

# Appendix A

## Asking about gender identity and gender-affirming goals

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### **Sample questions for patients seeking hormone therapy**

There are many ways to inquire about gender identity and expression and to discuss what to expect from hormone therapy. Below are some sample questions that can guide the discussion.

These questions are suggestions meant to benefit those who are new to this work. Please feel free to adapt them to your own style. It is important to remember that there is no one way that trans people experience gender dysphoria. Some people feel dysphoric about certain aspects of their bodies and other people feel discomfort with the gender role associated with their assigned sex. Dysphoria and a desire for gender-affirming medical or surgical care can emerge at any age. Staying open to your patient's unique experience and goals is the best way to provide gender-affirming care.

## Sample questions:

1. How would you describe your gender identity? If prompting is needed: For example, some people identify as a man, a trans man, genderqueer, etc.
2. Do you remember the time when you realized that your gender was different from the one you were assigned at birth? Or: Do you remember when you first started to see your gender as \_\_\_\_\_?
3. Can you tell me a bit about what's happened since realizing this? If prompting is needed: Some people find this to be a difficult realization and may not feel safe to discuss it, other people are fortunate to have people in their life they feel safe talking with – what was it like for you?
4. Have you taken any steps to express your gender differently/to feel more comfortable in your gender? If prompting is needed: Some people ask others to use a different name and pronoun, or make changes to their hair or clothing styles.
5. If they have taken steps to express their gender differently: What was that like for you? How did that feel?
6. Are you hoping to take any other steps in the future?
7. Have you thought about how you will manage the changes in your appearance and gender expression at work or school?
8. Who has supported you along the way? If they have not spoken with anyone else yet: Who do you think might be supportive if you bring this up with them?
9. When did you start thinking about taking hormone therapy?
10. What do you anticipate to be the main benefits of hormone therapy?
11. What changes from hormones are you most looking forward to?
12. Are there any potential changes that you are not sure of?
13. Have you done anything to prepare yourself for this step? If prompting is needed: Have you talked with any peers, or asked friends or family for support? Done any reading or research?
14. Do you anticipate any challenges?
15. Who is there to support you with any challenges that do occur?
16. Are you aware of some of the risks related to hormone therapy?
17. Do you know about the potential impact that taking hormones can have on your fertility? Would you like me to refer you to a fertility clinic to talk about fertility preservation options?
18. Some people find it helpful to have the support of a counsellor for either decision making or ongoing support after beginning hormone therapy – would you like a referral to a trans competent counsellor?
19. Do you have any questions for me?