

APPENDIX: The Post-operative Functioning Scale

Questions of the male-to-female version

1. Are the people in your environment accepting you as a woman?
 - Yes, everyone
 - Yes, most people
 - Yes, some
 - No
2. Are the people in your environment supporting you in your new gender role?
 - Yes, everyone
 - Yes, most people
 - Yes, some
 - No
3. Do you know people you can rely on in hard times?
 - Yes, several
 - Yes, a few
 - No
4. Do you presently feel lonely?
 - No
 - Yes, somewhat
 - Yes, very much
5. I notice people are looking at me and sometimes ridicule or laugh at me.
 - No
 - Occasionally
 - Yes
6. People approach me as a man, even if I think I look good.
 - Never
 - Yes, sometimes
 - Yes, often
7. I feel people take me seriously.
 - Yes, completely
 - Most people do
 - Only a few close friends
 - No
8. Sometimes I think: if people do not take me seriously as a woman, what was the use of undergoing SR?
 - I never think that
 - I sometimes think that
 - I often think that
9. Because of difficulties with people around me I feel lonely.
 - I have no difficulties with people around me
 - There are some difficulties, but it does not bother me
 - This is sometimes true
 - Very often
10. Do you currently regret to have undergone SR?
 - No
 - Yes, somewhat
 - Yes, very much
11. Have you ever had feelings of regret since you started treatment about your decision to live as a woman?
 - No
 - Yes, somewhat
 - Yes, very much
12. If you were to decide about undergoing SR once again, would you make the same decision?
 - Yes, I would do everything over again
 - Yes, but I would do things differently
 - No, I would make another decision
13. Does it ever occur that you live as a man again?
 - No, never
 - Yes, sometimes in public, but at home I always live as a woman
 - Yes, in public as well as at home
14. Did you ever think during treatment: 'I wish I had never started all this'?
 - Never
 - Occasionally
 - Regularly
 - Often
 - Very often
15. Are people around you always treating you as a woman?
 - Always
 - Almost always
 - Mostly
 - Sometimes
 - Almost never
 - Never
16. Do you face the future with confidence, as a woman?
 - With a lot of confidence
 - With some confidence
 - With little confidence
 - Without any confidence
17. How satisfied are you about your own behaviour as a woman in contact with other people?
 - Very satisfied
 - Satisfied
 - Somewhat satisfied
 - Dissatisfied
 - Very dissatisfied

18. Do you ever doubt that you are able to carry on as a woman socially?
- Never
 - Sometimes
 - Regularly
 - Often
 - Very often
19. Do you ever doubt whether your appearance is feminine enough?
- Never
 - Sometimes
 - Regularly
 - Often
20. How satisfied are you with your life?
- Very often
 - Very satisfied
 - Satisfied
 - Somewhat satisfied
 - Dissatisfied
 - Very dissatisfied
21. How happy do you feel?
- Very happy
 - Happy
 - Somewhat happy
 - Unhappy
 - Very unhappy