



Gender Identity/Gender Dysphoria Questionnaire for Adolescents and Adults (GIDYQ-AA)

- Items 1, 13, and 27 were reversed scored.
- For adolescents < 18 years of age, the word woman was changed to girl.
- Items 1-2, 5-10, 16, and 24-27 were considered to be subjective indicators of gender identity/gender dysphoria.
- Items 3-4, 11, 13-15, and 17-19 were considered social indicators.
- Items 20-22 were considered somatic indicators. Items 12 and 23 were considered sociolegal indicators.

Questions for Male Assigned at Birth

No.	Questions	Always	Often	Sometimes	Rarely	Never
1	In the past 12 months, have you felt satisfied being a man?					
2	In the past 12 months, have you felt uncertain about your gender, that is, feeling somewhere in between a man and a woman?					
3	In the past 12 months, have you felt pressured by others to be a man, although you don't really feel like one?					
4	In the past 12 months, have you felt, unlike most men, that you have to work at being a man?					
5	In the past 12 months, have you felt that you were not a real man?					
6	In the past 12 months, have you felt, given who you really are (e.g., what you like to do, how you act with other people), that it would be better for you to live as a woman rather than as a man?					
7	In the past 12 months, have you had dreams? If NO, skip to Question 8. ^[SEP] If YES, Have you been in your dreams? ^[SEP] If NO, skip to Question 8. ^[SEP] If YES, In the past 12 months, have you had dreams in which you were a woman?					
8	In the past 12 months, have you felt unhappy about being a man?					
9	In the past 12 months, have you felt uncertain about yourself, at times feeling more like a woman and at times feeling more like a man?					
10	In the past 12 months, have you felt more like a woman than like a man?					



11	In the past 12 months, have you felt that you did not have anything in common with either women or men?					
12	In the past 12 months, have you been bothered by seeing yourself identified as male or having to check the box "M" for male on official forms (e.g., employment applications, driver's license, passport)?					
13	In the past 12 months, have you felt comfortable when using men's restrooms in public places?					
14	In the past 12 months, have strangers treated you as a woman?					
15	In the past 12 months, at home, have people you know, such as friends or relatives, treated you as a woman?					
16	In the past 12 months, have you had the wish or desire to be a woman?					
17	In the past 12 months, at home, have you dressed and acted as a woman?					
18	In the past 12 months, at parties or at other social gatherings, have you presented yourself as a woman?					
19	In the past 12 months, at work or at school, have you presented yourself as a woman?					
20	In the past 12 months, have you disliked your body because it is male (e.g., having a penis or having hair on your chest, arms, and legs)?					
21	In the past 12 months, have you wished to have hormone treatment to change your body into a woman's?					
22	In the past 12 months, have you wished to have an operation to change your body into a woman's (e.g., to have your penis removed or to have a vagina made)?					
23	In the past 12 months, have you made an effort to change your legal sex (e.g., on a driver's licence or credit card)?					
24	In the past 12 months, have you thought of yourself as a "hermaphrodite" or an "intersex" rather than as a man or woman?					
25	In the past 12 months, have you thought of yourself as a "transgendered person"?					
26	In the past 12 months, have you thought of yourself as a woman					



27	In the past 12 months, have you thought of yourself as a man?					
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GIDYQ-AA Scoring

The table at the bottom of the photo above shows how the questionnaire is scored. The scoring process is the same for the female-assigned-at-birth and the male-assigned-at-birth versions. I have summarized the scoring process in more detail below.

1. Participant fills out the questionnaire, indicating how often each question applies to them (“always,” “often,” “sometimes,” “rarely,” or “never”).
2. The number of X’s in each category (“always,” “often,” “sometimes,” “rarely,” and “never”) are added up. Items 1, 13, and 27 are reversed scored, which means that for those questions, an “always” response would actually be counted as “never” and an “often” response would actually be counted as “rarely.”
3. The total number of responses in each category (including reverse scored items) are then multiplied by weighting factors: the number of “always” responses is multiplied by 1, the number of “often” responses is multiplied by 2, the number of “sometimes” responses is multiplied by 3, the number of “rarely” responses is multiplied by 4, and the number of “never” responses is multiplied by 5.
4. The multiplied totals for each category are then added together to give the Raw Score.
5. The Raw Score is then divided by 27 to give the Scaled Score. (Note: if participants left any items blank, the Raw Score is divided by the total number of items completed. For example, if a participant did not respond to 2 of the items on the questionnaire, the Raw Score would be divided by 25 instead of by 27 to give the Scaled Score).

Based on published studies evaluating the GIDYQ-AA, a Scaled Score less than 3.0 is strongly suggestive of gender dysphoria, while a Scaled Score greater than 3.0 is more likely to reflect the absence of gender dysphoria. However, no single questionnaire or scoring system can perfectly capture all of the variation in gender identity and personal goals (and I have previously discussed many of the problems that I think may interfere with the utility of the questionnaire), so scores on the GIDYQ-AA are not necessarily definitive and should not replace each individual’s sense of their own identity.

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