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A Quantitative Study on Gender Positivity and Gender Distress in Transgender and Gender-Nonbinary Communities: Predictive Factors and Impact on Health

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The psychological view of transgender (trans) health currently centres on gender dysphoria, a clinical diagnosis of severe gender distress. This reinforces the pathologizing assumption that trans experiences are defined by dysphoria and rooted in misery. My research challenges this assumption by examining gender positivity (a.k.a. gender euphoria) - the positive, empowering gender experiences of trans and gender non-binary (TGNB) people - which has received little attention in health research. Data have been collected via Trans PULSE Canada, the largest TGNB community survey in Canada (N=2873). The quantitative analysis will identify the healthcare and social factors that nurture gender positivity and how they are associated with physical and mental health outcomes. The results will contribute to a shift of perspective in trans health, expand the dysphoria-centred view into a multi-faceted fuller understanding, inform strength-based therapy to foster psychological resilience, and have practical implications in gender-affirmative medical care and social movements.