

Supplementary material has been published as submitted. It has not been copyedited or typeset by Journal of Plastic Surgery and Hand Surgery.

The Essen Transgender Quality of Life Inventory (ETLI)

Below is a series of statements concerning various areas of life. Please make a checkmark for every question on each scale.

Item Number	Item Description	Last 4 Weeks			
		Never	Sometimes	Often	Always
1	I feel comfortable in my body.	0	1	2	3
2	I find it hard to manage everyday tasks.*	0	1	2	3
3	I feel nervous and restless.*	0	1	2	3
4	I can confidently embrace my transgender identity.	0	1	2	3
5	I feel excluded by society.*	0	1	2	3
6	I suffer from the feeling of being in the wrong body.*	0	1	2	3
7	I find myself lovable.	0	1	2	3
8	Due to my transgender identity, I find administrative processes very difficult.*	0	1	2	3
9	I openly live my transgender identity.	0	1	2	3

10	I feel inferior.*	0	1	2	3
11	I can rely on others for support in difficult times.	0	1	2	3
12	I have difficulty concentrating.*	0	1	2	3
13	I feel supported by my family.	0	1	2	3
14	I have been insulted or discriminated against on the street.*	0	1	2	3
15	I feel devalued or unsettled by the looks of others.*	0	1	2	3
16	I have difficulties forming or maintaining relationships.*	0	1	2	3
17	I am preoccupied with thoughts about my body.*	0	1	2	3
18	I am afraid to reveal my transgender identity.*	0	1	2	3
19	I fear I will regret the decision to live my transgender identity.*	0	1	2	3
20	My body image negatively affects my mood.*	0	1	2	3
21	I have a difficult relationship with relatives and family members.*	0	1	2	3
22	I can express my feelings openly.	0	1	2	3
23	I can share my worries and fears with my family.	0	1	2	3
24	I suffer from the feeling of being stared at in public.*	0	1	2	3
25	I find my naked body attractive.	0	1	2	3
26	I feel accepted by my parents.	0	1	2	3

27	I feel insecure in social interactions.*	0	1	2	3
28	I feel helplessly at the mercy of my transgender identity.*	0	1	2	3
29	I am satisfied with my physical health.	0	1	2	3
30	I feel supported by my children (if applicable).	0	1	2	3

* Items that need to be reversed before evaluation.

The following table outlines the items used to calculate the different subscales in the ETLI questionnaire. An arithmetic mean is calculated from the listed items, that creates an average.

Scale	Acronym	Items Included
Mental Quality of Life	PsychQoL	2, 3, 5, 6, 8, 10, 12, 14, 15, 16, 17, 24, 27, 28
Physical Quality of Life	PhyQoL	1, 7, 20, 25, 30
Social Quality of Life	SocQoL	11, 13, 21, 23, 26
Quality of Life through transparency	QoLtT	4,9,18,19,22
Global Sum Score	GSC	PsychQoL+ PhyQoL + SocQoL+ QoLtT

Single-Item Questions

Please enter here: YES NO

Are you transgender? Transident?

Would you like to participate in the study?

How old are you?

How tall are you?

How much do you weigh?

What is your cup size?

Do you smoke?

Do you have any physical illnesses?

If yes, which ones?

Hypertension

Diabetes mellitus

Lung diseases (e.g. COPD/ Asthma bronchiale)

Liver diseases

Do you have any mental illnesses?

If yes, which ones?

Do you smoke?

Depressions

Anxiety disorders

Eating disorders

Borderline personality disorders

Addiction disorders (e.g., daily alcohol consumption, drug abuse)

Since when have you been taking hormones?