



**EXPERIENCE SAMPLING
SURVEY TO MEASURE
DAILY EXPERIENCES OF
MINORITY STRESS AND
RESILIENCE IN
TRANSGENDER AND
GENDER NON-CONFORMING
PEOPLE**

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Background & instruction:

Transgender and gender non-confirming (TGNC) people deviate from cis-hetero normality and the according assumptions about gender identity and expression, often more overtly than sexual minorities (Lindquist et al., 2017; Testa et al., 2015). Because of this, they are more likely to encounter negative stigma, leading to poor mental health (Tebbe & Budge, 2022; Testa et al., 2015). This instrument has been developed by 2 TGNC researchers in corporation with 6 TGNC people and may be used to track stressors and resilience factors in TGNC people. It measures daily Distal Minority Stress [item 1-14], daily Community Connectedness [items 15-20], daily Proximal Minority Stress [items 21-26], and daily Pride [items 27-29]. It can be combined with measures of (mental) health to monitor relations between daily minority stress and health as well as outcomes of interventions in this area.

In the general introduction of their study, researchers should clarify the relevant temporal scope of the questions (e.g. *Since the last survey, Today, In the last few hours...*) and the relation of stressors to TGNC identity (e.g. *Because of, or otherwise related to my gender identity, history, or expression*).

This instrument may not be used without proper citation:

Behrens, J. & Dekkers, T. (2023). "Experience Sampling Survey to Measure Daily Experiences of Minority Stress and Resilience in Transgender and Gender Non-Conforming people. Think with Pride UT.

<https://www.utwente.nl/en/thinkwithprideut/resources/>

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Instrument:

Indicate all events that happened, or that you feel happened. Since the last survey:

1. I had difficulties finding and/or could not find an all-gender bathroom.
2. I felt dysphoric, judged, and/or unsafe in a public bathroom.
3. I was rejected, excluded, and/or made to feel unwelcome.
4. I was treated unfairly, differently, and/or disrespectfully.
5. I was stared or looked at judgementally.
6. I was ignored, isolated, made to feel invisible, and/or not taken seriously.
7. I was criticised for my appearance and/or made to change it.
8. I heard a queerphobic slur, stereotype, and/or statement.
9. I was pushed, hit, targeted when someone threw something, and/or otherwise physically harmed.
10. I was made to feel unsafe and/or acted uncomfortably around.
11. I was sexually harassed or assaulted.
12. I was verbally harassed, made fun of, and/or threatened.
13. I was misgendered, deadnamed, and/or addressed with the wrong pronouns.
14. Another negative event happened. {open text field}
15. I have spent time interacting with queer people.
16. I felt connected to, and as a part of the queer community.
17. I saw and/or felt seen by queer people.
18. I saw queer representation.
19. I was accepted, affirmed, and/or embraced by queer people.
20. Another positive event happened. {open text field}

Please answer each item separately and rate how much you agree with the following statements.

0 - fully disagree 100 - fully agree

21. Openly expressing my queerness will lead to negative events in the future.
22. I hide or mask my queer identity/expression.
23. I hide or mask my gender journey/history.
24. Being queer makes me feel depressed, unhappy, embarrassed, or ashamed.
25. Queer people are treated poorly and with prejudice.
26. I am dysphoric.
27. Being queer makes me feel proud, special, or unique.
28. I am comfortable being open about my queer identity/expression.
29. I am comfortable being open about my gender journey/history.

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