

Gender Identity Self-Stigma Scale

Please rate how much you personally agree or disagree with each of the following statements. Please be as honest as possible. Indicate how much each statement actually applies to you, rather than how you think you should feel.

	Strongly Disagree	Mildly Disagree	Neutral	Strongly Agree	Strongly Agree
1. I have tried to stop feeling like the gender I do in general.	1	2	3	4	5
2. If someone offered me the chance to change my gender identity, I would accept the chance.	1	2	3	4	5
3. I wish I weren't of my gender identity.	1	2	3	4	5
4. I feel that my gender identity is a personal shortcoming for me.	1	2	3	4	5
5. I would like to get professional help in order to change my gender identity from what it is to something else.	1	2	3	4	5
6. I have tried to feel more like the sex I was assigned at birth.	1	2	3	4	5
7. I feel alienated from myself because of my gender identity.	1	2	3	4	5
8. I wish that I could identify more closely with the sex I was assigned at birth.	1	2	3	4	5

Note. Scores are calculated by computing the mean of all items. Higher scores indicate higher levels of gender identity self-stigma/internalized transphobia.

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This measure should be cited as follows:

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