

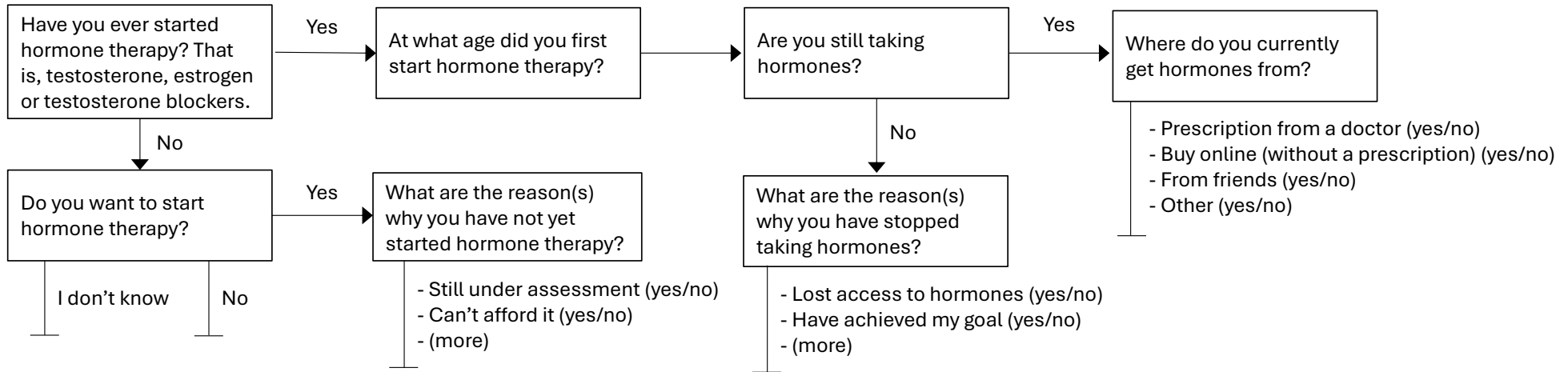
Appendix A

Gender-affirming health care needs, barriers to care, and health and wellbeing in a broad nationwide sample of transgender people in Norway

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Introductory text: Here are some questions about gender-affirming treatments, i.e., medical treatments to make the body more aligned with the gender identity.

Hormone treatment



Surgery

Participants were given four answer options for each of the different treatments in the list.

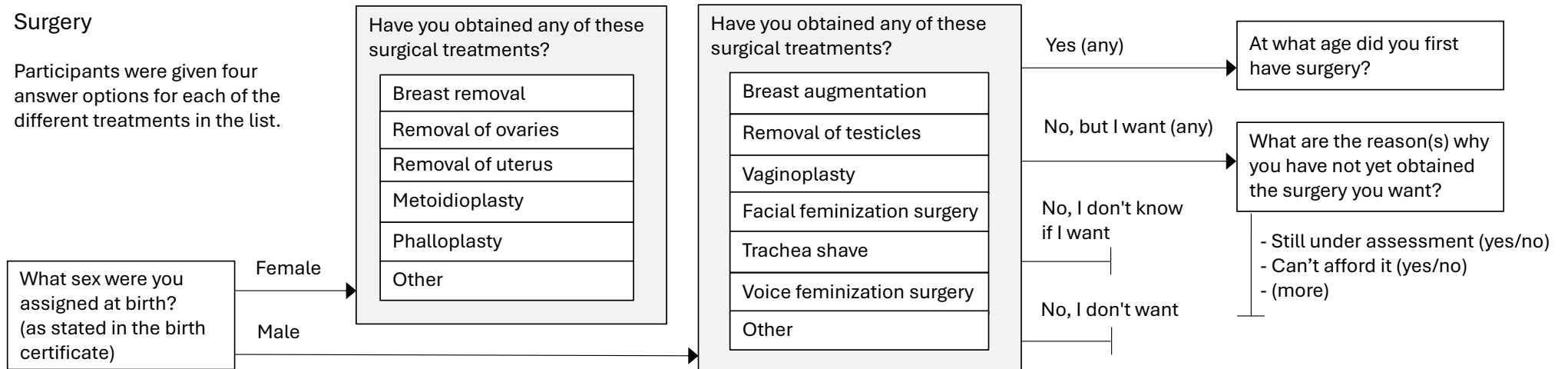


Figure A1: Flow chart of survey questions about gender-affirming medical treatments.

Table A1: Currently living as self-identified gender always or almost always, and transition progress, by gender identity group.

	Total n (%)	Man / trans man n (%)	Woman / trans woman n (%)	Nonbinary AFAB n (%)	Nonbinary AMAB n (%)	<i>p</i> -value
Living as self-identified gender always or almost always	478 (82.6)	200 (93.5) ^a	157 (80.5) ^b	103 (75.7) ^{b,c}	18 (52.9) ^c	< .001
Transition progress						
1 I have thought about it, but not made any changes	7 (1.3)	0 (0.0) ^a	4 (2.1) ^{a,b}	2 (1.8) ^{a,b}	1 (3.6) ^b	.171
2	114 (21.3)	36 (17.5) ^a	38 (20.2) ^{a,b}	35 (31.3) ^b	5 (17.9) ^{a,b}	.033
3	150 (28.1)	48 (23.3) ^a	55 (29.3) ^{a,b}	32 (28.6) ^{a,b}	15 (53.6) ^b	.009
4	139 (26.0)	49 (23.8)	58 (30.9)	25 (22.3)	7 (25.0)	.305
5 I have made most of the changes I want	124 (23.2)	73 (35.4) ^a	33 (17.6) ^b	18 (16.1) ^b	0 (0.0) ^b	< .001

Table A2: Mean score on the transition progress scale (range 1-5) by gender identity group, stratified by age group. One-way ANOVA.

	Age 16-24					Age 25-34					Age >34					<i>df</i>	<i>F</i>	<i>p</i> -value	η^2
	<i>n</i>	<i>M</i>	<i>SD</i>	95% CI		<i>n</i>	<i>M</i>	<i>SD</i>	95% CI		<i>n</i>	<i>M</i>	<i>SD</i>	95% CI					
				Lower	Upper				Lower	Upper				Lower	Upper				
Man / trans man	89	3.43	1.10	3.20	3.66	82	4.01	1.04	3.78	4.24	35	4.09	1.12	3.70	4.47	2, 203	8.09	< . 001	.07
Woman / trans woman	41	2.78	.96	2.48	3.08	79	3.43	1.05	3.20	3.66	68	3.78	.97	3.54	4.02	2, 185	12.70	< . 001	.12
Nonbinary AFAB	48	3.25	1.04	2.95	3.55	47	3.15	1.18	2.80	3.50	17	3.18	1.13	2.59	3.76	2, 109	.10	.904	.00
Nonbinary AMAB	6	3.00	.63	2.34	3.66	11	3.27	.79	2.74	3.80	11	2.73	.79	2.20	3.26	2, 25	1.42	.260	.10

Table A3: Gender-affirming feminizing surgeries by gender identity group.

	Total n (%)	Woman / trans woman n (%)	Nonbinary AMAB n (%)	<i>p</i> -value
Facial feminization surgery				
Obtained	11 (4.8)	11 (5.6)	0 (0.0)	.156
Unmet need	96 (41.9)	86 (44.1)	10 (29.4)	.109
Don't know if they want	74 (32.3)	64 (32.8)	10 (29.4)	.695
Don't want	48 (21.0)	34 (17.4) ^a	14 (41.2) ^b	.002
Tracheal shave surgery				
Obtained	10 (4.4)	10 (5.1)	0 (0.0)	.177
Unmet need	61 (26.6)	56 (28.7)	5 (14.7)	.088
Don't know if they want	73 (31.9)	61 (31.3)	12 (35.3)	.643
Don't want	85 (37.1)	68 (34.9)	17 (50.0)	.092
Voice feminization surgery				
Obtained	3 (1.3)	3 (1.5)	0 (0.0)	.467
Unmet need	56 (24.5)	53 (27.2) ^a	3 (8.8) ^b	.022
Don't know if they want	79 (34.5)	67 (34.4)	12 (35.3)	.916
Don't want	91 (39.7)	72 (36.9) ^a	19 (55.9) ^b	.037

Table A4. Perceived therapist level of knowledge about transgender topics, and perceived therapist level of support of their needs as a transgender person, by gender identity group. Proportions among participants who had transition-related counselling.

	Total n (%)	Man / trans man n (%)	Woman / trans woman n (%)	Nonbinary AFAB n (%)	Nonbinary AMAB n (%)	<i>p</i> -value
Therapist level of knowledge						
Nothing	65 (19.2)	36 (23.8)	21 (16.5)	4 (9.3)	4 (23.5)	.133
A little	81 (24.0)	35 (23.2)	33 (26.0)	11 (25.6)	2 (11.8)	.618
Some	53 (15.7)	21 (13.9)	23 (18.1)	6 (14.0)	3 (17.6)	.784
A lot	130 (38.5)	56 (37.1)	46 (36.2)	20 (46.5)	8 (47.1)	.552
I don't know	9 (2.7)	3 (2.0)	4 (3.1)	2 (4.7)	0 (0.0)	.681
Therapist level of support						
Unsupportive	45 (13.4)	22 (14.7)	13 (10.2)	7 (16.3)	3 (17.6)	.598
Neither supportive nor unsupportive	35 (10.4)	17 (11.3)	14 (11.0)	3 (7.0)	1 (5.9)	.775
Supportive	257 (76.3)	111 (74.0)	100 (78.7)	33 (76.7)	13 (76.5)	.835

Table A5. Perceived therapist level of knowledge about transgender topics, and perceived therapist level of support of their needs as a transgender person, by participants' desire or non-desire for transition-related counselling. Proportions among participants who had transition-related counselling.

	Total n (%)	Wanted and obtained n (%)	Did not want, but had n (%)	<i>p</i> -value
Therapist level of knowledge				
Nothing	65 (19.3)	53 (18.9)	12 (21.1)	.711
A little	81 (24.0)	67 (23.9)	14 (24.6)	.919
Some	53 (15.7)	42 (15.0)	11 (19.3)	.417
A lot	129 (38.3)	113 (40.4)	16 (28.1)	.082
I don't know	9 (2.7)	5 (1.8) ^a	4 (7.0) ^b	.026
Therapist level of support				
Unsupportive	45 (13.4)	31 (11.1) ^a	14 (24.6) ^b	.007
Neither supportive nor unsupportive	35 (10.4)	28 (10.0)	7 (12.3)	.613
Supportive	256 (76.2)	220 (78.9) ^a	36 (63.2) ^b	.011

Table A6: Satisfaction with treatment outcomes of hormones and surgery, by gender identity group. Proportions among participants who had obtained treatment.

	Total n (%)	Man / trans man n (%)	Woman / trans woman n (%)	Nonbinary AFAB n (%)	Nonbinary AMAB n (%)	<i>p</i> -value
Hormones						
Very or slightly dissatisfied	13 (3.8)	3 (1.9)	9 (6.6)	1 (2.8)	0 (0.0)	.165
Neither satisfied nor dissatisfied	10 (2.9)	0 (0.0) ^a	6 (4.4) ^b	2 (5.6) ^b	2 (16.7) ^b	.002
Very or slightly satisfied	319 (93.3)	155 (98.1) ^a	121 (89.0) ^b	33 (91.7) ^{a,b}	10 (83.3) ^b	.008
Surgery						
Very or slightly dissatisfied	6 (3.2)	4 (3.5)	2 (5.1)	0 (0.0)		.454
Neither satisfied nor dissatisfied	2 (1.1)	1 (0.9)	0 (0.0)	1 (3.0)		.438
Very or slightly satisfied	178 (95.7)	109 (95.6)	37 (94.9)	32 (97.0)		.907

Table A7: Private funding of gender-affirming medical treatments, by gender identity group. Proportions among those who had obtained treatment.

	Total n (%)	Man / trans man n (%)	Woman / trans woman n (%)	Non-binary AFAB n (%)	Non-binary AMAB n (%)	<i>p</i> -value
Hormones						
All	111 (32.5)	37 (23.4) ^a	50 (36.8) ^{a,b}	17 (47.2) ^b	7 (58.3) ^b	.003
Most	43 (12.6)	19 (12.0)	22 (16.2)	0 (0.0)	2 (16.7)	.072
Some	106 (31.0)	57 (36.1)	37 (27.2)	10 (27.8)	2 (16.7)	.246
None	82 (24.0)	45 (28.5)	27 (19.9)	9 (25.0)	1 (8.3)	.199
Surgery						
All	92 (49.5)	50 (43.9)	22 (56.4)	20 (60.6)		.148
Most	15 (8.1)	11 (9.6)	3 (7.7)	1 (3.0)		.467
Some	9 (4.8)	6 (5.3)	1 (2.6)	2 (6.1)		.745
None	70 (37.6)	47 (41.2)	13 (33.3)	10 (30.3)		.429

Table A8: Reasons for not yet having started hormone treatment. Proportions among those who had an unmet need for hormone treatment.

	Total n (%)	Man / trans man n (%)	Woman / trans woman n (%)	Nonbinary AFAB n (%)	Nonbinary AMAB n (%)	p-value
Currently under assessment	73 (58.4)	30 (68.2) ^a	36 (72.0) ^a	5 (20.0) ^b	2 (33.3) ^{a,b}	< .001
Looking for a provider	62 (50.0)	17 (39.5)	27 (56.3)	16 (59.3)	2 (33.3)	.238
Can't afford it	56 (45.9)	18 (41.9)	20 (42.6)	15 (57.7)	3 (50.0)	.574
Other	43 (37.7)	16 (38.1)	12 (27.3)	13 (56.5)	2 (40.0)	.138
Fear of negative reactions from others	38 (31.4)	15 (34.1)	15 (33.3)	6 (23.1)	2 (33.3)	.784
Mental health challenge that complicates it	31 (25.6)	14 (32.6)	9 (19.6)	6 (23.1)	2 (33.3)	.523
Consulted a health professional and was refused treatment	27 (22.3)	6 (13.6)	14 (31.1)	5 (19.2)	2 (33.3)	.214
Currently on a waiting list to start treatment	27 (22.1)	11 (25.0)	12 (26.1)	3 (11.5)	1 (16.7)	.489
The type of treatment needed is not available in Norway	18 (14.8)	4 (9.3)	7 (15.2)	5 (18.5)	2 (33.3)	.396
Physical health challenge that complicates it	15 (12.2)	8 (17.8)	4 (8.7)	3 (11.5)	0 (0.0)	.444
The treatment has unwanted side effects	7 (5.7)	1 (2.2)	2 (4.4)	3 (11.5)	1 (16.7)	.250

Table A9: Reasons for not yet having obtained surgery. Proportions among those who had an unmet need for surgery.

	Total n (%)	Man / trans man n (%)	Woman / trans woman n (%)	Nonbinary AFAB n (%)	Nonbinary AMAB n (%)	p-value
Can't afford it	260 (65.5)	83 (58.0) ^a	106 (67.1) ^{a,b}	59 (77.6) ^b	12 (60.0) ^{a,b}	.030
The type of treatment needed is not available in Norway	165 (42.7)	49 (36.0) ^a	88 (56.1) ^b	19 (26.0) ^a	9 (45.0) ^{a,b}	< .001
Currently under assessment	147 (37.8)	60 (43.2) ^a	70 (44.0) ^a	16 (22.2) ^b	1 (5.3) ^b	< .001
Other	124 (35.5)	41 (32.3) ^{a,b}	43 (30.5) ^b	32 (50.0) ^a	8 (47.1) ^{a,b}	.030
Looking for a provider	127 (33.1)	45 (32.6) ^{a,b}	51 (33.3) ^{a,b}	30 (40.5) ^b	1 (5.3) ^a	.036
Currently on a waiting list to start treatment	97 (25.7)	48 (35.3) ^a	41 (27.5) ^a	7 (9.6) ^b	1 (5.3) ^{a,b}	< .001
Fear of negative reactions from others	82 (21.5)	19 (14.0) ^a	32 (21.1) ^{a,b}	22 (29.7) ^b	9 (45.0) ^b	.003
Consulted a health professional and was refused treatment	70 (18.5)	28 (20.4)	29 (19.3)	12 (16.4)	1 (5.3)	.419
Mental health challenge that complicates it	57 (15.1)	24 (17.8)	14 (9.3)	16 (21.9)	3 (15.8)	.063
Physical health challenge that complicates it	52 (13.7)	26 (19.1)	14 (9.2)	11 (15.3)	1 (5.3)	.064
The treatment has unwanted side effects	42 (11.2)	14 (10.4)	15 (9.9)	9 (12.5)	4 (21.1)	.512