### Gender Congruence and Life Satisfaction Scale (GCLS)[[1]](#footnote-22993)

Below is a range of statements about how you might feel in relation to your gender, mental well-being, and life satisfaction. Please respond to each statement, thinking about how frequently you have felt like this in the past **6 months**.

Please note that when talking about ***‘‘gender identity”*** we mean one's internal sense of one's self as a man, a woman, or some other gender.

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Please rate each statement as: **NEVER (N), RARELY (R), SOMETIMES (S), OFTEN (O), or ALWAYS (A)**.

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| --- | --- | --- | --- | --- | --- |
| In the past **6 months,** due to the distress about my gender (i.e., the distress caused as the gender I was assigned at birth does not match with my gender identity): |  |  |  |  |  |
| 1. I have avoided social situations and/or social interactions | N | R | S | O | A |
| 2. I have not gone to school/college/work | N | R | S | O | A |
| 3. I have not been able to have emotional relationships with other people | N | R | S | O | A |
| 4. I have suffered from anxiety | N | R | S | O | A |
| 5. I have not been able to be physically intimate with other people | N | R | S | O | A |
| 6. I have been unable to leave the house | N | R | S | O | A |
| 7. I have found it difficult to make friends | N | R | S | O | A |
| 8. I have thought about cutting or hurting my chest, genitals, and/or surrounding areas | N | R | S | O | A |
| 9. I have felt that life is meaningless | N | R | S | O | A |
| 10. I have not enjoyed life | N | R | S | O | A |
| 11. I have not engaged in leisure activities | N | R | S | O | A |
| 12. I have suffered from low mood | N | R | S | O | A |
| 13. I have thought about hurting myself or taking my own life | N | R | S | O | A |

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| --- | --- | --- | --- | --- | --- |
| In the past **6 months**: |  |  |  |  |  |
| 14. I have felt distressed when touching my genitals as they do not match my gender identity | N | R | S | O | A |
| 15. I have felt so distressed about my chest that I have not been able to have a fulfilling life | N | R | S | O | A |
| 16. I have felt comfortable with how others have perceived my gender | N | R | S | O | A |
| 17. I have felt that my body hair conflicts with my gender identity, either because I have it and do not like it or because I would like to have it | N | R | S | O | A |
| 18. I have felt like my chest does not match my gender identity | N | R | S | O | A |
| 19. I have found it distressing that others do not address me according to my gender identity | N | R | S | O | A |
| 20. I have felt satisfied with the pronouns that others use when talking about me | N | R | S | O | A |
| 21. I have felt unhappy about my genitalia since they do not match my gender identity | N | R | S | O | A |
| 22. I have felt comfortable with how other people perceive my gender based on my physical appearance | N | R | S | O | A |
| 23. I have felt that my voice has affected the way other people have perceived my gender identity which has been distressing for me | N | R | S | O | A |
| 24. I have felt that my facial hair conflicts with my gender identity, either because I have it and do not like it or because I would like to have it | N | R | S | O | A |
| 25. I have felt that my genitals do match with my gender identity | N | R | S | O | A |
| 26. I have felt that genital surgery will address the unhappiness I experience in relation to my gender | N | R | S | O | A |
| □. Tick here if you have already had genital surgery (unless you feel you need more) |  |  |  |  |  |
| 27. I have been unable to have a fulfilling life because of the distress relating to my genitalia | N | R | S | O | A |
| 28. I have felt extremely distressed when looking at my chest | N | R | S | O | A |
| 29. I have felt extremely distressed when looking at my genitals | N | R | S | O | A |
| 30. I have felt satisfied with my chest | N | R | S | O | A |

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| --- | --- | --- | --- | --- | --- |
| Next, we would like to know how satisfied you have been with your life for the last **6 months**: |  |  |  |  |  |
| 31. I have felt satisfied at school/college/work | N | R | S | O | A |
| 32. I have felt satisfied with my emotional relationship(s) | N | R | S | O | A |
| 33. I have felt satisfied with my sex life | N | R | S | O | A |
| 34. I have felt satisfied in my leisure activities and hobbies | N | R | S | O | A |
| 35. I have not felt satisfied with my friends | N | R | S | O | A |
| 36. I have felt satisfied with the support I have received from other significant people | N | R | S | O | A |
| 37. I have not felt satisfied with my health | N | R | S | O | A |
| 38. I have felt satisfied with life in general | N | R | S | O | A |

1. Jones BA, Bouman WP, Haycraft E, Arcelus J. The Gender Congruence and Life Satisfaction Scale (GCLS): Development and validation of a scale to measure outcomes from transgender health services. Int J Transgend. 2018 Apr 26;20(1):63-80. doi: 10.1080/15532739.2018.1453425. PMID: 32999594; PMCID: PMC6831013. [↑](#footnote-ref-22993)