How often did pee come out during sex?

sneezed, ran,

How often did pee come out when you coughed,

How often did your pee come out
pee and go to the bathroom later?

How often do you empty your bladder?

vagina while peeing?

How often do you feel like pee gets stuck in your

How Can We Improve and Standardize Outcome Assessment Following Gender-Affirming Genital Reconstruction? Development of a Questionnaire with Urinary, Sexual, and Quality of Life Domains


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INTRODUCTION and OBJECTIVE

Gender-Affirming Genital Reconstruction (GAGR) involves surgical procedures that are designed to give a sense of congruence between the outer body and the inner self in transgender and gender non-conforming (TGNCS) individuals. Often referred to as “bottom surgery,” GAGR is usually the last step of a multi-year journey for individuals who desire functional and aesthetically pleasing external genitalia that matches the gender with which they identify.

- There is no standardized tool that investigates the unique outcomes of GAGR.
- We propose a questionnaire that has been specifically designed for cross-sectional and longitudinal evaluation of TGNCS individuals post-GAGR.

METHODS

The questionnaire has been designed, since its inception, with the active participation of TGNCS community members and organizations. Their contribution was essential for the relevance of this instrument.

We identified three domains that influence the outcomes of GAGR: urinary function, sexual function, and quality of life.

We adapted validated surveys, such as IPSS® and FSFI®, to better understand how the expectations of TGNCS individuals meet with the outcomes of GAGR.

We tried to be as inclusive as possible of people that identify outside the binary. Considering how novel many of these surgical techniques are and how little is known about the long-term results, we included open-ended questions to cover and identify all the possible outcomes.

GENDER-AFFIRMING GENITAL RECONSTRUCTION: FOLLOW-UP QUESTIONNAIRE

URINARY DOMAIN:

All the following questions are related to the past two weeks.

1. How often did you experience discomfort or pain during penetrative intercourse?
2. How often do you feel vaginal dryness during penetrative intercourse?
3. How often do you feel like pee gets stuck in your vagina while peeing?
4. How often do you feel like pee gets stuck in your bladder or a different part of your body while peeing?
5. How often do you feel like pee gets stuck in your rectum or a different part of your body while peeing?
6. How often do you feel like pee gets stuck in your face or your neck while peeing?

SEXUAL DOMAIN:

All the following questions are related to past sexual experiences.

7. How often do you achieve erections?
8. How often do you achieve vaginal lubrication?
9. How often do you achieve a sense of the physical and emotional pleasure of sexual intercourse?

QUALITY OF LIFE:

Pilot-testing and validation

The questionnaire was evaluated by 11 experts from different disciplines: Urology, Public Health, Epidemiology, Psychiatry, Plastic Surgery, and Gynecology.

Pilot testing was achieved by the participation of Transmasculine Alliance of Chicago (T-FEM), Transmasculine Alliance of Chicago (T-MAC), and other TGNCS individuals.

A total of 57 unique records were obtained. Forty-four respondents were assigned female at birth and only this subset of the population was used for validation.

Cronbach’s alpha of this questionnaire was 0.82, which translates into good internal consistency reliability.

RESULTS - DEMOGRAPHICS

This questionnaire, which has been endorsed by TGNCS individuals and communities, is the first validated instrument that allows for cross-sectional and longitudinal assessment of GAGR outcomes, focusing on urinary, sexual, and QoL issues.

The questionnaire has been validated in TGNCS individuals who were assigned female at birth.

FUTURE DIRECTIONS

- Validation in TGNCS individuals who were assigned male at birth
- Development of a scoring system to evaluate how urinary function, sexual function, and quality of life evolve over time.

REFERENCES