

Gender Minority Stress and Resilience Measure for Adolescents (GMSR-A)

Adapted from Testa et al., 2014

For each item on this page, please check ALL BOXES THAT APPLY. (For example, you may check both "within the past year" and "before the past year" boxes 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, within the past year	Yes, before the past year	
D1	I have had difficulty getting medical or mental health treatment (transition-related or other) because of my gender identity or expression*	0	1	1	
D2	Because of my gender identity or expression, I have had difficulty finding a bathroom to use when I am out in public.	0	1	1	
D3	I have experienced difficulty getting identity documents that match my gender identity.	0	1	1	Doesn't apply to me
D4	I have had difficulty finding housing or staying in housing because of my gender identity or expression.	0	1	1	Doesn't apply to me
D5	I have had difficulty finding employment or keeping employment, or have been denied promotion because of my gender identity or expression	0	1	1	Doesn't apply to me
R1	I have had difficulty finding someone to date or have had a relationship end because of my gender identity or expression.	0	1	1	
R2	I have been rejected or made to feel unwelcome by a religious community because of my gender identity or expression	0	1	1	
R3	I have been rejected by or made to feel unwelcome in my ethnic/racial community because of my gender identity or expression.	0	1	1	
R4	I have been rejected or distanced from friends because of my gender identity or expression.	0	1	1	
R5	I have been rejected at school or work because of my gender identity or expression.	0	1	1	
R6	I have been rejected or distanced from family because of my gender identity or expression.	0	1	1	
V1	I have been verbally harassed or teased because of my gender identity or expression. (For example, being called "it.")	0	1	1	
V2	I have been threatened with being outed or black-mailed because of my gender identity or expression.	0	1	1	
V3	I have had my personal property damaged because of my gender identity or expression.	0	1	1	
V4	I have been threatened with physical harm because of my gender identity or expression.	0	1	1	
V5	I have been pushed, shoved, hit, or had something thrown at me because of my gender identity or expression.	0	1	1	
V6	I have had sexual contact with someone against my will because of my gender identity or expression.	0	1	1	
V7	I have heard negative statements about transgender or gender-nonconforming people.	0	1	1	

	<i>From here on, circle the best answer for each item. Note these labels have changed! →</i>	Strongly Disagree	Somewhat Disagree	Neither	Somewhat Agree	Strongly Agree
NA1	I have to repeatedly explain my gender identity to people or correct the pronouns people use.	0	1	2	3	4
NA2	I have difficulty being perceived as my gender.	0	1	2	3	4
NA3	I have to work hard for people to see my gender accurately.	0	1	2	3	4
NA4	I have to be very masculine or very feminine in order for people to accept my gender.	0	1	2	3	4
NA5	People don't respect my gender identity because of my appearance or body.	0	1	2	3	4
NA6	People don't understand me because they don't see my gender as I do.	0	1	2	3	4
IT1	I resent my gender identity or expression.	0	1	2	3	4
IT2	My gender identity or expression makes me feel like a freak.	0	1	2	3	4
IT3	When I think of my gender identity or expression, I feel depressed.	0	1	2	3	4
IT4	When I think about my gender identity or expression, I feel unhappy.	0	1	2	3	4
IT5	Because of my gender identity or expression, I feel like an outcast.	0	1	2	3	4
IT6	I often ask myself: Why can't my gender identity or expression just be normal?	0	1	2	3	4
IT7	I feel that my gender identity or expression is embarrassing.	0	1	2	3	4
IT8	I envy people who do not have a gender identity or expression like mine.	0	1	2	3	4
P1	My gender identity or expression makes me feel special and unique.	0	1	2	3	4
P2	It is okay for me to have people know that my gender identity is different from my sex assigned at birth.	0	1	2	3	4
P3	I have no problem talking about my gender identity and gender history to almost anyone.	0	1	2	3	4
P4	It is a gift that my gender identity is different from my sex assigned at birth.	0	1	2	3	4
P5	I am like other people but I am also special because my gender identity is different from my birth-assigned sex.	0	1	2	3	4
P6	I am proud to be a person whose gender identity is different from my sex assigned at birth.	0	1	2	3	4
P7	I am comfortable revealing to others that my gender identity is different from my sex assigned at birth.	0	1	2	3	4
P8	I'd rather have people know everything and accept me with my gender identity and gender history.	0	1	2	3	4
C1	I feel part of a community of people who share my gender identity.	0	1	2	3	4
C2	I feel connected to other people who share my gender identity.	0	1	2	3	4
C3	When interacting with members of the community that shares my gender identity, I feel like I belong.	0	1	2	3	4
C4	I'm not like other people who share my gender identity.	4	3	2	1	0
C5	I feel isolated and separate from other people who share my gender identity.	4	3	2	1	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.)

NO | YES

If NO, continue to SECTION A (page 4)

If YES, skip to SECTION B (page 5)

SECTION A – Answer these items if you answered NO to the item on page 3.

		Strongly Disagree	Somewhat Disagree	Neither	Somewhat Agree	Strongly Agree
NFE1	If I express my gender identity, others wouldn't accept me.	0	1	2	3	4
NFE2	If I express my gender identity, employers would not hire me.	0	1	2	3	4
NFE3	If I express my gender identity, people would think I am mentally ill, "crazy."	0	1	2	3	4
NFE4	If I express my gender identity, people would think I am disgusting or sinful.	0	1	2	3	4
NFE5	If I express my gender identity, most people would think less of me.	0	1	2	3	4
NFE6	If I express my gender identity, most people would look down on me.	0	1	2	3	4
NFE7	If I express my gender identity, I could be a victim of crime or violence.	0	1	2	3	4
NFE8	If I express my gender identity, I could be arrested or harassed by police.	0	1	2	3	4
NFE9	If I express my gender identity, I could be denied good medical care.	0	1	2	3	4
ND1	Because I don't want others to know my gender identity, I don't talk about certain experiences from my past or change parts of what I will tell people.	0	1	2	3	4
ND2	Because I don't want others to know my gender identity, I modify my way of speaking.	0	1	2	3	4
ND3	Because I don't want others to know my gender identity, I pay special attention to the way I dress or groom myself.	0	1	2	3	4
ND4	Because I don't want others to know my gender identity, I avoid exposing my body, such as wearing a bathing suit or nudity in locker rooms.	0	1	2	3	4
ND5	Because I don't want others to know my gender identity, I change the way I walk, gesture, sit, or stand.	0	1	2	3	4
GREAT JOB! You have finished completing this questionnaire.						

SECTION B – Answer these items if you answered YES to the item on page 3.

		Strongly Disagree	Somewhat Disagree	Neither	Somewhat Agree	Strongly Agree
NFE1	If I express my gender history, others wouldn't accept me.	0	1	2	3	4
NFE2	If I express my gender history, employers would not hire me.	0	1	2	3	4
NFE3	If I express my gender history, people would think I am mentally ill, "crazy."	0	1	2	3	4
NFE4	If I express my gender history, people would think I am disgusting or sinful.	0	1	2	3	4
NFE5	If I express my gender history, most people would think less of me.	0	1	2	3	4
NFE6	If I express my gender history, most people would look down on me.	0	1	2	3	4
NFE7	If I express my gender history, I could be a victim of crime or violence.	0	1	2	3	4
NFE8	If I express my gender history, I could be arrested or harassed by police.	0	1	2	3	4
NFE9	If I express my gender history, I could be denied good medical care.	0	1	2	3	4
ND1	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.	0	1	2	3	4
ND2	Because I don't want others to know my gender history, I modify my way of speaking.	0	1	2	3	4
ND3	Because I don't want others to know my gender history, I pay special attention to the way I dress or groom myself.	0	1	2	3	4
ND4	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.	0	1	2	3	4
ND5	Because I don't want others to know my gender history, I change the way I walk, gesture, sit, or stand.	0	1	2	3	4
GREAT JOB! You have finished completing this questionnaire.						

GMSR-A Scoring and Interpretation

Follow the instructions below to calculate subscale scoring and interpretation.

DISTAL STRESSORS (4 subscales): Discrimination (D), Rejection (R), Victimization (V), and Non-affirmation (NA)

[a higher counts indicate a greater degree of these distal stressors]

Sum all 5 subscale item responses to get **D score**= ____ [possible range: 0-10]

Sum all 6 subscale item responses to get **R score**= ____ [possible range: 0-12]

Sum all 7 subscale item responses to get **V score**= ____ [possible range: 0-14]

Sum all 6 subscale item responses to get **NA score**= ____ [possible range: 0-24]

PROXIMAL STRESSORS (3 subscales): Internalized Transphobia (IT), Negative Expectations for the Future (NFE), Gender Identity/History Non-disclosure (ND)

[a greater score indicates a greater degree of these proximal stressors]

Sum all 8 subscale item responses to get **IT score**= ____ [possible range: 0-32]

Sum all 9 subscale item responses to get **NFE score**= ____ [possible range: 0-36] Indicate NFE

Indicate whether score is related to Gender Identity (*if Section A completed*) or Gender History (*if Section B completed*)

Sum all 5 subscale item responses to get **ND score**= ____ [possible range: 0-20]

Indicate whether score is related to Gender Identity (*Section A completed*) or Gender History (*Section B completed*)

RESILIENCE FACTORS (2 subscales): TGNC Pride (P), TGNC Community Connectedness (CC)

[a greater score indicates a greater degree of these resilience factors]

Sum all 8 subscale item responses to get **P score**= ____ [possible range: 0-32]

Sum all 5 subscale item responses to get **CC score**= ____ [possible range: 0-20]
