

THE GENDER-Q

A PROM for Teens & Adults Seeking Gender-Affirming Care

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BACKGROUND

- Gender-affirming care** is defined as surgical and non-surgical treatments that aim to **align an individual's body** with their **gender identity**. [1]
- Patient-reported outcome measures (PROMs) are questionnaires that assess how patients feel and function and help us **measure outcomes that matter to patients**.
- Four systematic reviews of PROMs in gender-affirming surgery have concordantly identified a **lack of comprehensive, rigorously developed and validated PROMs specific to gender-affirming care**. [2-5]
- A gender-affirming care-specific PROM is crucial to understanding the health-related quality of life (HRQL) impact of treatments and interventions from the patient perspective and conducting clinical effectiveness research.

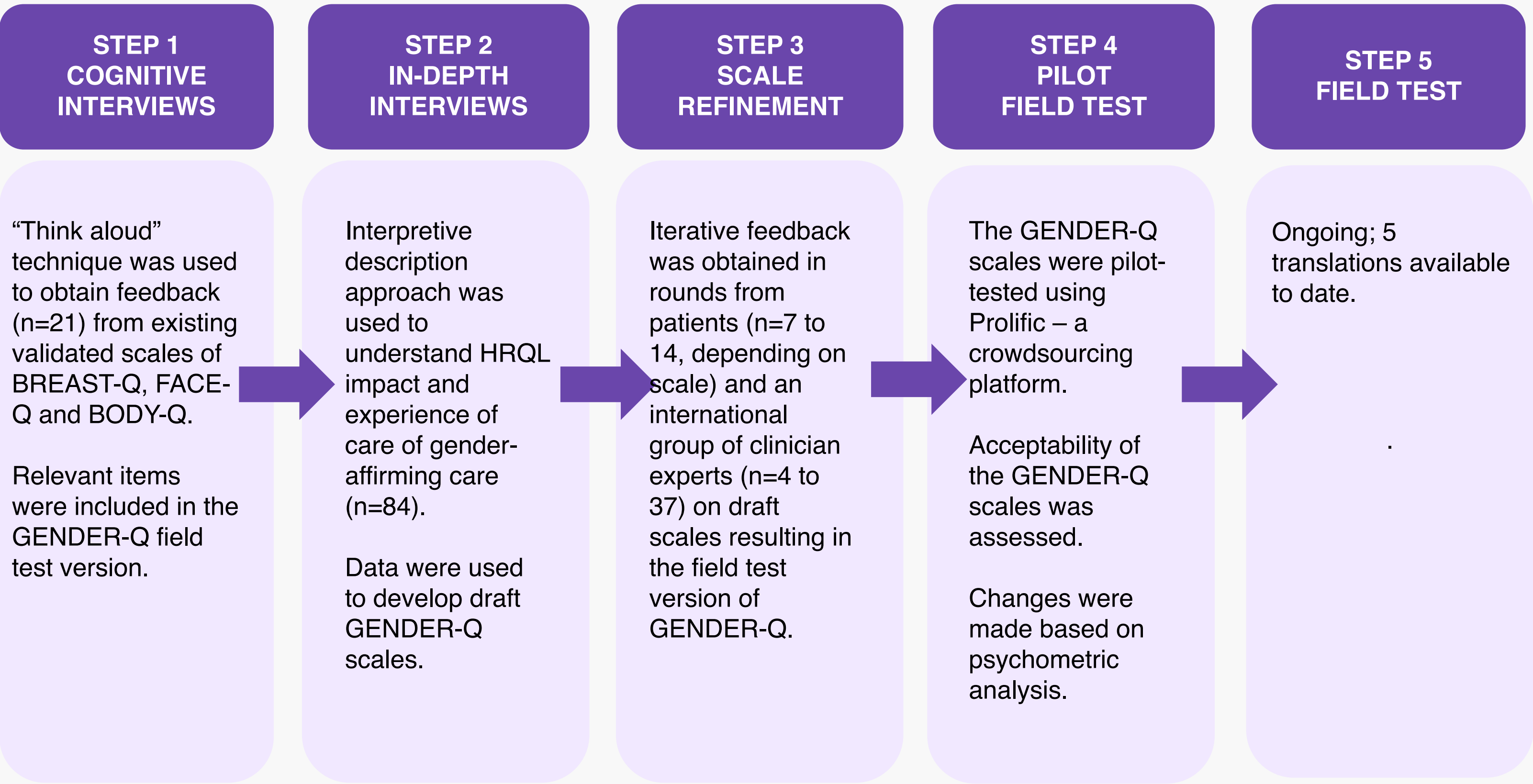
OBJECTIVE

- Develop a methodologically rigorous, globally applicable, patient-driven PROM that measures what matters to individuals seeking gender-affirming care – called the GENDER-Q.**

METHODS

- Internationally established guidelines for PROM development were used to develop the GENDER-Q. (See [6] for Protocol)
- Sample: Individuals (16 years or older) seeking or receiving gender-affirming care were recruited from high-volume clinics in the **United States, Canada, Denmark and the Netherlands**.

Figure 1. Mixed method, multi-step approach of the GENDER-Q



RESULTS

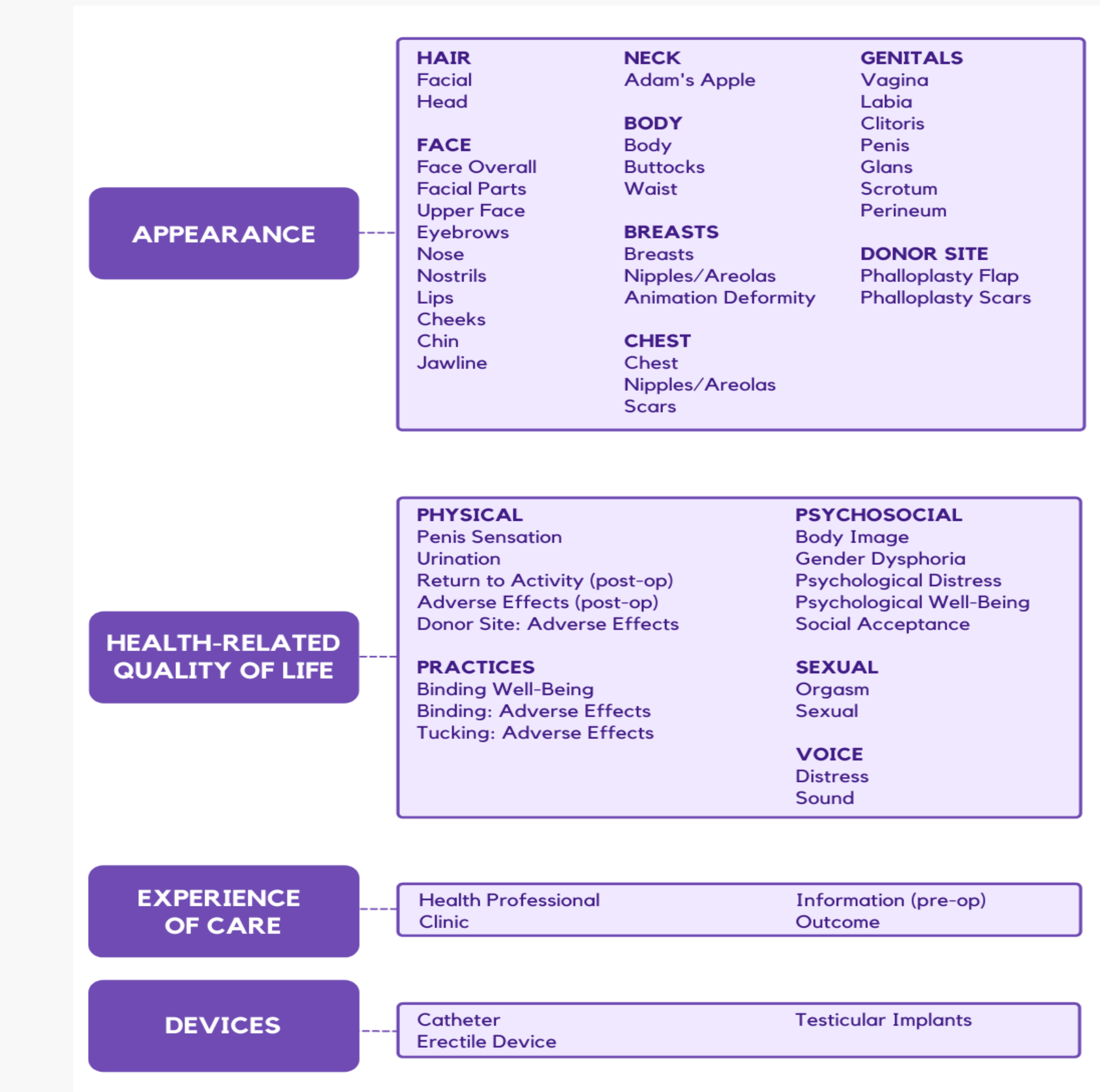
STEP 1: COGNITIVE INTERVIEWS (n=21)

- Most respondents were **White** (76%), **30-39 years old** (43%), **transfeminine** (50%), **college-educated** (57%), and from the **U.S.** (76%)
- 95** items were found to be relevant from BREAST-Q, BODY-Q and FACE-Q, and included in the GENDER-Q.

STEP 2: QUALITATIVE INTERVIEWS (n=84)

- Most respondents were **White** (63%), **20-29 years old** (27%), **transmasculine** (50%), **college-educated** (43%), and from the **U.S.** (37%).
- Most participants sought **masculinizing procedures** (56%).
- An item pool and preliminary scales were developed.

Figure 2. Conceptual framework of the GENDER-Q

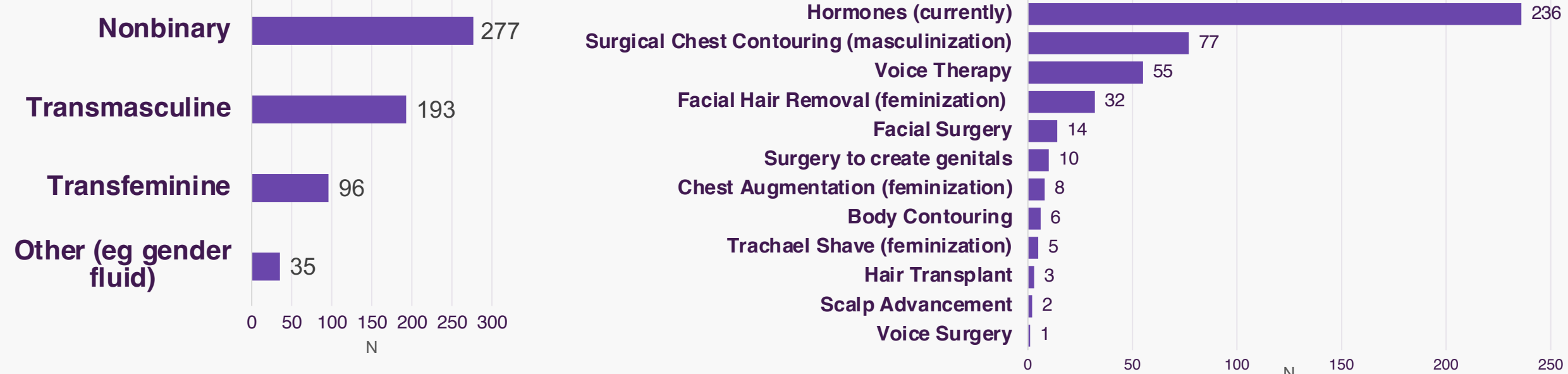


KEY REFERENCES

1. Coleman, E., et al. *International Journal of Transgender Health* 23:sup1 (2022): S1-S259.
2. Dy, Giedan W., et al. *Translational Andrology and Urology* 9.3 (2019): 228.
3. Andréasson, My, et al. *Plastic and Reconstructive Surgery* 141.4 (2018): 1026-1039.
4. Barone, M., et al. *Aesthetic plastic surgery* 41 (2017): 700-713.
5. Cies, Norah, et al. *Annals of surgery* 275.1 (2022): e52-e74.
6. Klassen, Anne F., et al. *BMJ open* 8.10 (2018): e025435.

RESULTS

STEP 4: PILOT FIELD TESTS (n=601, 30 countries)



Figures 3a and 3b: Gender identity and gender-affirming treatments of participants from pilot field tests #1 and #2

ACCEPTABILITY OF THE GENDER-Q

- Most found GENDER-Q to be **understandable, thorough, respectful, and safe** (Table 1).

Table 1: Results from acceptability survey of GENDER-Q (n=459)

GENDER-Q	DISAGREE		SLIGHTLY AGREE		MOSTLY AGREE		STRONGLY AGREE	
	n	%	n	%	n	%	n	%
...was easy to understand	16	4	40	9	180	40	220	48
...was thorough	12	3	38	8	118	26	286	63
...asked questions that are important to me	59	13	99	22	166	36	135	29
...covered important topics for gender-affirming care	47	10	85	19	177	39	150	33
...asked questions in a respectful way	10	2	27	6	132	29	288	63
...felt safe for me to complete	8	2	40	9	124	27	283	62
...made me feel like my voice will be heard	36	8	109	24	148	32	165	36

CONCLUSIONS

- The final field test version of GENDER-Q comprises 53 independently functioning scales across 4 main domains (Figure 2).
- The GENDER-Q is **highly responsive** to calls for a rigorous, validated, gender-affirming, care-specific PROM by clinical and academic communities.
- GENDER-Q was developed using **extensive input from TGD people and clinician experts**.
- It represents the **most comprehensive set of independently functioning scales** that are available to date for assessing outcomes of gender-affirming care.

NEXT STEPS

- An international, multi-site field test is **ongoing**. Once developed, the GENDER-Q will be made available for use in clinical and academic research at no charge for not-for-profit use.

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