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 satisfied
   - Satisfied
   - Somewhat satisfied
   - Dissatisfied
   - Very dissatisfied

21. How happy do you feel?
   - Very happy
   - Happy
   - Somewhat happy
   - Unhappy
   - Very unhappy