# TMBI Interview Schedule

## Project Aims

To understand how trans men experience body image and body dissatisfaction, and the factors that impact these perceptions/experiences. To understand the role that normative body image ideals and societal pressures may have specifically for trans men. To explore the role that gender-affirming care has on body image and body dissatisfaction among trans men. To understand how body image concerns impact the quality of life of trans men.

### Research Questions

1. How to transgender men negotiate their body image in the context of societal norms and personal gender identity?
2. How do transgender men’s experience of gender (in)congruence influence their body image?
3. How do transgender men’s experiences of gender (in)congruence and body satisfaction influence their quality of life?

* Introduce yourself, and background to your research.
* Verbal consent.
* Remind of opportunity to take break, pause, stop at any point.
  + Check consent to record and remind them what will happen to the data (recorded for transcript, confidential, and removal of identifying information).
* **Press record.**

## Schedule

### Introduction

1. Could you tell me a little bit about yourself?
   1. Gender identity
2. Could you describe your transition journey?
   1. What stage are you at? (Social, medical, hormones, surgery).
   2. Do you wish to/have undergone hormonal or surgical intervention?
      1. If yes, ask if they would be comfortable to elaborate/describe.
   3. How do you feel about your current stage of transition?

### Influence of Perceived Gender Norms on Body Image

So, thinking now about the types of things that may, or may not, impact your perceptions and experiences of your body….

1. What messages are conveyed in society about men’s bodies?
   1. How does this make you feel about your body?
   2. How have your feelings about these societal messages changed over time/ over your transition?
2. What specific areas of a man’s body do you feel experience the most societal pressure?
   1. Why do you think this is the case?
   2. How does that make you feel about these body parts/features?

1. How do other people’s perceptions of your gender influence how you feel about your body?
   1. How does this differ dependent on who the other people are? (i.e., friends, family, public).
   2. How do you think the LGBTQ+ community has influenced perceptions of your body?
   3. How has the influence of other people’s perceptions changed over your transition?
2. What areas of your body do you feel most comfortable with?
   1. Why do you think you experience comfort with regards to the areas (i.e., congruence, meet body ideals)?
3. What areas of you body do you feel less comfortable with?
   1. Why do you think this is the case?

### Influence of Body Image on Quality of Life

Thinking altogether now about your experience of your body image and the factors that may influence this….

1. How is your general wellbeing?
   1. What do you feel has best supported your wellbeing?
   2. How do you feel your wellbeing could be better supported at this time?
2. In what ways have your feelings about your body affected your wellbeing?
3. What impacts has it had on:
   1. Psychological e.g., how you feel about yourself & self-image.
   2. Social QoL e.g., Relationships and intimacy?
   3. Environmental QoL e.g., home life, employment, leisure, financial?
   4. Physical QoL e.g., Diet, Self-care, Exercise?

### Changing the Body

1. What are your thoughts changing parts of your body that you are least comfortable with?
   1. How do you think these changes would impact how comfortable you feel in your gender identity?
   2. Are there changes you would make to your body that are not related to your gender identity? If yes, could you explain?
2. How have you/ or how would you go about changing these areas of your body?
   1. Gender-affirming treatments?
   2. Exercise
   3. Haircuts/hair removal
   4. Tattoos, clothing etc.
3. How have these ‘changes’ made you feel?
   1. In what ways was this in line with your expectations?
   2. Has this changes overtime? If so, how? i.e., has how you feel about changes to your body been different over time?
4. What differences do you think other people have noticed in you since changing those aspects of your body?
   1. How has this made you feel?

### Closing

Summing up everything we have spoken about today….

1. If you had to summarise how you feel about your body, how would you do that?
2. Is there anything else you’d like to add?

* **Stop recording.**
* Thank participants for their time.
* Debrief and remind participant of their right to withdraw.
* Ask participant if they are okay and direct towards helpful support resources.
* Ask participant if they have any questions.
* End interview.