# Utrecht Gender Dysphoria Scale - Gender Spectrum (UGDS-GS)[[1]](#footnote-13058)

Directions: For each question, select the response that best describes how much you agree with each statement. Note: Assigned sex means the sex you were assigned at birth and affirmed gender is the gender you currently identify with.

1 means “Disagree completely,” 2 means “Disagree,” 3 means “Neither agree nor disagree,” 4 means “agree,” 5 means “agree completely”

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. I prefer to behave like my affirmed gender | 1 | 2 | 3 | 4 | 5 |
| 1. Every time someone treats me like my assigned sex I feel hurt. | 1 | 2 | 3 | 4 | 5 |
| 1. It feels good to live as my affirmed gender. | 1 | 2 | 3 | 4 | 5 |
| 1. I always want to be treated like my affirmed gender. | 1 | 2 | 3 | 4 | 5 |
| 1. A life in my affirmed gender is more attractive for me than a life in my assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. I feel unhappy when I have to behave like my assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. It is uncomfortable to be sexual in my assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. Puberty felt like a betrayal. | 1 | 2 | 3 | 4 | 5 |
| 1. Physical sexual development was stressful. | 1 | 2 | 3 | 4 | 5 |
| 1. I wish I have been born as my affirmed gender. | 1 | 2 | 3 | 4 | 5 |
| 1. The bodily functions of my assigned sex are distressing for me (I.e. erection, menstruation). | 1 | 2 | 3 | 4 | 5 |
| 1. My life would be meaningless if I would have to live as my assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. I feel hopeless if I have to stay in my assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. I feel unhappy when someone misgenders me. | 1 | 2 | 3 | 4 | 5 |
| 1. I feel unhappy because I have the physical characteristics of my assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. I hate my birth assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. I feel uncomfortable behaving like my assigned sex. | 1 | 2 | 3 | 4 | 5 |
| 1. It would be better not to live, than to live as my assigned sex. | 1 | 2 | 3 | 4 | 5 |

1. enifer K. McGuire, Dianne Berg, Jory M. Catalpa, Quin J. Morrow, Jessica N. Fish, G. Nic Rider, Thomas Steensma, Peggy T. Cohen-Kettenis & Katherine Spencer (2020) Utrecht Gender Dysphoria Scale - Gender Spectrum (UGDS-GS): Construct validity among transgender, nonbinary, and LGBQ samples, International Journal of Transgender Health, 21:2, 194-208, DOI: [10.1080/26895269.2020.1723460](https://doi.org/10.1080/26895269.2020.1723460) [↑](#footnote-ref-13058)