

Interview Questions:

How do you identify?

Why do you feel that “trans” and/or “nonbinary” best fits your experience?

How are you involved in the trans or nonbinary community?

How do you relate to your body?

How do your identities other than trans/nonbinary affect how you relate to your body?

How has your relationship with your body changed over the years? What has been helpful or hurtful?

What is your relationship with exercise? How has that changed over the years?

What is your relationship with your weight?

How has your relationship with your body, weight, or exercise been affected by your transness?

How do you experience dysphoria, if you experience dysphoria?

How is your dysphoria triggered? How do you cope with dysphoria when it is triggered?

How does your dysphoria change during specific behaviors, such as reading magazines, clothes shopping, or posting pictures of yourself on the internet? How do these behaviors increase or decrease the desire to engage in weight or shape control behaviors?

How has your dysphoria changed throughout your gender affirmation journey?

Have you ever been formally diagnosed with an eating disorder, and what was that process like?

How old were you when you first developed disordered eating habits? How old were you when they developed into an eating disorder?

Has anyone in your life been worried that you might have an eating disorder, or have you ever worried that you might have an eating disorder? Why were you or that person worried that you might have an eating disorder?

Many people with eating disorders describe their eating disorder as having a function or purpose. If you feel you have or had an eating disorder, how does your eating disorder have a function or purpose?

Do you have friends in the trans community who live with eating disorders, formally diagnosed or not? How do you know they have eating disorders?

Have you/they been able to access trans competent medical care in general? What about specifically for eating disorders? Why was the care competent or not?

How do you think we can make eating disorder care more trans competent?

How do you think the trans community could better support trans people living with eating disorders?

How do you think the trans and nonbinary community could help prevent eating disorders in trans and nonbinary people?

How could cis people support trans and nonbinary people with eating disorders and help prevent them?

How can medical professionals, regardless of identity, help prevent eating disorders in the trans community and support trans and nonbinary people living with eating disorders?

Did you know that the trans and nonbinary community is disproportionately affected by eating disorders? Why do you think that is? Do you think certain people in the community are more at risk? Why?

Is there anything else you'd like to say on the topic of transness, trans health, eating disorders, body image, or anything else we've discussed?