.e., gender-identity-related discrimination, victimization, rejection, and non-affirmation), proximal stressors (i.e., internalized transphobia, concealment of identity, and expectations of rejection), and resilience factors (i.e., community connectedness and identity pride) and demonstrated good reliability and validity. Despite being originally developed in English, the GMSR was later adapted into different languages such as Italian (Scandurra et al., 2020) and Spanish (Algarin et al., 2022) and age groups like adolescents (Hidalgo et al., 2019). While the Italian and adolescent adaptation studies confirmed the original 9-factor solution of the GMSR with confirmatory factor analyses (CFA), for the Spanish adaptation, the researchers used an abbreviated version of the GMSR by excluding two factors (i.e., victimization and non-affirmation), and found evidence for the 7-factor solution from CFA. Also, in a recent study (Dolezal et al., 2023), researchers tested a second-order factor solution with distal stressors, proximal stressors, and resilience factors as second-order factors. Although the second-order factor solution provided an acceptable fit, it was not exceptionally better than the first-order solution. Overall, results from these studies demonstrate that, with some exceptions to the factor structure, the GMSR is a reliable and valid measure in diverse languages and contexts.

The Social and Legal Situation of TGNC Individuals in Hungary

In Hungary, the social and political rhetoric around the human rights of TGNC individuals has been significantly changing lately. In fact, in May 2020, the Hungarian Parliament passed an omnibus bill, Article 33 of which substituted the category of “sex” on the civil registry with one of “sex assigned at birth” and stated that “sex assigned at birth” cannot be changed. This amendment in law makes legal gender recognition, the process by which TGNC individuals can bring their documents into alignment with their true gender identity, impossible in Hungary. Furthermore, in December 2020, the Hungarian Parliament made amendments to the Fundamental Law, including the phrase “The mother is a woman, the father is a man.” which bans non-heterosexual and/or non-cisgender couples’ right to parent a child in Hungary. All these significant amendments in laws and legislation are also represented in objective measures. For instance, Hungary regressed from 19th place in 2019 to 31st in 2022 in the rankings of Rainbow Europe, which is an annual index that illustrates the legal and policy situation of sexual and gender minority individuals among 49 European countries (ILGA-Europe the European region of the international lesbian, gay, bisexual, trans and intersex, 2019).

Despite these recent changes, there is a scarcity of research examining the situation of TGNC individuals in Hungary. Most of the results come from multi-national studies utilizing data collected by agencies or non-governmental organizations, which reported that TGNC individuals in Hungary experience gender-related discrimination in the employment (Háttér Society, 2016) or healthcare (Falck & Bränström, 2023), victimization (European Union Agency for Fundamental Rights, 2020), and have higher levels of depression (MASKED FOR REVIEW), and lower levels of life satisfaction (Bränström & Pachankis, 2021) as compared to their counterparts living in countries with more protective legislations such as Spain, Malta, and

the Netherlands. Although these studies provide a general picture of the situation of TGNC individuals in Hungary, to the best of our knowledge, no comprehensive measure of gender minority stress exists in the Hungarian language that can be used by researchers and clinicians working with TGNC individuals and no study specifically investigated the Hungarian TGNC population.

The Current Study

The purpose of this study was to adapt the GMSR into the Hungarian language and to examine its psychometric properties in a Hungarian sample of TGNC adults. Specifically, we aimed to conduct Confirmatory Factor Analysis (CFA), Exploratory Structural Equation Modeling (ESEM), and Bi-factor Exploratory Structural Equation Modeling (B-ESEM) to investigate the factor structure of the GMSR, calculate reliability scores for the subscales, and test the convergent, discriminant, and criterion validity of the subscales. We hypothesized that the Hungarian version of the aforementioned seven stress-related and two resilience-related factors of the GMSR would have good fit indices in the Hungarian sample. We also hypothesized that the stress-related factors of the GMSR would be positively associated with depression and anxiety whereas the resilience-related subfactors would be negatively associated with depression and anxiety, demonstrating criterion validity. Regarding convergent validity, we hypothesized that the stress-related factors of the GMSR would positively correlate with general stress symptoms, and two resilience-related subfactors would be positively correlated with relatedness satisfaction. Finally, following previous research (Kazdin, 2003; Scandurra et al., 2020), to assess discriminant validity, we hypothesized that all the abovementioned correlations would be lower than .60.

Method

Procedure

Following the back-translation method (Behling & Law, 2000), the GMSR was translated into the Hungarian language. Four steps were implemented as follows: 1) two independent researchers in psychology translated each item of the GMSR from English into the Hungarian language, 2) an independent expert in psychology with experience in TGNC studies, and the two experts from the first phase compared the two versions and they reached an agreement on the final version, 3) a non-binary psychologist who is proficient both in Hungarian and in English has then back-translated the scale from Hungarian to English, 4) the new English version of the GMSR was then compared with the original version by all the experts, and the final version of the Hungarian GMSR was agreed.

Data for this study come from a longitudinal study that aimed to understand the impacts of gender minority stressors and several general psychological factors on the mental health of Hungarian TGNC individuals. We used data collected at the baseline for this study. The survey battery was uploaded into Qualtrics. The study was advertised on several Facebook groups for Hungarian trans individuals and social media accounts of MASKED FOR REVIEW and the webpage of the MASKED FOR REVIEW. The data collection took place between September and November 2023. The inclusion criteria were 1) to be at least 18 years of age, 2) speaking enough Hungarian to understand and follow the instructions and questionnaires, and 3) self-identifying with a TGNC identity. Participation in the study was completely voluntary and anonymous and participants could leave the survey whenever they wanted. It took approximately 30 minutes to complete the survey. At the end of the survey, participants were provided with a list of mental health resources in Hungary that they could benefit from. The study was approved

by the Institutional Review Board of the MASKED FOR REVIEW, and was designed with respect to principles of the Declaration of Helsinki on Ethical Principles for Medical Research Involving Human Subjects.

Participants

A total of 206 Hungarian TGNC individuals completed the survey, however, one person was excluded because of being younger than 18 years old. Following previous similar research (Scandurra et al., 2020; Testa et al., 2015), the participants were grouped into three different categories (i.e., trans women, trans men, and non-binary/gender nonconforming) based on their answers to questions about their gender identity and trans status (Table 1).

Measures

Demographic Information Form

A demographic information form aiming to collect sociodemographic data (e.g., age, place of living, relationship status) as well as gender-identity-related data (e.g., gender-affirming interventions, legal gender change, etc.) was prepared by the authors.

Gender Minority Stress and Resilience Measure (GMSR)

GMSR is a 58-item self-report scale that assesses distal stressors, proximal stressors, and resilience-related factors in TGNC people across nine subscales. The subscales of the distal stressors with example items in parentheses are as follows: (a) five-item Gender-Related Discrimination subscale (D; e.g., I have experienced difficulty getting identity documents that match my gender identity), (b) six-item Gender-Related Rejection subscale (R; e.g., I have been rejected or distanced from friends because of my gender identity or expression), seven-item Gender-Related Victimization subscale (V; e.g., I have had my personal property damaged because of my gender identity or expression), and (d) six-item Non-Affirmation of Gender

Identity subscale (NA; e.g., I have difficulty being perceived as my gender). The subscales of the proximal stressors with example items in parentheses include (a) eight-item Internalized Transphobia subscale (IT; e.g., I resent my gender identity or expression), (b) nine-item Negative Expectations for Future Events subscale (NE; e.g., If I express my gender identity, most people would look down on me), and (c) five-item Non-disclosure subscale (ND; e.g., Because I don't want others to know my gender history, I modify my way of speaking). Lastly, the subscales of the protective factors with example items in parentheses comprise (a) five-item Community Connectedness subscale (C; e.g., I feel part of a community of people who share my gender identity), and (b) eight-item Pride subscale (P; e.g., My gender identity or expression makes me feel special and unique).

For subscales of D, V, and R, the response options included “*yes, before age 18*”, “*yes, after age 18*”, “*yes, in the past year*”, and “*never*”. Respondents are allowed to check all that apply to them. Responses are coded as 0 if “*never*”, and as 1 for “*yes*” at any point are selected. For subscales of NA, IT, C, and P, the responses are on a 5-point scale with response options ranging from 0 (*strongly disagree*) to 4 (*strongly agree*). For the remaining subscales (i.e., NE and ND), two different versions of the subscales with different wordings are provided based on participants’ responses to the question asking if they currently live in their affirmed gender all or almost all of the time. If respondents select yes to this question, they are provided with the items asking about their gender *history*. If participants select no to the question, then they answer the items asking about their gender *identity*. Similarly, the responses are on a 5-point scale with response options ranging from 0 (*strongly disagree*) to 4 (*strongly agree*). Detailed information on scoring was provided in the Appendix with the Hungarian version of the GMSR (GMSR-H).

Depression Anxiety and Stress Scales, 9 Item Version (DASS-9)

DASS-9 (Yusoff, 2013) is a 9-item self-report scale that assesses symptoms of depression (e.g., I was unable to become enthusiastic about anything), anxiety (e.g., I felt I was close to panic), and stress (e.g., I tended to over-react to situations) during the last week on a 4-point Likert-type scale with response options ranging from 0 (*did not apply to me at all*) to 3 (*applied to me very much, or most of the time*) with higher scores representing higher symptoms in each construct. DASS-9 is an empirically derived version of the original 21-item version of the scale (Lovibond et al., 1995; Szabó, 2010) which demonstrated good reliability and validity scores and measurement invariance between cisgender and TGNC individuals (Lindley & Bauerband, 2023). We used the 9-item version of the scale to decrease the burden on participants in filling out the survey battery. The depression and anxiety subscales of DASS-9 were used to investigate the criterion validity of the GMSR whereas the stress subscale was used to examine the convergent validity of the stress-related subscales of the GMSR. For the current sample, the reliability scores of the depression, anxiety, and stress subscales were .81, .81, and .66, respectively.

Basic Psychological Need Satisfaction and Frustration Scale (BPNSFS)

BPNSFS (Chen et al., 2015; Tóth-Király et al., 2018) is a 5-point scale with response options ranging from 1 (*completely untrue*) to 5 (*completely true*) that assesses satisfaction and frustration of three basic psychological needs (i.e., autonomy, competence, and relatedness) with six 4-item subscales. Higher scores represent higher satisfaction or frustration of the need. For the purpose of this study, we only used *relatedness satisfaction* (e.g., I experience a warm feeling with the people I spend time with) subscale to examine the convergent and discriminant validity

of the resilience-related subfactors of the GMSR. The reliability score for the relatedness satisfaction was .80 for the current sample.

Statistical Analyses

Descriptive statistics, one-way analysis of variance (ANOVA), Chi-square tests, bivariate Pearson's correlation coefficients among the study variables for criterion, convergent and discriminant validity, and Cronbach's alpha coefficients for internal consistency for each subscale were calculated by SPSS version 25. Confirmatory Factor Analysis (CFA), Exploratory Structural Equation Modeling (ESEM), and Bi-factor Exploratory Structural Equation Modeling (B-ESEM) were conducted to evaluate the model fit by using MPlus, version 8. Weighted least square estimation (WLSMV) was used for all analyses. Missing values were treated with full information maximum likelihood. Model fits were assessed with previously recommended indices, which are chi-square/degrees of freedom (χ^2/df), root mean square error of approximation (RMSEA; $< .05$), standardized root mean square residual (SRMR; $< .10$), comparative fit index (CFI; $< .95$ or $< .90$), and Tucker-Lewis index (TLI; $< .95$ or $< .90$).

Results

Descriptive Statistics

The sample's descriptive characteristics are presented in Table 1. One-way ANOVA was conducted to test the mean differences in age across three groups (i.e., trans women, trans men, and non-binary/gender nonconforming). We found that trans women were significantly older than trans men and non-binary/gender nonconforming participants. For all other categorical variables, we conducted Chi-square tests to examine the differences across three groups. We found significant differences between the three groups for sexual orientation, minority status in terms of disability, legal gender change, and undergoing gender-affirming interventions. For

sexual orientation, we found that non-binary/gender nonconforming individuals were more likely to identify as pansexual, asexual, and any other sexual orientation that was not listed as compared to trans men and trans women. Also, trans men were more likely to identify as heterosexual than trans women, who also were more likely to identify as heterosexual than non-binary/gender nonconforming individuals. Regarding minority status in terms of disability, legal gender change, and undergoing gender-affirming interventions, non-binary/gender nonconforming individuals were less likely to change their legal gender and to undergo any type of gender-affirming intervention and more likely to report minority status in terms of disability compared to trans men and trans women.

Examining the Factor Structure of the GMSR

Results from the CFA demonstrated that the 9-factor model yielded an unacceptable fit (Table 2). Modification indices were inspected to understand the source of misfit and several cross-loadings were identified. Therefore, we conducted ESEM, which allowed us to keep the original 9-factor solution while allowing the cross-loadings. As shown in Table 2, results from the 9-factor ESEM model yielded an acceptable fit, except for TLI (Xia & Yang, 2019). To further examine whether a bi-factor model where all items would load on a general minority stress factor (G-factor) as well as their original specific factors (S-factor), finally, we conducted a B-ESEM model, which demonstrated excellent fit. All items of the original GMSR loaded significantly on the G-factor except for items from the pride and community connectedness subscales. Furthermore, all items significantly loaded on their respective S-factors except for some items of the gender-related discrimination, rejection, and victimization subscales (Table 3). Moreover, reliability analyses demonstrated that the scales had adequate to good Cronbach's alpha values, ranging from .62 to .89.

Criterion, Convergent, and Discriminant Validity of the GMSR

Pearson's correlation coefficients are presented in Table 4. Confirming our hypothesis, we found significant and positive associations between stress-related factors of the GMSR and mental health outcomes (i.e., depression and anxiety), demonstrating criterion validity. On the other hand, partially confirming our hypothesis, we found a significant negative correlation between pride and depression. However, the correlations between community connectedness and mental health outcomes and between pride and anxiety were not significant.

Regarding convergent validity, we found positive significant correlations between stress-related subfactors of the GMSR and the stress subscale of DASS-9 except for the subscales of gender-related rejection and victimization. Similarly, we also found significant positive correlations between resilience-related subscales and relatedness satisfaction, indicating convergent validity for the subscales of pride and community connectedness. Finally, for discriminant validity, all correlation coefficients between the GMSR subscales and other measures were below 0.60.

Discussion

The purpose of this study was to adapt and validate the GMSR in the Hungarian language and to examine its psychometric properties in an adult Hungarian sample of TGNC individuals. We first conducted a CFA model with the original 9-factor solution, which yielded an unacceptable model fit due to high levels of cross-loadings. We then conducted an ESEM model to allow cross-loadings while keeping the original 9-factor solution, which demonstrated a good model fit. All items loaded saliently on their respective factors except for the fifth item of the subscales gender-related discrimination and rejection. To test whether a bi-factor model would yield even a better fit, we conducted a B-ESEM model, which demonstrated an excellent fit.

Thus, further interpretations are based on the B-ESEM model. We found that all items loaded saliently on their S-factors, except for items from subscales of gender-related discrimination, rejection, and victimization. Yet, items from these subscales loaded significantly on the general factor.

There might be several explanations for this rather intriguing finding. First of all, these subscales measure whether or not a person has ever experienced a prejudice-based event in real life. However, because the response options to these items do not include “*not applicable*” as an option, it disables one to differentiate respondents for whom the event never happened from the ones for whom the event was not relevant (Morrison et al., 2016). For instance, in response to the items asking about rejection in the religious or ethnic/racial community, those who do not belong to these communities would answer “*never*”, as would those who belong to such communities yet were never rejected. Furthermore, giving the same “weight” to the items that are likely to cause different levels of distress might complicate the differentiation of the subscales (Morrison et al., 2016). This is especially apparent for the victimization subscale where only items including a real threat or harm to physical integrity such as being pushed, shoved, or hit loaded significantly on the special factor whereas other items such as being verbally harassed or teased loaded only on the general factor. This demonstrates that a real threat or harm to physical integrity is not akin to other less severe forms of victimization. Lastly, the frequencies of events measured in these items are likely to have great variability. For instance, using a public restroom or getting in situations requiring identity documents are more likely to happen daily than housing- or employment-related situations. To overcome such issues, the “not applicable” option could be included and the total score for these subscales could be calculated by summing up all the positive response options given to an item (i.e., *yes before age 18*, *yes after age 18*, *yes in the*

past year) divided by the number of items that apply to the respondent. This method would not only overcome the issue of differentiating items' frequency and relevance to the respondents but also provide a more in-depth and clearer understanding of the distal stressor experiences of TGNC people.

Regarding the criterion validity of the Hungarian GMSR, we found significant positive correlations between stress-related subscales of the GMSR and depression and anxiety. This is in line with the main tenets of the minority stress model (Hendricks & Testa, 2012; Meyer, 2003), which asserts that distal and proximal minority stressors result in adverse mental health outcomes among TGNC individuals. We also found that feelings of pride towards TGNC identity were significantly and negatively associated with depression, which is compatible with both the minority stress model and several lines of previous research (Bockting et al., 2013; Doyle et al., 2021) demonstrating that identity pride could protect individuals from the negative impacts of stressors. However, for community connectedness, contrary to our hypothesis, we didn't find significant associations with mental health outcomes. Despite being unexpected, this result is in line with the findings from the Italian adaptation study (Scandurra et al., 2020) where nonsignificant relations between community connectedness and mental health outcomes were found. As suggested by Scandurra and colleagues (2020), this could be due to the sociocultural differences between Hungary and the USA where community participation and sense of belongingness to the community is higher compared to European and Eastern countries (Cicognani et al., 2008). Thus, it seems possible that Hungarian TGNC individuals benefit more from individual-level resilience factors such as identity pride than community-level ones. Yet, this speculation could only be understood by further inquiry.

Regarding convergent and discriminant validity, on the other hand, we found significant positive associations (a) between stress-related factors of the GMSR and stress subscale of DASS-9, (b) between resilience-related factors of the GMSR and relatedness satisfaction, and (c) all these correlations were below 0.60. Moreover, the reliability scores were acceptable to good. These results suggest that the Hungarian GMSR reliably measures different and meaningful constructs.

Several limitations of the current study should be considered. First, due to the cross-sectional nature of the study, convergent validity and test-retest reliability could not be examined fully. Thus, future studies should use longitudinal research design to overcome this limitation and to completely examine the psychometric characteristics of the GMSR in different measurement times. Secondly, although we recruited one of the biggest samples of the Hungarian TGNC population, our sample was not representative of the population, which limits the generalizability of the findings. Therefore, future studies should recruit representative samples to capture a more generalized picture of the situation of TGNC adults in Hungary. Finally, although several suggestions have been proposed regarding the response options (i.e., adding the “*not applicable*” option) and scoring (i.e., continuous total scoring) of the gender-related discrimination, victimization, and rejection subscales of the GMSR, we were not able to test these suggestions. Thus, future studies should be conducted to test whether and how such recommendations would affect the factor structure, reliability, and validity of the GMSR.

To conclude, despite its limitations, our study provides evidence regarding the reliability and validity of the Hungarian version of the GMSR from which researchers and clinicians could benefit while working with the TGNC population in Hungary. The Hungarian GMSR could be used to evaluate the effectiveness of clinical interventions or to conduct research on the stigma,

minority stress, and resilience experiences of TGNC individuals. It also provides clinicians with a framework that can be used in clinical practice to discuss the unique experiences of their TGNC clients regarding distal stressors, proximal stressors, and resilience factors. We believe that the Hungarian GMSR would increase and promote culturally affirmative research and clinical practices in Hungary and expand the scientific and clinical knowledge about TGNC individuals.

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Table 1
Sociodemographic Characteristics of the Sample

	Trans Men (<i>n</i> = 72, 35.1%)	Trans Women (<i>n</i> = 52, 25.4%)	Non-Binary/Gender Nonconforming (<i>n</i> = 81, 39.5%)	<i>p</i>
Age, <i>M</i> (<i>SD</i>)	27.93 (9.78)	33.23 (11.09)	28.47 (9.58)	< .01
Sexual Orientation, <i>n</i> (%)				< .001
Heterosexual	23 (31.9)	7 (13.5)	1 (1.2)	
Lesbian/Gay	17 (23.6)	16 (30.8)	19 (23.5)	
Bisexual	22 (30.6)	15 (28.8)	19 (23.5)	
Pansexual	5 (6.9)	6 (11.5)	16 (19.8)	
Asexual	1 (1.4)	6 (11.5)	12 (14.8)	
Other	4 (5.6)	2 (3.8)	14 (17.3)	
Minority Status, <i>n</i> (%)				
Ethnic Minority	3 (4.2)	5 (9.6)	4 (4.9)	.40
Religious Minority	6 (8.3)	4 (7.7)	12 (14.8)	.31
Minority in terms of Disability	10 (13.8)	2 (3.8)	16 (19.8)	< .05
Other Minority	3 (4.2)	4 (7.7)	9 (11.1)	.28
Relationship Status, <i>n</i> (%)				
Single	42 (58.3)	30 (57.7)	55 (67.9)	.37
In a Relationship	30 (41.7)	22 (42.3)	26 (32.1)	
Place of Residence, <i>n</i> (%)				
Urban	47 (65.3)	37 (71.2)	62 (76.6)	.31
Rural	25 (34.7)	15 (28.8)	19 (23.4)	
Education Level, <i>n</i> (%)				
Highschool or lower	45 (62.5)	25 (48.1)	52 (64.2)	.15
University degree or higher	27 (37.5)	27 (51.9)	29 (35.8)	
Employment Status, <i>n</i> (%)				.39
Employed	46 (63.9)	39 (75.0)	53 (65.4)	
Unemployed	26 (36.1)	13 (25.0)	28 (34.6)	
Legal Gender Change, <i>n</i> (%)				< .05
Yes	12 (16.7)	12 (23.1)	5 (6.2)	
No	60 (83.3)	40 (76.9)	76 (93.8)	
Gender-Affirming Intervention, <i>n</i> (%)				< .001
Yes	35 (48.6)	28 (53.8)	16 (19.8)	
No, but I want to	26 (36.1)	12 (23.1)	37 (45.7)	
No, and I don't want	11 (15.3)	12 (23.1)	28 (34.6)	

Note. Group differences in age were calculated with the one-way analysis of variance. For all other variables, Chi-square tests were conducted to test the group differences.

Table 2*Model Fit Statistics for the GMSR*

	$\chi^2(df)$	$\Delta\chi^2(df)$	RMSEA [90% CI]	CFI	TLI	SRMR
CFA	2023.80 (1559)	–	0.04 [0.03 – 0.04]	0.68	0.66	0.10
ESEM	1285.32 (1167)	671.01(392)**	0.02 [0.01 – 0.03]	0.92	0.88	0.04
B-ESEM	1212.65 (1118)	77.21(49)*	0.02 [0.01 – 0.03]	0.94	0.90	0.04

Note. CFA = Confirmatory Factor Analysis; ESEM = Exploratory Structural Equation Modeling; B-ESEM = Bi-factor Exploratory Structural Equation Modeling; RMSEA = Root Mean Square Error of Approximation; CI = Confidence Interval; CFI = Comparative Fit Index; TLI = Tucker-Lewis Index; SRMR = Standardized Root Mean Square Residual.

* $p < .01$, ** $p < .001$

Table 3*GMSR Factor Loadings from ESEM and B-ESEM Models (N = 205)*

Scale and item	ESEM	B-ESEM		Alpha	Range	Total Score <i>M (SD)</i>
	Factor Loading	G-Factor Loading (SE)	S-Factor Loading (SE)			
<i>Gender-Related Discrimination (D)</i>				.68	0 – 5	2.22 (1.61)
D1	.44 (.10)	.56 (.09)	.40 (.11)			
D2	.62 (.08)	.54 (.11)	.48 (.11)			
D3	.96 (.06)	.59 (.13)	.65 (.16)			
D4	.44 (.11)	.74 (.07)	-.10 (.15)			
D5	.28 (.09)	.83 (.06)	-.18 (.12)			
<i>Gender-Related Rejection (R)</i>				.62	0 – 6	2.64 (1.66)
R1	.48 (.09)	.60 (.09)	.38 (.09)			
R2	.55 (.09)	.38 (.11)	.46 (.11)			
R3	.69 (.08)	.29 (.12)	.57 (.12)			
R4	.46 (.09)	.62 (.09)	.27 (.13)			
R5	.17 (.13)	.61 (.08)	-.05 (.17)			
R6	.45 (.09)	.66 (.08)	.31 (.11)			
<i>Gender-Related Victimization (V)</i>				.70	0 – 6	1.92 (1.57)
V1	.49 (.13)	.64 (.08)	.28 (.14)			
V2	.59 (.09)	.64 (.09)	.29 (.11)			
V3	.81 (.08)	.43 (.10)	.72 (.09)			
V4	.69 (.07)	.70 (.07)	.50 (.09)			
V5	.89 (.07)	.46 (.09)	.78 (.09)			
V6	.40 (.15)	.31 (.14)	.27 (.17)			
<i>Non-Affirmation of Gender- Identity (NA)</i>				.89	0 – 24	13.59 (7.23)
NA1	.72 (.13)	.50 (.16)	.74 (.13)			
NA2	1.31 (.19)	.09 (.15)	1.37 (.20)			
NA3	1.17 (.19)	.39 (.17)	1.18 (.18)			
NA4	.65 (.14)	.66 (.17)	.59 (.14)			
NA5	1.05 (.16)	.47 (.15)	1.00 (.15)			
NA6	1.26 (.16)	.20 (.15)	1.19 (.15)			
<i>Internalized Transphobia (IT)</i>				.83	0 – 32	14.27 (8.03)
IT1	.82 (.15)	.07 (.14)	.85 (.16)			
IT2	.86 (.15)	.24 (.15)	.88 (.15)			
IT3	.71 (.13)	.43 (.15)	.68 (.12)			
IT4	.80 (.15)	.44 (.15)	.76 (.14)			
IT5	.37 (.10)	.59 (.15)	.37 (.10)			
IT6	.82 (.21)	.63 (.19)	.70 (.19)			
IT7	.86 (.18)	.22 (.15)	.86 (.18)			
IT8	.87 (.16)	.62 (.17)	.77 (.15)			
<i>Negative Expectations for Future (NE)</i>				.89	0 – 36	18.64 (8.47)
NE1	.73 (.09)	.34 (.11)	.66 (.08)			
NE2	.79 (.11)	.46 (.12)	.70 (.10)			
NE3	.92 (.11)	.48 (.11)	.83 (.10)			
NE4	.94 (.11)	.58 (.12)	.82 (.10)			
NE5	1.01 (.12)	.45 (.13)	.90 (.11)			
NE6	1.09 (.12)	.42 (.13)	.99 (.11)			
NE7	.63 (.12)	.49 (.13)	.56 (.11)			
NE8	.65 (.13)	.33 (.12)	.60 (.13)			
NE9	.57 (.12)	.58 (.15)	.49 (.11)			
<i>Nondisclosure (ND)</i>				.82	0 – 20	9.37 (5.77)
ND1	.49 (.13)	.50 (.17)	.47 (.13)			
ND2	1.01 (.18)	.53 (.15)	.91 (.16)			
ND3	.76 (.16)	.84 (.18)	.72 (.17)			
ND4	.67 (.17)	.66 (.18)	.52 (.15)			
ND5	1.16 (.19)	.64 (.17)	1.02 (.17)			
<i>Pride (P)</i>				.83	0 – 32	15.22 (7.51)
P1	.85 (.15)	-.22 (.13)	.79 (.15)			
P2	.98 (.15)	-.23 (.14)	.96 (.14)			
P3	.76 (.17)	-.11 (.15)	.79 (.17)			
P4	.67 (.14)	-.15 (.12)	.64 (.13)			

P5	.90 (.15)	-.15 (.12)	.90 (.15)			
P6	.94 (.19)	-.16 (.14)	.91 (.19)			
P7	.71 (.14)	-.13 (.13)	.76 (.14)			
P8	.51 (.11)	-.03 (.13)	.48 (.11)			
<i>Community Connectedness</i> (C)				.75	0 – 20	12.23 (4.55)
C1	1.04 (.15)	.07 (.13)	1.08 (.15)			
C2	.81 (.12)	.11 (.12)	.85 (.12)			
C3	.90 (.12)	.09 (.12)	.87 (.12)			
C4	.38 (.09)	.02 (.10)	.38 (.09)			
C5	.68 (.12)	-.22 (.11)	.65 (.12)			

Note. ESEM = Exploratory Structural Equation Modeling; B-ESEM = Bi-factor Exploratory Structural Equation Modeling; M = Mean, SD = Standard Deviation; SE = Standard Error. Salient loadings (> .30) are boldfaced.

Table 4
Correlations Between the GMSR Subscales, Mental Health Measures, and Relatedness Satisfaction

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13
1. GMSR-D	–												
2. GMSR-R	.56**	–											
3. GMSR-V	.44**	.46**	–										
4. GMSR-NA	.30**	.24**	.13	–									
5. GMSR-IT	.17*	.29**	.23**	.38**	–								
6. GMSR-NE	.33**	.31**	.26**	.41**	.48**	–							
7. GMSR-ND	.42**	.38**	.22**	.23**	.41**	.51**	–						
8. GMSR-P	–.08	–.01	–.07	.18*	–.26**	–.20**	–.26**	–					
9. GMSR-C	.01	–.02	–.07	.11	–.09	.07	.00	.35**	–				
10. DASS-D	.14*	–.02	.05	.35**	.38**	.36**	.23**	–.15*	–.09	–			
11. DASS-A	.31**	.17**	.18**	.36**	.33**	.35**	.35**	–.05	.09	.45**	–		
12. DASS-S	.19**	.06	.23	.35**	.31**	.30**	.26**	.03	.04	.61**	.58**	–	
13. RS	.05	.06	.09	–.06	–.10	–.10	–.05	.30**	.20**	–.28**	–.07	–.06	–

Note. GMSR = Gender Minority Stress Resilience Measure; GMSR-D = Gender-Related Discrimination; GMSR-R = Gender-Related Rejection; GMSR-V = Gender-Related Victimization; GMSR-NA = Non-Affirmation of Gender Identity; GMSR-IT = Internalized Transphobia; GMSR-NE = Negative Expectations for Future; GMSR-ND = Nondisclosure; GMSR-P = Pride; GMSR-C = Community Connectedness; DASS-D = Depression Anxiety and Stress Scales Depression; DASS-A = Depression Anxiety and Stress Scales Anxiety; DASS-S = Depression Anxiety and Stress Scales Stress; RS = Relatedness Satisfaction. Boldfaced correlation coefficients are significant based on Bonferroni correction ($p = 0.0038$).
* $p < .05$, ** $p < .01$.

Appendix

Gender Minority Stress and Resilience Measure (GMSR) Hungarian Version (GMSR-H)

Nemi Kisebbségek Stressz és Reziliencia Kérdőíve

Kérjük jelölje be az összes, Önre igaz lehetőséget. (Például bejelölheti a „18 éves kor után” és „az elmúlt év során” lehetőségek közül mind a kettőt, ha mind a kettő igaz Önre az állítással kapcsolatban.)

Ebben a kérdőívben a nemi önkifejezés (a társadalmi nem önkifejezésének) fogalma azt jelenti, hogy mennyire férfiasként/nőiesként vagy a nem tekintetében semlegesként jelenik meg valaki a kívüljár számára olyan tényezők alapján, mint a gesztusok, az öltözködés, a személyiség stb.

D		Soha	Igen, 18 éves korom előtt	Igen, 18 éves korom után	Igen, az elmúlt egy évben
1	Nehézséget jelentett, hogy egészségügyi vagy pszichológiai ellátáshoz jussak (pl. nemváltoztatással vagy egyéb ellátással kapcsolatban) a nemi identitásom vagy önkifejezésem miatt.				
2	A nemi identitásom vagy önkifejezésem miatt nehezen találtam nyilvános helyen olyan mosdót, amelyet használhattam volna.				
3	Ütköztem már nehézségekbe a nemi identitásomnak megfelelő személyazonosító okmányok megszerzésében.				
4	Okozott már nehézséget a nemi identitásom vagy önkifejezésem miatt, hogy lakhatást találjak vagy megtartsam azt.				
5	Okozott már nehézséget a nemi identitásom vagy önkifejezésem miatt, hogy munkát találjak, vagy megtartsam azt, vagy emiatt elutasították az előléptetésem.				

R		Soha	Igen, 18 éves korom előtt	Igen, 18 éves korom után	Igen, az elmúlt egy évben
1	Okozott már nehézséget a nemi identitásom vagy önkifejezésem miatt a párkeresés, vagy emiatt ért már véget egy kapcsolatam.				

2	Utasítottak már el vagy azt éreztették velem, hogy nem látnak szívesen egy vallási közösségben a nemi identitásom vagy önkifejezésem miatt.				
3	Utasítottak már el vagy azt éreztették velem, hogy nem látnak szívesen a származási (pl. etnikai) közösségemben a nemi identitásom vagy önkifejezésem miatt.				
4	Utasítottak már vissza vagy távolodtak már el tőlem barátaim a nemi identitásom vagy önkifejezésem miatt.				
5	Utasítottak már el az iskolából vagy a munkából a nemi identitásom vagy önkifejezésem miatt.				
6	Utasított már vissza vagy távolodott már el tőlem a családom a nemi identitásom vagy önkifejezésem miatt.				

V		Soha	Igen, 18 éves korom előtt	Igen, 18 éves korom után	Igen, az elmúlt egy évben
1	Zaklattak már szóban vagy piszkáltak a nemi identitásom vagy önkifejezésem miatt. (Például úgy neveztek, hogy „ez”.)				
2	Fenyegettek már meg vagy zsaroltak már a nemi identitásom vagy önkifejezésem miatt ezeknek a nyilvánosságra hozásával.				
3	Rongálták már meg a személyes dolgaimat, tulajdonomat a nemi identitásom vagy önkifejezésem miatt.				
4	Fenyegettek már meg fizikai erőszakkal a nemi identitásom vagy önkifejezésem miatt.				
5	Lökdöstek, megütöttek vagy megdobtak már valamivel a nemi identitásom vagy önkifejezésem miatt.				
6	Akaratom ellenére szexuális kapcsolatba kerültem valakivel a nemi identitásom vagy önkifejezésem miatt.				
na	Hallottam már negatív kijelentéseket a transznemű vagy nemi (gender) nonkonform emberekről.				

Kérjük jelölje meg, hogy mennyire ért egyet az alábbi kijelentésekkel.

NA		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
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1	Újra és újra el kell magyaráznom az embereknek a nemi identitásomat vagy ki kell javítanom, hogy hogyan nevezik meg a nememet.					
2	Nehézséget jelent, hogy a saját nememnek megfelelően érzleljem.					
3	Keményen kell azon dolgoznom, hogy az emberek megfelelően érzleljék a nememet.					
4	„Hiperférfinak” vagy „hipernőiesnek” kell lennem ahhoz, hogy az emberek elfogadják a nememet.					
5	Az emberek nem tisztelik a nemi identitásomat a megjelenésem vagy a testem miatt.					
6	Az emberek nem értnek meg, mert nem úgy látják a nememet, ahogy én látom azt.					

IT		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
1	Ellenérzéseim vannak a nemi identitásom vagy önkifejezésem kapcsán.					
2	A nemi identitásom vagy önkifejezésem miatt furcsának, különncnek érzem magam.					
3	Amikor a nemi identitásomra vagy önkifejezésemre gondolok, depressziósnak, lehangoltnak érzem magam.					
4	Amikor a nemi identitásomra vagy önkifejezésemre gondolok, boldogtalannak érzem magam.					
5	A nemi identitásom vagy önkifejezésem miatt kirekesztettnek érzem magam.					
6	Gyakran kérdezem magamtól, hogy miért nem lehet a nemi identitásom					

	vagy önkifejezésem egyszerűen normális.					
7	Azt érzem, hogy a nemi identitásom vagy önkifejezésem zavarba ejtő.					
8	Irigylem azokat az embereket, akiknek nem olyan a nemi identitása vagy önkifejezése, mint az enyém.					

P		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
1	A nemi identitásom vagy önkifejezésem különlegessé és egyedivé tesz engem.					
2	Számomra rendben van, hogy az emberek tudják, hogy a nemi identitásom eltér a születésemkor megállapított nememtől.					
3	Nem jelent számomra problémát szinte bárkinek beszélnem a nemi identitásomról és annak történetéről (előzményeiről).					
4	Az egy ajándék, hogy a nemi identitásom eltér a születésemkor megállapított nememtől.					
5	Olyan vagyok, mint a többi ember, de különleges is vagyok, mert a nemi identitásom eltér a születésemkor megállapított nememtől.					
6	Büszke vagyok arra, hogy olyan ember vagyok, akinek a nemi identitása eltér a születésekor megállapított nemétől.					
7	Nem okoz kényelmetlenséget, hogy felfedjem mások előtt azt, hogy a nemi identitásom eltér a születésemkor megállapított nememtől.					
8	Inkább olyan emberekkel veszem magam körül, akik mindent tudnak rólam és elfogadnak engem a nemi identitásommal és annak történetével (előzményeivel) együtt.					

Jelenleg állandóan vagy többnyire az Ön által megélt* nemében él?

(*A megélt nem az, amelyet a saját maga számára megfelelőnek tart.)

Ha nem, akkor csak az A és C rész kérdéseire válaszoljon, ugorja át a B részt.

Ha igen, akkor ugorja át az A részt, és válaszoljon a B és a C rész kérdéseire.

A rész: Kérjük jelölje meg, hogy mennyire ért egyet az alábbi kijelentésekkel.

NE		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
1	Ha kifejezném a nemi identitásomat, mások nem fogadnának el.					
2	Ha kifejezném a nemi identitásomat, a munkáltatók nem alkalmaznának.					
3	Ha kifejezném a nemi identitásomat, az emberek azt gondolnák, hogy mentálisan beteg, „bolond” vagyok.					
4	Ha kifejezném a nemi identitásomat, az emberek azt gondolnák, hogy undorító vagy bűnös vagyok.					
5	Ha kifejezném a nemi identitásomat, a legtöbb ember kevesebbet gondolna rólam.					
6	Ha kifejezném a nemi identitásomat, a legtöbb ember lenézne engem.					
7	Ha kifejezném a nemi identitásomat, bűncselekmény vagy erőszak áldozatává válhatnék.					
8	Ha kifejezném a nemi identitásomat, letartóztathatna vagy zaklathatna a rendőrség.					
9	Ha kifejezném a nemi identitásomat, megtagadhatnák tőlem a jó színvonalú orvosi ellátást.					

ND		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
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1	Mivel nem akarom, hogy mások (meg)tudják a nemi identitásomat, ezért nem beszélek bizonyos múltbeli tapasztalataimról, vagy megváltoztatom egy részét annak, amit elmondok belőle másoknak.					
2	Mivel nem akarom, hogy mások (meg)tudják a nemi identitásomat, megváltoztatom a beszédmódomat.					
3	Mivel nem akarom, hogy mások (meg)tudják a nemi identitásomat, különös figyelmet fordítok arra, ahogyan öltözködöm vagy ahogyan a megjelenésemről gondoskodom.					
4	Mivel nem akarom, hogy mások (meg)tudják a nemi identitásomat, kerülöm, hogy felfedjem a testem (pl. fürdőruha viselését vagy a meztelenséget közös öltözőkben).					
5	Mivel nem akarom, hogy mások (meg)tudják a nemi identitásomat, megváltoztatom ahogyan járok, gesztikulálok, ülök vagy állok.					

B rész: Kérjük jelölje meg, hogy mennyire ért egyet az alábbi kijelentésekkel.

NE		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
1	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), mások nem fogadnának el.					
2	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), a munkáltatók nem alkalmaznának.					
3	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), az emberek azt gondolnák, hogy mentálisan beteg, „bolond” vagyok.					
4	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), az emberek azt gondolnák, hogy undorító vagy bűnös vagyok.					

5	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), a legtöbb ember kevesebbet gondolna rólam.					
6	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), a legtöbb ember lenézne engem.					
7	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), bűncselekmény vagy erőszak áldozatává válhatnék.					
8	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), letartóztathatna vagy zaklathatna a rendőrség.					
9	Ha elmondanám a nememmel kapcsolatos történetem (annak előzményeit), megtagadhatnák tőlem a jó színvonalú orvosi ellátást.					

ND		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
1	Mivel nem akarom, hogy mások (meg)tudják a nememmel kapcsolatos történetem (annak előzményeit), ezért nem beszélek bizonyos múltbeli tapasztalataimról, vagy megváltoztatom egy részét annak, amit elmondok belőle másoknak.					
2	Mivel nem akarom, hogy mások (meg)tudják a nememmel kapcsolatos történetem (annak előzményeit), megváltoztatom a beszédmódomat.					
3	Mivel nem akarom, hogy mások (meg)tudják a nememmel kapcsolatos történetem (annak előzményeit), különös figyelmet fordítok arra, ahogyan öltözködöm vagy ahogyan a megjelenésemről gondoskodom.					

4	Mivel nem akarom, hogy mások (meg)tudják a nememmel kapcsolatos történetem (annak előzményeit), kerülöm, hogy felfedjem a testem (pl. fürdőruha viselését vagy a meztelenséget közös öltözőkben).					
5	Mivel nem akarom, hogy mások (meg)tudják a nememmel kapcsolatos történetem (annak előzményeit), megváltoztatom ahogyan járok, gesztikulálok, ülök vagy állok.					

C rész: Kérjük jelölje meg, hogy mennyire ért egyet az egyes kijelentésekkel.

C		Egyáltalán nem értek egyet	Valamennyire nem értek egyet	Egyet is értek vele, meg nem is	Valamennyire egyetértek	Teljesen mértékben egyetértek
1	Olyan emberek közössége részének érzem magam, akiknek az enyémmel azonos a nemi identitása.					
2	Úgy érzem, olyan emberekhez kötődöm, akiknek az enyémmel azonos a nemi identitása.					
3	Amikor a nemi identitásomban osztozó közösség tagjaival kerülök kapcsolatba, úgy érzem, tartozom valahová.					
4	Nem vagyok olyan, mint azok az emberek, akiknek az enyémhez hasonló a nemi identitásuk.					
5	Elszigeteltnek és elkülönültnek érzem magam azoktól az emberektől, akiknek az enyémhez hasonló a nemi identitásuk.					