

**Debriefing Form**

**Study Title:** Looking back: a retrospective exploration of the shared perspectives of the gender-questioning journey.

**Ethics/ERGO number:**90949

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**Version and date:** V1; 15/03/24

Thank you for taking part in our research project. Your contribution is very valuable and greatly appreciated.

**Purpose of the study**

The aim of this research was to allow a full examination of how, when and why a gender-questioning person showed a specific person that they were wondering about their gender. In turn, the response of the important person was also highlighted. As part of this exploration, the impact on the important person’s understanding and perspectives of gender have been examined. Finally, a greater understanding of the challenges faced by both the gender-questioning person and their important person have been discussed, alongside the protective factors that have protected and strengthened the relationship.

It is expected that this research will give professionals working in psychology and gender research a better understanding of how gender-questioning people share their wonderings with people around them, how these people react and what difference these reactions made to the gender-questioning journey. Your data will help our understanding of how people in society can better support individuals embarking on their own gender-questioning journey and how everyone’s ideas and conceptualisations of gender can be developed and enriched by being a part of another’s journey.

**Confidentiality**

Results of this study will not include your name or any other identifying characteristics.

As this study involved a paired interview your confidentiality cannot be guaranteed. We kindly ask you to respect the privacy of other participants and not to disclose what was said and by whom during the discussion.

**Study results**

If you would like to receive a copy of the summary of the research findings when it is completed, please let us know by using the contact details provided on this form.

**Further support**

If taking part in this study has caused you discomfort or distress, you can contact the following organisations for support:

* **Your GP**
* **MindLine Trans+** [**https://bristolmind.org.uk/help-and-support/mindline-transplus/**](https://bristolmind.org.uk/help-and-support/mindline-transplus/)
* **Beaumont** [**https://www.beaumontsociety.org.uk/contact.html**](https://www.beaumontsociety.org.uk/contact.html)
* **MermaidsUK** [**https://mermaidsuk.org.uk/**](https://mermaidsuk.org.uk/)
* **Gendered Intelligence** [**https://genderedintelligence.co.uk/**](https://genderedintelligence.co.uk/)
* **Samaritans** [**https://www.samaritans.org/**](https://www.samaritans.org/)

**Further reading**

If you would like to learn more about this area of research, you can refer to the following resources:

Grishow-Schade, L., Hillier, A., Gzesh, A. S., & Thompson, M. G. (2023). Breadcrumbs for Family: How Gender Nonconforming, Non-Binary, and Transgender Adults Give and Receive Gender Messages. *LGBTQ+ Family: An Interdisciplinary Journal*, *19*(4), 310–326. <https://doi.org/10.1080/27703371.2023.2208046>

Heiden-Rootes, K., Meyer, D., Levine, S., Dalton, M., & Rich, Q. (2023). “Testing the Waters” in a “World That Refuses to Make Space: Development and Coming Out with Transgender and Non-Binary Adults. *Journal of Feminist Family Therapy*, *35*(2), 134–154. <https://doi.org/10.1080/08952833.2023.2210344>

**Further information**

If you have any concerns or questions about this study, please contact Lucy Beynon at [L.Hanham@soton.ac.uk](mailto:L.Hanham@soton.ac.uk) who will do their best to help.

If you remain unhappy or would like to make a formal complaint, please contact the Head of Research Integrity and Governance, University of Southampton, by emailing: [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk), or calling: + 44 2380 595058. Please quote the Ethics/ERGO number which can be found at the top of this form. Please note that if you participated in an anonymous survey, by making a complaint, you might be no longer anonymous.

Thank you again for your participation in this research.