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The Gender Euphoria Scale (GES): Development of a tool to measure gender euphoria

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Ethics: All procedures involving human participants in this study were conducted in accordance with, and approved by, the Austin Health Human Research Ethics Committee (HREC/57155/Austin-2019), Thorne Harbor Health Community Research Endorsement Panel (THH/CREP 20-006D), and the ACON Research Ethics Review Committee (RERC 2020/03).

Informed consent: Informed consent was obtained from all individual participants included in this study.

The Gender Euphoria Scale (GES): Development of a tool to measure gender euphoria

Abstract

Background: Gender euphoria is a concept that arose from within the trans and gender diverse (hereafter trans) community to describe positive feelings associated with gender identity, expression, and affirmation. Despite its importance within the trans population, there is currently no consistent, valid or reliable way of measuring gender euphoria. Accordingly, this paper describes the development and validation of a tool to measure gender euphoria in trans individuals. **Method:** An initial 121-item pool for the scale was developed based on qualitative research and a review of existing tools measuring related psychological constructs in trans adults. Trans researchers and experts in trans health reviewed and revised the items, enabling development of a preliminary scale which was pilot tested with a trans community advisory group before being further refined and administered to a larger cohort of trans individuals. A subgroup of individuals within the cohort repeated the scale two weeks following the initial completion to assess for test-retest reliability. **Results:** The preliminary scale was undertaken by 664 trans participants aged 16 to 79 years (median = 32 years, IQR = 25, 43). Exploratory factor analysis produced a final 26-item Gender Euphoria Scale (GES) comprising three subscales: social affirmation, self-affirmation, and community connection. The GES was found to have excellent internal consistency ($\alpha=.97$), strong test-retest reliability ($r=.88$), and some evidence of discriminant and convergent validity. **Conclusion:** The GES is a reliable and consistent tool to measure gender euphoria in trans individuals and is likely to be of value in both research and clinical settings.

Keywords: trans, gender diverse, gender euphoria, gender dysphoria, mental health, scale development

Introduction

Research examining the mental health of trans and gender diverse (hereafter trans) individuals has predominantly focussed on gender dysphoria and mental health challenges understood largely to stem from stigma, discrimination, and minority stress (Bradford et al., 2019; Jacobsen & Devor, 2022; Skelton et al., 2023; Pinna et al., 2022). While trans communities do experience disproportionate rates of mental ill health compared to their cisgender peers (Pinna et al., 2022), this illness focus overlooks the positive dimensions of the trans experience. Accordingly, there is growing recognition of the need to broaden academic understandings of gender diversity by exploring and highlighting the joyful aspects of trans people's lives (Leblanc et al., 2022).

Gender euphoria is one such aspect that has received significant attention within trans communities but remains largely unstudied in academic literature. The concept of gender euphoria arose from within the trans community (Austin et al., 2022; Beischel et al., 2022) and although not uniformly defined, describes a sense of pride, comfort, connection, and celebration associated with an individual's gender identity, expression, and affirmation (Beischel et al., 2022; Bradford et al., 2019; Transhub, 2021). Gender euphoria has further been described as "a constellation of emotional reactions" (Austin et al., 2022, p. 16), a "joyful feeling of rightness" (Beischel et al., 2022, p. 13), and "greater positive affect and decreased negative affect, in relation to gender transition and gender-affirmative interventions" (Bradford et al., 2019, p. 6). Though previously considered to be the opposite of gender dysphoria i.e., gender-related distress or discomfort (Ashley & Ells, 2018), there is growing consensus that gender euphoria is a distinct concept (Austin et al., 2022; Beischel et al., 2022), encompassing positive affect, a sense of gender belonging, and feelings of authenticity (Citron, Marsan, Erwin, et al., 2020).

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4 While few researchers have examined the construct empirically, studies are beginning
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6 to explore how gender euphoria occurs. Accordingly, gender euphoria has been found to arise
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8 in the context of external events (e.g., medically affirming one's gender), solitary experiences
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10 (e.g., seeing oneself in the mirror), and social connections (e.g., being accepted in gender-
11
12 specific spaces) (Beischel et al., 2022). Gender euphoria is also more likely to be present
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14 among those who feel connected to the LGBTQIA+ community, and those with access to
15
16 gender affirming healthcare (Grant et al., 2024). Further, those who experience gender
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18 euphoria report decreased gender *dysphoria* and greater resilience (Reisner et al., 2023).
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20 However, despite gender euphoria playing a potentially powerful role in enhancing the
21
22 wellbeing of trans people, as a concept, it has not yet been formally operationalized.
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26 Thus far, most of the research on gender euphoria has been exploratory, drawing on
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28 qualitative methods such as semi-structured interviews (e.g., Austin et al., 2022; Beischel et
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30 al., 2022; Jacobsen & Devor, 2022). The few studies that have tried to quantitatively examine
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32 gender euphoria have taken varying approaches to operationalizing it as a construct. For
33
34 instance, Reisner et al. (2023) used two individual items from the Transgender Congruence
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36 Scale – “I am happy that I have the gender identity that I do” and “I have accepted my gender
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38 identity” (Kozee et al., 2012) as a proxy measure for gender euphoria. Conversely, Grant et
39
40 al. (2024) simply asked participants if they had ever experienced gender euphoria, defined as
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42 “an experience of feeling totally affirmed in one's gender” (p. 3). While these studies have
43
44 helped to build understanding of gender euphoria, they may be measuring different facets of
45
46 the construct. Thus, there remains a need for a consistent and nuanced approach to measuring
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48 gender euphoria. Accordingly, the aim of the current study is to develop and validate a tool to
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50 measure gender euphoria in trans individuals. It is intended that this tool be sensitive to
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52 change, relevant to trans people of all gender identities, and suitable for both research and
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54 clinical use.
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Method

Development of the preliminary Gender Euphoria Scale

An initial 121-item pool was developed based on qualitative research with 395 trans adults who described their experiences of gender euphoria (Citron, Marsan, & Zucker, 2020) and a review of existing tools which measure positive aspects of mental health and wellbeing among trans adults. Trans researchers with lived experience of gender euphoria ($n = 4$) and experts in the field of trans health ($n = 4$) then reviewed the 121 items for content validity – the extent to which the items covered the construct of gender euphoria (Koller et al., 2017). During this process, items deemed less relevant or repetitive were removed, and remaining items were refined, resulting in 14 items assessing frequency, intensity, and stability of gender euphoria and a 51-item scale measuring strength of gender euphoria occurring in relation to everyday scenarios (e.g., “when I wear makeup or accessories that affirm my gender”). These items were then pilot tested with a trans community advisory group ($n = 8$) comprising community representatives of diverse age and backgrounds, including Aboriginal trans people, trans people of refugee and migrant background, neurodivergent trans people, and trans people living in rural areas. The advisory group provided feedback which resulted in the addition of 15 items to the scale and confirmed that gender euphoria should be assessed over a two-week period, since it was reasoned that providing participants with one week may not be long enough to experience the many different scenarios comprising the scale, and a month timeframe would be too long to accurately recall average strength of euphoria experienced in relation to these scenarios. Further consultation with clinicians working in trans healthcare ($n = 8$) resulted in 16 items to assess frequency, intensity, and stability of gender euphoria and a 66-item preliminary gender euphoria scale comprising scenarios potentially contributing to gender euphoria (presented in Supplemental Table 1). A more detailed description of the scale development process is described in Blacklock et al (2024).

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4 The items assessing frequency, intensity, and stability of gender euphoria and the 66-item
5 preliminary scale were then administered to a cohort of trans adults ($n = 732$) for the purpose
6 of assessing the dimensionality, reliability, and validity of the scale.
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10 ***Participants***

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12 Survey participants were recruited through TRANSform – a longitudinal study of the
13 health and wellbeing of trans and gender diverse people aged 16 years and older and living in
14 Australia. TRANSform launched in May 2020, with ongoing recruitment via snowball
15 sampling through avenues such as LGBTQIA+ community organisations, gender clinics, and
16 social media posts (e.g., Facebook and Instagram). Between November and December 2022,
17 all participants enrolled in TRANSform ($n = 1985$) were invited to participate in this sub-
18 study related to the development of the Gender Euphoria Scale (described in *Measures*).
19 Participants were eligible to participate in the study if they lived in Australia at the time of
20 completing the survey and identified with a gender other than what was presumed for them at
21 birth.
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33 ***Survey procedure***

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35 Participants were emailed a link with an invitation to complete a voluntary online
36 survey that they could opt out of any time prior to survey completion. Participants were
37 notified that by submitting the survey they were giving their informed consent to participate,
38 with survey responses contributing to research that may be published. At the end of the
39 survey, participants were invited to undertake the Gender Euphoria Scale two weeks after
40 initial completion, which is considered an optimal timeframe to assess test-retest reliability
41 (Streiner et al., 2014). All survey data were collected via REDCap electronic data capture
42 tools hosted at the University of Melbourne (Harris et al., 2009). Ethical approval for the
43 study was granted by the Austin Health Human Research Ethics Committee
44 (HREC/57155/Austin-2019), Thorne Harbour Health Community Research Endorsement
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4 Panel (THH/CREP 20-006D), and the ACON Research Ethics Review Committee (RERC
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6 2020/03).

8 *Measures*

10 Demographic details, including age, gender identity, and country of birth were
11 collected as part of participant enrolment in the TRANSform longitudinal study and were
12 subsequently used in the current study. In the enrolment survey, participants were asked to
13 select the terms that best described their gender identity from a list of 41 options. Participants
14 were then advised that, for some studies, survey data are best analysed when only a limited
15 number of categories are selected. To this end, participants were invited to select the gender
16 best reflecting their identity from an abbreviated list comprising the options: man/trans man,
17 woman/trans woman, nonbinary/gender diverse, or a culturally specific identity. These latter
18 categories were used in the current study.

19 Participants were presented with a definition of gender euphoria (shown in Table 1)
20 which was derived from research by Citron, Marsan, Erwin et al. (2020) and modified based
21 on feedback during pilot testing with the aforementioned community advisory group.
22 Participants were then asked a series of questions related to their past experiences of gender
23 euphoria, including whether they had ever experienced gender euphoria, and how frequent,
24 strong, and stable these experiences of gender euphoria were over the past 12 months and the
25 past two weeks. Participants who indicated they had never experienced gender euphoria were
26 advised the remainder of the survey would relate to experiences of gender euphoria and were
27 hence given the option of discontinuing the survey.

28 Participants were then invited to complete the preliminary Gender Euphoria Scale,
29 comprising 66 scenarios potentially contributing to gender euphoria (e.g., “when people use
30 my correct pronouns”, “when I look in the mirror”). Participants were asked to rate the
31 strength of their gender euphoria in relation to these scenarios over the past two weeks, on a
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4 Likert-type scale ranging from 1 = “no gender euphoria” to 5 = “very strong gender
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6 euphoria”. Participants were also given the option of responding “not applicable” to scenarios
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8 that did not apply over the two-week period.
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11 The Mini International Personality Item Pool (Donnellan et al., 2006) was included to
12 assess the discriminant validity of the Gender Euphoria Scale. The Mini International
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14 Personality Item Pool measures the Big Five personality traits (Goldberg, 1993) across 20
15
16 items. Responses are rated on a 5-point Likert-type scale ranging from 1 = “very inaccurate”
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18 to 5 = “very accurate”. Scores for each of the five personality subscales – extraversion,
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20 agreeableness, conscientiousness, neuroticism, and openness are summed, with higher scores
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22 indicating stronger identification with each personality trait. As there is no known
23
24 relationship between personality traits and gender euphoria, weak correlations between the
25
26 Mini International Personality Item Pool and the Gender Euphoria Scale will be indicative of
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28 the discriminant validity of the Gender Euphoria Scale.
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32 The Transgender Congruence Scale (Kozee et al., 2012) was included to assess the
33
34 convergent validity of the Gender Euphoria Scale. The Transgender Congruence Scale
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36 measures gender identity acceptance and appearance congruence across 12 items. Responses
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38 are rated on a 5-point Likert-type scale, ranging from 1 = “strongly disagree” to 5 = “strongly
39
40 agree”. Mean scores are calculated for the two subscales (gender identity acceptance,
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42 appearance congruence) and total scale, with higher scores indicating higher levels of gender
43
44 identity acceptance and appearance congruence. As previous research indicates conceptual
45
46 similarities between gender euphoria and gender identity acceptance (Reisner et al., 2023),
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48 positive correlations between the Transgender Congruence Scale and Gender Euphoria Scale
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50 will be used to establish the convergent validity of the Gender Euphoria Scale.
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53 *Statistical Analyses*

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4 All statistical analyses were performed using SPSS version 29 (IBM Corp, 2023).
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6 First, descriptive statistics were used to summarise participant demographic data. Exploratory
7
8 factor analysis via principal axis factoring and oblique rotation was then used to examine the
9
10 factor structure of the gender euphoria scale. The number of factors was determined in
11
12 accordance with Kaiser's criterion, examination of the scree plot, and by assessing factors
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14 with loadings above 0.45 (Comrey & Lee, 1992; Tabachnik & Fidell, 2018). Following this,
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16 Cronbach's alpha was used to examine the internal consistency of each factor and the total
17
18 scale. Pearson correlations were used to determine test-retest reliability, discriminant validity,
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20 and convergent validity, with the strength of correlation coefficients determined in
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22 accordance with Dancey and Reidy (2007). Missing data were predominantly handled using
23
24 pairwise deletion to retain as much of the dataset as possible.
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26

27 **Results**

28 *Participant characteristics*

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31 Of the 1985 participants invited to participate, 732 (36.9%) commenced the initial
32
33 survey. Of these 732, 664 completed the preliminary scale and 315 completed the follow up
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35 survey. As shown in Table 3, participants ($n = 732$) ranged in age from 16 to 79 years
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37 (median = 32 years, IQR = 25, 43), and were men/trans men (36.9%), women/trans women
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39 (36.9%), nonbinary/gender diverse (25.8%), or had a culturally specific gender identity not
40
41 captured by the available gender identity descriptors (0.4%). Most participants were born in
42
43 Australia (83.1%) and reported socially (97.5%) or medically (90.2%) affirming their gender
44
45 in some way.
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48 *Past experience of gender euphoria*

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51 As indicated in Table 4, the large majority of respondents had experienced gender
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53 euphoria (96.6%); many had experienced gender euphoria almost weekly or daily (61.6%)
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55 and rated their gender euphoria as being from moderate to very strong (85.6%) over the past
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4 year. There was some variability regarding changes to frequency and intensity of gender
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6 euphoria over time, with many participants reporting an increase in frequency (49.7%) or
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8 intensity (37.1%) but some reporting a decrease in frequency (14.4%) or intensity (19.2%)
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10 over time.

11 12 ***Exploratory factor analysis and item retention***

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14 Kolmogorov-Smirnov and Shapiro-Wilk tests, in addition to skewness and kurtosis
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16 statistics, indicated non-normality of the 66 items. Hence, principal axis factoring was
17
18 deemed most appropriate to assess the factor structure of the scale (Brown, 2015). Direct
19
20 oblimin rotation was also used as the factors were presumed to be correlated. A Kaiser-Meyer
21
22 Olkin model (.94) was used to establish sampling adequacy, while Bartlett's test of sphericity
23
24 ($p < .001$) indicated the variables were suitable for factor analysis.

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26
27 Results of the exploratory factor analysis revealed eight factors with eigenvalues
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29 greater than one (Kaiser, 1960), with the first three factors explaining 59.84% of the variance.
30
31 Examination of the scree plot (presented in Supplemental Figure 1) indicated three factors
32
33 before the plateau and the pattern matrix similarly revealed three factors with loadings above
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35 0.45 (Comrey & Lee, 1992; Tabachnik & Fidell, 2014). These results suggested three factors
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37 for the final model.

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40 The pattern matrix was then re-examined to determine the number of items to retain.
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42 According to Comrey and Lee (1992), items with factor loadings above .45 are deemed fair,
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44 and those with loadings above .55 are considered good. While retaining fewer items could
45
46 result in a more parsimonious measure, it was reasoned that the inclusion of more items
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48 would allow for a more comprehensive assessment of gender euphoria. Consequently, the 26
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50 items with factor loadings above .45 were retained, with the remaining 40 items excluded
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52 (indicated in Table 5). During the process of examining items, one item "When I see myself
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54 represented in the workplace" was found to cross-load onto two factors. Discussions with a
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4 panel of experts in scale development and trans mental and physical health ($n = 5$) resulted in
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6 the item being assigned to the factor with which it was deemed more conceptually aligned
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8 (i.e., factor three).
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10 As shown in Table 5, the 14 items comprising the first subscale describe experiences
11 of being affirmed by others (e.g., family, strangers) across various settings (e.g., work,
12 education). Hence, this factor was labelled “social affirmation”. The four items comprising
13 the second subscale pertain to positive experiences of seeing oneself, so this factor was
14 labelled “self-affirmation”. The eight items comprising the third subscale relate to
15 connectedness with the trans community. This third factor was therefore labelled “community
16 connection”. Consequently, results of the exploratory factor analysis resulted in the final
17 Gender Euphoria Scale (GES) comprising 26 items across three subscales – social
18 affirmation, self-affirmation, and community connection (presented in Table 1). Descriptive
19 statistics for the GES are presented in Table 2.
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31 **Reliability**

32 *Internal consistency*

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36 Cronbach’s alpha was used to assess the internal consistency of the three subscales
37 and the total GES. Each subscale showed good to excellent internal reliability (self-
38 affirmation $\alpha = .86$; community connection $\alpha = .95$; social affirmation $\alpha = .97$), and the total
39 GES indicated excellent reliability ($\alpha = .97$).
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44 *Test-retest reliability*

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46 Pearson correlations between GES scores at initial administration and at two-week
47 follow up indicated strong test-retest reliability for the three subscales: social affirmation
48 $r(315) = .88, p = <.001$, self-affirmation $r(315) = .85, p = <.001$, community connection
49 $r(315) = .88, p = <.001$, and the total GES $r(315) = .88, p = <.001$.
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55 *Construct validity*

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4 *Discriminant validity*
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6 Discriminant validity is established when measures of theoretically unrelated concepts
7 are weakly correlated at most. As shown in Table 6, correlations between the GES subscales
8 and total scores and the Mini International Personality Item Pool subscales were weak.
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12 *Convergent validity*
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14 Convergent validity is indicated when measures of conceptually similar constructs are
15 highly correlated. As shown in Table 7, the GES was weakly positively correlated with the
16 gender identity acceptance subscale of the Transgender Congruence Scale (Kozee et al.,
17 2012). There was, however, a moderate positive correlation between the GES self-affirmation
18 subscale and the appearance congruence subscale of the Transgender Congruence Scale
19 (Kozee et al., 2012).
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27 **Discussion**
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29 Gender euphoria is increasingly understood to play a significant role in the gender-
30 related wellbeing of many trans people (Grant et al., 2024; Skelton et al., 2023). However, to
31 date, there has been no formal way of measuring gender euphoria as a construct, rendering it
32 difficult to assess this phenomenon either in research or in clinical practice. Consequently,
33 the aim of the current study was to develop and validate a psychometric tool to measure
34 gender euphoria in trans individuals.
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42 Amongst our study population, gender euphoria was commonly observed with >95%
43 having experienced gender euphoria and >60% experiencing gender euphoria almost weekly
44 or daily. Notably, >90% of participants had affirmed their gender both socially and
45 medically, potentially accounting for this high prevalence and frequency. Looking ahead, it
46 would be interesting to examine the prevalence and frequency of gender euphoria in the trans
47 community at large, where one might expect lower levels of social and medical affirmation.
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4 Results of the exploratory factor analysis led to the development of the 26-item
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6 Gender Euphoria Scale (GES), consisting of three subscales: social affirmation, self-
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8 affirmation, and community connection. The social affirmation subscale, comprising 14
9
10 items, measures the extent to which gender euphoria occurs when being socially affirmed in
11
12 one's gender. The self-affirmation subscale, comprising four items, measures the extent to
13
14 which gender euphoria occurs in relation to one's physical appearance. The community
15
16 connection subscale, comprising eight items, measures the extent to which gender euphoria
17
18 occurs when connecting with other trans people, and/or when seeing trans people represented
19
20 in various life domains. These three dimensions broadly map onto prior research indicating
21
22 that gender euphoria can occur when feeling affirmed in close relationships or by the broader
23
24 community, when experiencing congruence between physical appearance and sense of self,
25
26 and during social interactions (Beischel et al., 2022; Skelton et al., 2023).
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29
30 The three subscales and total GES have good to excellent internal consistency and
31
32 good test-retest reliability. The GES also demonstrates discriminant validity as indicated by
33
34 weak correlations with the Big Five personality traits. Although many of these correlations
35
36 were statistically significant, this is likely due to the large sample size of our study, and
37
38 overall, these findings indicate that gender euphoria is a distinct construct, not merely a
39
40 reflection of low levels of neuroticism or an inclination towards extraversion. The convergent
41
42 validity analysis returned mixed findings. Specifically, the GES was found to weakly
43
44 correlate with the gender identity acceptance subscale of the Transgender Congruence Scale –
45
46 a subscale comprising the items: “I am not proud of my gender identity” (reverse coded), “I
47
48 am happy that I have the gender identity that I do”, and “I have accepted my gender identity”.
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50 This is potentially due to conceptual differences between these constructs: for example,
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52 gender identity acceptance represents a broad, stable quality, while gender euphoria may be
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54 more transient and triggered by specific events. However, a moderate positive correlation was
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4 observed between the GES self-affirmation subscale and the appearance congruence subscale
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6 of the Transgender Congruence Scale – a measure of the degree to which an individual’s
7
8 external appearance represents their gender identity. This correlation makes conceptual sense,
9
10 given that the GES self-affirmation subscale measures gender euphoria arising in relation to
11
12 physical appearance.
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15 In creating the GES, the decision was made to give participants the option of
16
17 responding ‘not applicable’ to scenarios they had not experienced over the past two weeks.
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19 The GES therefore represents a departure from traditional scale convention as it assumes that
20
21 not every item will apply to each participant. Indeed, some of the final 26 items - which
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23 include references to work, education, and change in identity documents, did not apply to a
24
25 proportion of respondents (see Supplemental Table 2). Providing participants with a ‘not
26
27 applicable’ option allows for more accurate responding whilst also highlighting possible
28
29 opportunities for further exploration. For instance, if a person indicates that the item “when I
30
31 connect with other trans, gender diverse, and nonbinary people in person” does not apply, a
32
33 clinician working with this person may explore the client’s desire to access trans community
34
35 supports and facilitate access to trans community spaces if needed. It is also important to note
36
37 that a person may experience very strong gender euphoria, frequently, in relation to just a few
38
39 items on the GES. As a result, rather than sum the scores from individual items, a mean item
40
41 score is calculated for each sub scale as well as for the overall GES, resulting in scores
42
43 ranging from 1-5 for each of the three subscales and the total GES. However, it is worth
44
45 noting that frequent selection of “Not Applicable” could impact both validity and
46
47 interpretability of subscale scores. Clinicians and researchers are therefore advised to
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49 consider the impact of numerous “Not Applicable” responses and use their professional
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51 judgement in such instances.
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4 Regarding its research utility, the GES will allow researchers to gain a richer
5
6 understanding of gender euphoria and enable ongoing research into the factors that promote
7
8 experiences of gender euphoria. The GES will also provide opportunities to draw on positive
9
10 aspects of trans people’s lives to explore understudied facets of trans health. For instance, the
11
12 GES may be used to determine whether gender euphoria is a moderator or mediator of better
13
14 mental health, which could have significant implications for mental health intervention
15
16 strategies. Further, the GES will allow for ongoing assessment into the efficacy of gender-
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18 affirming interventions – social, medical, and psychological, by exploring gender euphoria as
19
20 a potential outcome. In terms of its clinical application, the GES may encourage mental
21
22 health support providers to reorient towards helping their trans clients to experience gender
23
24 euphoria rather than focussing primarily on avoiding dysphoria. The GES may also be used
25
26 by clinicians as the basis for a semi-structured clinical interview to gather information about
27
28 the respondent’s current gender-related wellbeing. Identifying experiences that lead to gender
29
30 euphoria, including non-medical forms of gender affirmation, could highlight pathways for
31
32 interventions that improve mental health and facilitate affirmative gender experiences among
33
34 trans individuals.
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37
38 While we expect that the GES will have both research and clinical utility, there are
39
40 some limitations to consider. Firstly, after completing the survey, one genderfluid participant
41
42 indicated that their experience of gender can shift dramatically over a two-week period,
43
44 making it challenging to quantify their levels of gender euphoria. Therefore, while we aimed
45
46 to create a scale that would apply to all gender identities, it is possible that the GES may pose
47
48 challenges for those with fluid gender identities. Additionally, gender euphoria is subjective
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50 and may be influenced by numerous circumstances, including those not captured by this
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52 scale. For instance, some items directly relating to gender expression (e.g., “when I wear
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54 clothes that affirm my gender”) were not included in the final scale, as these items did not
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4 correlate highly with the factors that emerged from the exploratory factor analysis. This may
5
6 in part stem from a methodological issue: namely, that in the 66-item preliminary scale, there
7
8 were only four items directly related to gender expression, which may have been insufficient
9
10 for a gender expression subscale to emerge. It is also possible that, due to over 90% of the
11
12 sample being socially or medically affirmed in their gender, responses to these items lacked
13
14 the variability needed to discriminate between different levels of the construct of gender
15
16 euphoria. Nonetheless, expressing one's gender authentically (e.g., by wearing gender-
17
18 affirming clothing) may remain central to engendering gender euphoria for some. This
19
20 emphasizes the importance of exercising professional judgement when interpreting the GES
21
22 in both research and clinical contexts.

23
24
25 A further consideration is that although the GES was found to have discriminant
26
27 validity, convergent validity was only established for the self-affirmation subscale. Thus,
28
29 future studies could continue to assess the convergent validity of the GES by exploring
30
31 correlations with more conceptually similar measures (e.g., the Transgender Positive Identity
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33 Measure; Riggle & Mohr, 2015). Convergent validity may also be assessed by examining
34
35 how the GES correlates with measures of gender dysphoria. Additionally, although the
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37 sample size in the current study was substantial, it was not large enough to divide the sample
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39 and conduct both exploratory and confirmatory factor analyses. Thus, a future study could
40
41 endeavour to confirm the factor structure of the GES. Moreover, as the GES was developed
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43 with a majority of participants who had socially or medically affirmed their gender in some
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45 way, the GES may require future adaptation to be more reflective of conservative or
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47 collectivistic contexts where experiences of affirmation may differ. Relatedly, the GES is
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49 only available in English at present and thus future research may involve translating and
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51 validating the GES in other languages. Future research may also involve adapting the scale
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4 for a younger population as in the current study the GES was validated on a sample of
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6 participants ranging in age from 16 to 79.
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9 Despite these limitations and considerations for future research, the GES stands as a
10 novel tool for quantitatively examining gender euphoria in both research and clinical settings.
11 Accordingly, the GES has the potential to significantly advance understanding of positive
12 gender-related experiences for trans people and contribute to reorienting the focus of clinical
13 practice and future studies in trans mental health.
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23 participated in this study for their contributions to the development of the Gender Euphoria
24 Scale.
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5 **Tables**
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7 Table 1. The Gender Euphoria Scale (GES)
8

9 Gender euphoria is a positive feeling about your gender identity, gender expression, or
10 gender affirmation. Gender euphoria may involve feeling happy, confident, content, safe, or
11 another feeling you recognise as being positive to you. Gender euphoria may arise when you
12 feel good about your gender, when your gender is accepted and affirmed by yourself or
13 others, or when you feel true to yourself and your gender.
14

15 On a scale from 1 – 5, where 1 = no gender euphoria and 5 = very strong gender euphoria,
16 how strong has your gender euphoria felt in the following scenarios **over the past two**
17 **weeks:**
18

19

	No gender euphoria	Slight gender euphoria	Moderate gender euphoria	Strong gender euphoria	Very strong gender euphoria	This scenario does not apply to me (NA)
	(1)	(2)	(3)	(4)	(5)	(NA)
20						
21						
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- 32 1. When people use my correct pronouns
 - 33 2. When I look in the mirror
 - 34 3. When my gender is affirmed in everyday encounters (e.g., at shops, restaurants)
 - 35 4. When I see myself represented in the workplace
 - 36 5. When people treat me the way I want to be treated, in relation to my gender
 - 37 6. When my gender is affirmed at work
 - 38 7. When I see my face in the mirror
 - 39 8. When I see transgender, gender diverse, or nonbinary people represented in the media
 - 40 9. When people use the correct language to describe my gender
 - 41 10. When I connect with other transgender, gender diverse, or nonbinary people online
 - 42 11. When I see people who experience their gender in a similar way to me
 - 43 12. When strangers affirm my gender in public
 - 44 13. When I see my facial hair (or lack thereof)
 - 45 14. When my gender is affirmed in education settings
 - 46 15. When my gender is legally recognised
 - 47 16. When I feel connected to the transgender, gender diverse, and nonbinary community
 - 48 17. When I access spaces that affirm my gender (e.g., my workplace, parties)
 - 49 18. When I see myself represented in the community
 - 50 19. When I see my body in the mirror
 - 51 20. When I am welcomed into spaces designated for my gender
 - 52 21. When my gender is affirmed by my family of origin (e.g., parents, guardians, siblings)
 - 53 22. When I am included by others who have the same gender as me
 - 54 23. When my gender is affirmed by strangers
 - 55 24. When I discuss my gender in online forums (e.g., Reddit, Facebook groups)
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- 25. When I connect with other transgender, gender diverse, or nonbinary people in person
- 26. When my identity documents (e.g., passport, driver's license) accurately reflect my gender

For Peer Review

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4 Gender Euphoria Scale (GES) Scoring Instructions
5

6 Items are scored on a five-point scale ranging from 1 = no gender euphoria to 5 = very strong
7 gender euphoria. Scenarios that do not apply to respondents are scored not applicable (NA).
8

9 For total Gender Euphoria Scale scores, responses to all items are summed and averaged.
10

11 For the Social Affirmation subscale, responses to the following items are averaged:
12

- 13
- 14 1. When people use my correct pronouns
 - 15 3. When my gender is affirmed in everyday encounters (e.g., at shops, restaurants)
 - 16 5. When people treat me the way I want to be treated, in relation to my gender
 - 17 6. When my gender is affirmed at work
 - 18 9. When people use the correct language to describe my gender
 - 19 12. When strangers affirm my gender in public
 - 20 14. When my gender is affirmed in education settings
 - 21 15. When my gender is legally recognised
 - 22 17. When I access spaces that affirm my gender (e.g., my workplace, parties)
 - 23 20. When I am welcomed into spaces designated for my gender
 - 24 21. When my gender is affirmed by my family of origin (e.g., parents, guardians, siblings)
 - 25 22. When I am included by others who have the same gender as me
 - 26 23. When my gender is affirmed by strangers
 - 27 26. When my identity documents (e.g., passport, driver's license) accurately reflect my
28 gender
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30 For the Self-Affirmation subscale, responses to the following items are averaged:
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- 33 2. When I look in the mirror
 - 34 7. When I see my face in the mirror
 - 35 13. When I see my facial hair (or lack thereof)
 - 36 19. When I see my body in the mirror
37

38 For the Community Connection subscale, responses to the following items are averaged:
39

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- 41 4. When I see myself represented in the workplace
 - 42 8. When I see transgender, gender diverse, or nonbinary people represented in the media
 - 43 10. When I connect with other transgender, gender diverse, or nonbinary people online
 - 44 11. When I see people who experience their gender in a similar way to me
 - 45 16. When I feel connected to the transgender, gender diverse, and nonbinary community
 - 46 18. When I see myself represented in the community
 - 47 24. When I discuss my gender in online forums (e.g., Reddit, Facebook groups)
 - 48 25. When I connect with other transgender, gender diverse, or nonbinary people in person
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50 Items designated non-applicable (NA), are excluded from calculations.

51
52 Mean scores for the total Gender Euphoria Scale and the three subscales – social affirmation,
53 self-affirmation, and community connection, range from 1 to 5 with higher scores indicating
54 higher levels of gender euphoria.
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Table 2. Descriptive statistics for the Gender Euphoria Scale (GES) subscales and total GES

	<i>n</i>	<i>Mean</i>	<i>SD</i>	<i>Range</i>
Social affirmation	662	3.55	1.10	1-5
Self-affirmation	662	2.74	1.16	1-5
Community connection	663	3.08	1.17	1-5
GES total	664	3.25	0.99	1-5

Variation in *n* reflects missing responses across some survey items.

Table 3. Participant demographics

Age	
<i>n</i>	729
Median (IQR)	32 (25, 43)
Range	16-79
Gender identity	
<i>n</i>	732
Man / Trans man	270 (36.9%)
Woman / Trans woman	270 (36.9%)
Nonbinary or Gender diverse	189 (25.8%)
A culturally specific identity not captured by other available options	3 (0.4%)
Region of birth	
<i>n</i>	732
Australia	608 (83.1%)
United Kingdom	50 (6.8%)
Asia	24 (3.2%)
North America	17 (2.4%)
Oceania	16 (2.2%)
Europe	8 (0.9%)
Africa	5 (0.7%)
South America	2 (0.3%)
Central America	2 (0.3%)
Aboriginal or Torres Strait Islander	
<i>n</i>	732
Yes	31 (4.2%)
No	693 (94.7%)
Unsure	5 (0.7%)
Prefer not to say	3 (0.4%)
Socially affirmed gender in some way	
<i>n</i>	722
Yes	704 (97.5%)
No	18 (2.5%)
Medically affirmed gender in some way	
<i>n</i>	722
Yes	651 (90.2%)
No	71 (9.8%)

Variation in *n* reflects missing responses across some survey items.

Table 4. Past experience of gender euphoria

Ever experienced gender euphoria		
<i>n</i>		727
Yes		702 (96.6%)
No		7 (1.0%)
Unsure		16 (2.2%)
Prefer not to say		2 (0.3%)
Frequency of gender euphoria past 12 months		
<i>n</i>		699
Never		8 (1.1%)
A few times or less		45 (6.4%)
More than a few times but less than monthly		87 (12.4%)
Monthly or almost monthly		115 (16.5%)
Weekly or almost weekly		221 (31.6%)
Daily or almost daily		210 (30.0%)
Unsure		12 (1.7%)
Prefer not to respond		1 (0.1%)
Strength of gender euphoria past 12 months		
<i>n</i>		700
Non-existent		13 (1.9%)
Slight gender euphoria		72 (10.3%)
Moderate gender euphoria		291 (41.6%)
Strong gender euphoria		213 (30.4%)
Very strong gender euphoria		95 (13.6%)
Unsure		16 (2.3%)
Frequency of gender euphoria past two weeks		
<i>n</i>		700
0 times		60 (8.6%)
1-2 times		208 (29.7%)
3-6 times		163 (23.3%)
7-10 times		96 (13.7%)
11+ times		112 (16.0%)
Unsure		59 (8.4%)
Prefer not to respond		2 (0.3%)
Strength of gender euphoria past two weeks		
<i>n</i>		700
Non-existent		52 (7.4%)
Slight gender euphoria		128 (18.3%)
Moderate gender euphoria		258 (36.9%)
Strong gender euphoria		167 (23.9%)
Very strong gender euphoria		76 (10.9%)
Unsure		19 (2.7%)

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5 **Change in frequency of gender euphoria since first**
6 **experience of gender euphoria**

7 *n* 700

8 More frequent over time	348 (49.7%)
9 Less frequent over time	101 (14.4%)
10 Oscillated over time	192 (27.4%)
11 Not changed in frequency	35 (5%)
12 Unsure	22 (3.1%)
13 Prefer not to respond	2 (0.3%)

15
16 **Change in strength of gender euphoria since first experience**
17 **of gender euphoria**

18 *n* 698

19 Stronger over time	259 (37.1%)
20 Less strong over time	134 (19.2%)
21 Oscillated over time	220 (31.5%)
22 Not changed in strength	51 (7.3%)
23 Unsure	33 (4.7%)
24 Prefer not to respond	1 (0.1%)

25 Variation in *n* reflects missing responses across some survey items.
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Table 5. Results of principal axis factoring displaying factor loadings for each subscale. Shaded items have loadings above 0.45 and were included in the final Gender Euphoria Scale.

	Factor 1 Social Affirmation	Factor 2 Self- Affirmation	Factor 3 Community Connection
When my gender is affirmed by strangers	0.75		
When strangers affirm my gender in public	0.75		
When my gender is affirmed in everyday encounters (e.g., at shops, restaurants)	0.73		
When I am welcomed into spaces designated for my gender	0.68		0.21
When my gender is affirmed at work	0.65		
When my gender is legally recognised	0.59		
When my identity documents (e.g., passport, driver's license) accurately reflect my gender	0.59		
When people use my correct pronouns	0.54		
When people treat me the way I want to be treated, in relation to my gender	0.53		
When I access spaces that affirm my gender (e.g., my workplace, parties)	0.51	0.13	0.23
When my gender is affirmed in education settings	0.50		
When I am included by others who have the same gender as me	0.48		0.17
When my gender is affirmed by my family of origin (e.g., parents/guardians/siblings)	0.47		
When people use the correct language to describe my gender	0.46		
When people see me the way I want to be seen	0.43		
When I notice physical changes related to gender affirming hormones	0.42	0.25	
When my gender is affirmed by my friends	0.34		
When my gender is affirmed in my cultural community	0.31	0.12	
When my gender is affirmed by my chosen family	0.30		
When I see my face in the mirror		0.77	
When I look in the mirror		0.75	
When I see my body in the mirror		0.75	

When I see my facial hair (or lack thereof)			0.47
When I hear my voice	-0.11		0.40
When I see my body hair (or lack thereof)			0.39
When I feel connected to the transgender, gender diverse, and nonbinary community			0.69
When I connect with other transgender, gender diverse, or nonbinary people online			0.68
When I connect with other transgender, gender diverse, or nonbinary people in person			0.63
When I see transgender, gender diverse, or nonbinary people represented in the media	0.17		0.63
When I see myself represented in the community	0.27		0.58
When I see people who experience their gender in a similar way to me			0.57
When I discuss my gender in online forums (e.g., Reddit, Facebook groups)			0.47
When I see myself represented in the workplace	0.46		0.46
When I post about my gender on social media			0.43
When I reveal to people whom I trust that I am transgender/gender diverse/non-binary			0.41
When I feel in control of medical decisions about my body	0.19	0.19	0.25
When I experience emotional intimacy		0.11	
When I experience physical intimacy		0.12	
When I experience platonic (i.e., non-sexual) intimacy			0.11
When my gender is affirmed by loved ones	0.24		
When people I trust completely understand my gender identity and truly see and value me	0.25	-0.13	
When people understand my gender the way I want it to be understood	0.23		
When I refer to myself by my correct pronouns	0.13	0.12	
When I refer to myself by my correct name	0.12		
When my gender is affirmed at home	0.17		
When people use my correct name	0.31		

When I think about my gender		0.34	0.18
When I wear clothes that affirm my gender	0.16		
When my gender is affirmed online	0.19		0.17
When I use video game avatars to express my gender			0.14
When I use video game avatars to explore my gender	0.11	-0.10	0.21
When I notice physical changes related to gender affirming surgery	0.24	0.30	
When I express my gender in a way that feels authentic to me	0.12	0.14	0.15
When I have a hairstyle that affirms my gender	0.26	0.12	
When I notice physical changes related to gender affirming minor procedures (e.g., fillers, electrolysis)	0.31	0.23	
When I make decisions about changes to my body that are right for me	0.15	0.20	0.23
When I wear makeup or accessories that affirm my gender	0.12		0.28
When I express my gender without it affecting how others perceive my gender identity		0.22	0.15
When I challenge gender norms		0.15	0.24
When my gender is affirmed in my religious community	0.35	0.11	0.15
When my gender remains ambiguous to others		-0.17	0.23
When I am alone and there is no pressure to present my gender identity to anyone		0.18	0.14

Table 6. Correlations between Gender Euphoria Scale (GES) mean scores and Mini International Personality Item Pool scores

Mini International Personality Item Pool					
	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
GES					
Social Affirmation	.12**	.14**	-.03	.13**	.16**
Self-Affirmation	.13**	.09*	.14**	-.08*	.13**
Community Connection	.18**	.16**	-.07	.15**	.22**
GES total	.17**	.16**	-.00	.10*	.20**

** Denotes significance at the .01 level

* Denotes significance at the .05 level

Table 7. Correlations between Gender Euphoria Scale (GES) mean scores and Transgender Congruence Scale (TCS) mean scores

	Appearance congruence	Gender identity acceptance	TCS total
Social Affirmation	-.04	.22**	.02
Self-Affirmation	.46**	.19**	.47**
Community Connection	-.06	.26**	.00
GES total	.06	.26**	.11**

** Denotes significance at the .01 level

Supplemental Material

Supplemental Table 1. Preliminary 66-Item Scale Administered to Survey Participants

On a scale from 1 – 5, where 1 = no gender euphoria and 5 = very strong gender euphoria, how strong has your gender euphoria felt in the following scenarios **over the past two weeks:**

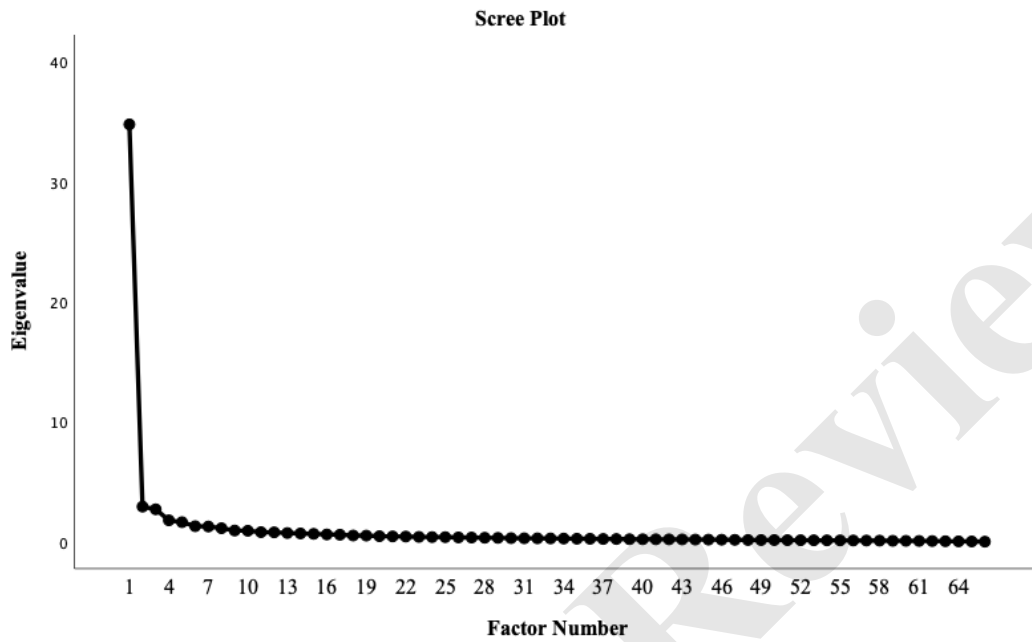
	No gender euphoria (1)	Slight gender euphoria (2)	Moderate gender euphoria (3)	Strong gender euphoria (4)	Very strong gender euphoria (5)	This scenario does not apply to me (NA)
When I refer to myself by my correct pronouns						
When I wear clothes that affirm my gender						
When I express my gender in a way that feels authentic to me						
When I think about my gender						
When I access spaces that affirm my gender (e.g., my workplace, parties)						
When I see myself represented in the community						
When my gender is affirmed at home						
When I see my body in the mirror						
When people use my correct pronouns						
When I feel in control of medical decisions about my body						
When I am welcomed into spaces designated for my gender						
When I see myself represented in the workplace						
When my gender is affirmed in everyday encounters (e.g., at shops, restaurants)						
When I reveal to people whom I trust that I am transgender/gender diverse/non-binary						
When people treat me the way I want to be treated, in relation to my gender						
When I refer to myself by my correct name						
When my gender is affirmed at work						
When I see transgender, gender diverse, and/or non-binary people represented in the media						
When I see my face in the mirror						
When people use the correct language to describe my gender						
When I make decisions about changes to my body that are right for me						
When I connect with other transgender, gender diverse, and/or non-binary people online						
When I wear makeup or accessories that affirm my gender						
When I see people who experience their gender in a similar way to me						
When I express my gender without it affecting how others perceive my gender identity (e.g., still being addressed as 'sir' while wearing nail polish)						
When I see my facial hair (or lack thereof)						
When I am included by others who have the same gender as me						
When I use video game avatars to explore my gender						

1
2
3
4 When I experience physical intimacy
5 When my gender is affirmed in education settings
6 When I challenge gender norms without it affecting how others perceive my gender
7 When people see me the way I want to be seen
8 When my gender is affirmed in my religious community
9 When I experience affection from people I trust
10 When I notice physical changes related to hormones
11 When I have a hairstyle that affirms my gender
12 When my gender is affirmed by my family of origin (e.g., parents/guardians/siblings)
13 When my gender is legally recognised
14 When I feel connected to the transgender, gender diverse, and/or non-binary community
15 When people use my correct name
16 When I experience platonic (i.e., non-sexual) intimacy
17 When I am binding, packing, or tucking
18 When I look in the mirror
19 When I experience emotional intimacy
20 When my gender is affirmed online
21 When I hear my voice
22 When I notice physical changes related to gender affirming minor procedures (e.g., fillers,
23 electrolysis)
24 When my gender is affirmed by strangers
25 When I refer to myself as my correct gender
26 When I post about my gender on social media
27 When I see my body hair (or lack thereof)
28 When my gender is affirmed in my cultural community
29 When I experience romantic intimacy
30 When people understand my gender the way I want it to be understood
31 When my gender is affirmed by loved ones
32 When my identity documents (e.g., passport, driver's license) accurately reflect my gender
33 When I discuss my gender in online forums (e.g., Reddit, Facebook groups)
34 When I notice physical changes related to surgery
35 When I am alone and there is no pressure to present my gender identity to anyone
36 When people I trust completely understand my gender identity and truly see and value me
37 When I connect with other transgender, gender diverse, and/or non-binary people in person
38 When my gender is affirmed by my friends
39 When my gender remains ambiguous to others
40 When my gender is affirmed by my chosen family
41 When I use video game avatars to express my gender
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Supplemental Table 2: Number of participants for whom each item was applicable

Gender Euphoria Scale Items	<i>n</i> (%)
When people use my correct pronouns	652 (89.1)
When I look in the mirror	653 (89.2)
When my gender is affirmed in everyday encounters (e.g., at shops, restaurants)	626 (85.5)
When I see myself represented in the workplace	530 (72.4)
When people treat me the way I want to be treated, in relation to my gender	653 (89.2)
When my gender is affirmed at work	549 (75.0)
When I see my face in the mirror	657 (89.8)
When I see transgender, gender diverse, or nonbinary people represented in the media	655 (89.5)
When people use the correct language to describe my gender	653 (89.2)
When I connect with other transgender, gender diverse, or nonbinary people online	615 (84.0)
When I see people who experience their gender in a similar way to me	639 (87.3)
When strangers affirm my gender in public	619 (84.6)
When I see my facial hair (or lack thereof)	624 (85.2)
When my gender is affirmed in education settings	455 (62.2)
When my gender is legally recognised	521 (71.2)
When I feel connected to the transgender, gender diverse, and nonbinary community	609 (83.2)
When I access spaces that affirm my gender (e.g., my workplace, parties)	627 (85.7)
When I see myself represented in the community	637 (87.0)
When I see my body in the mirror	658 (89.9)
When I am welcomed into spaces designated for my gender	606 (82.8)
When my gender is affirmed by my family of origin (e.g., parents, guardians, siblings)	569 (77.7)
When am included by others who have the same gender as me	633 (86.5)
When my gender is affirmed by strangers	626 (85.5)
When I discuss my gender in online forums (e.g., Reddit, Facebook groups)	462 (63.1)
When I connect with other transgender, gender diverse, or nonbinary people in person	596 (81.4)
When my identity documents (e.g., passport, driver's license) accurately reflect my gender	514 (70.2)

Supplemental Figure 1: Scree plot indicating three factors before the plateau.



The Gender Euphoria Scale (GES)

Gender euphoria is a positive feeling about your gender identity, gender expression, or gender affirmation. Gender euphoria may involve feeling happy, confident, content, safe, or another feeling you recognise as being positive to you. Gender euphoria may arise when you feel good about your gender, when your gender is accepted and affirmed by yourself or others, or when you feel true to yourself and your gender.

Using the following rating scale: **1 = No gender euphoria, 2 = Slight gender euphoria, 3 = Moderate gender euphoria, 4 = Strong gender euphoria, 5 = Very strong gender euphoria, NA = This scenario does not apply to me, how strong has your gender euphoria felt in the following scenarios over the past two weeks:**

1.	When people use my correct pronouns	1	2	3	4	5	NA
2.	When I look in the mirror	1	2	3	4	5	NA
3.	When my gender is affirmed in everyday encounters (e.g., at shops, restaurants)	1	2	3	4	5	NA
4.	When I see myself represented in the workplace	1	2	3	4	5	NA
5.	When people treat me the way I want to be treated, in relation to my gender	1	2	3	4	5	NA
6.	When my gender is affirmed at work	1	2	3	4	5	NA
7.	When I see my face in the mirror	1	2	3	4	5	NA
8.	When I see transgender, gender diverse, or nonbinary people represented in the media	1	2	3	4	5	NA
9.	When people use the correct language to describe my gender	1	2	3	4	5	NA
10.	When I connect with other transgender, gender diverse, or nonbinary people online	1	2	3	4	5	NA
11.	When I see people who experience their gender in a similar way to me	1	2	3	4	5	NA
12.	When strangers affirm my gender in public	1	2	3	4	5	NA
13.	When I see my facial hair (or lack thereof)	1	2	3	4	5	NA
14.	When my gender is affirmed in education settings	1	2	3	4	5	NA
15.	When my gender is legally recognised	1	2	3	4	5	NA
16.	When I feel connected to the transgender, gender diverse, and nonbinary community	1	2	3	4	5	NA
17.	When I access spaces that affirm my gender (e.g., my workplace, parties)	1	2	3	4	5	NA
18.	When I see myself represented in the community	1	2	3	4	5	NA
19.	When I see my body in the mirror	1	2	3	4	5	NA
20.	When I am welcomed into spaces designated for my gender	1	2	3	4	5	NA
21.	When my gender is affirmed by my family of origin (e.g., parents, guardians, siblings)	1	2	3	4	5	NA
22.	When I am included by others who have the same gender as me	1	2	3	4	5	NA
23.	When my gender is affirmed by strangers	1	2	3	4	5	NA
24.	When I discuss my gender in online forums (e.g., Reddit, Facebook groups)	1	2	3	4	5	NA
25.	When I connect with other transgender, gender diverse, or nonbinary people in person	1	2	3	4	5	NA
26.	When my identity documents (e.g., passport, driver's license) accurately reflect my gender	1	2	3	4	5	NA

Gender Euphoria Scale (GES) Scoring Instructions

Items are scored on a five-point scale ranging from 1 = No gender euphoria to 5 = Very strong gender euphoria. Scenarios that do not apply to respondents are scored not applicable (NA).

For total Gender Euphoria Scale scores, responses to all items are summed and averaged.

For the Social Affirmation subscale, responses to the following items are averaged:

1. When people use my correct pronouns
3. When my gender is affirmed in everyday encounters (e.g., at shops, restaurants)
5. When people treat me the way I want to be treated, in relation to my gender
6. When my gender is affirmed at work
9. When people use the correct language to describe my gender
12. When strangers affirm my gender in public
14. When my gender is affirmed in education settings
15. When my gender is legally recognised
17. When I access spaces that affirm my gender (e.g., my workplace, parties)
20. When I am welcomed into spaces designated for my gender
21. When my gender is affirmed by my family of origin (e.g., parents, guardians, siblings)
22. When I am included by others who have the same gender as me
23. When my gender is affirmed by strangers
26. When my identity documents (e.g., passport, driver's license) accurately reflect my gender

For the Self-Affirmation subscale, responses to the following items are averaged:

2. When I look in the mirror
7. When I see my face in the mirror
13. When I see my facial hair (or lack thereof)
19. When I see my body in the mirror

For the Community Connection subscale, responses to the following items are averaged:

4. When I see myself represented in the workplace
8. When I see transgender, gender diverse, or nonbinary people represented in the media
10. When I connect with other transgender, gender diverse, or nonbinary people online
11. When I see people who experience their gender in a similar way to me
16. When I feel connected to the transgender, gender diverse, and nonbinary community
18. When I see myself represented in the community
24. When I discuss my gender in online forums (e.g., Reddit, Facebook groups)
25. When I connect with other transgender, gender diverse, or nonbinary people in person

Items designated non-applicable (NA), are excluded from calculations.

Mean scores for the total Gender Euphoria Scale and the three subscales – social affirmation, self-affirmation, and community connection, range from 1 to 5 with higher scores indicating higher levels of gender euphoria.