­­

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth       Today’s 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*

**Write a number**

1. People have difficulty hearing me in a noisy room.

2. I have trouble finding a vocal range that feels authentic to me.

3. My voice makes me feel less feminine (MtF) / masculine (FtM).

4. I feel the pitch range of my voice is restricted.

5. The sound of my voice varies throughout the day.

6. I feel my voice gets in the way of my living as a woman (MtF) / man (FtM).

7. I use the phone less often than I would like.

8. I’m tense when talking with others because of my voice.

9. I tend to avoid groups of people because of my voice.

10. People seem irritated with my voice.

11. People ask, “What’s wrong with your voice?”

12. I speak with friends, neighbors, and relatives less often because of my voice.

13. I avoid speaking in public because of my voice.

14. I feel my voice sounds artificial to others.

15. I have to strain to make my voice sound like I want it to.

16. I feel frustrated with trying to change my voice.

17. My voice difficulties restrict my personal and social life.

18. The pitch of my voice is unreliable.

19. When I laugh, cough, or sneeze, I sound like a man (MtF) / woman (FtM).

20. I feel my voice doesn’t match my physical appearance.

21. I use a great deal of effort to speak.

22. My voice is worse in the evening.

23. My voice causes me to lose income.

24. I don’t feel my voice reflects the “true me.”

25. I am less outgoing because of my voice.

26. I feel self-conscious about how strangers perceive my voice.

28. I find it upsetting when I’m perceived as a man (MtF) / woman (FtM) on the phone.

29. I am envious of other women (MtF) / men (FtM) who have more feminine (MtF) /

 masculine (FtM) voices than mine.

30. My voice embarrasses me.