



# SOMEWHERE UNDER THE RAINBOW: EXPLORING THE IDENTITIES AND EXPERIENCES OF TRANS PERSONS



There is a tendency to assume that all trans persons can be grouped together. Assuming all trans persons have the same specific experiences can be harmfully incorrect.

## WHAT IS THIS PUBLICATION ABOUT?

We explored the variety of gender and sexual identities among trans persons. We also examined the similarities and differences in experiences of social support, relationship satisfaction, and health between trans persons and cisgender LGB individuals.

1) How do trans persons describe their sexual orientation and gender identity?



2) Are there differences between trans persons in same-sex relationships and those in mixed-sex relationships?



3) Do social support and relationship quality predict physical and mental health?

4. Are there differences between trans women and trans men on measures of social support, relationship quality, and physical and mental health?



5) Do measures of relationship quality, social support, and physical/mental health differ from cisgender LGB persons?

## HOW DID WE GATHER INFORMATION?



Participants completed an online survey and provided information about their gender and sexual identity, social support, relationship quality, and mental/physical health.

## WHAT WERE THE RESULTS?

1) We found that there is a wide variety of gender identities and sexual orientations among trans persons.

2) Trans participants had similar experiences with their romantic relationships as cisgender participants.

3) Greater social support and relationship quality predicted better mental health among trans persons and may provide powerful sources of protection.

4) Trans women and trans men participating in this study reported similar social support, relationship quality, and physical and mental health.

5) We also found that while many challenges faced by sexual and gender minorities are similar, trans persons report unique mental and physical health outcomes.



## HOW IS THIS RESEARCH IMPACTFUL?

These results highlight the importance of acknowledging the complexity of trans identities and the key role of social support. It can help inform healthcare providers in delivering comprehensive care and researchers in study design.