

Name _____ Date _____

Transgender Self-Evaluation Questionnaire (TSEQ)

How do you rate your voice overall?

- | | | | | | |
|--------------------------------|-------------|-----------------|----------------|---------------|-----------|
| a. Currently my voice is: | Very female | Somewhat female | Gender neutral | Somewhat male | Very male |
| b. My ideal voice would sound: | Very female | Somewhat female | Gender neutral | Somewhat male | Very male |

How often do you experience the following? 0 = never 1 = almost never 2 = sometimes 3 = almost always 4 = always

F 1.	People have difficulty hearing me in a noisy room.	0	1	2	3	4
P 2.	I have trouble finding a vocal range that feels authentic to me.	0	1	2	3	4
E 3.	My voice makes me feel less feminine (MtF) / masculine (FtM).	0	1	2	3	4
F 4.	I feel the pitch range of my voice is restricted.	0	1	2	3	4
P 5.	The sound of my voice varies throughout the day.	0	1	2	3	4
F 6.	I feel my voice gets in the way of my living as a woman (MtF) / man (FtM).	0	1	2	3	4
F 7.	I use the phone less often than I would like.	0	1	2	3	4
E 8.	I'm tense when talking with others because of my voice.	0	1	2	3	4
E 9.	I tend to avoid groups of people because of my voice.	0	1	2	3	4
E 10.	People seem irritated with my voice.	0	1	2	3	4
P 11.	People ask, "What's wrong with your voice?"	0	1	2	3	4
F 12.	I speak with friends, neighbors, and relatives less often because of my voice.	0	1	2	3	4
F 13.	I avoid speaking in public because of my voice.	0	1	2	3	4
P 14.	I feel my voice sounds artificial to others.	0	1	2	3	4
P 15.	I have to strain to make my voice sound like I want it to.	0	1	2	3	4
E 16.	I feel frustrated with trying to change my voice.	0	1	2	3	4
F 17.	My voice difficulties restrict my personal and social life.	0	1	2	3	4
P 18.	The pitch of my voice is unreliable.	0	1	2	3	4
P 19.	When I laugh, cough, or sneeze, I sound like a man (MtF) / woman (FtM).	0	1	2	3	4
F 20.	I feel my voice doesn't match my physical appearance.	0	1	2	3	4
P 21.	I use a great deal of effort to speak.	0	1	2	3	4
P 22.	My voice is worse in the evening.	0	1	2	3	4
F 23.	My voice causes me to lose income.	0	1	2	3	4
E 24.	I don't feel my voice reflects the "true me."	0	1	2	3	4
E 25.	I am less outgoing because of my voice.	0	1	2	3	4
E 26.	I feel self-conscious about how strangers perceive my voice.	0	1	2	3	4
P 27.	My voice "gives out" in the middle of speaking.	0	1	2	3	4
E 28.	I find it upsetting when I'm perceived as a man (MtF) / woman (FtM) on the phone.	0	1	2	3	4
E 29.	I am envious of other women (MtF) / men (FtM) who have more feminine (MtF) / masculine (FtM) voices than mine.	0	1	2	3	4
E 30.	My voice embarrasses me.	0	1	2	3	4

PLEASE ADD UP YOUR TOTAL _____