



Deenz Gender Dysphoria Scale (DGDS) Questionnaire

Instructions

Deenz Gender Dysphoria Scale (DGDS) contains 25 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	Sometimes I wish my body looked different.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I feel happy with the way I look.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I like trying clothes or hairstyles that feel fun to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I feel okay in the clothes I usually wear.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	If I could, I would experiment with my appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I like dressing in ways that show who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I enjoy mixing different styles or accessories.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I usually wear what people expect me to wear.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Sometimes I like clothes or styles that are unusual for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I feel fine with the way I usually dress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
11	I like spending time with all kinds of people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I feel comfortable with friends who are different from me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Sometimes I enjoy activities with people of a different gender than me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I don't worry about whether games or activities are for boys or girls.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I feel happy when I talk or play with friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Sometimes I dream about being someone else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I feel good being myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	If someone calls me by a different name or pronoun, it feels strange.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I feel fine being called by my usual name or pronoun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I sometimes imagine myself in a different role or character.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Sometimes I feel different from others around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	I feel proud of who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I sometimes feel unsure about what I like or enjoy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	I feel happy when people listen to me or are kind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
25	I feel sad when people don't understand me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Reverse-Scored Items

2, 3, 4, 6, 7, 10, 11, 12, 14, 15, 17, 18, 19, 22, 24

Reverse Scoring Formula

0 → 4

1 → 3

2 → 2

3 → 1

4 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Body Feelings	1, 2	2
Expression Preference	3, 4, 5, 6, 7, 8, 9, 10	8
Social Alignment	11, 12, 13, 14, 15	5
Emotional Discomfort	16, 20, 21, 23, 25	5
Identity & Self-Acceptance	17, 18, 19, 22, 24	5

Raw Score Ranges

Scale	Items	Possible Range
Body Feelings	2	0–8
Expression Preference	8	0–32
Social Alignment	5	0–20
Emotional Discomfort	5	0–20
Identity & Self-Acceptance	5	0–20
Overall Score	25	0–100

Source

Dar, Deen Mohd, Validation and Psychometric Properties of Deenz Gender Dysphoria Scale (DGDS-25).

Prepared by [Drdeenz](#)

Interactive Version: [Deenz Gender Dysphoria Scale \(DGDS\)](#)