**Modified Transgender Positive Identity Measure[[1]](#footnote-28730)**

Circle the number which matches how you much you agree with each statement.

1 means ”Strongly Disagree,” 3 means “Neutral,” 5 indicates “Strongly Agree.”

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| --- | --- | --- | --- | --- | --- |
| I embrace my trans/gender diverse identity | 1 | 2 | 3 | 4 | 5 |
| I am comfortable with my trans/gender diverse identity | 1 | 2 | 3 | 4 | 5 |
| I have a sense of inner peace about my trans/gender diverse identity. | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity has given me more confidence. | 1 | 2 | 3 | 4 | 5 |
| I am honest with myself about my trans/gender diverse identity. | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity allows me to feel free to explore different experiences of physical intimacy with a partner. | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity allows me to be closer to my intimate partner(s) | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity helps me to communicate better with my intimate partner(s) | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity allows me to understand my sexual partner(s) better. | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity allows me to explore new ways of having romantic relationships instead of following typical “heterosexual” patterns. | 1 | 2 | 3 | 4 | 5 |
| I feel included in the trans/gender diverse community. | 1 | 2 | 3 | 4 | 5 |
| I feel supported by the trans/gender diverse community. | 1 | 2 | 3 | 4 | 5 |
| I feel a connection to the trans/gender diverse community | 1 | 2 | 3 | 4 | 5 |
| I find positive networking opportunities in the trans/gender diverse community. | 1 | 2 | 3 | 4 | 5 |
| I feel visible in the trans/gender diverse community | 1 | 2 | 3 | 4 | 5 |
| I am more sensitive to prejudice and discrimination against others because of my trans/gender diverse identity | 1 | 2 | 3 | 4 | 5 |
| I am more sensitive to the experiences of other minority group members because of my experiences as a trans/gender diverse person. | 1 | 2 | 3 | 4 | 5 |
| I think more critically about the suffering in the world because of my trans/gender diverse identity | 1 | 2 | 3 | 4 | 5 |
| As a trans/gender diverse person, I feel it is important to work towards equality for all people. | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity prompts me to speak out against prejudice and discrimination | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity inspires me to strive towards reaching my full potential in life. | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity helps me develop skills that enhance my life. | 1 | 2 | 3 | 4 | 5 |
| My trans/gender diverse identity provides me with many opportunities for personal growth. | 1 | 2 | 3 | 4 | 5 |

1. Adapted from Riggle, E. D. B., & Mohr, J. J. (2015). A proposed multi factor measure of positive identity for transgender identified individuals. Psychology of Sexual Orientation and Gender Diversity, 2(1), 78–85. https://doi.org/10.1037/sgd0000082 [↑](#footnote-ref-28730)