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**DEVELOPMENT OF THE CROSS-GENDER LIFESTYLE AND
COMPARISON OF CROSS-GENDERED MEN WITH HETEROSEXUAL
CONTROLS**

by

Mary Hogan-Finlay, M.A.

**A thesis submitted to
the Faculty of Graduate Studies and Research
in partial fulfilment of
the requirements for the degree of
Doctor of Philosophy
Department of Psychology**

Carleton University

Ottawa, Ontario

June 1995

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submitted by
Mary Hogan-Finlay, M.A.,
in partial fulfilment of the requirements
for the degree of Doctor of Philosophy

Chair, Department of Psychology

Thesis Supervisor

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ABSTRACT

This study had two main goals. The first goal was to test the hypothesis that a cross-gendered lifestyle progresses in a developmental and invariant order. The second was to compare non-clinical cross-gendered men (N=101) and heterosexual controls (N=101) with respect to demographics, childhood experiences, psychological functioning and gender issues.

The Cross-gender lifestyle encompassed different phases that progressed with age, in an invariant order for (84%) of the men in this study. This lifestyle occurred during two main age periods; adolescence through early twenties where private cross-gender activities predominate (fantasies, cross-dressing, fetishism), and the mid-thirties through early forties when a public cross-gender lifestyle occurs; some pass in public and use a femme name, while others take hormones, live more as a woman and may have sex-reassignment.

Cross-gendered men were classified into three groups, Transsexuals, Group 1 (n=27) identified most as a woman, were most gender disturbed and psychologically distressed, and took steps to live permanently as a woman. Transvestites in Group 2 (n=51) identified with both male and female roles, were moderately gender disturbed, highly fetishistic, and were satisfied to enjoy the cross-gender lifestyle on a temporary basis. Transvestites in Group 3 (n=13) were similar to Group 2, without demonstrating physiological fantasies (breasts, pregnancy, menstruating) of being a woman. The Cross-Gender Lifestyle Inventory developed for this research is proposed as a possible instrument to identify phases of the cross-gender development. Typically, transvestites

and heterosexual controls were similar on demographics. Groups were discriminated only on having been dressed as a girl, gender identity, gender disturbance, fetishism, and, psychological distress: Transsexuals reported having been dressed as a girl during childhood more frequently than the two transvestite groups, controls were hardly ever dressed as a girl; Transsexuals were more highly distressed compared with transvestites and controls who scored within the normal range; Transsexuals identified more as females, were more gender disturbed compared to the transvestites groups or controls. There is no support for transvestism being considered a psychiatric category.

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I owe my introduction into the world of gender issues to a client who had the courage to share his dilemma about his gender conflict with me. Thank-you for showing me the 'grey areas of gender'. I hope that this work will contribute to greater openness and understanding of those individuals whose gender identity does not reflect that shared by the conventional majority.

Interest in a particular research area as a student cannot move forward without the knowledge and support of one's supervisor. In my case I was fortunate. Dr. Nicholas Spanos challenged and pushed me to the finish but was sadly called away the day before we were to look at my results. I missed all his poignant questions that never failed to probe aspects eluded by most. I missed the joy he would have felt to see this work completed.

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CHAPTER ONE

Introduction

Reports of men who dress as women, commonly known today as cross-dressers or transvestites, date back to at least 2000 B.C. This practice has been viewed both positively and negatively throughout the ages. It has been approved as a unique cultural custom for weddings, and religious functions (Bornstein, 1994; Bullough, 1975; Bullough & Bullough, 1993; Garber, 1992; Pauly & Edgerton, 1986; Talamini, 1982); integrated into the religion of tribal cultures as a symbol of shamanism; used as camouflage during military maneuvers and as stage entertainment (female impersonators). However, cross-dressing has also been exposed to ridicule when it has been used within religious cultures as a form of punishment or as part of a lifestyle of prostitution. In contemporary North American culture sanctioned cross-dressing by men is limited to a few holiday activities; i.e., Halloween, Mardi Gras or to entertainment. In fact since 1980, men who cross-dress have been classified by the American Psychiatric Association as exhibiting "pathological phenomena" and are diagnosed as Transvestites or Gender Identity Disorder (Diagnostic Statistical Manual: D.S.M. IV-R, #302.30 1994).

Differences between Transvestites and Transsexuals

Classification of transsexuals and transvestites is a source of controversy (e.g. Burns, Farrel & Brown, 1990; Person & Ovesey, 1974a, 1974b; Stoller 1968, 1971). Transvestism and transsexualism have been conceptualized as either two separate syndromes (Baker, 1969; Buhrich, & McConaghy, 1978; 1979; Langevin, 1985; Hoening, Kenna & Youd, 1970; Pauly, 1968 and Stoller, 1971; 1975) or as two points on a gender dysfunction continuum. According to the continuum view some transvestites begin cross

dressing, with or without sexual arousal, (transvestism) but subsequently develop a full fledged desire to live as the opposite sex (secondary transsexuals), particularly later in life or during a time of personal crisis (Bancroft, 1972; Benjamin, 1967; Lukianowicz, 1959; Meyer, 1974 and Person & Ovesey, 1974a, 1974b). Stoller (1968, 1971, 1985) sees transvestism and transsexualism as separate entities. On his view, transvestites are sexually aroused by women's clothing though they identify and behave as males. Transsexuals, on the other hand, are not sexually aroused by female attire, identify as women, feel trapped in a male body and persist throughout their lifetime in wishing or attempting to change their bodies to female.

In one system, secondary transsexuals (sometimes called "marginal transvestites") are considered to be those who have experienced sexual gratification from their sex organs, fluctuate in their sexual orientation, and may have been sexually aroused while cross-dressed. Primary transsexual refers to those individuals who have had a life-long belief that they are the opposite sex, have received no sexual pleasure from their sexual organs, and are persistent in their desire to obtain a sex change. While the proportion of transvestites who proceed to a transsexual lifestyle is not well known, Bancroft (1972) noted that 42% of a sample of 22 transvestites in his study showed signs of proceeding towards transsexualism. Approximately half of Bullough, Bullough and Smith's (1983) sample of 65 transvestites had either taken female hormones or considered sex change.

For present purposes, transsexuals will be taken to be men who are uncomfortable with their anatomical sex and wish to change their bodies through hormones or surgery to that of the opposite sex. Typically, transsexuals have been seen to have a homosexual

orientation in the sense that they view themselves as women although they are anatomically male and they are erotically attracted to other anatomical males (Money, 1988; Stoller, 1975). Transvestites will be taken to be (usually) heterosexual men who define themselves as masculine, but sometimes dress as women and feel like women while dressed in this way. The purpose of cross-dressing may range from sexual gratification with a fetishistic component, to a means of expressing the "women within" or some combination of both of these activities (Arndt, 1991; Benjamin, 1967; Blanchard, 1989; Docter, 1988; D.S.M.IV-R, 1994). Stoller (1975) took the position that only transvestites are sexually aroused when cross-dressed while transsexuals are not. However, other researchers report that some transsexuals also obtain sexual pleasure through cross-dressing activities. (Bentler, 1976; Blanchard, 1989; Buhrich & McConghy, 1977a, 1977b; Hoeing & Kenna, 1974; Leavitt & Berger, 1990).

Perspectives on Cross-Gender Behaviour

Some theories about the origin of transvestism focus on family dynamics or social learning during childhood frequently within a psychoanalytic or a social learning model. Other attempts to understand gender identity and various gender disturbances are based on biological, socio-cultural or gender dysphoric perspectives. The following classes of theory are described below: (1) Biological, (2) Socio-Cultural, (3) Gender Dysphoric, (4) Family Dynamic and (5) Integration of Family Dynamic and Gender Dysphoric Models.

Biological Models

A biological basis for aberrant sexual behaviour was proposed as early as 1894 by Kraft-Ebing (Hoeing, 1985). Since this time genetic mutations, hormonal discrepancies, and neurological abnormalities have been postulated as plausible basis for the emergence of transsexualism.

Hormonal activity and brain differentiation. The search for unusual hormone activity or neurological structures as a basis for the transsexual phenomena has involved both animal studies and research with humans (Allen, Hines, Shyrne & Gorski, 1989; Barbarino, de Marinis & Macini, 1983; Dorner, 1976; Dorner, Rhode, Stahl, Krell and Masius, 1975; Ellis and Ames, 1987; Fedor, 1984; Gladue, Green & Wellman, 1984; Goh, Batman & London, 1984; Goreen, 1986a, 1986b; Gorski, 1995; Gorski, Gordon, Shyre, & Southam, 1978; Hoeing, 1981, 1985; Karsch, Dierschke & Knobil, 1973; Levay, 1991; Money, 1988; Pfaff, 1980; Rubin & Barfield, 1980; Ruse, 1988; Swaab & Fliers, 1985; Swaab & Hofman, 1988, 1990; Swaab, Roozendaal, Ravid, Velis, Gooren & Williams, 1987; Witeleson (1991). This research has improved understanding of normal development of the fetus, sexual differentiation of internal and external organs, and neurological structures and pathways. Research related to hormonal activity and brain structures are presented (see Ellis and Ames, 1987, Gorski, 1995, Money, 1988, or Ruse, 1988, for discussion of the process of differentiation of the sex organs).

Genetic Mutations. Hoeing (1981, 1985) reviewed research into the H-Y antigen and its relation to transsexualism. The H-Y antigen is seen as a determinant of whether the fetus will be a boy or a girl. The antigen is controlled by the X and Y chromosomes.

The X chromosome represses the action of this antigen while the Y chromosome induces its functioning. Therefore, when this antigen is not present the fetus differentiates as female, and when it is present the fetus develops as a male. When positive H-Y antigens were found in normal heterosexual males but not in male to female transsexuals, there was hope that the origin of transsexualism might be linked to mutation in the H-Y antigen. However, this prospect was abandoned on further investigation of female to male transsexuals, male to female transsexuals, as well as heterosexual men and women. Results indicated discordant H-Y antigens in normal controls and in only some of the transsexuals tested.

Circulating hormones related to sexual orientation. Since manipulation of hormonal activity or brain structures is intrusive, investigations of this nature are usually conducted with animals and extrapolated to human beings. Dorner (1976) hypothesized that neurological sex differences and sexual orientation were set pre-natally. He suggested that although homosexual men were masculinized in utero, there was a failure to defeminize in utero, in other words that hormonal activity in homosexual men would be similar to that in heterosexual woman.

The typical female hormone response is referred to as a "positive luteinizing hormone (L.H.) feedback". Briefly, the follicle stimulating hormone (F.S.H.) stimulates production of estrogen, that in turn triggers the hypothalamus to produce L.H. which stimulates progesterone production. Dorner (1976) and Dorner, Rhode, Stahl, Krell and Masius (1975) hypothesized that administration of estrogen to females would produce a "positive feedback loop" or increased production of L.H. by the hypothalamus. The

same dose of estrogen given to males would not trigger increased production of L.H. Thus, according to Dorner, a negative feedback loop would be observed in males. This gender difference in hormonal activity was thought to support the idea of male/female brain differences.

Dorner (Dorner et al, 1975; Dorner, 1976) found that male rats given estrogen during critical prenatal periods or several days post-natally, and females given testosterone during a similar critical period, displayed postnatal sexual behaviour that was characteristic of the opposite sex. Dorner saw these results as support for a biological basis for homosexuality. To test this hypothesis in humans he (Dorner, 1976) administered estrogen to male homosexuals, male heterosexuals, lesbians and male to female transsexuals whose sexual proclivity was either homosexual or asexual. Results indicated that male homosexuals and homoerotic transsexuals responded as normal heterosexual females in exhibiting increased production of L.H. Male heterosexuals and lesbians did not exhibit the typical female response.

Other researchers (e.g. Barbarino, de Marinis & Macini, 1983; Karsch, Dierschke & Knobil, 1973; Goh, Batman & London, 1984; Gooren, 1986a, 1986b) have questioned Dorner's interpretation. Gooren (1986a) investigated the L.H. feedback response with male to female transsexuals prior to treatment for sex-reassignment and after gonadectomy. "Intact" men responded as normal heterosexual men. However, after gonadectomy and administration of estrogen, they showed a typical female response. Gooren (1986b) replicated the research of Dorner et al, (1976) and Gladue, Green & Wellman (1984). He found that the response of homosexual males to estrogen was inter-

mediate between that of heterosexual men and women. Estrogen was administered to heterosexuals and homosexuals. There was no statistical difference in the estrogen feedback response between the groups. However, men whose testosterone levels were lowest exhibited a greater L.H. surge. Thus a "female-like" response to estrogen could be found in both heterosexual and homosexual males. This was attributed to individual differences in testicular functioning. The Gladue et al study had shown that homosexuals as a group experienced larger decreases in testosterone and large surges of L.H. Gooren interpreted this finding as a feedback relationship between hormones secreted by the testis, thyroid and adrenal glands. He argued that a true positive L H. feedback loop typical of females should include a strong L.H. surge after administration of luteinizing hormone releasing hormone (L.H.R.H.). When this test was conducted with homosexual men, the L.H. response to L.H.R.H. decreased, even for those who had previously had a female-like positive response to estrogen administration. Gooren also compared the L.H. response in heterosexual and homosexual woman and found no difference between these groups. He concluded that the brain-pituitary unit is not responsible for regulating the L.H. feedback response. Therefore, studies employing this avenue to distinguish the basis for sexual orientation are inconclusive. He proposed that differences in the L.H. response found by Dorner (1976) and Gladue et al. (1984) may be related to such variables as stress levels, age differences, viral infection, use of drugs or alcohol or vigorous exercise known to be related to variability in circulating testosterone.

Sexual dimorphic brain structures and sex differences. Research in this area should be mentioned as arguments have been advanced supporting a possible biological

basis for homosexuality and perhaps for sexual orientation in general (see Allen, Hines, Shyrne & Gorski, 1989; Ellis and Ames, 1987; Levay, 1991; Pfaff, 1980; Rubin & Barfield, 1980; Fedor, 1984; Gorski, 1995; Gorski et al. 1978) though very little work has focused on transsexuals.

Allen et al. (1989), Gorski (1995) and Levay (1991) point to a relationship between the interstitial nucleus of the anterior hypothalamus (INAH-3) and sex differences. Swaab and his colleagues (Swaab & Fliers, 1985; Swaab & Hofman, 1988, 1990) examined the hypothalamus, particularly the sexual dimorphic pre-optic nucleus of the preoptic area (SDN-POA) and the supra-chiasmatic nucleus (SCN) in men and women who died from a variety of causes. Swaab and Fliers (1985) found the SDN-POA to be 2.5 times larger in heterosexual men than in heterosexual women. Swaab & Hofman (1988) found no difference in volume in the SDN-POA in 9 homosexual men and the heterosexual control group. They did find, however, that the SDN-POA of two male to female transsexuals was smaller than the SDN-POA of either heterosexual or homosexual males. They interpreted these results as indicating that the SDN-POA does not play a role in sexual orientation as suggested by Dorner. Instead, they suggested the SDN-POA may play a role in sexual identity. It should be kept in mind that this interpretation is based on only two male to female transsexuals. A larger scale comparison of the SDN-POA in male to female transsexuals, heterosexual men and heterosexual women may shed light on the role of this structure in the development of transsexualism.

The suprachiasmatic nucleus (SCN) which coordinates hormonal and circadian rhythms has also been investigated in this connection. The SCN was found to be larger in the two male to female transsexuals studied compared to male or female controls (Swaab, Roozendaal, Ravid, Velis, Gooren & Williams, 1987). Again, we need large scale studies of these mechanisms before any confident conclusions are made.

A recent paper by Witeleson (1991) spoke of "neural sexual mosaicism." She suggested that it is highly unlikely that a single biological cause will be found to account for those behaviours that are culturally labelled as "masculine " or "feminine." She noted that prenatal development is affected by many factors, including atypical hormone levels resulting from dysfunctional fetal glands or dysfunctional maternal hormone activity, fetal brain receptors, and maternal stress. Such prenatal antecedents may influence sex dimorphic brain structure and set the stage for sexual orientation and, it may be added, for transvestism. However, these factors in and of themselves, should not be seen as sufficient conditions for the development of sexual orientation or of cross-gendered behaviour in general.

Socio-cultural Models

Proponents of the various socio-cultural models (Bolin, 1988; Devor, 1987; Feinbloom, 1976; Grimm, 1987; Raymond, 1979) view transvestites and transsexuals as individuals who develop gender identities and enact roles that are determined by their particular society. Typically researchers who adopt this orientation are anthropologists and sociologists. They tend to be highly critical of the medical profession's classification of transsexuals as pathological and of the medical and social systems that reinforce and

legitimize rigid sex-linked roles. They propose broadening the definitions of gender identity and gender roles so as to include cross-gendered individuals.

Feinbloom (1976) conducted a participant/observer study within a transvestite/transsexual community. She noted that individuals participated in transsexual support groups that taught skills necessary to live full time as a women, (such as dressing and acting like the opposite sex, and getting support and feedback from the group). She contended that the value placed by society in gender-typed dress and behaviour greatly influences the life-long tension and ambiguity experienced by cross-gendered men.

Raymond (1979) argued from a feminist perspective that the male to female transsexual is trespassing on the coveted world of the female using his power and experiences as a male to infiltrate the domain of women, particularly the domains of lesbians and feminists. Through his own "rebirth" as a women he has given birth to "herself." Thus he/she attains the enviable experience of giving birth. In Raymond's view, the mostly male medical profession is an accomplice to the transsexual phenomena. Psychiatrists, urologists, plastic surgeons and gynaecologists wish to "create the perfect woman." This "created" woman is exempted from the fuss of menstruation or childbirth. He/she is encouraged to become a clothes-horse and is taught to act in the coquettish ways which many men believe to be characteristic of biological woman. The medical approach, Raymond argues, ignores the integrity of these individuals to live as they are, i.e., a man with a penis to feel free to dress as he wishes and act in a manner that may be soft and gentle or aggressive. Without restrictive norms relating to sex role

behaviour, there would thus be no need for surgical intervention, no need for the label transsexual.

Bolin (1987, 1988) argues in a similar way that sex re-assignment is comparable to a "rite of passage." She points out that the rules for this passage have been clearly set down in a medical manual; Standards of Care (Berger, 1980; Walker, Berger, Green, Laub, Reynolds and Wollman, 1985) and the D.S.M. III-R (1989). Transsexuals in turn coach each other to meet these standards. Candidates learn the "rules of the game", even going so far as to assist each other with how to answer questions on the M.M.P.I. (Minnesota Multiphasic Personality Inventory) to score high on the femininity scale as required for sex reassignment. In a sense candidates collude with the "enemy," the medical profession, to have themselves classified as suffering from a psychiatric disorder.

Grimm (1987) also directly attacked the pathology view of transsexualism as one created by the restrictive position that gender is necessarily dichotomous. Grimm proposes a polyandrogenous model within which sexual activity would not be prescribed according to gender or procreative functions. Rather, individuals would be allowed to express qualities that have been stereotypically classified as either feminine or masculine. Similarly, Devor (1987) proposes the need to recognize gender blending for those men and women who do not conform to conventional gender cues attributed as either male or female.

Gender Dysphoric Model

Fisk (1973) coined the term "gender dysphoric" to refer to all individuals who are distressed by their anatomical body and identify, at least some of the time with the

opposite sex. A key component of the gender dysphoric model is the idea of "critical periods" prenatally, in early childhood and at pre-puberty during which biological activity interacts with social learning to influence the development of gender identity. Benjamin (1966, 1967) also cautioned against the tendency to view transsexualism as having a single origin. He suggested that a type of imprinting, as in animals, may occur with young children during critical periods when neuroendocrine functioning and environmental conditions are favourable. He argued against the position that social conditioning alone, (e.g. encouraging effeminate behaviour in young boys) could produce a transsexual adult.

Money (1987, 1988) has argued that neurological structures in the fetus are ambitypic, in the same manner as the internal sex organs. The ambitypic nature of these nuclei and pathways allows for both male and female potentials which may then be differentiated through hormonal action of the masculinizing hormone. According to Money (1988), social factors occurring during critical periods such as parental encouragement to act or dress a particular way, contribute to gender identity (see also Diamond, 1965, 1982; Ellis, 1945; Money & Ehrhardt, 1972; Money, Hampson & Hampson, 1955, and Rosler & Kohn, 1983 or Imperato-McGinley, Peterson, Gautier & Sturia, 1979, for a discussion of so-called "penis at twelve" children).

Green's (1974, 1987) position is based on his clinical work with transvestites and transsexuals, as well as longitudinal research with "effeminate or sissy boys." He defines gender identity as the private feelings of being masculine, or feminine, or both, and gender role as the public expression of private gender identity. Green has suggested that

there are three different components of gender identity. The first is core morphological identity and refers to the person's identity as male or female. The second refers to gender role behaviour and includes cultural signals of masculinity or femininity (e.g. girls play with Barbie dolls, boys with trucks). The third, sexual orientation, refers to choice of a sexual partner, i.e., same sex, opposite sex or both. According to Green, transsexuals are atypical on all three components in that an anatomically normal man identifies as a woman and chooses a sexual partner from the same anatomical sex or from the opposite sex. Transvestites are atypical in gender role behaviour since they dress in clothes of the opposite sex, and homosexuals are atypical in their same sex choice of sex partner.

Green (1987), like Money (1988), proposed a critical period for the development of gender identity. In his view, gender becomes established during the first three years of life. Therefore, encouragement of cross-gender behaviour during this critical period may have an enormous impact on future gender identity, sexual orientation and gender roles. Green suggested that prenatal hormones (androgens) influence whether the child will behave in a timid or aggressive manner. Subsequent social interactions with parents and peers, or attitudes that discourage or encourage sex-typed behaviour will have an effect on gender identity and sexual preference.

The notion of biological critical periods interacting with social learning factors has been useful in helping to elucidate the origins of gender identity and gender role. Nevertheless, the specific biological factors, critical periods, and social variables important for understanding the development of cross-gender identity remain to be

uncovered. More longitudinal studies are necessary in order to understand developmental patterns and investigate cognitive style related to development of gender identity from childhood through adulthood.

Family Dynamic Model

Stoller (1967, 1968, 1971, 1975, 1985), a psychoanalyst, viewed the family of the male transvestite as the main source of disturbance. On the basis of his clinical experience with such patients he hypothesized that mothers of fetishistic transvestites have unresolved envy and rage towards males which is expressed by humiliating males. The mother creates conflict within her young son by either encouraging or at least not discouraging him from dressing in feminine clothes or participating in feminine activities. This activity is at first experienced as humiliating by this boy who already feels masculine. He resolves this trauma (a masculine little boy being dressed as a girl) by triumphing over the humiliation and creating an exciting experience in which he enjoys the feminine expression, but still maintains his masculine identity through his sexual arousal to women's attire. Stoller suggests that fathers in these families are often distant and unloving to their sons, if physically present at all. They may also be found to force the young boy to dress as a girl as a form of punishment or humiliation.

Person and Ovesey (1974a, 1974b) argued somewhat differently that cross-dressing activities are a means of reducing anxiety created in the child as he moves from a close symbiotic relationship with his mother. Women's clothes become "transitional objects" to reduce anxiety created from being separated from his mother. These "female items of clothing" may have been initially linked with sexual pleasure or gradually

acquire a sexual component as these young boys mature sexually. Fathers in these families are seen as distant, and verbally or physically abusive, while mothers are supposedly warm and affectionate, but erratic in their care. Consequently the child develops an uncertain, insecure relationship with his mother. The personal and sexual identity of transvestites is seen as "mixed" or "split," i.e., while they profess to being predominately male, they also develop the idea of having a "female part." These individuals purportedly experience conflict between their female and male parts. Their male part can be expressed through their heterosexual relationships and activities, while their female part is mainly expressed during cross-gender activities.

There is no empirical support for Person and Ovesey's hypothetical idea that "separation anxiety" is the source of disturbance in the childhood of transvestites. Bullough et al. (1983) conducted retrospective research on family background and cross-gender behaviour of 65 transvestites, 33 male to female transsexuals, 57 gay men and 61 undifferentiated male controls. They found no support for a history of father absence or overly involved mothers during the formative years of transvestites as proposed by Stoller (1968, 1971) and Person and Ovesey (1974a, 1974b). In fact, 77% of the transvestites in their sample described themselves as having had reasonably happy childhoods though transsexuals typically reported having been less happy.

Methodological problems. A number of methodological problems related to research supposedly supporting the family dynamic model must be mentioned. These include the use of small clinical samples which may not be representative of the general cross-gender population, non-objective data collection and subject bias.

Unrepresentative clinical samples. Transvestites who approach clinicians present with problems that may not in fact be typical of the general transvestite community. The proportion of transvestites who seek medical help is not known. However, Bentler and Prince (1970), Prince (1967) and Prince and Bentler (1972) reported that only 30% of a total of 504 transvestites solicited through a popular transvestite magazine sought any form of medical intervention. If healthy transvestites do not become known to clinical investigators (cf. Meyer and Wise, 1980), a sample which includes only people in therapy may not be generalizable to "adjusted" transvestites.

Non-objective data collection. The reliability or validity of the instruments used to assess the retrospective historical data on family backgrounds or cross-gender activity is not always known. While limitations related to memory recall of retrospective reports have long been recognized (Green, 1987; Haggard, Brekstad, & Skard, 1960; Pyles, Stolz & McFarlane, 1935), only one longitudinal study has attempted to confirm retrospective reports (Green, 1987).

Subject bias. As already noted, members of the transvestite/transsexual community seeking approval for "feminization therapy" are "prepped" for historical interviews or questionnaires in order to meet criteria set by the medical profession (Berger, 1980; Raymond, 1979). Most patients know the answers to questions before they are asked (Stoller, 1971) and they often report only events that reflect the well-publicized autobiographies of "successful" candidates (Green, 1987; Meyer, 1974). Samples included both so-called "marginal" as well as "nuclear" transvestites without differentiation. In general, retrospective reports by clinical populations should be viewed

with caution, as these individuals tend to bias their histories to their own perceived advantage.

Integration of Psychoanalytic and Gender Dysphoric Perspective

Recently, Docter (1988) has integrated concepts from the psychoanalytic perspective and the gender dysphoric position in an attempt to further understand the development of gender conflict experienced by transvestites versus transsexuals. His hypothesis suggests that, whereas both transvestites and transsexuals experience ambiguous gender identity, the transsexual requires more drastic means to resolve this conflict than does the transvestite.

Docter's theoretical position is that transvestism and transsexualism result primarily from social learning. However, he agrees with the psychoanalytic model that separation/individuation are issues for both groups. He has suggested that although the male adult transvestite's primary gender identity is male, these individuals also experience an inner feminine self. The cross-dressing activities provide peace and relief for transvestites, allowing them to express their "feminine side" without altering their anatomical sex. However, secondary transsexuals differ from transvestites in as much as they are unable easily to arrive at this compromise. Rather than accommodate both identities (male and female), they make an 'all or nothing' identity choice. Consequently the gender identity of the opposite sex becomes the primary self identity for the secondary transsexual. Docter notes, however, that other factors, such as male shyness and inhibitions that prevent success in the male role, envy of the female role, and development of a sexual script that includes erotic arousal to women's clothes may all

provide for development of cross-gendered gender identity. Whether one remains transvestite or continues toward transsexualism is probably related to the degree of discomfort experienced in connection with this confused identity, i.e. guilt, anxiety, inhibitions related to living within a society that does not accept this behaviour or gender identity.

Docter (1988) studied a non-clinical population of 110 male transvestites and secondary transsexuals who, for the most part identified themselves as heterosexual. Docter examined the relationship between gender identity and cross-gender behaviour. He obtained information on past (child and adolescent) and present (adult) cross-dressing activity, feelings and gender identity during this activity, as well as reasons for cross-dressing. Results suggested that the development of both transvestism and a secondary transsexual identity is a life long process in which cross-dressing may serve a number of different functions. Cross-dressing during adolescence was related to sexual expression and relief from the masculine role, while cross-dressing in adulthood was related to expressing 'the girl within' and a more developed feminine identity. Older transvestites who wanted to live full time as the opposite sex were found to proceed gradually toward adopting the identity of the opposite sex. Although similar ideas have been proposed by others (Benjamin, 1967; Person & Ovesey, 1974a, 1974b), Docter's work is the first non-clinical study of the development stages of transvestism and transsexualism.

Tsoi (1990) also investigated the developmental histories of transsexuals in an effort to determine if there are distinct patterns or stages that are predictive of a complete transsexual identity. He obtained retrospective reports from 200 male to female and 100

female to male transsexuals in Singapore, as well as from a control group. Distinct patterns were seen to emerge prior to expression of an overt transsexual identity including identifying with dress and play activities of the opposite sex in early childhood, homosexual activity during adolescence (15-17 years), a move to more overt cross-dressing followed by requests to obtain anatomical changes to the opposite sex. While these patterns occurred in both men and women, they were less definite in the women. Interest in sexual activities occurred at an earlier age for both male and female transsexuals, compared with the heterosexual controls.

Differences between the Asian and Western transsexual samples were primarily related to their sexual orientation. No Asian transsexual engaged in heterosexual activity or married, while Western transsexuals more often had heterosexual relationships and married. Many finally divorced. However, since homosexuality is forbidden in Singapore and marriage is a permanent contract, these cultural restrictions may have strongly influenced the lack of heterosexual activity and earlier movement toward transsexualism in the Asian sample. This study, like Docter's, points to a long term developmental pattern that culminates in an overt transsexual identity. This developmental pattern usually includes early childhood cross-gender feelings and behaviour, transvestism and homosexuality.

In an effort to predict future transsexual identity, Davenport (1986) followed 10 effeminate boys over an 8 to 10 year period from adolescence to early adulthood. He found sexual orientation to be heterosexual for four, homosexual for two, and undetermined for the remaining members of his sample. One boy developed a

transsexual gender identity. Davenport noted that this one boy was particularly rigid and persistent in his cross-gender behaviour during childhood. He suggested that such rigidity may be a good predictor of future transsexual orientation, compared to other effeminate behaviours shown by boys who evolve to be heterosexual or homosexual. Obviously, it is difficult to base sweeping conclusions on one case. More longitudinal research needs to be conducted to examine valid predictors of a cross-gender lifestyle in young boys.

Categories of Transvestism

The development of transvestism is complex and investigators have developed several hypotheses about the developmental sequence. The first hypothesis (Benjamin, 1967; Buckner, 1970; Docter, 1988; Person & Ovesey, 1974b) is that transvestism involves a developmental sequence that begins with erotic arousal to women's clothing or female activities and may end with a desire to obtain feminization therapy to live as a woman. While some men may progress through all the developmental stages, others may remain fixated at a particular stage. The second hypothesis (Buhrich & McConaghy, 1978, 1979; Buhrich & Beaumont, 1981) is that there are two different types of transvestitism that are mutually exclusive and inherently distinct from early childhood. "Nuclear transvestites" are satisfied with cross-gender activities and do not engage in efforts towards feminization whereas "marginal transvestites," (also called secondary transsexuals) gradually "feel like women" and desire physical changes to live as women on a permanent basis. The third hypothesis Blanchard (1989a, 1989b, 1991a, 1991b, 1992, 1993) proposes is that "transvestism" should be subsumed under an entirely

different phenomenon, "Autogynephilia." Autogynephilia refers to men who are sexually aroused by the image of themselves as women, and in particular fantasies of the "woman within." According to this model, transvestism is one type of autogynephilia.

Key factors used to differentiate categories of transvestites include whether sexual arousal occurs with cross-dressing and the degree of cross-gender identity (feminine identity). Feminine identity is evidenced by feelings of being a woman whether cross-dressed or not, having a "femme name" and degree of participation in feminine activities. A number of different typologies of transvestism will be described.

Transvestism as a Progressive Developmental Phenomenon

According to this view (Benjamin, 1967; Brierley, 1979; Buckner, 1970; Docter, 1988; Person & Ovesey, 1974b), the "transvestite career" includes different activities that may occur in phases over a lifetime. Typically these phases may be seen in the following order: (i) sexual arousal to female clothing (fetishism), (ii) sexual arousal while fully dressed as a woman, (iii) development of a "femme self" characterized by a weakening in the relationship between cross-dressing and sexual arousal and an increase in fantasies of being a woman, (iv) sexual arousal is predominately associated with the "woman within", fantasies of female anatomy (breasts or buttocks) and female bodily functions (menstruating or pregnancy) and finally (v) fantasies of living full time as a woman and/or taking steps to do so by means of "feminization therapy."

The order of the developmental phases is invariant. However, some men may not proceed through all the phases. Some individuals may be satisfied with cross dressing that includes sexual arousal, while others are sexually aroused by fantasies of the

"woman within", with no desire to proceed toward feminization therapy. An individual who has lived most of his life as a transvestite may later in life seek feminization therapy and at that time be considered a secondary transsexual (Benjamin, 1967; Buckner, 1970; Docter, 1988; Person & Ovesey, 1974b).

Benjamin (1966, 1967) gave a detailed typology of transvestism based on six categories. Type I individuals are considered to be pseudo-transvestites. They sporadically cross-dress and are sexually aroused by this activity. Type II individuals are considered "fetishistic transvestites" who cross-dress but are mainly aroused by women's clothes. Type III members are heterosexual men who enjoy fetishistic activities but also want some level of feminization therapy. Type IV differs from Type III only in that the latter group are asexual or autoerotic. Types V and Type VI are seen as true transsexuals who want to secure anatomical change.

Docter (1988), as noted earlier, found that early cross-dressing behaviour serves primarily to enhance sexual excitement while later cross-gender behaviour focuses on "the girl within" and the adoption of a "femme" name. This later behaviour was seen to occur some 20 years after initial cross-gender behaviour. Docter suggested that a cross-gender identity develops in stages. Over a lifetime, the transvestite develops a "script" for the "woman within." Beginning activities often focus on dressing in women's clothes coupled with masturbation, and dressing later in life may cease to be sexually related becoming pleasurable only as an expression of feminine qualities. Docter's model suggests the early stage is typified by fetishistic cross dressing, the middle stage directed toward meeting other transvestites, perfecting the feminine

appearance and the late stage involves coming out of the closet, selecting a feminine name (if that has not already occurred) and socializing more openly "en femme" (see also Brierley, 1979; Ovesey & Person, 1976; Prince, 1976).

Transvestism as Two Discrete Clinical Entities

Buhrich and his colleagues (Buhrich & McConaghy, 1978, 1979; Buhrich & Beaumont, 1981) suggested that there are two discrete clinical entities involved in transvestism and that the roots of either condition are present in childhood. Nuclear transvestites, in their terminology, are individuals who were satisfied with cross-dressing, with or without sexual arousal, and who reported varying degrees of expression of their feminine nature while cross-dressed. Marginal transvestites, on the other hand, engage in fetishistic cross-dressing, experience an intense female gender identity (felt like a woman when nude) and take steps to live as a woman through hormone therapy or surgical intervention. The main differences between nuclear and marginal transvestites, according to Buhrich's results, was that feminine gender identity and participation in feminine activities was higher among marginal transvestites.

Transvestism as "Autogynephilia"

Blanchard (1989a, 1989b, 1991a, 1991b, 1992, 1993) recently examined the relationship between sexual arousal, cross-dressing, sexual orientation and ways in which fantasies of being a woman are manifest by men with cross-gender conflict. Blanchard has attempted to change the focus of study from the behaviour of cross-dressing to the experience of fantasies of being a woman, and the degree to which these fantasies are sexually arousing (auto-gynephilia). Cross-dressing is seen as one manifestation of

"autogynephilia" which describes men who are sexually excited by the thought of themselves as a women. The phenomenon of autogynephilia theoretically takes different forms depending on how the sexually arousing fantasy is expressed. Blanchard describes four types of autogynephilia: (i) transvestite autogynephilia or dressing as a women and being sexually gratified by one's appearance as a women, performing the "female toilet" or being admired by others as a beautiful women; (ii) behavioral autogynephilia which includes fantasies of living as a women and participating in activities typical of traditional female roles such as cleaning the house, working as a female hairdresser, dressing as a women or imagining oneself as a women being made love to by a man (heterosexual love-making may be construed as a lesbian relationship by these individuals in the sense that the man imagines himself as a woman while making love to a woman); (iii) anatomic autogynephilia which involves fantasies of having a female body with breasts and a vagina, or enjoying the thought of being a beautiful women while obtaining sexual satisfaction; and finally (iv) physiologic autogynephilia which refers to fantasies of being pregnant, breast feeding or menstruating.

Blanchard (1989a, 1989b, 1992, 1993) suggested that "autogynephilia" is a misdirected sexual drive of heterosexual men who may engage in cross-gender activities. Supposedly, autogynephilia is not found in homosexual men who also engage in cross-gender activities. Blanchard predicted that having fantasies of the women within, and feeling sexually gratified by these fantasies would compete with heterosexual attraction to an external female partner. The research to support this position was based on investigation of a clinical population of transsexuals, not transvestites.

In a later study (Blanchard, 1991), men presenting with gender disturbance were investigated. Criteria for inclusion in the study sample included a heterosexual preference and a history of anatomic autogynephilia. Members of the group were classified as transvestic, not-transvestic, fetishistic and not-fetishistic. Some members of the group were aroused simply by the idea of having a female body without cross-dressing. Others (transvestite autogynephilia) enjoyed wearing women's clothing in general while the remainder were sexually excited by specific items of women's apparel (fetishistic transvestite autogynephilia).

Blanchard (1992, 1993) argued that these findings supported his hypothesis that a competing relationship exists between the degree of experienced, external heterosexual attraction and the level of anatomic autogynephilia. An alternative hypothesis may be that the different types of "autogynephilia" reflect a developmental sequence in men who engage in cross-gender activity. Those transvestites in the study who fit the description of "anatomic gynephilics" may have lived as transvestites (in private or public) for many years. According to the developmental theory of transvestism, they might therefore be considered as having progressed further through a developmental sequence to the point that their internal fantasy of being a woman was in itself satisfying without the need for sexual stimulation through dressing or an external partner (cf. Freund, Steiner and Chan, 1982).

Other investigators described phenomena similar to autogynephilia. As early as 1918, Hirschfeld described the phenomenon of "automonosexuals" (Hirschfeld, 1948), men who were attracted to the "women within" rather than the "fleshy counterpart"

outside. Buckner (1970) also saw the "women within" as a replacement for a conventional heterosexual relationship. The "femme self" develops at a later autoerotic stage of the transvestite career:

"a person who is autoerotic has no dependency needs for sexual gratification, and a person who has internalized his dyadic relationship with an autoerotic object has no fear that society will step in between him and it (Buckner, 1970, p 385)."

While the issue of transvestism being either a discrete or continuous phenomena remains unresolved, the category systems proposed appear to have much in common. Benjamin's Type I and II individuals seem comparable to Buhrich and McConaghy's "nuclear transvestites" while Types III and IV may be comparable to the "marginal transvestites." Hirschfeld's "automonosexuals", Blanchard's "anatomic autogynephilic", Buckner's "autoerotic phase" of transvestism and Benjamin's Type IV transvestite may be roughly equivalent categories.

Development of a Cross-Gender Lifestyle

One purpose of the present thesis is to assess the extent to which development of a transvestite lifestyle follows a common path as suggested by Buckner (1970). To use Blanchard's terminology, transvestites can be considered behavioral and transvestic autogynephiles in the early and middle years of their transvestic career, and anatomic and physiologic autogynephiles during the later years. However, some men who cross-dress may display a combination of all four types of autogynephilia. It is proposed that Blanchard's different types of "autogynephilia" are related to Docter's "developmental stages." Thus, Blanchard's transvestic and behavioral autogynephilia appear comparable to Docter's early and middle developmental stages. While Blanchard's anatomic and

physiologic autogynephilia appear similar to Docter's "late stage" engaged in by transvestites who have participated in cross-gender activities for longer periods of time (15-20 years). These individuals would be expected to admit having fantasies of the "women within" and have less need for external stimulation by female partners compared to those whose cross-gender lifestyle existed for a short time. Blanchard's (1991) findings disagree with Docter's (1988) hypothesis that erotic fantasies of the "woman within" are indicative of a later phase of a transvestic career. Blanchard (1991a, 1991b) found that "men who were satisfied with wearing women's underwear" were the same age as the group who were satisfied with fantasies of their nude body as a women. However transvestites who "fully cross-dressed" were older on average than both groups. There is need for replication of Blanchard's study.

Apart from Blanchard's recent research, only one study known to this writer, has inquired in detail about the fantasies of the "woman within" from a transvestite sample. Buhrich and McConaghy (1977a) studied fantasies of being a women in a non-clinical sample of transvestites (35) who attended a gender dysphoria clinic. Eight percent of the transvestites felt like a women while nude, and 37% felt like a women while cross-dressed. Forty percent fantasized living as a women full time; 45% had fantasies of working as a women; 25% imagined being married to a man; 8% had fantasies of pregnancy while 3% imagined having menstrual cycles. Unfortunately, it cannot be determined from their results if there was a correlation between age (or experience of cross-dressing) and the particular fantasies engaged in. There is a need for research to

determine if there is a relationship between increasing cross-gender identity, fantasies of being a woman and years over which cross-gender behaviour has been practised.

It is noteworthy that 19% of Buhrich and McConaghy's sample would be classified by Blanchard as physiological and anatomic autogynephiles while the remainder would qualify as behavioral or transvestic autogynephiles. Perhaps one reason the incidence of these specific categories are not well known in the transvestite literature is due to the fact that most researchers do not focus on specific fantasies of the woman within, but determine only if such a general fantasy exists.

While Blanchard's recent research (1989a, 1989b, 1991a, 1991b, 1992, 1993) has provided a different focus for investigating the transvestite, with a much needed emphasis on detailed information about fantasies, caution should be exercised in simply switching from one central variable (cross-dressing or transvestism) to another (fantasies of the "woman within"). The perspective of the present author is that men who cross-dress or who fantasize about being a woman should both be identified as "cross-gendered". The term "transvestite" obviously highlights the behavioural aspect of interest. The term "autogynephilia" emphasizes the fantasies entailed in the cross-gendered lifestyle.

CHAPTER TWO

Hypotheses to be Tested

The first aim of the study is to chart the development of the transvestite lifestyle and second aim is to investigate psychological and social similarities and differences between cross-gender men and a cross-gender comparative group.

The transvestite lifestyle will be examined from two perspectives. First, the development of cross-gender fantasies and behaviours engaged in by cross-gender men at a specific age, and, second, reasons given for current cross-dressing. The identification of developmental phases may turn crucially upon current reasons. For example cross-dressing for erotic expression may occur mainly during the early years of this lifestyle.

Development of a Cross-Gender Lifestyle

It is hypothesized that cross-gender behaviour and related fantasies evolve in four phases according to the following invariant sequence over time.

1. Sexual arousal to female clothing (fetishism), or while dressed as a woman.
2. Development of a "femme self". This phase may be characterized by a weakening in the relationship between cross-dressing and sexual arousal and an increase in fantasies of being a woman; i.e. female anatomy (breasts or buttocks) and female bodily functions (menstruating or pregnancy).
3. Public expression of the cross-gender lifestyle. Socializing with other

4. Taking irreversible steps to live as a woman. This phase may include hormone therapy or sex re-assignment.

Each of these phases should be characterized by particular patterns of fantasy activity as well as particular behaviours and reasons given for cross-dressing. According to my hypothesis, cross-gendered men do not necessarily complete all four phases, and different individuals may remain indefinitely, or at least for long periods at any one of the phases. However, the temporal sequence of phasic activity should remain invariant. The reasons that transvestites give for cross-dressing should correspond to the developmental sequence. For example, cross-dressing for erotic satisfaction would be expected to occur first during the earliest phase of the transvestite's career, though sexual gratification from cross-dressing may persist throughout the cross-gender lifespan, cross-dressing to express the female identity would be expected to surface during a later phase, and possibly take precedence over erotic pleasures.

Comparison of Cross-Gender Men with Heterosexual Controls.

There has been limited empirical investigation of non-clinical, heterosexual transvestites, as most published research has been conducted with clinical samples. Comparative investigation of non-clinical transvestites and heterosexual controls is almost non-existent. Hypotheses tested in this study are exploratory and based on theoretical suppositions reviewed earlier in this paper about the family background and childhood activity of transvestites. Accordingly, it is hypothesised that men who become transvestites are more likely to report that (i) their parents had "wished for a girl" when they were born, (ii) they were dressed as a girl by family members or by others as a

child, (iii) as children, they were considered "sissies" by themselves or others, (iv) their fathers were either physically or emotionally absent, (v) their mothers had a conflicted or overly close relationship to them, (vi) as boys, they had a tendency to adopt female gender roles and female identity. It is also hypothesized that cross-gendered men are more likely than heterosexual controls to give evidence of psychological disturbance according to the diagnostic categories of the D.S.M IV-R (1994).

Cross-gendered men were compared to a control group of heterosexual, non-transvestites with respect to a number of variables.

Demographic variables. This set includes age, religious affiliation, relationship status, sexual orientation, educational and occupational status, salary, and employment status.

Childhood and Family Background. The variables of relevance here include parents wish for a girl, cross-dressing or being cross-dressed as a child, being considered a "sissy" by oneself or others, parental and marital relations, and familial physical, sexual or emotional abuse.

Current Psychological Functioning. A number of measures were taken including anxiety, depression, dissociation, post traumatic stress, and problems with sex or sleep.

Gender Issues, Sexual Fantasies and Activities. This set of variables included masculine and feminine identity/roles; fetishistic fantasies or activities; fantasies of being a woman; sexual orientation and experience.

CHAPTER THREE

Method

Participants: Control Group

Criteria for membership. The criteria for membership in the control group were that participants were male and identified themselves as "heterosexual."

Recruitment of heterosexual controls. Consideration was given to obtaining a broad sample of men who were similar to the cross-dressing group in age (18 - 70), geographical area (Canada and the U.S.A), as well as education, and/ or employment status. In order to insure anonymity for participants, an employee of an agency, or individuals willing to recruit participants among their acquaintances were given pertinent information about the research project. Potential participants were informed that this study was investigating family background, childhood activities, sexual attitudes and sexual activities of heterosexual men, and that their participation in this study was part of a larger study. Men who expressed interest in participating in the study were given the research package by the contact person. In some instances research packages were given to participants directly by the principal investigator. After completing the questionnaires, participants mailed "completed" questionnaire packages to the principal investigator in a pre-stamped, envelope addressed to the principal investigator at Carleton University.

Response rate. In all, 231 questionnaire packages were mailed to men who had agreed to participate. In total, 108 packages were returned, a response rate of 46%. Seven of the questionnaire packages were eventually not included in data for the control

group. Two packages were excluded because a substantial number of responses were missing. Five respondents reported experiences typical of cross-gendered men and it was decided to include their data with the cross-gender group. Ultimately responses from 101 heterosexual males constituted the control group data.

Participants: Cross-Gendered Group

Criteria for group membership. Membership in the cross-gender group involved acknowledgement of one of the following activities: experience in cross-dressing with or without sexual excitement, experience of fantasies of being a women, with or without sexual excitement, experience of sexual arousal to articles of female clothing or toiletries.

Recruitment of the cross-gendered group. As this study was directed toward a non-clinical transvestite population, transvestite clubs were approached to recruit participants. The presidents of transvestite clubs in both Canada and the U.S.A. were contact by telephone, through correspondence or by both means and given details of this study (See Covering Letter, Appendix A). Those interested in having their members participate in this study, met or communicated with the principal researcher to obtain more details about the requirements of the study. In order to insure anonymity of participants, it was decided that presidents of these clubs would distribute the research package to club members. After completing the questionnaires, participants mailed the completed questionnaire packages to the principal investigator in a stamped, pre-addressed envelope.

It should be noted that a non-clinical club sample is not without bias. Participants obtained through transvestite clubs automatically excludes transvestites still "in the

closet" who are not comfortable disclosing their private lives "publicly", those who cannot financially afford to participate in a transvestite club, and those who live in centres without such clubs.

Response rate. A total of 290 questionnaire packages were mailed to transvestite clubs in Canada or the U.S.A. It was later learned that 34 packages were not in fact distributed. Response rate for returned questionnaire packages was 38% of the 256 actually distributed. Two respondents were excluded because of missing data. As five members of the proposed control sample matched the criteria for inclusion in the cross-gendered group, 101 males were eventually included in the cross-gendered group.

Measures

In order to test some of the hypotheses outlined earlier, a number of established scales were used. For other variables of interest, scales were specifically constructed. In all thirteen scales were given to all participants (see Table 1).

Personal History Questionnaire. This instrument was developed for the study. The scale consists of 67 items forming six sub-scales Demographics, Family History, Childhood and Adolescent Activities, Adult Attitudes, Sexual Arousal and Fantasies, Fantasies of the "Woman Within," (see Appendix C).

Cross-Gender Lifestyle Inventory (C-GLI). This instrument was also developed for the study in order to identify specific behaviours and fantasies that are typical of a cross-gender lifestyle, as well as the age at which these behaviours first occurred (see Appendix D). Respondents are required to give (yes=1) or (no=0) responses to statements such as: "At some period of my life, I began to have fantasies of the woman

within when I was not cross-dressed." If the behaviour or fantasy occurred, respondents were asked to identify the "age at which it first occurred."

The Current Reasons for Cross-Dressing Inventory. This newly developed instrument incorporated some items from Docter's (1988, pp. 229-230) "Explanations for Cross-Dressing Inventory". The scale measure consists of 26 items. Respondents are asked to rate their current reason for cross-dressing on a 5-point Likert-type scale where 1 = "not at all" and 5 = "all the time" (see Appendix E).

The Autogynephilia Scale. This measure was developed by Blanchard (1989) and has been used to assess gender dysphoria in "male to female transsexuals." It was used in this research to determine the degree of sexual arousal related to the fantasy of the "woman within" in heterosexual controls and the cross-gendered group. The scale consists of 15 items which measure 3 different factors (i) Core autogynephilia (AUTOC) or sexual arousal to the fantasy of being a woman; (ii) Autogynephilia Interpersonal Fantasy Scale (AUTOINT), sexual fantasies of being admired as a woman by someone else, and (iii) Alloeroticism (AUTOALL), one's sexual attraction versus sexual indifference to others (see Appendix F). Computed reliability (Cronbach's alpha) for each of the subscales was reasonable (Appendix W).

The Cross-Gender Fetishism Scale (F.S). This measure, also developed by Blanchard (1985) was used to determine incidence and degree of fetishistic behaviour in both the control group and the cross-gendered group. Fetishistic activity involves erotic arousal related to putting on women's clothing, jewellery, toiletries or shaving one's legs, etc. Norms for this instrument are based on 99 male patients who attended a gender

dysphoria clinic. In the present case, the reliability of the measure was excellent (see Appendix W). This instrument is self-administered in less than five minutes and consists of 11 multiple choice items that are rated dichotomously as (0) or (1). The total score (11) is the sum of the item scores, with high scores indicative of a more extensive history of fetishistic activity (see Appendix G).

The following five scales were used to assess gender identity, sexual preference, sexual experience and gender disturbance in males (see Appendix H). Validity and reliability data are available for all of these measures (Blanchard, 1991b; Freund, Langevin, Satterberg & Steiner, 1977; Freund, Nagler, Langevin, Zajec & Steiner, 1974). Reliability coefficients for all scales in the present case are shown in Appendix W.

The Feminine Gender Identity Scale. This measure was devised by Freund et al. (1974, 1977) to measure "femininity" in men who exhibit cross-gender conflict. It is meant to compensate for conventional scales used to measure masculinity and femininity. The measure has two parts. The FGIA subscale consists of 19 items designed to assess "femininity" in all males on a continuum with masculinity as the polar opposite. Items in this scale focus on childhood play and fantasy activity typical of male and female roles. The FGIBC subscale also assesses feminine gender identity. However it was designed for use with homosexuals or bisexuals, as well as for men who espouse a cross-gender orientation. Items on this subscale focus on homosexual behaviour and cross-gender activity.

The Androphilia Scale (ANDRO) and The Gynephilia Scale (GYN). These measures, as noted, are derived from Blanchard (1989) and Freund et al. (1974, 1977) respectively. ANDRO measures erotic attraction to mature males and GYN measures erotic attraction to mature females.

The Heterosexual Experience Scale (HET). A measure designed by Freund et al. (1974, 1977) to assess the degree of actual sexual experience with women, compared with sexual interest in women.

The Pure Gender Dysphoria Scale (PGD). This measure taken from Blanchard (1991b) assesses the degree of gender disturbance separate from childhood gender role behaviour or cross-dressing activity.

The Bem Sex Role Inventory (BSRI). This commonly used measure was developed by Bem (1974) to investigate sex role behaviour and its relationship to societal stereotypes of masculine and feminine gender roles. Reliability coefficients are shown in Appendix V. Four different dimensions are theoretically produced, Masculinity, Femininity, Androgyny, and Social Desirability (see Appendix I).

The Traumatic Symptom Checklist (TSC). This relatively new scale was developed by Briere & Runtz (1989) and is conventionally used to assess current distress or impact from a variety of traumas; i.e., emotional, physical or sexual abuse. The instrument was selected for several reasons. Administration of the inventory is simple, brief, and amenable for use in survey questionnaires. As a relatively new instrument it is almost certainly unknown to the cross-gender community who are known to have coached each other to select responses on the MMPI (Bolin, 1988; Feinbloom, 1976;

Green, 1987; Meyer, 1974; Stoller, 1974). Administration of the instrument does not require a test administrator to be present making it appropriate for a mail survey. Norms for the TSC-40 used in this study are based on 528 male university students (Demare & Blanchard, 1994) and 761 distressed professional women (Elliot & Briere, 1992). The inventory yields six dimensions, namely Anxiety, Depression, Dissociation, Post Traumatic Stress, Sleep Disturbance, and Sexual Problems (see Appendix J).

The means and standard deviations for the six subscales based on the male university sample (Elliot & Briere, 1992) are Dissociation (DIS), $M = 3.16$, $SD = 3.08$, Anxiety (ANX), $M = 4.51$, $SD = 3.29$, Depression (DEP), $M = 3.57$, $SD = 3.08$, Post-Traumatic Stress (PTS), $M = 2.80$, $SD = 2.99$, Sexual Problems (SEXP), $M = 4.41$, $SD = 3.80$, and Sleep Disturbance (SLPD), $M = 4.61$, $SD = 3.31$. Reliability coefficients for each subscales in the present case are shown in Appendix T.

The Childhood Memories and Imaginings Scale (ICMI). A 52-item inventory developed by Wilson and Barber (1981) and used to assess ability to fantasize. Lynn and Rhue (1986) have provided psychometric data (see Appendix R for reliability in the present case). Individuals considered "Fantasizers" attain an average score in the range 37-50, "Medium fantasizers" score from 11 to 36, while "Low fantasizers" score 10 or less (See Appendix K).

Procedure

Participants in the control group received the research package directly from the "contact person" who agreed to distribute questionnaires or from the principal investigator.

Participants in the cross-gender group received research questionnaires from the president of the club of which they were a member. Research packages had been mailed directly to the presidents of clubs by the principal investigator. Each research package included a covering letter (Appendix A), an informed consent form (Appendix B), and a debriefing letter (Appendix L) as well as the thirteen questionnaires. Separate covering letters were sent to the control group and to the cross-gendered group in order to address specific issues related to each group. Instructions for each of these measures were outlined in detail. A contact number was provided for participants, if further clarification of these questionnaires was required. A pre-stamped envelope addressed to the principal investigator was also provided for returning the questionnaires.

Table 1

Summary of Questionnaires	
1.	Personal History Questionnaire (Hogan-Finlay, unpublished) Demographics, Childhood & Family Background, etc.
2.	Cross-Gender Lifestyle Inventory (Hogan-Finlay, unpublished) Cross-gender activities and age first initiated.
3.	Reasons for Current Cross-Dressing (Hogan-Finlay, unpublished) Reasons and frequency for current cross-dressing.
4.	Autogynephilia Scale (Blanchard, 1989) Fantasies of being a woman.
5.	Cross-Gender Fetishism Scale (Blanchard, 1985) Current erotic arousal to wear women's clothing, perfume, etc.
6.	Pure Gender Dysphoria Scale (Blanchard, 1993) Level of gender conflict related to early desire to be female.
7.	Feminine Gender Identity Scales (Freund, et al, 1974, 1977) Early feminine behaviours & cross-gender activity.
8.	Androphilia Scale (Freund, et al, 1974, 1977) Sexual interest in mature males by males.
9.	Gynephilia Scale (Freund, et al, 1974, 1977) Sexual interest in mature females by males.
10.	Heterosexual Experience Scale (Freund, et al, 1974, 1977) Level of actual heterosexual experience.
11.	The Bem Sex Role Inventory (Bem, 1974) Femininity, masculinity, androgyny & social desirability.
12.	Traumatic Symptom Checklist (Briere & Runtz, 1989) Depression, anxiety, dissociation, stress, sexual & sleep problems.
13.	Inventory of Childhood Memories and Imaginings (Wilson & Barber, 1981) Past and current imaginative ability.

CHAPTER FOUR

Results

The results will be analyzed in the following manner. First, demographic comparisons of the cross-gender group and the control group will be presented. Second, the hypotheses that the cross-gender lifestyle involves age-related phases will be tested. Hypotheses concerning reasons for current cross-dressing activity will also be examined. Finally, the control group will be compared to the cross-gender men with respect to (i) family background, (ii) psychological functioning, (iii) sexual behaviour and (iv) gender issues. Narrative comments by cross-gendered men are included in discussion of issues.

Demographic Comparisons

Age. The cross-gender men and control respondents were assigned to four age-categories: (i) 18-29 years (ii) 30-45 years (iii) 46-59 years and (iv) 60-75 years. A Chi-Square analysis showed no differences in group distributions (see Table 2). Both cross-gender men and control group members were modally between 30 and 45 years of age.

Religion. Religious affiliation was scored as either Catholic, Protestant, Jewish, Atheist, Orthodox or Eastern (see Table 3). The highest percent of the control group reported being atheist (40.6%), while the highest percent of the cross-gender group were Protestant (40.6%). A Chi-Square test with respect to the two distributions showed a significant difference between the groups, $X^2 (5) = 20.3$, $p < .001$. This difference appears to be due to a higher probability of cross-gender men endorsing more conventional religious affiliations. It is possible that conforming to religious worship, or conforming to gender behaviour and roles may be seen by some individuals as different

forms of restrictive social behaviours. In the process of developing individual preferences relative to society, men in the control group who reject organized religion may be choosing a rebellious behaviour activity that is socially more acceptable. Cross-gender men have less need to reject organized religion as they express their individuality or rebelliousness through cross-gender activities.

Relationship Status. Current relationships were scored in one of seven categories: (1) married, (2) common-law with a woman, (3) common-law with a man, (4) separated, (5) divorced, (6) single, never married or (7) widowed (see Table 4).

No statistically significant differences between the distributions on relationship status was found. Seventy-one percent of the control group were either married, or lived common-law with a woman, compared to 56% of cross-gender group. However, the percentage of controls who were divorced, separated, or never married was only slightly lower (38%) than that for transvestites (42%).

Sexual Orientation. Sexual orientation was classified as either heterosexual, homosexual, bisexual or asexual (see Table 5).

Overwhelmingly, both groups identified themselves as heterosexual. A higher percentage of cross-gender men were bisexual or homosexual (17%). Four percent of the cross-gender group were homosexual, 2% described themselves as asexual.

Chi-Square test showed a significant difference between the distributions, $X^2(3) = 15.6$, $p < .001$. This difference was expected as men in the control group were selected based on their self-descriptions as "heterosexual", whereas sexual orientation was not included as a criterion for members of the cross-gender groups.

Family Structure During Childhood. The distributions did not differ between the groups (Chi-Square). Most men in the control group (84%) and in the cross-gender sample (87.1%) reported living with both parents during their childhood, though a higher percent of controls (16%) lived with only one parent compared to transvestites (13%) who lived with one of their parents, or had other living arrangements such as with relatives, or in a foster home (see Table 6).

Socio-Economic Status. The variables included to compare cross-gender men with the control group with respect to socio-economic status were education, occupation, salary, and employment status.

Education was scored according to five different levels; some school, high school diploma, some college or university, college diploma, baccalaureate degree (B.A.), masters degree (M.A.), or doctoral degree (see Table 7).

Both groups would be considered highly educated. However the control group reported achieving higher levels of education compared with the transvestite group. Sixty-five percent of the control group had a minimum of a college diploma or university education, compared to 49% of the cross-gender group who had attained this level of education or higher. A Chi-Square test, $X^2 (6) = 22.6$, $p < .000$, indicated a difference between the distributions. One possibility is that for some the pursuit of their cross-gender lifestyle may have taken precedence over educational pursuits for some of the cross-gendered men. For example, the men who strive for permanent changes to live as a woman are confronted with financial and social burdens that would conceivably interfere with achievement of higher education.

Occupational status was categorized as blue collar, white collar, professional or student (see Table 8).

The highest percent (44 %) of the control group held professional jobs, while the highest percent (36 %) of cross-gender men held blue collar jobs. White collar jobs were the same for both groups (26%). A Chi Square test, $X^2 (3) = 20.7$, $p < .000$, showed a statistically significant difference in the distributions. Perhaps the fact that a higher percentage of cross-gendered men in this study were less well educated than the control group can account for their lower occupational status. Another factor to consider is that having a blue collar job, or self-employment may allow cross-gender men greater flexibility to enjoy their lifestyle without the restrictions which may be inherent in professional positions, e.g., rigid work hours, observant supervisors, conservative dress codes and so on.

Salary was scored in one of four different categories: (1). \$0-\$12,000, (2). \$12-\$25,000, (3). \$25-\$50,000 and (4). \$50,000 + (see Table 9). A higher percentage of the control group (46.5%) earned within the highest salary range of \$50,000 or more, compared to only 24.8%, of cross-gender men. As well more controls were in the lowest salary range (10%), compared to cross-gender men (2%).

A Chi-Square test, $X^2 (3) = 14.6$, $p < .002$, showed a statistically significant difference between the two distributions. It is important to note that a higher percent (23%) of men in the cross-gender group did not respond to this question compared to (10%) of the control group. This lower response rate may simply indicate that these men were more sensitive about reporting their salary level. However, a lower salary level

found in the cross-gender group might also be expected as their educational levels tended to be lower than that of the control group.

Employment status was classified as either employed, unemployed, or retired (see Table 10). Both groups reported high levels of employment, with 89% of controls, and 80% of cross-gender men employed. Current unemployment rates were about twice as high for the cross-gender group. A Chi-Square test, however, showed no significant difference between the two distributions.

Summary of Demographic Comparisons

Cross-gendered men and men in the control group were similar in age, and had experienced a similar family structure during childhood. More than 80% of both groups had lived at home with both parents during their childhood. Relationship status was also not significantly associated with the cross-gender lifestyle although more cross-gender men remained single compared with controls. Cross-gender men were more likely to be affiliated with a conventional religious denomination compared with controls. Further investigation is required in order to determine whether a relationship exists between religious affiliation and the cross-gender lifestyle.

Both groups were on average highly educated, compared to the population, although controls tended to be more highly educated, and perhaps in consequence to enjoy higher salaries and higher occupational positions. Again, the relationship between social class and the cross-gender lifestyle would warrant further investigation.

Table 2

Percentage of Each Group in Each Age Category		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
18-29 years	14.0	12.3
30-45 years	62.3	55.7
46-59 years	25.0	25.0
60- 75 years	4.0	4.0

Table 3

Percentage of Each Group in Each Category of Religious Affiliation		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
Roman Catholic	23.8	15.8
Protestant	17.8	40.6
Jewish	3.0	1.0
Atheist	40.6	18.8
Orthodox	1.0	0.0
Eastern	2.0	1.0
No Response	11.2	22.8
Total	100.0	100.0

Table 4

Percentage of Each Group in Each Category of Relationship		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
Married	62.4	45.5
Common-law with woman	8.9	10.9
Common-law with man	1.0	1.0
Separated	4.0	6.9
Divorced	5.9	8.9
Single, never married	17.8	25.7
Widower	00.0	1.0
Total	100.0	100.0

Table 5

Percentage of Each Group in Each Sexual Orientation Category		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
Heterosexual	98.0	81.2
Homosexual	00.0	4.0
Bisexual	2.0	12.9
Asexual	00.0	2.0
Total	100.0	100.0

Table 6

Percentage of Each Group in Each Category of Childhood Living Arrangement		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
Lived with Both Parents	84.0	87.1
*Other Arrangements	16.0	13.0

* "Other Arrangements" refers to having lived with one parent, relatives, or in a foster home.

Table 7

Percentage of Each Group Educated at Various Levels		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
Some School	2.0	12.9
High School Diploma	17.8	22.8
Some College/University	15.8	15.8
College Diploma	10.9	17.8
B.A.	29.7	19.8
M.A.	10.9	9.9
Ph.D.	12.9	1.0
Total	100.0	100.0

Table 8

Percentage of Each Group in Each Occupational Category		
	<u>Control Group</u>	<u>Cross-gender Group</u>
Blue Collar	12.9	35.6
White Collar	25.7	25.7
Professional	43.6	25.7
Student	9.9	2.0
No Response	7.9	10.9
Total	100.0	100.0

Table 9

Percentage of Each group at Salary Levels between \$0 to \$50,000 +.		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
\$0 - \$12,000	9.9	2.0
\$12 - \$25,000	5.9	8.9
\$25 - \$50,000	26.7	40.6
\$50,000 +	46.5	24.8
No Response	10.9	23.8
Total	100.0	100.0

Table 10

Percentage of Each Group at Different Levels of Employment Status		
	<u>Control Group</u>	<u>Cross-Gender Group</u>
Unemployed	6.9	12.9
Employed	85.1	80.2
Retired	2.0	5.9
No Response	2.0	1.0
Total	100.0	100.0

Development of a Cross-Gender Lifestyle

It was hypothesized that cross-gendered men move through distinct, age-related phases during the development of a cross-gender lifestyle: 1. Fetishism and cross-dressing, 2. Fantasies of the "woman within", with or without sexual arousal, 3. Public expression of female identity, with increased fantasy life, and 4. Permanent steps toward feminization and full-time life as a woman.

A first step in testing this hypothesis was based on responses to the Cross-Gender Lifestyle Inventory (See Appendix D) where respondents were asked to report whether they engaged in specific behaviours and/or fantasies related to cross-gender activities, and at what age they first initiated those activities (Reliability coefficients for this inventory are shown in Appendix M). The age at which activities first occurred was used to determine if specific cross-gender activities occur in specific age-related phases.

Analysis. The next step in the analysis involved data reduction of the 16-item Cross-Gender Lifestyle Inventory through principal components analysis (varimax rotation). Four factors emerged which respectively accounted for 29.7%, 15.9%, 8.6%, and 7.4% of the variance (see Table 11). Items that loaded above .45 were used to calculate factor scores to represent four new variables. Each of these variables represents a phase of the cross-gender lifestyle. Phase I (Private Cross-Gender Identity) included cross-dressing, fetishism, and fantasies of being a woman. Phase II (Fantasies of a Female Body and Bodily Functions) involved such specific fantasies as pregnancy or menstruating. Phase III (Public Cross-Gender Identity) includes activities such as having electrolysis, passing in public as a woman, using a "femme name", socializing with other

cross-dressers, and Phase IV-Permanent Cross-Gender Identity encompasses activities such as taking hormones, surgical intervention, or living as a woman (see Table 11).

Classification of Transsexuals and Transvestites

In order to test whether cross-gender men proceeded through phases of the cross-gender lifestyle in an age-related sequence, the members of the sample were first grouped according to the phases through which they have progressed. Criteria for inclusion in each phase required endorsement of at least one activity in the phase. The mean age(s) and standard deviations at which these men proceeded through these phases of the cross-gender lifestyle are shown in Table 12.

Men who proceeded through all four phases will be referred to as Group 1 (n=27) and were considered transsexuals, in that they have taken steps toward sex re-assignment or currently live as a woman. Men who proceeded to Phase III will be considered transvestites as they engage in cross-gender activities both in private and public without taking steps (hormones, sex re-assignment) to live permanently as a woman. The 51 men who in this group will be referred to as Group 2 and the 13 who proceeded to Phase III without reporting any activities typical of Phase II (anatomical fantasies of being a woman) will be referred to as Group 3.

The hypothesis that cross-gendered men proceed through distinct phases of the cross-gender lifestyle tended to be supported for these three groups. Phase I occurred for all groups during the late teenage years and early twenties. Phase II tended to occur during the early twenties, and Phases III and IV during the mid to late thirties.

Table 11

Factor Analysis of Cross-Gender Lifestyle Inventory: Age of First Occurrence of Behaviours and Fantasies			
<u>Factor 1</u>	<u>Factor 2</u>	<u>Factor 3</u>	<u>Factor 4</u>
CDL4B .84	CDL9B .79	CDL13B .84	CDL3B .79
CDL1B .80	CDL2B .77	CDL12B .82	CDL10B .60
CDL11B .76	CDL6B .67	CDL8B .73	CDL15B .60
CDL5B .59	CDL16B .61	CDL14B .46	
CDL7B .54			

Variable LabelsPhase I**Factor 1: Private Cross-Gender Lifestyle**

- CDL1B = Fantasy of "woman within", while cross-dressed
 CDL4B = Erotic arousal or touching women's clothing while cross-dressing
 CDL5B = Cross-dress for reasons other than sexual arousal
 CDL7B = Fantasy of "woman within", when not cross-dressed
 CDL11B = Sexually aroused by fantasies of being a woman.

Phase II**Factor 4: Fantasies of having Female breasts and Bodily Functions**

- CDL3B = Fantasy of being pregnant
 CDL10B = Fantasy of menstruating
 CDL15B = Fantasy of having female breasts

Phase III**Factor 2: Public Cross-Gender Lifestyle**

- CDL2B = Socialize with other men who cross-dress
 CDL6B = Pass in public as a woman
 CDL9B = Use "femme name"
 CDL16B = Electrolysis to remove beard

Phase IV**Factor 3: Permanent Cross-Gender Lifestyle**

- CDL8B = Live full-time as woman
 CDL12B = Took female hormones
 CDL13B = Took steps for sex re-assignment
 CDL14B = Live part-time as woman

Table 12

Mean Age (and Standard Deviation) Associated with Each Phase for Each Cross-Gender Group (Group 1, Group 2 and Group 3).		
	<u>MEAN AGE</u>	<u>SD</u>
<u>Group 1. Transsexuals (n=27)</u>		
Phase I	18.5	11.1
Phase II	24.2	12.3
Phase III	36.8	10.3
Phase IV	38.1	7.6
<u>Group 2. Transvestites (n=51)</u>		
Phase I	17.2	7.3
Phase II	20.2	10.1
Phase III	35.0	9.2
<u>Group 3. Transvestites (n=13)</u>		
Phase I	20.5	9.5
Phase III	38.1	9.5

Phase I: Private Cross-Gender Lifestyle
 Phase II: Fantasies of self with female anatomy and body functions
 Phase III: Public Cross-Gender Lifestyle
 Phase IV: Permanent Cross-Gender Lifestyle.

Age-Related Sequence of Phases of the Cross-Gender Lifestyle

On average men in all three groups were found to proceed through each phase in an age-related sequence. In order to determine the percent of transsexuals and transvestites who actually move through each phase based on an age-related sequence, the mean age at which activities defining the phase were first initiated was calculated for each member of the cross-gender group. The hypothesis that progression through the cross-gender lifestyle occurs in an age-related sequence was supported by more than seventy percent of the participants in this study.

Seventy-four percent of the transsexual men in Group 1 moved through all four phases of the cross-gender lifestyle with increasing age, and seventy-one percent of transvestite men in Group 2 moved in sequence through three phases with increasing age (see Appendix N for mean ages for each phase). Twenty-three percent of transvestites in this study did not proceed through phases in a sequential order, or with increasing age. All transvestites in Group 3 (n=13) reported that activities typical of Phase I occurred for them at an earlier age than activities in Phase III. However, this group reported no Phase II behaviours or fantasies and therefore did not move through each phase in an invariant age-related sequence.

A further ten transvestites were not classified into groups, nor included in this analysis as numbers within each category were too small. Four transvestites proceeded through Phases I and II only. As these men are currently between 25 to 27 years, it is possible that they may continue to move through other phases of the cross-gender lifestyle. Three transvestites who remained at Phase I, (fetishism and private cross

dressing), are currently older (between 30 and 50 years), and appear similar to Benjamin's (1967) Fetishistic Transvestites who typically are satisfied to remain at this level. These seven transvestites could be referred to as "in the closet" as they did not engage in any activities that involved public expression of their cross-gender lifestyle. The remaining three participants proceeded through Phases I, III and IV, but did not report behaviours or fantasies typical of Phase II. Only one of these men moved through the phases with increased age. These men are also currently older (between 43 and 48 years), and are similar to transsexuals in Group 1 in this study, as they have taken steps to live permanently as a woman, but do not have anatomical fantasies of being a woman.

Based on these results it would appear that while the majority of transsexuals and transvestites in this study moved through the phases of the cross-gender lifestyle in a sequential age-related order, at least a third of these men did not proceed through these phases as predicted. Further investigation with a larger sample is necessary to determine if phases of the cross-gender lifestyle that are age-related are a valid measure for classifying transvestites into groups and predicting the course of their lifestyle.

Men in the Control Group who engaged in Cross-Gender Activities

Seventeen percent of men in the control group reported engaging in some of the activities characteristic of a cross-gender lifestyle. Nine ($n=9$) were fetishistic, only two ($n=2$) cross-dressed as part of the theatre and at halloween, six ($n=6$) had fantasies of having female breasts, imagined themselves being pregnant or were fetishistic.

Comparison of Transsexuals and Transvestites According to Frequency of Cross-Gender Activities

Researchers (Benjamin, 1966; Blanchard, 1991; Buhrich & McConaghy, 1977a; Docter, 1988; Person & Ovesey, 1974; Wise & Meyer, 1980) have classified transsexuals and transvestites according to the extent or degree that specific cross-gender activities are reported to occur. Transsexuals are believed to be less fetishistic, but to have more fantasies of being a woman than transvestites. The specific cross-gender activities reported by men considered transsexual and those men classified as transvestites in this study are therefore presented. Comparison of results of this investigation with other research is provided in the Discussion section.

Cross-Gender Activities in Phase I. This phase focuses on private fetishistic activities and fantasies of the "woman within". Transsexuals in Group 1, and transvestites in Groups 2 and 3 reported that these activities occurred for the first time during the teenage years which was similar for all groups (see Appendix O).

While the members of all three cross-gendered groups might be regarded as having been fetishistic at some time, transvestites in Groups 2 and 3 almost always reported fetishism (98% and 100% respectively). A minority (26%) of the transsexuals in Group 1 failed to report fetishistic activity. All three groups reported having fantasies of the woman within while cross-dressed or not, and being sexually aroused by these fantasies. Transsexuals in Group 1 (n=25) reported the highest frequency of all types of fantasies of the woman within, and were sexually aroused by these fantasies (55%), whether they were cross-dressed (88%) or not cross-dressed (96%).

Transvestites in Group 2 (n=47) had fantasies of the woman within when they were cross-dressed (88%), with fewer having these fantasies when they were not cross-dressed (66%). Seventy-five percent of the members of this group were sexually aroused by their fantasies.

Transvestites in Group 3 (n=13) were likely to have fantasies of the woman within while cross-dressed (77%), though only about half of this group had these fantasies when they were not cross-dressed, or reported being sexually aroused by these fantasies.

Cross-Gender Activities in Phase II. Phase II encompasses having fantasies of the female anatomy and female bodily functions (having breasts, pregnancy, and menstruating). Almost all transsexuals in both Group 1 (96%) and transvestites in Group 2 (99%) had fantasies of having female breasts. Half of the transsexuals in Group 1 had fantasies of pregnancy (52%) and menstruating (56%), compared to a third of transvestites in Group 2.

Cross-Gender Activities in Phase III. Phase III represents activities related to a public transvestite lifestyle, including socializing with other men who cross-dress, using a "femme name", passing in public while cross-dressed and having electrolysis. On average, these activities first occurred during the thirties and early forties for all three groups.

Transsexuals in Group 1 (96%), and transvestites in Group 2 (88%), and Group 3 (85%) socialized with other men who cross-dress. Using a femme name was also highly endorsed by all groups; Group 1 (100%), Group 2 (95%) and Group 3 (92%).

Transsexuals in Group 1 reported the highest percent who passed in public as a woman (93%), with transvestites in Group 2 (75%) and Group 3 (69%) reporting fewer who passed in public as a woman. Only Group 1 transsexuals (49%) and Group 2 transvestites (10%) reported having had electrolysis for hair removal.

Cross-Gender Activities in Phase IV. By definition, only members of Group 1 endorsed any of the items in Phase IV which includes activities related to acquiring a permanent lifestyle as a woman. These activities first occurred during the mid-thirties and early forties for this group. Ninety-three percent (92.5%) lived part-time as a woman, forty percent (48%) lived full-time as a woman, fifty-two percent (51.8%) took female hormones and thirty-eight percent (37.9) sought some type of sex-reassignment.

Summary of the Cross-Gender Lifestyle

The hypothesis that the cross-gender lifestyle proceeds through sequential phases was supported by seventy-eight percent of the men in this study who proceeded through either the four phases, or through three phases of the proposed cross-gender lifestyle. Phase I occurred for all groups during the late teen years and early twenties. Phase II occurred during the early twenties, at a similar time for transsexuals in Group 1 and transvestites in Group 2, and Phases III and IV occurred during the same age period for all three groups, the mid to late thirties. However, twenty-two percent of transvestites in this study either remained at the first or second phase of the cross-gender lifespan, or tended to reach a later phase, having skipped an earlier phase in the proposed sequence. Support was also found for the hypothesis that movement through phases of the cross-

gender lifestyle increases with age. Seventy-four percent of the men in Group 1, and 71% of the men in Group 2 moved through these phases with increased age.

Differences were also found between transsexuals and the two transvestite groups on the frequency at which specific cross-gender activities within each phase were reported.

Current Reasons for Cross-Dressing

Reasons to cross-dress are thought to change over the life-span of a cross-gender career (Docter, 1988). The Cross-Gender Lifestyle Inventory presented earlier assessed, retrospectively, behaviour typical of the cross-gender lifestyle that included whether cross-dressing had occurred and the age at which cross-dressing was initiated. The Reasons for Cross-Dressing Inventory assessed the current reason given for cross-dressing (see Appendix E). Participants were asked to respond to 26 different statements about their "current" reason(s) for cross-dressing. These statements probed areas such as cross-dressing for sexual arousal, to relieve a compulsion to cross-dress, for a sense of fun or well-being, or release of the female persona, etc. Due to the large number of items in this inventory (26 items), this inventory was submitted to principal components analysis, with varimax rotation, in order to reduce the number of variables.

Analysis. Five factors emerged based on the principal components analysis which accounted for 26.7%, 16.4%, 7.8%, 6.2%, and 5.3% of the variance respectively. Table 13 provides information on items and loadings for each factor.

Factor scores were computed to represent five new variables. These variables represented the five different reasons for cross-dressing activity produced through factor

analysis. Variable 1 may be thought of as Cross-dressing for the Freedom of Feeling Like a Woman. Variable 2 refers to Sexual Enjoyment. Variable 3 represents Expression of the Female Persona, Variable 4 refers to Relief from a Conflicted or Double Life, and Variable 5 represents Cross-Dressing as Relief from Trauma. Cronbach's alpha computed for new variables indicated a reasonable level of reliability in each case (see Appendix P).

A MANOVA and a Discriminant Function Analysis were performed with the transsexual group and two transvestite groups on these five variables. The means and standard deviations for each of these five variables are shown in Table 14. Univariate statistics are presented in Appendix Q, and results of the Discriminant Function Analysis are presented in Table 15.

The multivariate effect for reasons for current cross-dressing between groups was significant, $F(10)=3.53$, $p < .000$. The Discriminant Function Analysis produced one significant function, $X^2(10)=34.78$, $p < .000$. This function correlates positively with cross-dressing for pleasure and emotional freedom with expression of the female side and negatively with cross-dressing for sexual enjoyment. Interpretation of the Group Centroids indicate that transsexuals in Group 1 scored approximately one standard deviation above the mean, and transvestites in Groups 2 and 3 scored about one standard deviation below the mean. These results suggest that the primary reason given by Group 1 for current cross-dressing was likely to be emotional expression related to feeling like a woman; e.g., increased self-confidence, fun, feeling free and less inhibited, rather than

sexual excitement. Groups 2 and 3 were more likely to cross-dress for sexual enjoyment, as well as for emotional pleasure and the freedom of feeling like a woman.

Summary of Reasons for Cross-Dressing

Cross-dressing for the freedom of feeling like a woman, as well as for sexual pleasure were the main variables found to predict group differences. Currently transsexuals in Group 1 were most likely to cross-dress for enjoyment of the freedom of feeling like a woman, while transvestites in Groups 2 and 3 currently cross-dress for sexual enjoyment, as well as enjoying the freedom related to feeling like a woman. Interestingly such reasons for cross-dressing as relief from a conflicted lifestyle, to overcome trauma, or relief from their male side did not predict group differences.

Comparison of Transsexuals, Transvestites and Heterosexual Controls

The heterosexual control group were compared to the three subgroups of transvestites on Childhood and Family Background, Psychological Functioning and Erotic Preference and Gender Issues.

Separate Multivariate Analyses of Variance (MANOVA) and Discriminant Function Analyses were performed for each set of variables.

Childhood and Family Background. Eleven variables were included to compare transsexuals, transvestites and controls on their family backgrounds: Happiness/Unhappiness; Father/Son relations; Mother/Son relations; Parents relations with each other; Considered a Sissy; Dressed as a girl; Parents Wish for a girl; Childhood Memories and Imaginings; and Familial Abuse (Physical, Sexual, Emotional). Reliabilities for these scales are shown in Appendix R.

Analysis. MANOVA indicated a significant multivariate effect, $F(3,33)=4.91$, $p < .000$ (Means and standard deviations are shown in Table 16). Results of the Discriminant Function Analysis are presented in Table 17. The univariate statistics are presented in Appendix S.

A discriminant function analysis was performed, with respect to the four groups and eleven variables (Table 17). This analysis produced one significant function strongly associated only with being dressed as a girl during childhood.

Group centroids indicated that Group 1, (Transsexuals), scored 1.78 standard deviation above the mean of the function and the control group scored, 1.09 standard deviations below the mean. Transvestites in Groups 2 and 3 scored about one standard deviation above the mean at .95 and .92, respectively.

These results suggest that men in Group 1 who take steps to live permanently as woman, report that they 'had been dressed as a girl, or dressed themselves in female clothes during their childhood. Transvestites in Groups 2 and 3 were less likely to report having had these experiences, and men in the control group were unlikely to report such experiences at all.

These results contradict theoretical positions (Ovesey & Person, 1976; Stoller, 1969) that suggest cross-gender behaviour is likely influenced by parent-child relations during childhood, the parents' marital relationship, familial abuse, being considered a sissy, belief that parents wished for a girl when they were born, or childhood happiness.

Table 13

Principal Components Analysis for Current Reasons for Cross-Dressing Inventory			
Factor 1		Factor 2	
Self Confidant	.79	Sexual excitement	.85
Femme name	.76	Masturbation	.81
Free	.76	Erotic fantasies	.79
Female Side	.75	Socialize with Men	.72
Fun	.70	Cross-dress for sex	.72
Compulsion	.67	Feel invigorated	.71
Less inhibited	.65		
Open, no fear	.45		
Factor 3		Factor 4	
Express different	.88	Relieve conflict	.79
Act different as woman	.87	Relieve male/female side	.78
Express "femme" personality	.75	Relieve anxiety being caught	.63
Factor 5			
Relief from childhood trauma	.79		
Overcome childhood trauma	.77		

Note: Only loadings above .45 included in factors

- Factor 1: Expression of freedom of feeling like a woman
 Factor 2: Expression of sexual excitement and erotic fantasies
 Factor 3: Expression of female personality
 Factor 4: Expression of conflict related to cross-gender lifestyle
 Factor 5: Relief from childhood trauma

Table 14

Current Reasons for Cross-Dressing: Means and Standard Deviations (S.D)

REAI

	<u>MEAN</u>	<u>S.D</u>	<u>n</u>
Group 1	4.33	0.5	27
Group 2	3.71	0.7	51
Group 3	3.61	1.1	13

REAI

	<u>MEAN</u>	<u>SD</u>	<u>n</u>
Group 1	2.49	1.1	27
Group 2	3.33	1.0	51
Group 3	3.29	0.1	13

REAI

	<u>MEAN</u>	<u>SD</u>	<u>n</u>
Group 1	3.46	1.5	27
Group 2	2.97	1.1	51
Group 3	2.80	1.3	13

REAI

	<u>MEAN</u>	<u>SD</u>	<u>n</u>
Group 1	2.42	1.2	27
Group 2	2.62	1.1	51
Group 3	2.43	1.1	13

REAI

	<u>MEAN</u>	<u>SD</u>	<u>n</u>
Group 1	1.17	0.5	27
Group 2	1.50	0.8	51
Group 3	1.15	0.3	13

REAI:	Expression of freedom of feeling like a woman
REAI:	Expression of sexual excitement and erotic fantasies
REAI:	Expression of female personality
RFAIV:	Expression of conflict related to cross-gender lifestyle
REAV:	Relief from childhood trauma

Note: (Theoretical Range from 1 "not at all" to 5 "all the time").

Table 15

**Results of Discriminant Function Analysis on Variables:
Current Reasons for Cross-Dressing**

<u>PREDICTOR VARIABLE</u>	<u>CORRELATION OF PREDICTOR WITH DISCRIMINANT FUNCTION</u>
	<u>FUNCTION 1</u>
REAI	.63
REAI	-.59
REAI	.29
REAI	-.27
REAV	-.10
* Discriminant structure coefficients considered meaningful if $> .45$	

Group Centroids

Group 1	1.00
Group 2	-0.42
Group 3	-0.43

Group Classification

	<u>Percent Correctly Classified</u>
Group 1	67%
Group 2	40%
Group 3	54%
Overall Classification	50%
Percent Variance	92%
Canonical R	.55
Eigenvalue	.44

REAI:	Expression of freedom of feeling like a woman
REAI:	Expression of sexual excitement and erotic fantasies
REAI:	Expression of female personality
REAI:	Expression of conflict related to cross-gender lifestyle
REAV:	Relief from childhood trauma

Table 16

Childhood and Family Background Variables: Means and Standard Deviations					
Variables		Group 1	Group 2	Group 3	Control Group
Father/Son	M	38.5	38.4	40.5	34.3
	SD	12.7	12.7	14.0	11.8
Minimum score = 10, Maximum score = 70					
Mother/Son	M	27.0	28.5	32.7	27.3
	SD	11.9	11.1	13.1	9.3
Minimum score = 10, Maximum score = 70					
Parents Relationship	M	33.1	31.6	37.1	32.0
	SD	10.7	10.6	10.7	10.8
Minimum score = 10, Maximum score = 70					
Happy/Unhappy	M	3.1	3.4	3.1	3.6
	SD	1.0	1.2	0.6	1.0
Minimum score = 1, Maximum score = 5					
Sissy	M	12.7	9.8	8.9	7.2
	SD	6.1	5.5	4.8	4.4
Minimum score = 4, Maximum score = 28					
Dressed as girl	M	15.6	13.4	13.1	7.2
	SD	4.2	3.9	4.3	1.9
Minimum score = 6, Maximum score = 42					
Imagination	M	21.6	20.1	17.2	18.5
	SD	8.3	7.6	6.3	9.1
Minimum score = 0, Maximum score = 52					

Table 16 (continued)

Variables		Group 1	Group 2	Group 3	Control Group
Wish for girl	M	0.4	0.21	0.30	0.05
	SD	0.5	0.41	0.48	0.22

Minimum score = 0, Maximum score = 1.

Abuse:					
Physical	M	1.9	2.1	2.4	1.9
	SD	1.3	1.5	1.5	1.4
Sexual	M	1.1	1.1	1.4	1.1
	SD	0.2	0.5	1.3	0.6
Emotional	M	3.2	2.6	4.4	2.3
	SD	2.2	2.1	2.1	1.7

Abuse scales: Minimum score = 1, Maximum score = 7.

Table 17

**Results of Discriminant Function Analysis on Variables:
Childhood and Family Background**

<u>PREDICTOR VARIABLE</u>	<u>CORRELATION OF PREDICTOR WITH DISCRIMINANT FUNCTION</u>
	<u>FUNCTION 1</u>
GIRL	.93
RQ14	.31
SIS	.30
RQ13C	.15
FREL	.14
ICMI	.09
MREL	.04
MFREL	.03
RQ13A	.01
RQ13B	-.01
RQ7	-.16

* Discriminant structure coefficients considered meaningful if $> .45$

Canonical R	.76
Eigenvalue	1.41

Group Centroids

	<u>FUNCTION 1</u>
Group 1	1.778
Group 2	0.951
Group 3	0.926
Controls	-1.096

Group Classification

	<u>Percent Correctly Classified</u>
Group 1	58.0%
Group 2	40.4%
Group 3	46.2%
Controls	96.0%
Overall Classification	72.2%

Variable Labels

GIRL (Dressed as girl during childhood), RQ14 (Wish to be a girl), SIS (Considered Sissy), RQ13C (Emotional Abuse), FREL (Father/Son Relationship), ICMI (Childhood Memories and Imaginings), MREL (Mother/Son Relationship), MFREL (Mother/Father Relationship with each other), RQ13A (Physical Abuse), RQ13B (Sexual Abuse), RQ7 (Childhood Happiness).

Psychological Functioning. The Traumatic Symptom Checklist (Briere and Runtz, 1989) was used to assess current psychological functioning. This measure consists of six subscales; Depression (DEP), Dissociation (DIS), Anxiety (ANX), Sexual Abuse Trauma Index (SATI), Sexual Problems (SEXP), and Sleep Disturbance (SLPD). Norms for these subscales are based on male (N=528) and female (N=651) university students (Demare & Briere, 1994), professional women with no history of abuse (N=2,072), and professional women (N=761) with histories of having been abused either physically, emotionally or sexually (Elliot & Briere, 1992). As norms on this instrument for older adult males from all socio-economic strata are yet to be amassed and it is primarily used for research purposes, results with participants in this investigation are therefore considered in the manner suggested by the authors of this instrument that results should not be considered as a 'litmus test' for a history of trauma (Briere & Runtz, 1989). In this study it is seen as a measure of current level of distress.

Means and standard deviations for the six scales are presented in Tables 18. Reliability coefficients for these subscales are presented in Appendix T.

Analysis. A MANOVA with four groups and six dependent variables was conducted. The multivariate effect for psychological functioning was significant, $F(18)=2.69, p < .000$. Univariate tests are presented in Appendix U.

A Discriminant Function analysis produced two significant functions. Function 1, $X^2(18)=47.21, p < .0002$, and Function 2, $X^2(10)=24.9, p < .0055$. Function 1 correlated highly with variables that measure psychological distress; Anxiety (.77), Depression (.77), Sleep Disturbance (.70) and Sexual Abuse Trauma Index (.49).

Function 2 correlated highly with two variables, Sexual Problems (.90) and Dissociation (.46) (see Table 19). Group centroids for Function 1 indicate that Group 1 scored 0.8 standard deviations above the mean, Group 2 scored 0.4 standard deviations below the mean, with Group 3 and the controls scoring at about the mean. These results indicate that general psychological distress was not marked for transvestites in Group 2 or 3, nor for the control group members, while transsexuals in Group 1, reported higher levels of psychological disturbance. Although transsexuals scored similar to distressed individuals (Elliot & Briere, 1992), it is important to note that while there are group differences on psychological functioning, transvestites in Groups 2 and 3 and members of the control group scored within a normal range. Whereas scores on depression, anxiety and problems sleeping for transsexuals in Group 1 were similar to scores reported by women who had a history of trauma.

Group centroids for Function 2 which may be taken to measure sexual problems and dissociation suggest that transsexuals and both of the transvestite groups were more likely to report more sexual problems combined with a tendency to dissociate (space out, feel unreal, etc) compared with the control group. Again this level of disturbance on these subscales was within the normal range for all groups.

Gender Issues and Erotic Behaviour. Eleven different measures were administered to assess gender identity, gender roles, sexual fantasies, and sexual behaviour in transsexuals, both transvestite groups and the control group. Gender Identity issues were assessed with the Gender Dysphoria scale (PGD), and the Feminine Gender Identity scales, one focused on retrospective reports of childhood identity

(FGIA), and the other on cross-gender activities and homosexuality (FGIBC). Gender roles were assessed from the Bem Sex Role Inventory. Androgyny (ANDROG) levels were calculated from difference scores on the femininity (FEM) and masculinity (MASC) subscales (Reliabilities on these subscales are shown in Appendix V). Erotic preference, sexual fantasies and behaviour were assessed by the Heterosexual Experience subscale (HET) that measures level of actual sexual experience, Androphilia subscale (ANDRO) measures homosexual preference, Gynephilia subscale (GYN) assesses heterosexual preference, Fetishism subscale (FS) measures sexual arousal to female attire, and three different Autogynephilia subscales measure fantasies of being a woman and erotic arousal to these fantasies. (AUTOC), (AUTOINT) and (AUTOALL) (see Appendix W for reliability coefficients on these scales).

Analysis. A MANOVA with four groups and eleven dependent variables was conducted. The multivariate effect for gender issues and erotic preference was significant, $F(33)=16.20$, $p < .000$. Univariate tests are presented in Appendix X. Means and standard deviations are presented in Tables 20.

A Discriminant Function analysis was conducted in order to determine whether groups could be predicted from these eleven variables measuring gender issues, erotic preference, sexual fantasies and sexual behaviour (see Table 21).

A discriminant function analysis (see Table 20) produced two significant functions. Function 1. $X^2(33)=581.93$, $p < .000$, and Function 2, $X^2(20)=128.25$, $p < .000$. The first function correlated highly with three variables that measure gender disturbance related to feminine identity.

Group centroids indicate that transsexuals in Groups 1 and transvestites in Group 2 scored well above the mean on this function, while transvestites in Group 3 scored slightly above the mean, and the control group tended to score well below the mean. These results indicate that men in Group 1 (Transsexuals) and men in Group 2 (Transvestites) have the highest feminine gender identity and are more gender disturbed compared with transvestites in Group 3 who reported being the least gendered disturbed and identified least as a female compared with the other groups. The control group, as anticipated, did not report being gender disturbed or identify as females.

Function 2 represents heterosexual fetishism, sexual attraction both to females and sexual arousal to wearing female attire (fetishism), and correlates negatively with having a feminine gender identity. Group centroids indicate that transsexuals in Group 1 scored 1.7 standard deviations below the mean, while transvestites in both Groups 2 and 3 scored above the mean, (.90) and (.08), respectively. The control group scored slightly below the mean (-0.03).

These results indicate that groups were predicted based on their level of heterosexual attraction and fetishistic tendencies. Group 1, (Transsexuals) reported the least heterosexual attraction or fetishistic behaviour, and identified most as a woman compared with either of the other transvestites or controls. Transvestites in Group 2 were the most fetishistic compared to all other groups. Attraction to women as sexual partners was similar for transvestites in Groups 2 and 3, and the control group.

Correlations between Phases of the Cross-Gender Lifestyle and Scales: Gender Identity, Dysphoria, Fetishism, Autogynephilia

Correlations were computed between phases of the cross-gender lifestyle and scales that measure feminine gender identity, fetishism, gender dysphoria, sexual arousal to images of oneself as a woman, sexual arousal picturing oneself being admired by another and preference for having a sexual partner. Only the Groups 1 and 2 were included as members of Group 3 did not engage in activities in Phases II or IV of the Cross-Gender Lifestyle (see Appendices Y and Z).

Transsexuals. For members of the transsexual group, the first phase of this lifestyle was positively correlated with fetishism ($FS = .65$) and sexual arousal to images of oneself as a woman ($AUTOC = .67$) and negatively correlated with having a feminine gender identity ($FGIA = -.36$, $FGIBC = -.20$) or Gender Dysphoria ($PGD = -.45$). Although as these men moved through to Phase IV these relationships were seen to be reversed. Taking steps toward sexual re-assignment and living as a woman (Phase IV) was negatively correlated with sexual arousal to female clothing or images of oneself as a woman ($FS = -.56$; $AUTOC = -.66$) and positively correlated with gender dysphoria and a feminine gender identity ($PGD = .53$; $FGIA = .47$; $FGIBC = .43$). Having fantasies of being pregnant or menstruating (Phase II activities) were also positively correlated with gender dysphoria (.43) and feminine gender identity ($FGIA = .38$; $FGIBC = .46$) for transsexuals.

Transvestites. For members of the transvestite group the first phase of the cross gender lifestyle was also positively correlated with being fetishistic ($FS = .45$) and being sexually aroused by oneself as a woman ($AUTOC = .54$). Whereas having a feminine

gender identity (FGIA = .07; FGIBC = .21) or gender dysphoria (.14) was not related to early cross-gender activity or later phases of this lifestyle (FGIA = .04; FGIBC = .24; PGD = .19).

These results indicate that gender disturbance and feminine gender identity appear to increase across the lifestyle for transsexuals but not for transvestites.

Summary of Comparisons between Transsexuals, Transvestites and Controls

Transsexuals, transvestites and controls were compared on measures that assessed Childhood and Family Background, Psychological Functioning, Gender Issues, Erotic Preference and Sexual Fantasies and Behaviour. Groups were differentiated, based on a Discriminant Function Analysis, on several variables. The only variables related to childhood experiences to differentiate the groups was whether they reported having been dressed or dressed themselves as a girl during childhood. Transsexuals were found to report above average levels of psychological distress, whereas no differences were found between controls and transvestites in Groups 2 or 3, on their reported distress levels which were within the normal range. Group differentiation based on Gender Issues or Fantasy life was found only with level of gender disturbance, having a female identity, level of heterosexual attraction and fetishistic behaviour. Groups could not be predicted based on their relationships with their parents, their parents relationship with each other, familial abuse (physical, sexual or emotional), or remembered happiness or unhappiness during childhood.

Table 18

Psychological Functioning: Means and Standard Deviations(SD)			
	<u>MEAN</u>	<u>SD</u>	<u>n</u>
<u>Depression</u>			
Group 1.	8.80	4.50	27
Group 2.	5.66	4.01	51
Group 3.	6.15	4.35	13
Control Group	5.02	3.34	101
<u>Dissociation</u>			
Group 1.	3.80	3.01	27
Group 2.	3.04	2.92	51
Group 3.	3.46	2.43	13
Control Group	2.31	2.27	101
<u>Anxiety</u>			
Group 1.	6.56	4.15	27
Group 2.	3.72	3.00	51
Group 3.	4.84	3.15	13
Control Group	3.66	3.35	101
<u>Sexual Abuse Trauma Index</u>			
Group 1.	4.16	2.80	27
Group 2.	2.83	2.58	51
Group 3.	3.61	2.87	13
Control Group	2.26	2.57	101
<u>Sexual Problems</u>			
Group 1.	4.76	3.29	27
Group 2.	4.55	2.62	51
Group 3.	3.69	2.84	13
Control Group	2.81	2.43	101
<u>Sleep Disturbance</u>			
Group 1.	8.32	4.84	27
Group 2.	5.70	3.17	51
Group 3.	5.07	3.06	13
Control Group	5.83	3.63	101

2

PM-1 3½"x4" PHOTOGRAPHIC MICROCOPY TARGET
NBS 1010a ANSI/ISO #2 EQUIVALENT

PRECISIONSM RESOLUTION TARGETS

Table 18 (continued)

Minimum-Maximum scores on subscales

Depression	= 0 - 27
Dissociation	= 0 - 18
Anxiety	= 0 - 27
*Post Traumatic Stress	= 0 - 18
Sexual Problems	= 0 - 21
Sleep Disturbance	= 0 - 18

<u>Norms:</u>	<u>Male College Students</u> (N = 528)	<u>Abused Professional Females</u> (N = 761)
Depression	M = 3.57, SD = 3.1	M = 6.98, SD = 3.4
Dissociation	M = 3.16, SD = 3.1	M = 3.05, SD = 2.2
Anxiety	M = 4.51, SD = 3.3	M = 4.74, SD = 3.0
*Sex Abuse Trauma Index	M = 2.80, SD = 3.0	M = 3.43, SD = 2.5
Sexual Problems	M = 4.41, SD = 3.8	M = 5.02, SD = 3.4
Sleep Disturbance	M = 4.61, SD = 3.3	M = 5.84, SD = 3.1

Demare & Briere (1994)

***Note:** Post Traumatic Stress used interchangeably with Sexual Abuse Trauma Index

Table 19

**Results of Discriminant Function Analysis on Variables:
Psychological Functioning**

<u>PREDICTOR VARIABLE</u>	<u>CORRELATION OF PREDICTOR WITH DISCRIMINANT FUNCTION</u>	
	<u>FUNCTION 1</u>	<u>FUNCTION 2</u>
ANX	.77	
DEP	.77	
SLPD	.70	
PTS	.49	
SEXP		.90
DISS		.46
Canonical R	.33	.31
Eigenvalue	.13	.11

Discriminant structure coefficients, considered meaningful if $> .45$

Group Centroids

	<u>FUNCTION 1</u>	<u>FUNCTION 2</u>
Group 1	.79	.28
Group 2	-.35	.41
Group 3	.05	.17
Controls	-.04	-.30

Group Classification

	<u>Percent Correctly Classified</u>
Group 1	40.7%
Group 2	41.2%
Group 3	15.4%
Controls	50.5%
Overall Classification	44.2%

Variable Definitions:

Depression (DEP), Dissociation (DISS), Anxiety (ANX)
Post Traumatic Stress(PTS), Sexual Problems(SEXP), Sleep Disturbance (SLPD).

Table 20

**Gender Identity and Erotic Preference Variables:
Means and Standard Deviations**

<u>Variable</u>		<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Control Group</u>
FGIA	M	18.0	10.8	10.6	5.0
	SD	6.2	5.3	3.1	2.9
Minimum score = 0, Maximum score = 29					
FGIBC	M	14.0	10.1	8.0	0.6
	SD	4.0	3.8	3.5	1.4
Minimum score = 0, Maximum score = 20					
PGD	M	6.8	4.6	3.5	0.1
	SD	2.3	2.0	2.1	0.4
Minimum score = 0, Maximum score = 9					
ANDROG	M	0.7	-0.1	0.3	-0.7
	SD	1.1	1.1	1.0	0.9
Minimum score = -1, Maximum score = +1 Scores close to (0) = androgyny					
MASC	M	4.2	4.9	4.4	5.0
	SD	0.9	0.9	1.1	0.8
Minimum score = 4, Maximum score = 28					
FEM	M	4.9	4.1	4.8	4.4
	SD	0.7	0.6	0.9	0.7
Minimum score = 4, Maximum score = 28					
SOCDIS	M	4.5	4.4	4.4	4.4
	SD	0.4	0.4	0.5	0.6
Minimum score = 4, Maximum score = 28					

Table 20 (continued)

<u>Variable</u>		<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Control Group</u>
ANDRO	M	5.5	3.4	1.5	1.1
	SD	5.7	3.8	3.2	2.7

Minimum score = 0, Maximum score = 13

GYN	M	4.4	7.7	7.8	8.4
	SD	2.8	1.4	1.4	0.8

Minimum score = 0, Maximum score = 9

HET	M	5.0	5.6	5.6	5.6
	SD	1.5	1.0	0.9	0.9

Minimum score = 0, Maximum score = 6

FS	M	5.6	8.8	7.8	0.3
	SD	4.2	3.1	2.0	0.8

Minimum score = 0, Maximum score = 11

AUTOOC	M	4.6	6.2	3.5	0.4
	SD	3.0	2.0	2.6	1.1

Minimum score = 0, Maximum score = 8

AUTOINT	M	2.4	3.1	1.5	1.0
	SD	1.4	1.1	1.1	0.4

Minimum score = 0, Maximum score = 4

AUTOALL	M	2.7	2.8	2.3	2.8
	SD	0.9	0.4	0.9	0.4

Minimum score = 0, Maximum score = 3

Variable Definitions:

FGIA & FGIBC(Feminine Gender Identity in Males & Homosexual & Bisexual Men), **PGD** (Pure Gender Dysphoria), **ANDROG** (Androgyny), **MASC** (Masculinity), **FEM** (Femininity), **SOCDIS** (Social Desirability), **ANDRO** (Androphilia), **GYN** (Gynephilia), **HET** (Heterosexual Experience), **FS** (Fetishism), **AUTOOC** (Erotic Arousal to Fantasy of Self as Woman), **AUTOINT** (Arousal to Being Admired by Others when Dressed 'en femme'), **AUTOALL** (Level of Interest in Another Person as Sexual Partner).

Table 21

**Results of Discriminant Function Analysis on Variables: Gender Issues,
Sexual Preference, Fantasy and Behaviours**

<u>PREDICTOR VARIABLE</u>	<u>CORRELATION OF PREDICTOR WITH DISCRIMINANT FUNCTION</u>	
	<u>FUNCTION 1</u>	<u>FUNCTION 2</u>

FGIBC	.57	
PGD	.50	
AUTOINT	.47	

GYN		.78
FS		.58
FGIA		-.58
AUTOOC		
ANDROG		
HET		
AUTOALL		
ANDRO		

Canonical R	.96	.62
Eigenvalue	11.17	.62

* Discriminant structure coefficients, considered meaningful if > .45

Group Centroids

	<u>FUNCTION 1</u>	<u>FUNCTION 2</u>
Group 1	4.00	-1.69
Group 2	3.50	0.91
Group 3	2.24	0.09
Controls	-3.12	-0.03

Group Classification

	<u>Percent Correctly Classified</u>
Group 1	73%
Group 2	69%
Group 3	85%
Controls	100%
Overall Classification	87%

Variable Definitions:

FGIBC (Feminine Gender Identity in Cross-Gendered Men), PGD (Pure Gender Dysphoria), AUTOINT (Interpersonal Autogynephilia), GYN(Gynephilia), FS (Fetishism), FGIA (Feminine Gender Identity in Males), AUTOOC (Core Autogynephilia), ANDROG (Androgyny), HET (Heterosexual Experience), AUTOALL (Alloeroticism), ANDRO (Androphilia).

CHAPTER FIVE

Discussion

The significance of a phase structure of the cross-gender lifestyle will be discussed, as will the significance of current reasons for cross-dressing, gender issues, sexual behaviour and fantasies. The results of various questionnaires that investigated childhood and family relations and psychological functioning, of transsexuals, transvestites and heterosexual controls will be discussed in relation to current research and theory.

Development of a Cross-Gender Lifestyle

Predicted Phases and Invariant Order of the Cross-Gender Lifestyle. The idea that the cross-gender lifestyle involves developmental phases has been suggested by many other investigators (Benjamin, 1967; Brierley, 1979; Buckner, 1970; Docter, 1988; Ovesey & Person, 1976; Person & Ovesey, 1974b; Prince, 1976). To date there has been limited empirical investigation with non-clinical transvestites.

Transsexuals and the two transvestite groups were clearly distinguished based on the proposed phases of the cross-gender lifestyle. Eighty-four percent of respondents proceeded through hypothesized phases and more than 70% did so with increased age.

The importance of identifying phases of development for this lifestyle is twofold. First, clinicians or researchers working with cross-gendered men can more readily understand the degree to which the cross-gender activities are fantasized about or actually being lived out according to phase and correspondingly the implications of this lifestyle

on other aspects of their lives. This information may help the therapist guide the client in lifestyle choices or adaptive behaviours related to his family or work. For example a client may choose to keep all cross-gendered activities secret from his spouse, friends or colleagues. In this case, he may need to deal with the problem of guilt and marital problems encountered when intimate details of one's lifestyle are not disclosed to an intimate partner. Alternatively, if he is moving in the direction of public disclosure of his lifestyle and is not in contact with a cross-gender support group (usually found in urban centres) he may require guidance to explore the negative consequences of his decision related to marital, family and legal status of a lifestyle viewed as aberrant. Secondly, the cross-gender client who is in the initial phases of this lifestyle or is still 'in the closet' may feel relief upon learning that others like himself have experienced similar fantasies and behaviours that typically occur in an orderly fashion. Participants, many of whom belong to transvestite clubs, often expressed relief and pleasure at having the opportunity to participate in this study and respond to questions about their fantasies or behaviours that are mostly kept secret. Others who are confused about whether they are transvestite or transsexual may also benefit from understanding both the similarities and differences between these groups.

Time Frame of the Phase Progression. Specific age periods were found to be reliably related to the different phases of the cross-gender lifestyle. Private cross-gender activities typical of Phases I and II, (cross-gendered men who are still "in the closet") occurred on average during the teenage years and early twenties, respectively. Public

cross-gender activities typical of Phases III and IV occurred on average during the mid to late thirties and early forties (see Table 12).

Each of the first three phases of the Cross-Gender Lifestyle were initiated at the same average age whether men were classified as transsexuals or transvestites. Transsexuals reported coming out publicly and obtaining feminization therapy (Phase IV) during the same age period that transvestites were satisfied to enjoy 'passing in public' as a woman (Phase III).

Results of this study were similar to Docter's (1988) investigation of early, middle and late stages of transvestism. He found that fetishistic activity tended to occur first between 10-15 years of age with full public cross-dressing occurring, as in this study, around 20 years later. Docter (1988) has suggested that the 20 year period between initial cross-gender fantasies and behaviour and coming out publicly is related to the need to develop a cross-gender identity or feminine self-identity. An alternative position is that many social factors (family, marital relations, dress codes at work or in public, gender roles, etc.) restrict living more openly as a cross-gender person. Overcoming these restrictions is in itself time-consuming. It is possible that while the cross-gender identity is established during the teenage period, societal rejection of the lifestyle is the primary reason for the delayed public expression and not a need to practice or develop the cross-gender identity. The twenty year time frame is similar to what many lesbians or homosexual men encounter in coming out as they often face fear of reprisal by employers or rejection by family members (Buxton, 1991; Coleman, 1982; Curb & Manahan, 1985; Weinberg & Williams, 1974). An example of this perspective was shared with me in a

personal communication with Ari Kane, a member of the Outreach Institute for Gender Studies in Augusta, Maine (February 26, 1995). He indicated that a primary reason for long delays in 'coming out publicly' for cross-gender individuals is related to the socialized need for men to be successful in their work as well as being financially secure. "They (cross-gender men) take every precaution not to jeopardize their success."

Narrative reports of participants in this study emphasized the aspect of 'fear of being caught', being completely ostracized by their original families or divorced by their spouse, losing their jobs, financial burden involved in the practice of the lifestyle, as some reasons for maintaining secrecy about the lifestyle. The following comments by participants in the study confirm these perspectives.

"I have to continue to be seen as a "strong" male to those around me, except for the few also know my true feelings. Fear of being ostracized and financially ruined has played a key role in my not acting on this at age 20." [Transvestite]

"I suppressed my thoughts of cross-dressing ...I am torn by the fact of having a family and not wishing to hurt them." [Transvestite].

"I married...I was forced to dress secretly ...This gave me an extreme guilt complex...specially because I thought myself 'queer' I did not know there were other men who had the same desires." [Transsexual]

"I remained single till age 30...always had my femme side as a release and didn't know how a true woman would deal with it...I had to come out or blow out...the wife left when I told her." [Transvestite]

"The thing I fear most is ridicule which I think will come with exposure." [Transvestite]

"Although I fantasized about wearing women's clothes I did not 'get into it' until I broke up with a woman I had a 10 year affair with, 10 years ago." [Transvestite]

"For myself, peoples vicious disapproval does not get under my skin. But my family's dignity must be protected, so I stay in the shadows."
[Transvestite]

"So many years have been lossed when I could have crossdressed. But you can't do too much dressing with two children in the house."
[Transvestite]

"...living in a marriage - very hard to explore fantasies, also still want to keep marriage without breaking vows." [Transvestite]

In short, the reasons for delays in living publicly as a cross-gender person include a broad range of personal needs to conform to social mores related to marital, parental, financial or professional obligations. Further research is needed to determine precisely the ways in which social restrictions function to delay public acknowledgement of the cross-gendered lifestyle.

The Cross-Gender Lifestyle Inventory

The Cross-Gender Lifestyle Inventory (C-GLI) developed for this study clearly distinguished between transsexuals and transvestites according to the phases of the lifestyle through which they proceed. Transsexuals by definition moved through all four phases and transvestites potentially moved through the first three phases. An instrument such as the C-GLI may be a useful measure for psychologists in general practice who encounter men with cross-gender issues. This inventory can be self-administered in five minutes, and could be included as part of a larger test battery that assesses overall gender dysphoria. A clear indication of whether the client reports activities characteristic of the first two phases (private cross-gender activity), the third phase (public cross-gender activity) or wants to take steps toward feminization may assist professionals to counsel the uninformed gender conflicted man. He may have remained 'in the closet', isolated

from other cross-dressers, and he needs to understand his own lifestyle and what he may expect in the future.

The measure could also be used to determine if referral to a specialized clinic is appropriate or whether counselling to adapt to the stresses inherent in the lifestyle is sufficient. It has been the experience of the writer that men in transvestite clubs, or men in the early phases of their cross-gender career are cautious about approaching professionals, particularly professionals at clinics specialized in gender disorders. Moreover, psychologists in general practice may not be currently equipped to assess objectively the needs of cross-gendered men, or to identify the phases of this lifestyle. An instrument such as the C-G LI may therefore serve as an objective means for therapists new to this area to assess the lifestyle of their cross-gender clients.

Gender Dysphoria, Feminine Gender Identity and Heterosexual Fetishism

Higher reported feminine gender identity, gender dysphoria and lower reported fetishism in transsexuals compared to transvestites have all been identified by other investigators, though to date other researchers have not compared heterosexual controls on these dimensions. Arndt (1991) reviewed studies that pointed to higher gender disturbance in transsexuals compared to transvestites (see also Blanchard, 1988, 1991). Buhrich and Beaumont (1981) and Buhrich and McConaghy (1985) found that Marginal transvestites (transsexuals) reported a higher feminine gender identity than Nuclear transvestites., e.g., they had played stereotypic girls games, had wished to be a girl, and had been considered a "sissy" by themselves or others.

Transsexuals compared with transvestites, reported the highest levels of gender dysphoria, of feminine gender identity (imagining oneself in female roles, as well as wanting to change to be a woman), and the lowest levels of heterosexual fetishism. Heterosexual controls, as expected, scored below the mean of the discriminant function on all of these respects.

Although transvestites and transsexuals report engaging in similar cross-gender activities, the results of this investigation suggest that the meaning placed on these activities differs for these two groups and different aspects of feminine gender identity were associated with different phases. Wanting to be a woman and gender dysphoria were both positively correlated with Phase II (FGIBC=.46, PGD=.43) and Phase IV (FGIBC=.43, PGD=.53) activities for transsexuals. Whereas for transvestites, fetishism and being sexually aroused by the thought of being admired by another while dressed as a woman were correlated with Phase I (FS=.45; AUTOC=.54). Feminine gender identity in the sense of female roles or gender dysphoria (wish to be a woman) were not correlated with any of the phases of the cross-gender lifestyle for transvestites.

Transsexuals in this study differed from transvestites as they reported wanting to be female and enjoying female activities, and dressing as a girl during childhood and adolescence, or wanting to change to be a woman to a significantly greater extent than did transvestites. These results suggest that the initial goal of this lifestyle may differ for transvestites and transsexuals from early childhood, and culminates during the mid-thirties and early forties in essentially different ways of living. Transsexuals tend to feel like women all the time and endeavour to obtain permanent physiological changes;

transvestites continue to exercise their option to live in both the male and female role at their discretion.

Significance of this finding relates to the theoretical controversy between those who believe transvestism and transsexualism are points on a continuum (Benjamin, 1967; Buckner, 1970; Docter, 1988; Lukianowicz, 1959; Person & Ovesey, 1974) and those who believe that transsexualism and transvestism are distinct categories (Buhrich & Beaumont, 1981; Buhrich & McConaghy, 1977, 1979, 1985; Hoeing et al., 1970; Stoller, 1975). Buhrich and McConaghy (1977, 1979, 1985) took the position that transvestism and transsexualism are discrete phenomena, as they found that transvestites and transsexuals reported differences from childhood.

The results of this present study support the position that retrospective reports of high levels of childhood and adolescent gender disturbance are consistent with a transsexual lifestyle. Similarly, lower level of gender disturbance was consistent with transvestism. It is important to note that retrospective reports by transsexuals of their childhood may be coloured by their current desire for feminization. Equally we might note that those men who have lived as transvestites to an older age before deciding to proceed toward more permanent feminization (Benjamin, 1967; Buckner, 1970) may always have been more gender dysphoric compared to those transvestites who remain satisfied with cross-dressing activities. The delay in proceeding toward more feminization for some cross-gender men may be related to personal responsibilities (marriage, children, financial factors, etc.). On this basis it would be predicted that men currently classified as transvestites, who may eventually choose to take steps toward feminization

would have had higher levels of feminine identity and gender dysphoria than was typical of the general transvestite group.

These results suggest that while transsexuals and transvestites engage in many of the same cross-gender activities, motivation for these activities and their meaning was very different for the two groups. Transsexuals clearly expressed a wish to be woman and directed their efforts accordingly. Transvestites identified with stereotypical female role behaviours (dressing, cooking, going out on the town) but added an erotic component to these activities to a much greater extent than would be typical of transsexuals or biological women. Transvestites were almost exclusively interested in heterosexual partners and also enjoyed male role activities. Therefore, one might suggest these men have worked out a way of living out both a male and female lifestyle. In many ways, cross-gender activities involve an elaborate commitment to living out their fantasies. Narrative comments by participants in this study support this perspective:

"We are actually in the middle of the road. Some a little more, some a little less. We truly enjoy our male treats while at the same time want to express only the Best of being a woman, no childbirth, no menstruation, no PMS, just the best parts." [Transvestite]

"I love the female form, so I decided to create her...I found it much more efficient." [Transvestite]

"I do not want to be or become a woman, what I really like is to be able to behave, look, feel and act as a woman, not be one...I love to be a part-time woman...happy to be a feminine man." [Transvestite]

Although transsexuals and transvestites were found to differ in how they interpret or live out the feminine, it is not clear how close this 'feminine experience' from a male perspective compares to that of a biological female. Investigations, including this present

study, have not explored this aspect of the cross-gender lifestyle. The feminine identity scales used in this study and others are based on roles held to be typical of biological females and on the desire for boys or men to be a girl or woman. In this sense no studies have inquired in detail about what the 'feminine' means for a biological male (male transsexuals, transvestites or controls) compared to biological females. For example, does the cross-gendered man experience the 'feminine' in a similar fashion to biological females or is the feminine some variant of their own masculine experience, combined with what the man perceives to be typical feminine experience. An investigation of the feminine, masculine or combined masculine/feminine experience of cross-gendered individuals could provide a broader understanding of gender and move investigation of this issue beyond superficial attempts to categorize those who do not conform to conventional gender roles or gender identity. Narrative or interview style investigations, together with objective assessment instruments of the feminine and masculine experience of the cross-gendered, compared with males and females who are satisfied with their gender identity need to be developed and conducted.

Groups Not Differentiated by Androgyny or by Homosexual Interest

Dichotomous descriptions of masculinity and femininity suggest a fixed and distinct manner of expression for males and females (Bullough & Bullough, 1993). Androgyny, on the other hand assumes a balance of different attributes in men and women (Bem, 1974).

The sexual orientation of cross-gendered individuals has commonly been attributed on the basis of their biological sex rather than on the individual's own feeling of

masculinity or femininity (Blanchard, 1983, 1987; Buhrich and McConaghy, 1977). Benjamin (1966, p. 27), on the other hand, considered a transsexual in relationship with a biological man as 'homosexual' only if one refers to biological sex, but when the transsexual's internal experience is considered a 'heterosexual orientation' more appropriately describes the relationship. Many transvestites consider themselves heterosexual, although when cross-dressed they may experience interest in being admired by a man or perhaps be moved to engage in sexual activity (see narrative comments by study participants below). However, transsexuals, transvestites and heterosexual controls in this study were not differentiated on either androgyny or their level of reported homosexual interest.

Androgyny. The idea that transvestites identify with females has led investigators to examine what aspects of the feminine world is emulated by these men. Prince (1957) suggested that transvestites identify with social aspects of femininity. Sperber (1973) held the position that transvestites are adept at 'acting out' either male or female roles. Whether transvestites are likely to be more or less feminine, or a balance of both masculine and feminine (androgynous) in the manner in which they describe themselves remains inconclusive.

Beatrice (1985) and Brierley (1979) both described transvestites as being more feminine. Beatrice's investigation included conservative masculinity and femininity scales from the MMPI clinical scales while Brierley used a bipolar scale (masculinity versus femininity) from Terman and Miles Attitude Interest Test. Talamini (1982) found transvestites scored higher on androgyny, as measured by the Bem Sex Role Inventory,

while members of his control group tended to be highly masculine. Docter (1988) found transvestites to be more androgynous than norms on the BEM when dressed as males but more feminine when dressed as women. I found that transsexuals, transvestites and controls were not different with respect to level of androgyny. These results may suggest that conventional attributions of masculine and feminine attributes as measured on the BEM scale do not reflect whether one lives strictly within traditional male or female roles or some version of both. Heterosexual controls and cross-gendered men both described themselves with a balance of conventionally masculine and feminine attributes. The difference was that heterosexual controls tend to live within a traditionally defined masculine role while transvestites choose to live out both masculine and feminine roles from time to time. Transsexuals of course chose only the feminine role.

Homosexual interest. Blanchard (1988) has suggested that a relationship exists between level of gender dysphoria and homosexual interest. Although homosexual interest, measured by the Androphilia scale, did not discriminate between groups in this study, transsexuals who had the highest gender disturbance also reported the greatest homosexual interest, while transvestites (low on gender dysphoria) reported the least interest in homosexual relations. On the surface, these results appear to support Blanchard's position. However, if we define "homosexual interest" from the perspective of the cross-gendered man, the transsexual who sees "herself" as a woman, may view sexual interest in a biological man as a "heterosexual interest" and not as "homosexual" in the conventional sense used by Blanchard. The transvestite's sexual interest may change in fantasy or behaviour according to the male or female role adopted. Some

narrative comments suggest that cross-gendered men do not adhere to conventional definitions of "homosexual" or "heterosexual" based on biological sex and lend support to the notion that cross-gendered males may be more appropriately described as bisexual. Sexual fantasy or experience may change as a result of switching from a male or female persona whether on a permanent basis in the case for transsexuals, or on a temporary basis in the case with transvestites.

"I view my preference for men as being heterosexual but technically I guess it is homosexual but this term bothers me as I could not be with a man as a man." [Transvestite]

"I feel I am heterosexual and my only wish to be with a man is when I am physically able to satisfy him as a complete woman." [Transsexual]

"I have always found the idea of sex with a man repulsive while I am in my male role and dressed as a man. While dressed as a woman, I have fantasized about being with a man ..." [Transvestite]

"I am sexually attracted to men as a woman but I am repulsed by a true gay relationship." [Transvestite]

"After a diastorous marriage I eventually found a wonderfully supportive male lover...I would cross-dress as a adult female." [Transvestite]

"Sometimes, when I am alone, I look in the mirror all dressed as a woman and imagine having sex with a man while I masturbate. Sometimes I masturbate while I imagine having sex with another woman so I can feel lesbian." [Transvestite]

"I resent the stereotype of crossdressers as gays, being gay has never been a consideration, it's just not me." [Transvestite]

"I am a heterosexual woman in a man's body." [Transsexual]

"At one time I considered myself to be a heterosexual male with bisexual heterosexual tendencies. I now consider myself to be a heterosexual female." [Transsexual]

"Although I have never had intercourse with a man, I am developing the "urge" or the "need" to be penetrated." [Transvestite]

" ...I do feel very strongly attracted to women and She-Males or pre-operative transsexuals. I consider myself hetero but would be open to anal sex." [Transvestite]

" Not interested in gay relationships...I do not know if I'll end up being a lesbian, or if I will marry a man." [Transsexual]

Based on these comments, cross-gendered individuals, it seems clear, tend to use terms such as homosexual or heterosexual as they relate to their inner experience of themselves as a 'man' or a 'woman' when they have sexual relations with a partner. If researchers or clinicians working with the cross-gendered community need a label, "bisexual orientation" may more appropriately be applied to members of this community.

Future research that classifies members of the cross-gender community according to their sexual orientation needs to explicitly probe their sexual interest when dressed as a man, as well as when dressed as a woman. We should not assume that sexual interest is fixed. Perhaps the fact that homosexual interest did not discriminate between groups in this study relates to the need for transvestites to present themselves as socially accepted "heterosexuals." They were not asked if their sexual interest or perceived sexual orientation changed when cross-dressed. As most transsexuals perceive themselves to be women and hence attracted to biological men, they may have reported their sexual orientation as heterosexual.

In summary, transsexuals and transvestites were clearly distinguished according to type of feminine identity they report. Transsexuals not only identified with traditional female roles but also reported "feeling" like women. The transvestite's feminine identity

related mainly to female role behaviour which they tend to objectify in a sexual manner. While both transsexuals and transvestites participate in similar activities (cross-dressing, going out in public, etc.), the meaning placed on these activities may be related to the different aspects of the feminine gender identity they intend to express. Future research that explores what it feels like to be 'feminine' for the cross-gendered man compared to biological women, may provide a broader understanding of the phenomenon of gender, thereby moving the focus from simply creating labels to understanding individuals who are cross-gendered.

Members of the transvestite and transsexual groups who participated in this study described themselves as being androgynous whether they lived exclusively as males, females or fluctuated between the two. The tendency for researchers to use conventional definitions of sexual orientation based exclusively on biological sex, rather than on the psychological experience of the individual, limits the complexity of the issue of sexual orientation for the cross-gendered individual and does nothing to expand the understanding of sexual orientation for those who do not fit traditional categories.

Cross-Gender Activities Most Typical of Transsexuals Versus Activities Typical of Transvestites

The effort to differentiate transvestites from transsexuals has historically, as in this study, been a way for clinicians and researchers to distinguish transvestites from transsexuals so as to make appropriate clinical decisions. Investigators have differentiated transvestites from transsexuals based on level of gender conflict, feminine gender identity, fetishism or types of reported fantasies (Benjamin, 1967; Blanchard 1989, 1992, 1993; Brierly, 1979; Buhrich & McConaghy, 1977, 1979; Talamini, 1982). In this

study, groups were also distinguished based on the frequency that specific activities occurred within each phase of the cross-gender lifestyle, as well as the phases of this lifestyle through which they proceeded.

Fantasies and Behaviours Most Typical of Transsexuals

Transsexuals reported more frequently having fantasies of being a woman when not cross-dressed, fantasies of being pregnant, or menstruating, having electrolysis and currently cross-dressing to feel free as a woman (see Appendix O). The transsexual's fantasy life appears consistent with an internal self-perception of being a woman in a physiological sense. Dressing as a woman or participating in activities typical of biological women are for the transsexual a further manifestation of being a woman. Many male to female transsexuals are comfortable dressing in jeans and a sweat-shirt without the need to wear highly feminine fashion commonly seen with transvestites (personal observation).

Few investigators have focused in detail on different types of fantasy behaviour of cross-gender men, and none known to this writer have examined these fantasies in relation to theoretical phases of the cross-gender lifestyle. Blanchard (1991, 1993) classified cross-gender men according to specific types of fantasies of being a woman, which he refers to as Autogynephilia. The specific types include behavioral autogynephilia (female activities), transvestic autogynephilia (cross-dressing), anatomic autogynephilia (female body and breasts), and physiological autogynephilia (menstruating and pregnancy). For Blanchard, cross-gender activities such as fetishism or fantasies of

the female body were included under the umbrella of Autogynephilia. In this study these activities are included as different phases of the cross-gender lifestyle.

Fantasies of pregnancy and menstruating. Buhrich and McConaghy (1977) found that 50% of their transsexuals fantasized about being pregnant and 20% had fantasies of menstruating. Only 9% of the transvestites in their study reported fantasies of being pregnant, and only one fantasized about menstruation. Similar results were found in this study. Fantasies of menstruating or pregnancy were more frequent among transsexuals who were also the most gender disturbed, whereas only a third of transvestites reported these fantasies. Significant correlations between the frequency of such fantasies, and feminine gender identity ($FGIA = .38$; $FGIBC = .46$), and gender dysphoria ($PGD = .43$), were found only for transsexuals. Reports of specific physiological fantasies (e.g., pregnancy and menstruating) typical of Phase II of the Cross-Gender Lifestyle, may therefore be used to alert clinicians to a possible transsexual predisposition on the part of the client. Physiological fantasies of female functioning may be indicative of a desire to embrace all aspects of biological femininity.

Fantasies of oneself as a woman when not cross-dressed. Blanchard (1993) reported that men who had fantasies of being a woman when not cross-dressed were more gender disturbed, compared with those who have these fantasies mainly when they are cross-dressed. Transsexuals in this study, also reported in almost every case, having fantasies of being a woman when not cross-dressed, compared to a much lower frequency of this activity in transvestites. However, within the transsexual group fantasies of being a woman when not cross dressed were not significantly correlated with level of gender

dysphoria (-.20). That more than 96% of the transsexual group had fantasies of themselves as woman may reflect their greater acceptance of themselves as a woman, rather than indicating their level of gender dysphoria (wish to be a woman). In fact, all of the individuals in the transsexual group currently live as women on a part-time basis, more than half take hormones and 40% are in the process of being sex-reassigned. Scores on the gender dysphoria scale may therefore be interpreted as retrospective reports of their gender confusion and desire to be a woman during childhood and adolescence.

Electrolysis. Having electrolysis was also most typical of men who intended to live more permanently as a woman, compared with transvestites who were satisfied with cross-dressing for enjoyment or sexual gratification. Electrolysis treatment requires some financial and personal commitment, as well as the risk that family or friends will become aware of the lifestyle. No other studies known to this writer have examined electrolysis in relation to phase of cross-gender lifestyle. Electrolysis was included in Phase III activities. Ten of the transvestite group reported having electrolysis, compared to 50% of the transsexuals. Perhaps electrolysis would be more appropriately included as a Phase IV activity, and seen as a behavioral manifestation of living more permanently as a woman, similar to taking hormones or applying for surgery for sex-reassignment.

In summary, fantasies of pregnancy and menstruating as well as fantasizing oneself as a woman when not cross-dressed or having electrolysis were reported most frequently by transsexuals. Fantasies of female physiology (pregnancy and menstruating) were also correlated with a desire to make changes to become a woman.

Fantasies and Behaviours Most Typical of Transvestites

Transvestites more frequently reported being fetishistic, currently cross-dressed mainly for this purpose, and were more sexually aroused by their fantasies of themselves as a woman (see Appendix O). The transvestite's foray into the feminine world seems to be limited to such external trappings as clothing, wigs, jewellery, make-up, and fantasies of themselves as a woman that are sexually arousing from their male perspective, i.e., their male persona is sexually aroused by their femme persona.

Fetishism. Other investigators have also reported the average age for initial fetishistic cross-dressing in transvestites occurs during the early puberty years when sexual arousal is heightened (Brierley, 1979; Buhrich & McConaghy, 1979; Croughlan et al, 1981; Docter, 1988). Erotic arousal related to cross-gender activities is believed to diminish after 15 to 20 years of cross-dressing (Buhrich & McConaghy, 1977; Brierley, 1979; Docter, 1988; Prince, 1976) although there has been little empirical tracking of this activity over the cross-gender lifespan.

Stoller (1971) argued that transsexuals are not fetishistic, while Blanchard (1985), as did the present study, found that transsexuals reported fetishism. The results of this investigation suggest that there is a consistent relationship between early and late fetishistic activity for transvestites and transsexuals. Almost all transvestites in this study reported being fetishistic during their teenage years compared to a lower percentage of transsexuals. The earliest reports of fetishism were typically made between 12 and 14 years, though the range was wide for all three groups. These group differences were maintained for transsexuals and both transvestite groups in their current reports of

fetishism. Transsexuals reported lower current levels of fetishism compared to the current high levels of fetishistic activity for both transvestite groups (Table 20). These findings were also consistent with their current reasons for cross-dressing (Tables 14 & 15). For transsexuals the primary reason was the freedom to express emotional components related to feeling female, whereas transvestites cross-dressed for sexual enjoyment in addition to wishing to express their female side.

Possible reasons for Stoller's view that transsexuals were not fetishistic may be related to the fact that his clinical observations were based on a small sample of transsexuals who were requesting medical intervention for feminization. Even low levels of reported fetishistic activity by pre-op transsexuals may have led to a decision to oppose a recommendation for sex-reassignment. Transsexuals in the process of hormone therapy typically also have reduced sexual arousal (Benjamin, 1966), if the patients seen by Stoller had started a program of hormone therapy they would not be likely to report current fetishism for this reason. Alternatively, the sample interviewed by Stoller may have included only those men who were simply not aroused sexually by feminine attire. In this study more than 75% of the transsexuals reported being fetishistic at some point. Fetishism may occur in both transsexuals and transvestites. The groups may be distinguished on the basis of reported frequency of both early and later fetishistic activity.

Sexual arousal by fantasies of being a woman. Blanchard (1992) found that men who reported the highest levels of gender disturbance were more frequently sexually aroused by fantasies of themselves as a nude woman. Results of this investigation differed from Blanchard's findings in that transvestites in Group 2 who were less gender

dysphoric than the transsexual group, reported a higher frequency of sexual arousal to their fantasies of the "woman within," or when picturing themselves as a nude woman (Table 20). The idea that transvestites would experience an image of themselves as sexually arousing is consistent with the high heterosexual fetishistic activity enjoyed by these men. Whereas one would not expect transsexuals to be sexually aroused by themselves as a woman, they feel like women, have taken steps to live as women, and would therefore be expected to want others to be sexually aroused by seeing them as a woman, as opposed to being sexually aroused by themselves. The differences reported by Blanchard support his belief that transsexuals want to unite in flesh with their female selves and are therefore sexually aroused by images of themselves as a woman. This writer sees sexual arousal by one's female image as an intrinsic part of the transvestite's fantasy life made possible by the interplay between the male and female parts. Heterosexual male to female transsexuals, on the other hand, want to attract biological men after taking great efforts to become a physiological woman. Further investigation is needed to clarify the relationship between gender dysphoria and sexual arousal to fantasies of oneself as a woman. Participants in this study were a non-clinical sample, whereas those employed by Blanchard typically attended a gender clinic for assessment or intervention purposes. Research that includes both clinical and non-clinical transvestites and transsexuals may help to clarify this contradictory evidence.

In summary, fetishism and sexual arousal to fantasies of having a female body were reported most frequently by transvestites. This finding concurs with the position that transvestites do not feel like women in the manner experienced by transsexuals, but

enjoy acting out their female persona. They find both their clothing and the female form sexually stimulating whether dressing, admiring their female selves in a mirror or fantasizing about their female body.

Comparison of Groups

Childhood and Family Background. A link between childhood cross-gender play, being treated as a girl and dressing as a girl during childhood and a subsequent adult cross-gender lifestyle has been both supported and refuted by researchers and clinical observations (Buhrich & McConaghy, 1985; Green, 1987; Stoller, 1968; Talamini, 1982). Buhrich and his colleagues (Buhich & Beaumont, 1981; Buhrich & McConaghy, 1985) found that marginal transvestites (transsexuals) reported more extensive cross-gender play, cross-dressed during their childhood and wished to have been born a girl more frequently than nuclear transvestites (transvestites). Stoller (1968) believed that boys who were eventually cross-gendered had been cross-dressed by their mothers or by other women. However, Talamini (1982) reported that few men in his study of transvestites remembered having been treated as a girl during childhood.

Dressing as a Girl in Childhood. Only reports of having been dressed by others, or dressing oneself as a girl during childhood served to distinguish transsexuals and transvestites from controls, though the frequency of these remembered activities was not high in any group.

The nature of this childhood cross-dressing needs to be explored. There are many possibilities. Cross-dressing may have been a secondary activity related to occasions such as Halloween, part of playing house with sisters and brothers, being forced to dress as

a girl by parents or others, or based on an internal urge to express feminine inclinations. We have no knowledge of the fantasies and feelings experienced by boys at the time while dressed as a girl. Narrative reports by participants in this study emphasized the serendipitous nature of the initial cross-dressing as a child or teenager that involved spontaneously touching, or wearing a sister's or mother's clothing that felt different from their own, or was associated with warmth, excitement, and a "different" experience. Several participants in this study also suggested that contact with items of female clothing during pubescence was readily associated with sexual excitement.

"I did become aroused when dressed during my teen years, mostly due to the material on my skin." [Transvestite]

"When I was about 3 yrs old my mother put my sister's long white stockings on me with short pants and her white shoes...I think I wanted her shoes because they looked nicer than the old dabby boys shoes I had...when the doctor squizzed my foot through the shoes I got sexually aroused.." [Transvestite]

"When I was about 8 my mother gave me a pair of panties to wear as I had gone to her room complaining of how cold I was...I put on the panties and they were so nice and warm and snug. I never felt anything so nice against my body...later I started to try on my sister's dresses ...I couldn't stop." [Transvestite]

"First recollection of interest in feminine clothes: After seeing an Esther Williams movie, I stuffed socks into my undershirt and pulled up the bottom hem to resemble a sheath bathing suit." [Transvestite]

"It started when I was 15 ...I liked putting langerie on, stuffing my mom or sister's bra...felt nice next to my body." [Transvestite]

"I wish some one had dressed me in girl's clothes when I was young." [Transvestite]

We should also note that retrospective reports of the frequency of any activity, or the meaning placed on it by the young boy may be confused or distorted by

subsequent cross-gender activity as an adult. It was also of interest that in this study up to 17% of the heterosexual control group reported episodes of being sexually aroused by women's clothing or fantasizing about having female breasts, and yet they were unlikely to report to dressing in female clothing as a child and were not gender conflicted. It would be valuable to determine if the meaning attached to this activity differed for members of the control group, compared to the cross-gender group. One possibility is that members of the control group who engaged in some activities typical of cross-gendered individuals may have done so from the perspective of 'acting' or 'pretending' to be the opposite sex at the same time as they clearly differentiated themselves as males playing with the feminine world. Boys with a propensity toward a cross-gendered identity may not separate themselves from the female world, and in fact are moved to experience feminine roles and fantasize about what it is like to be female.

Ideally observations of play activities of young boys in female roles or dressing as a girl in the course of play may shed some light on the meaning of this behaviour for the child, although availability of a sample of boys who may be at risk, as well as a control sample may be difficult to obtain. Most observations of childhood play with gender conflicted children occurs within the context of therapeutic interventions (Zucker, 1985). Zucker (1995), however, reported that mothers of cross-gendered boys who cross-dress or engage in activities common to females tend to tolerate or reinforce these behaviours more than do mothers of boys who are not gender conflicted but who also enjoy cross-gender activities. Green (1987) cautioned parents not to encourage cross-gender behaviour in pretty male babies or effeminate boys. He has suggested that

parents typically are not concerned if their young sons dress up in girls clothing, or play the female role during childhood. Parental concern for cross-gender behaviour is possibly heightened when these young men engage in these activities during their mid-teens. By this time the cross-gender patterns have almost certainly been established.

In summary, attempts to associate cross-gender tendencies in adult men with a history of dressing as girls during childhood have been and remain inconclusive. The frequency of reported cross-dressing in childhood was not high for transvestites in this study, and not especially high for men in the transsexual group. These results do not support the theoretical position that dressing as a girl in itself is a causal factor in development of a cross-gender lifestyle as only a small percentage of transsexuals or transvestites reported these activities during their childhood.

Family Relations Did Not Discriminate Groups. Family relations, being considered a sissy, parents wish for a girl, imaginative ability during childhood, familial happiness, or having been sexually, physically or emotionally abused were not found to discriminate the transsexual group, transvestites or members of the control group.

The results of this investigation do not support theoretical positions that the cross-gender lifestyle is rooted in disturbed family relations, having had a father who was emotionally or physically absent, or a rejecting or overprotective mother, having been abused or having been considered a "sissy" (Buhrich and Beaumont, 1981; Buhrich and Mc Conaghy, 1985; Bullough et al., 1983; Docter, 1988; Green, 1987; Newcomb, 1985; Person & Ovesey, 1974a, 1974b; 1983; Stoller, 1969, 1971, 1975). In fact, all groups in this study remembered their childhoods in remarkably similar ways. These results

confirm previous reports such as Bolin (1988), Bullough et al. (1983, 1993), Green (1987), and Prince and Bentler (1972).

Problematic research issues. The basis for the theory that cross-gender issues stem from a disturbed family background is primarily clinical observations (Person & Ovesey, 1974a; 1974b; Stoller, 1968). These data are problematic from several perspectives. Firstly, there is a tendency for clinicians to fit the problem to their established model of understanding behaviour without obtaining objective validation to support their hypotheses. Secondly, secrecy and stigma of the lifestyle for the cross-gendered individual may prevent him from freely exploring his childhood cross-gender activities and their meaning with family members or with friends. In most cases the family of origin were never aware of the existence of this lifestyle (Personal communication by cross-gender community). As adults, cross-gendered individuals tend to remain guarded about their lifestyle, so that obtaining a representative sample of men comfortable enough to provide access to their childhood families would be difficult. The problem posed by secrecy may prevent researchers or clinicians from confirming retrospective reports with family members that could possibly shed more light on the nature and frequency of these remembered cross-dressing incidents. However, as the lifestyle is usually maintained in secrecy, family members most likely would not have been aware of the frequency or significance of this activity.

Future research related to family and childhood influences. In order to focus on the origin of the cross-gender identity in childhood relationships, we need to ask the right questions. To date researchers and clinicians conducting retrospective interviews or

studies appear to have used a 'needle in the haystack approach.' Development of gender identity needs to be explored in more detail; e.g., Do young boys differ in how they experience and perceive wearing male versus female clothing? Are some boys (those who engage in cross-gender activities) more versatile in adapting to both gender roles and subsequently embracing a gender identity opposite to that typically ascribed to boys, or some combination of both male and female identity? Does the brother/sister relationship of cross-gender boys differ from those not gender conflicted in terms of birth order, modelling, etc.

Zucker's (1985, 1995) comprehensive review of naturalistic and analogue investigations, as well as clinical observations made during the course of treatment of gender disturbed young boys and adolescents, points to methodological problems; small samples, follow-up from only 5 weeks to 3 1/2 years and the fact that these boys all attended a mental health clinic. Nevertheless recent investigations particularly those conducted at the Clarke Institute in Toronto tend to include control groups, and focus on diverse influences (androgyny, ostracism of effeminate boys and tomboys by peers or teachers, prenatal stressors, handedness, temperament, birth order, finger prints, twin and sibling cross-gender relatedness, etc). For example, Zucker (1995) investigated mothers who 'wished for a girl' but had a boy (typically mothers who have had a boy or want their next child to be a girl). He compared mothers of gender conflicted boys with a control group and found that mothers of gender conflicted boys tended to have more unresolved grief and distress levels after having another boy and may have transmitted this to their gender-disturbed sons. An approach such as Zucker's that focuses

on the impact of grief for an 'unborn daughter' on the newborn son, and the meaning ascribed to this in the family may prove more fruitful in clarifying how this rather common experience might contribute to a cross-gender identity for some and not for others.

Although recent research with gender conflicted boys has sometimes included control samples, there has been little attempt to follow these boys through puberty or adulthood. Only Green's (1987) research has tracked these boys and a control group over a 15 year period. He found, in fact, that effeminate boys in his study who enjoyed cross-gender activity were mainly homosexual or bisexual as adults. There were no transvestites and only one transsexual member of the sample. Green thought parents bringing their gender disturbed son to the clinic may have interrupted their tendency toward a future cross-gendered lifestyle.

As cross-gender issues become more well known in the mainstream as a phenomena that begins in the privacy of childhood (fantasies or private sexual activity) perhaps parents, researchers and clinicians will be more alert to familial relationships in order to determine if, in fact, there is a relationship between parental relations and the cross-gender lifestyle. Perhaps with greater public awareness of the cross-gender lifestyle, as is currently in vogue, the stigma related to this lifestyle may diminish and create a more open forum in which to investigate not only the cross-gender individual but family relations from their childhood. A more open yet objective investigation of family influences is needed to dispel the idea of 'parent blaming' theories that stem ultimately from psychoanalytic theories.

Psychological functioning. The American Psychiatric Association (D.S.M. IV, 1994) includes Transvestism and Gender Dysphoria as psychiatric disorders. Other investigators (Benjamin, 1953; Buhrich, 1981; Hoenig & Kenna, 1974; Pauly & Edgerton, 1986) have pointed to the maladjustment of cross-gendered men, particularly transsexuals. Buhrich (1981) reported that both non-clinical transvestites and transsexuals scored above the normal population on psychological stress and were slightly more neurotic, and more introverted compared to the norms on these measures. However, Bentler and Prince (1970) found that transvestites were not more neurotic than the normal population.

In this study, only members of the transsexual group reported their current level of distress (anxiety, depression, sleep problems and trauma) to be in a range higher than norms for the Trauma Symptom Checklist. Transsexuals and transvestites both reported more sexual problems and greater dissociation compared to controls but these levels were within the normal range for the scale.

The idea that Transvestism and Gender Dysphoria should be considered psychiatric disorders were not supported by these findings. More plausibly these results place cross-gender issues within a framework of gender conflict and lifestyle adaptation. A possible explanation for the higher distress levels found in transsexuals may relate to the fact that many of these men are in the process of making more permanent changes to live as woman. This process, perhaps a life-long dream for these men, entails possible transitions in living arrangements or relationship status (separation or divorce), change or loss of employment and financial insecurity, as steps are taken to obtain

hormone treatments, apply for or undergo surgical interventions, or simply live as a woman under the scrutiny of friends, employers, professionals and society at large (Walworth, 1995; Wojdowski & Tebor, 1976). Physiological stress, as well as emotional and psychological stress may be inherent in taking the decision to risk cross-gender transformation in a society that holds this behaviour to be aberrant. The risk and stress involved in surgical interventions to create breasts or female genitals that may not be visually or functionally pleasing are real. As well hormone therapy to produce male castration and enhance breast size may present problems until proper dosage is titrated to individual needs (Benjamin, 1966; Biber, 1995). Those individuals who attempt to medicate themselves without supervision, which is reported to occur within the cross-gender community, may be particularly at risk for physical and emotional stress.

The higher level of sexual problems experienced by transsexuals and transvestites compared with controls was also expected. The majority of transvestites in this study were married and for the most part live a double-life as a "conventional" heterosexual married man part of the time, and as a cross-gendered person who waits for every available opportunity to express his "en femme" side. As this double lifestyle is entangled with sexual expression, it would therefore be expected that sexual problems would become an inherent part of this lifestyle, though again, it is important to note that their reports of sexual problems are within the normal range.

Conclusions

There were few differences in past history and current psychological functioning between conventional heterosexual men and men who practice a cross-gender lifestyle.

Differences were, as expected, related to greater gender conflict, a reported history of dressing in female clothing during childhood, and a higher level of current distress in transsexuals who were undergoing changes to live full-time as a woman. It is therefore suggested that the psychiatric disorder model under which cross-gender problems are most commonly treated needs to be reframed to one of **lifestyle adjustment**. Such adjustment may sometimes require medical attention, not unlike other lifestyle transitions such as the birth of a child, or termination of menses in women or prostate functioning in men. An adaptive adjustment model of the lifestyle may create less need for secrecy within the family, workplace, or with professionals treating or investigating cross-gender issues. A more open atmosphere may allow in the future for a fuller understanding of individuals who choose to express themselves in a cross-gendered manner.

The hypothesis that cross-gendered men proceed through specific phases of the lifestyle with increased age was supported. The rationale for these phases, particularly the 20 year time span between private cross-gender activities and public cross-gender activities remains unclear. It may be due to a need to develop the new identity or it may, in the authors view, be a response to societal rejection of the lifestyle.

The Cross-Gender Lifestyle Inventory developed for this study needs to be further tested. Firstly, validity and reliability of items used to define each of the four phases of the cross-gender lifestyle requires further examination. Secondly, the inventory is limited in generalizability to all cross-gendered individuals. It needs to be tested in the future with samples of transsexuals as well as a broader sample of transvestites not typically

found in clubs. The transsexuals included in this study attended transvestite clubs and may not be representative of transsexuals in general.

Finally, mainstream clinical psychologists may not be familiar with phases of the cross-gender lifestyle and therefore might benefit from a battery of valid and reliable instruments in dealing with clients who report gender conflict. Results of such tests could be used as a means of assisting the client, his partner or family members in order to understand the type of cross-gender activities involved in this lifestyle, as well as development of this lifestyle over the lifespan.

Psychotherapists may be the first professional with whom the gender conflicted man discloses his lifestyle. It is therefore important that clinicians equip themselves to assess the needs of these men, and determine whether a referral for an assessment at a gender disorder clinic is initially necessary. Based on my clinical experience with men who have cross-gender issues, a more extensive assessment by clinical experts may be so intimidating that referrals will not be kept. Men who are still "in the closet" and simply venturing to share private details of their "taboo" lifestyle are particularly at risk, as they may fear they will be classified as mentally ill. Although only one third of transvestites in this study had received counselling for gender conflict (see also Bentler & Prince, 1970; Buhrich, 1981), it is anticipated that as these men continue to move further into the mainstream, clinicians will need to be better prepared to determine their needs in order to respond appropriately.

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APPENDIX A**(1) Covering Letter for Members of Transvestite Clubs**

Dear Club Member:

I am investigating men who have a history of dressing in women's clothing. The focus of this study examines factors that may influence preferences for cross dressing, and the manner in which cross dressing influences other aspects of their lives.

I would appreciate it, if you could ask members of your club if they would be interested in participating in this study. The main criteria for involvement in this study is that participants have a history of dressing in women's clothing. The study will involve answering questions related to family background, cross-dressing habits, sexual behaviour, sexual fantasies and fantasies of the "women within". Your personal comments on areas not covered in these questionnaires are welcomed. A section is provided for this purpose on one questionnaire. The approximate time involved to complete these questionnaires is be two hours, however as these questionnaires are not "timed", the time required to complete this questionnaire package will reflect participants personal schedules. A copy of these questionnaires is enclosed for perusal by yourself and club members. If club members are interested in taking part in this study, I would appreciate a letter from your club informing me of the number of interested members so that I may forward the appropriate number of research packages to you. To insure anonymity of those men who agree to participate in the study, I will mail research packages to you so that you may distribute them to your members. A stamped, self-addressed envelope will be provided with each research package for participants to return the questionnaires to me.

I originally developed an interest in cross-dressing activities through my clinical practice. However, I am currently conducting this study as part of my doctoral studies through the Department of Psychology, Carleton University, Ottawa. Dr Nicholas Spanos will supervise this study.

I thank you, and members of your club, in advance, for your co-operation with this study. If you have any questions or concerns related to the purpose or details of the study, please call me.

Sincerely

Mary Hogan-Finlay

Telephone:

1-613-788-2600,ext- 2682 / 2684 or

1-613-230-5855 (ans service).

(2) Covering Letter for Members of the Control Group

Dear Participant:

I am investigating sexual behaviour and sexual fantasies of heterosexual men as part of a larger study.

The main criteria for involvement in this study is that you define yourself as heterosexual. The study will involve answering questions related to your family background, sexual behaviour, sexual fantasies and current psychological functioning. Copies of these questionnaires are enclosed for your perusal. The approximate time involved to complete these questionnaires will be two hours, however as these questionnaires are not "timed", the time required to complete them will reflect your personal schedule. All questionnaires will be coded with a number, so that no identifying information appears on your responses. A stamped, self-addressed envelope is provided so that you may return the questionnaires to me.

I am currently conducting this study as part of my doctoral studies through the Department of Psychology, Carleton University, Ottawa. Dr Nicholas Spanos will supervise this study. I thank you in advance for your participation. If you have any questions or concerns related to the purpose or details of the study, please call me.

Telephone:

1-613-788-2600, ext 2684 or 230-5855 (answering service).

Sincerely

Mary Hogan-Finlay

APPENDIX B

Informed Consent Form

Guideline:

The purpose of an informed consent is to insure that you understand the purpose of the study and the nature of your involvement. The informed consent must provide sufficient information such that you have the opportunity to determine whether you wish to participate in the study.

Present study: Cross-dressing

Research Personnel. The following people are involved in this research project and may be contacted at any time. Mary Hogan-Finlay (Principal Investigator, 1-613-788-2600, ext 2684 or 2682 or 1-613-230-5855(answering service), Dr. Nicholas Spanos (Supervisor, 1-613-788-2600, ext 2682 or 1-508-627-7292). Should you have any ethical concerns about this study then please contact Dr. Kimberly Matheson (Chair, Department of Psychology Ethics Committee, 1-613-788-2644, ext:7513) or Dr. B. Jones (Chair, Department of Psychology, 1-613-788-2600,ext 2648).

Purpose of Study:

Very little systematically collected information is available concerning cross-dressing. The purpose of this study is to begin a scientific exploration of cross-dressing by obtaining information from cross-dressers about their (a) early life and relationships with parents, (b) earliest cross-dressing experiences, (c) sexual behaviour and sexual fantasies and the relationships between these and cross-dressing, (d) general personality attitudes and beliefs and (e) relationships with current partners.

Many of the questions that will be asked are of a personal and sensitive nature. Although we will appreciate your completing all of the questions, your participation in this project is completely voluntary. You have the right to not answer any questions that you do not feel you wish to answer, and you may withdraw from participation in this study at any time.

Confidentiality

All information from participants will be anonymous and will be held in strictest confidence. No identifying information about specific individuals will be available to anyone.

Task Requirements

You will be asked to answer questions related to your family background, sexual fantasies, cross-dressing activities and fantasies of the "woman within".

Duration and locale

Research packages containing questionnaire material have been sent to the president of your cross-dressing club. The president of your club is responsible for distributing these questionnaires to you to insure your anonymity in this project. You may respond to these questionnaires at your leisure and in the privacy of your home. The approximate time required to complete these questionnaires will be two hours, however as none of these questionnaires are "timed", the time required will reflect your personal schedule.

Potential Risk/discomfort

There is no potential physical risk involved in this experiment, however some of the questions may be seen as emotionally probing for you.

Agreement of participation

I have read the above description of the cross-dressing experiment and understand the conditions of my participation. My checking the statement that "I agree to participate" in this study indicates that I understand the nature of this study and agree to participate.

I agree to participate _____.

Date _____

Informed Consent Form

Guideline:

The purpose of an informed consent is to insure that you understand the purpose of the study and the nature of your involvement. The informed consent must provide sufficient information such that you have the opportunity to determine whether you wish to participate in the study.

Present study:

Sexual fantasies and sexual behaviors of heterosexual men

Research Personnel:

The following people are involved in this research project and may be contacted at any time. Mary Hogan-Finlay (Principal Investigator, 1-613-788-2600, ext 2684 or 2682 or 1-613-230-5855 (answering service), Dr. Nicholas Spanos (Supervisor, 1-613-788-2600, ext 2682 or 1-508-627-7292). Should you have any ethical concerns about this study then please contact Dr. Kimberly Matheson (Chair, Department of Psychology Ethics Committee, 1-613-788-2600, ext:7513) or Dr. W. Jones (Chair, Department of Psychology, 1-613-788-2600, ext 2648).

Purpose of study:

This study is part of a large scale study on sexual fantasies, sexual attitudes, and sexual behaviors in men. Men differ widely in their sexual fantasies and behaviors and we are interested in examining the experiences of a wide range of men. We are also interested in examining background factors in order to determine how early experiences with parents and others may influence adult sexual behaviors and fantasies.

Many of the questions that will be asked are of a personal and sensitive nature. Although we will appreciate your completing all of the questions, your participation in this project is completely voluntary. You have the right to not answer any questions that you do not feel you wish to answer, and you may withdraw from participation in this study at any time.

Confidentiality:

All information from participants will be anonymous and will be held in strictest confidence. No identifying information about specific individuals will be available to anyone.

Task Requirements:

You will be asked to answer questions related to your family background, current relationships, sexual fantasies, sexual behavior and, general personality attitudes and beliefs.

Duration and locale:

You may respond to the questionnaire material provided in this research package at your leisure and in the privacy of your home. The approximate time required to complete these questionnaires will be two hours, however as none of these questionnaires are "timed", the time required will reflect your personal schedule.

Potential Risk/discomfort:

There is no potential physical risk involved in this experiment, however some of the questions may be seen as emotionally probing for you.

Agreement of participation

I have read the above description of the study on sexual fantasies and sexual behaviors of men, and understand the conditions of my participation. My checking the statement that "I agree to participate" in this study indicates that I understand the nature of this study and agree to participate.

I agree to participate_____.

Date:_____

APPENDIX C

Personal History Questionnaire

This questionnaire focuses on general demographic information, details of your family life during early childhood and adolescence, sexual fantasies or activities as well as your current lifestyle.

While you are encouraged to answer all questions, you are free to omit answering those questions that cause you any discomfort.

PART I: DEMOGRAPHIC DETAILS:

- 1a. Age _____
- b. Religious affiliation, if any _____
- 2a. What is your current occupation? _____
- b. Employed _____
- c. Unemployed _____
- d. Retired _____
- e. Other _____
- 3a. Salary:
 1. _____ 0-\$12,000;
 2. _____ \$12,000-\$25,000;
 3. _____ \$25,000-\$50,000;
 4. _____ \$50,000 and over.
- b. Have you been a member of any law enforcement institution? (police)
 1. _____ yes, 2. _____ no
- c. Have you ever been in the military.
 1. _____ yes, 2. _____ no.
- d. If "yes", what branch of the service were you in?
 1. _____
- e. If "yes", did you join or were you drafted?
 1. _____ joined, 2. _____ drafted.
- f. Did you volunteer for "hazardous " duty?
 1. _____ yes, 2. _____ no.
- g. Did you volunteer for a branch of service where combat would be likely?
 1. _____ yes, 2. _____ no.
- h. Did you see combat?
 1. _____ yes, 2. _____ no.
- i. Were you awarded any medals or distinctions for hazardous activity?
 1. _____ yes, 2. _____ no.
3. What is your sexual orientation? 1. _____ heterosexual, 2. _____ homosexual, 3. _____ bisexual, 4. _____ asexual

4. What is your current relationship status? 1. ☐ married, 2. ☐ living common-law with a woman, 3. ☐ living common-law with a man, 4. ☐ separated, 5. ☐ divorced, 6. ☐ widowed, 7. ☐ single, never married.
5. What is your educational status? (circle highest level completed)
 Grade School: 1 2 3 4 5 6 7 8 9 10 11 12 13
 Years of college: 1 2 3 4.
 Years of university: 1 2 3 4
 Graduate School: What is your highest diploma or degree _____
6. Have you ever received counselling/therapy for cross-gender behaviours (cross dressing, adjustment to transvestite lifestyle, etc)?
 1. ☐ yes, 2. ☐ no.

PART II: FAMILY HISTORY:

7. How would you describe your childhood?
 1. ☐ very unhappy, 4. ☐ happy.
 2. ☐ unhappy, 5. ☐ very happy.
 3. ☐ neither happy nor unhappy,
8. Did both parents live at home with you during your childhood?
 1. ☐ yes, 2. ☐ no.
 If "no" describe arrangements.

9. How would you describe your father's relationship to you?

	not at all				very much		
-rejecting	1	2	3	4	5	6	7
-cold	1	2	3	4	5	6	7
-powerful	1	2	3	4	5	6	7
-dominant	1	2	3	4	5	6	7
-strong	1	2	3	4	5	6	7
-aggressive	1	2	3	4	5	6	7
-distant	1	2	3	4	5	6	7
-caring	1	2	3	4	5	6	7
-loving	1	2	3	4	5	6	7
-warm	1	2	3	4	5	6	7

10. How would you describe your mother's relationship to you?

	not at all				very much		
-rejecting	1	2	3	4	5	6	7
-cold	1	2	3	4	5	6	7
-powerful	1	2	3	4	5	6	7
-dominant	1	2	3	4	5	6	7
-strong	1	2	3	4	5	6	7
-aggressive	1	2	3	4	5	6	7
-distant	1	2	3	4	5	6	7
-caring	1	2	3	4	5	6	7
-loving	1	2	3	4	5	6	7
-warm	1	2	3	4	5	6	7

11. How would you describe your mother and father's relationship?

-rejecting	1	2	3	4	5	6	7
-cold	1	2	3	4	5	6	7
-powerful	1	2	3	4	5	6	7
-dominant	1	2	3	4	5	6	7
-strong	1	2	3	4	5	6	7
-aggressive	1	2	3	4	5	6	7
-distant	1	2	3	4	5	6	7
-caring	1	2	3	4	5	6	7
-loving	1	2	3	4	5	6	7
-warm	1	2	3	4	5	6	7

12. Did you consider your family environment abusive ?

1. _____never, 4. _____most of the time,
 2. _____rarely, 5. _____all of the time.
 3. _____sometimes,

13. Did you experience any of the following types of abuse ?

	not at all				frequently		
-physical abuse	1	2	3	4	5	6	7
-sexual abuse	1	2	3	4	5	6	7
-emotional abuse	1	2	3	4	5	6	7

14. Did you feel your parents wished for a "girl when you were born?

1. _____yes, 2. _____no.

15. Were you ever dressed by your PARENTS or other FAMILY MEMBERS as a "girl"?
	never				often		
	1	2	3	4	5	6	7
16. Were you ever dressed as a girl by a baby-sitter, nurse or other non-family member caretaker?
	never				often		
	1	2	3	4	5	6	7
17. Were you ever "forced" against your will to dress as a girl by your MOTHER?
	never				often		
	1	2	3	4	5	6	7
18. Were you ever "forced" against your will to dress as a girl by your FATHER?
	never				often		
	1	2	3	4	5	6	7

PART III: CHILDHOOD and ADOLESCENT ACTIVITIES:

19. As a child/adolescent, to what extent were you considered a "sissy" by?
	not at all				frequently		
-boys	1	2	3	4	5	6	7
-girls	1	2	3	4	5	6	7
-family	1	2	3	4	5	6	7
-yourself	1	2	3	4	5	6	7
20. As a child, I played with:
	not at all				frequently		
-boys	1	2	3	4	5	6	7
-girls	1	2	3	4	5	6	7
-alone	1	2	3	4	5	6	7
21. As a child, I played the following games.
	not at all				frequently		
-dolls	1	2	3	4	5	6	7
-house	1	2	3	4	5	6	7
-trucks	1	2	3	4	5	6	7
-cowboys	1	2	3	4	5	6	7
-doctor	1	2	3	4	5	6	7
-school	1	2	3	4	5	6	7
-war	1	2	3	4	5	6	7

22. When I played as a child, my role was.
	not at all				frequently		
-masculine	1	2	3	4	5	6	7
-feminine	1	2	3	4	5	6	7
23. As a child, I spent time daydreaming.
	not at all				frequently		
	1	2	3	4	5	6	7
24. As a child, I fantasized being.
	not at all				frequently		
-female	1	2	3	4	5	6	7
-male	1	2	3	4	5	6	7
25. Did you ever play "dress-up", and dress in female clothes?
	not at all				frequently		
	1	2	3	4	5	6	7
26. About what age did you begin dressing and playing that you were a "girl" or "woman"?
1. Never dressed as a girl _____.
 2. Put some female clothes on at _____ years.
 3. Dressed fully in female clothes at _____ years.
27. Did you ever wish you had been a girl?
	Never				frequently		
	1	2	3	4	5	6	7
28. As a boy or teenager, I participated in the following sports.
	Never				frequently		
-soccer	1	2	3	4	5	6	7
-football	1	2	3	4	5	6	7
-baseball	1	2	3	4	5	6	7
-basketball	1	2	3	4	5	6	7
-hockey	1	2	3	4	5	6	7
-tennis	1	2	3	4	5	6	7
-swimming	1	2	3	4	5	6	7
-skiing	1	2	3	4	5	6	7
-gymnastics	1	2	3	4	5	6	7
-figure skating	1	2	3	4	5	6	7
-squash	1	2	3	4	5	6	7
-diving	1	2	3	4	5	6	7
-other	1	2	3	4	5	6	7

29. Did you ever feel because you were "male", you should not participate in "female" activities?

not at all				frequently		
1	2	3	4	5	6	7

30. Did you feel that "boys should not cry".

not at all				frequently		
1	2	3	4	5	6	7

PART IV: ADULT ATTITUDES:

31. I feel that I am unable to live up to the image of what a man should be.

not at all				frequently		
1	2	3	4	5	6	7

32. When I am stressed, I engage in the following activities to relieve these feelings:

	not at all				frequently		
-drinking	1	2	3	4	5	6	7
-eating	1	2	3	4	5	6	7
-cross dressing	1	2	3	4	5	6	7
-counselling	1	2	3	4	5	6	7
-smoking	1	2	3	4	5	6	7
-watching T.V.	1	2	3	4	5	6	7
-drugs	1	2	3	4	5	6	7
-sex	1	2	3	4	5	6	7
-spending	1	2	3	4	5	6	7
-music	1	2	3	4	5	6	7
-work	1	2	3	4	5	6	7
-relationships	1	2	3	4	5	6	7

33. It is "un-masculine" to feel insecure and vulnerable.

not at all				frequently		
1	2	3	4	5	6	7

34. Men should always be strong and tough.

not at all				frequently		
1	2	3	4	5	6	7

PART V: SEXUAL AROUSAL AND FANTASIES:

35. I would like to have sex with a man.

1. _____ not at all,	4. _____ moderately,
2. _____ a little,	5. _____ very much.
3. _____ sometimes,	

36. I would like to have sex with a woman who dressed like a man.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
37. I would like to have sex with a very "feminine" woman.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
38. I would like to have sex with a "boyish" woman.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
39. I would like to have sex with a woman while I am dressed as a "woman".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
40. I would like to have sex with a woman who dressed as a "man" while I was dressed as a "woman".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
41. I would like to be dressed as a "woman" and have sex with a "man" who is dressed as a "woman".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
42. I would like to be dressed as a "woman" and have sex with a man who is also dressed as a "woman".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
43. While having sex with a women, I get pleasure from the awareness of my penis moving inside her vagina.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,

44. While having sex with a woman, I try to imagine that she has the penis and I have the vagina.
1. ☐ not at all, 4. ☐ most of the time,
 2. ☐ a little, 5. ☐ all of the time.
 3. ☐ sometimes,
45. I would enjoy receiving anal sex from a man, so that I could imagine myself as a woman having intercourse.
1. ☐ not at all, 4. ☐ most of the time,
 2. ☐ a little, 5. ☐ all of the time.
 3. ☐ sometimes,

PART VI: FANTASIES OF THE "WOMAN WITHIN":

46. While having sex with a woman, I have had the experience of feeling like a "woman".
1. ☐ not at all, 4. ☐ most of the time,
 2. ☐ a little, 5. ☐ all of the time.
 3. ☐ sometimes,
 If you had this fantasy, how old were you when it first occurred? ____yrs
 Do you still engage in this fantasy? ____yes, ____no.
47. While having sex with a man, I have had the experience of feeling like a "woman".
1. ☐ not at all, 4. ☐ most of the time,
 2. ☐ a little, 5. ☐ all of the time.
 3. ☐ sometimes,
 If you had this fantasy, how old were you when it first occurred? ____yrs
 Do you still engage in this fantasy? ____yes, ____no.
48. When I am alone, I look in the mirror dressed as a woman and imagine having sex with the woman in the mirror.
1. ☐ not at all, 4. ☐ most of the time,
 2. ☐ a little, 5. ☐ all of the time.
 3. ☐ sometimes,
 If you had this fantasy, how old were you when it first occurred? ____yrs
 Do you still engage in this fantasy? ____yes, ____no.

49. When I am alone, I look in the mirror dressed as a woman and become sexually aroused.
1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
- If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
50. When I am alone, I look in the mirror dressed as a woman and masturbate, while imagining having sex with the woman in the mirror.
1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
- If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
51. When I fantasize about being a women, I imagine that I menstruate.
1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
- If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
52. Fantasies of my lifestyle include:
	Never				Always		
1. living part-time as a woman
and part-time as a man	1	2	3	4	5	6	7
2. living full-time as a woman	1	2	3	4	5	6	7
3. living full-time as a man	1	2	3	4	5	6	7
- If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
53. When I am dressed as a woman, I feel sexually attracted to women.
- not at all all the time
 1 2 3 4 5 6 7
- If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
54. When I am dressed as a man, I feel sexually attracted to women.
- not at all all the time
 1 2 3 4 5 6 7
- If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.

61. As a woman I would like to experience the feelings of pregnancy.
 1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
 If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
62. As a woman I would like to experience the pain and excitement of childbirth.
 1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
 If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
63. I would enjoy joining a woman's group, and sharing feelings from my "femme" side.
 1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
 If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
64. I enjoy dressing as a woman and socializing with other men.
 1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
 If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
65. I enjoy using my "femme name", when I am dressed as woman.
 1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
 If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.
66. I enjoy dressing as a woman and being admired by other men.
 1. _____ not at all, 4. _____ most of the time,
 2. _____ a little, 5. _____ all of the time.
 3. _____ sometimes,
 If you had this fantasy, how old were you when it first occurred? _____ yrs
 Do you still engage in this fantasy? _____ yes, _____ no.

67. I enjoy wearing different "styles of women's clothing " and different "styles of hairpieces".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
68. I enjoy "passing as a woman" (being seen as a woman) among people who are not transvestites.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
If you had this fantasy, how old were you when it first occurred? _____ yrs
Do you still engage in this fantasy? _____ yes, _____ no.
69. I enjoy the "shock" that people experience when they realize that I am a "man" dressed as a "woman".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
If you had this fantasy, how old were you when it first occurred? _____ yrs
Do you still engage in this fantasy? _____ yes, _____ no.

THE SPACE BELOW IS PROVIDED SO THAT YOU MAY COMMENT ON ANY ADDITIONAL INFORMATION ABOUT YOUR LIFESTYLE THAT HAS NOT COVERED IN THIS QUESTIONNAIRE.

APPENDIX D

Cross-Gender Lifestyle Inventory

THE FOLLOWING QUESTIONS ASK WHETHER A PARTICULAR BEHAVIOUR OCCURRED (PLEASE CHECK YES ___ OR, NO ___).

IF YOU HAVE EXPERIENCED THIS BEHAVIOUR CHECK (YES ___) AND THE AGE THAT IT FIRST OCCURRED.

1. At some period in my life I began having fantasies of the "woman within", when I was crossed-dressed.
YES ___, NO ___.

IF YES: How old were you when this first occurred? _____yrs.

2. At some time in my life I began socializing with other men who were cross-dressed.
YES ___, NO ___.

IF YES: How old were you when this first occurred? _____yrs.

3. At some period in my life I began fantasizing about having a female body and being pregnant.
YES ___, NO ___.

IF YES: How old were you when this first occurred? _____yrs.

4. At some point in my life I have been sexually aroused by touching or putting on women's clothing or other apparel (jewellery, underwear, shoes).
YES ___, NO ___.

IF YES: How old were you when this first occurred? _____yrs.

5. At some point in my life I cross-dressed for reasons other than being sexually aroused?
YES ___, NO ___.

IF YES: How old were you when this first occurred? _____yrs.

6. At some period in my life I began "passing" in public as a woman.
YES ___, NO ___.

IF YES: How old were you when this first occurred? _____yrs.

7. At some period in my life I began having fantasies of the "woman within", when I was not crossed-dressed.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

8. At some time in my life I began to live full-time as a woman.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

9. At some point in my life I began using a "femme name".

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

10. At some period in my life I began fantasizing about having a female body and menstruating.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

11. At some time in my life I became sexually aroused by my fantasies of the "woman within".

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

12. At some period in my life I took female hormones to become more like a woman.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

13. At some period in my life I took steps (applied to a clinic for sex re-assignment) to have my body changed (surgery) to become a woman.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

14. At some time in my life I began to live part-time as a woman.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

15. At some period in my life I began fantasizing about having a body with female breasts.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

16. At some time in my life I had electrolysis to remove my beard.

YES____, NO____.

IF YES: How old were you when this first occurred? _____yrs.

APPENDIX E

Reasons for Current Cross-Dressing Inventory

IF YOU HAVE NEVER CROSS-DRESSED, DO NOT COMPLETE THIS QUESTIONNAIRE

The following statements are different reasons that men have given for their cross-dressing behaviour. You are asked to consider your reasons for current cross-dressing.

PRESENT CROSS-DRESSING

Please read the following statements and check (✓) the degree to which this statement is CURRENTLY true for you.

1. For me, I cross-dress so that I can release tension.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
2. I cross-dress in order to feel sexual or erotic excitement.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
3. I can become much more sexually aroused when cross-dressed than when not cross-dressed.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
4. I cross-dress in order to experience my female side and feel like a woman.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
5. When I cross-dress, I am more self-confident and feel good about myself.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,

6. When I cross-dress I assume a "femme name".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
7. When I cross-dress, I get relief from my unattractive male side.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
8. I cross-dress in order to socialize with other men who cross-dress and enjoy sharing activities of a similar interest.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
9. When I cross-dress I assume a "femme" personality that is different from my masculine personality.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
10. When I cross-dress I become a different personality.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
11. I cross-dress so that I can enjoy the women in the "mirror" who belongs to me.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
12. When I cross-dress I get a surge of excitement, I feel invigorated and released from boredom.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
13. I cross-dress in order to direct and enjoy my erotic fantasies.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,

14. I feel more comfortable expressing my emotions, and less inhibited when I am cross-dressed.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
15. When I cross-dress, I am able to be more vulnerable, open and less afraid of intimacy.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
16. When I cross-dress, I feel "free" and simply "enjoy myself".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
17. Cross-dressing enhances my sexual arousal during masturbation.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
18. When I cross-dress I seem to become a totally new personality, I feel and act completely different from when I dress like a man.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
19. When I cross-dress I have simply a feeling of "well being" and "fun".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
20. My cross-dressing activities are propelled by a 'compulsion' or need from within.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,

21. I believe my cross-dressing activity is related to a "trauma from childhood".
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
22. I use cross-dressing as a way of overcoming a "trauma " from childhood.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
23. When I cross-dress I am able to release the "woman within" that is disapproved of by our culture.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
24. When I cross-dress, I feel anxious about being caught while dressing, as if I'm doing something wrong.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
25. When I cross-dress, I am conflicted about living a "double" life.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,
26. After I cross-dress, I feel "torn" between my "male" and "female" " sides.
1. _____ not at all, 4. _____ most of the time,
2. _____ a little, 5. _____ all of the time.
3. _____ sometimes,

APPENDIX F

Autogynephilia Scale

Please read the following statements and check (✓) the statement that is true for you.

1. Have you ever become sexually aroused while picturing yourself having a NUDE female body or with certain features of the female form?

1. ☐ Yes,
 2. ☐ No,
 3. ☐ Have never pictured this.

If "Yes", how old were you when you first had this fantasy? ____yrs.

Do you still engage in this fantasy? ____yes, ____no.

ITEMS 2-6: IF YOU HAVE ANSWERED "YES" ABOVE, WHICH OF THE FOLLOWING STATEMENTS WERE ALSO TRUE?

2. You became sexually aroused while picturing your NUDE FEMALE BREASTS.

1. ☐ Yes,
 2. ☐ No,
 3. ☐ Have never pictured myself with nude female breasts.

If "Yes", how old were you when you first had this fantasy? ____yrs.

Do you still engage in this fantasy? ____yes, ____no.

1. ☐ Yes,
 2. ☐ No,
 3. ☐ Have never pictured myself with nude female breasts.

If "Yes", how old were you when you first had this fantasy? ____yrs.

Do you still engage in this fantasy? ____yes, ____no.

3. You became sexually aroused while picturing your NUDE FEMALE BUTTOCKS.

1. ☐ Yes,
 2. ☐ No,
 3. ☐ Have never pictured myself with nude female buttocks.

If "Yes", how old were you when you first had this fantasy? ____yrs.

Do you still engage in this fantasy? ____yes, ____no.

4. You became sexually aroused while picturing your NUDE FEMALE LEGS.
 1. ☐ Yes,
 2. ☐ No,
 3. ☐ Have never pictured myself with nude female legs.
 If "Yes", how old were you when you first had this fantasy? ____yrs.
 Do you still engage in this fantasy? ____yes, ____no.
5. You became sexually aroused while picturing your NUDE FEMALE GENITALS (private parts).
 1. ☐ Yes,
 2. ☐ No,
 3. ☐ Have never pictured myself with nude female genitals.
 If "Yes", how old were you when you first had this fantasy? ____yrs.
 Do you still engage in this fantasy? ____yes, ____no.
6. You became sexually aroused while picturing your FEMALE FACE.
 1. ☐ Yes,
 2. ☐ No,
 3. ☐ Have never pictured my female face.
 If "Yes", how old were you when you first had this fantasy? ____yrs.
 Do you still engage in this fantasy? ____yes, ____no.
7. Which of the following pictures of yourself has been most strongly associated with sexual arousal?
 1. ☐ As a nude woman
 How old were you when you first had this fantasy? ____yrs.
 2. ☐ As a woman dressed only in underwear, sleepwear or foundation garments(for example, a corset),
 How old were you when you first had this fantasy? ____yrs.
 3. ☐ As a fully clothed woman,
 How old were you when you first had this fantasy? ____yrs.
 4. ☐ Have never become sexually aroused while picturing myself as a woman,
 5. ☐ Have never pictured myself as a woman.
8. Have you ever been sexually aroused by the thought of being a WOMAN?
 1. ☐ Yes,
 2. ☐ No
 If "Yes", How old were you when you first had this fantasy? ____yrs.
 Do you still engage in this fantasy? ____yes, ____no.

9. Have you ever become sexually aroused while picturing yourself as a woman in the nude being admired by another person?

1. ☐ Yes,
2. ☐ No,
3. ☐ Have never pictured this.

If "Yes", How old were you when you first had this fantasy? ____yrs.
Do you still engage in this fantasy? ____yes, ____no.

10. Have you ever become sexually aroused while picturing yourself as a woman dressed only in female underwear, sleepwear, or foundation garments(for example corset)being admired by another person?

1. ☐ Yes,
2. ☐ No,
3. ☐ Have never pictured this.

If "Yes", How old were you when you first had this fantasy? ____yrs.
Do you still engage in this fantasy? ____yes, ____no.

11. Have you ever become sexually aroused while picturing yourself as a fully dressed woman being admired by another person?

1. ☐ Yes,
2. ☐ no,
3. ☐ Have never pictured this.

If "Yes", How old were you when you first had this fantasy? ____yrs.
Do you still engage in this fantasy? ____yes, ____no.

12. Which of the following pictures of yourself has been most strongly associated with sexual arousal?

1. ☐ As a woman who is alone and in private,
2. ☐ As a woman who is being admired by another person,
3. ☐ Have never become sexually aroused while picturing myself as a woman,
4. ☐ Have never pictured myself as a woman.

If you checked (# 1), How old were you when you first had this fantasy? ____yrs.
Do you still engage in this fantasy? ____yes, ____no.

13. When approaching a sexually attractive person, would you prefer:

1. ☐ To slowly develop a sexual relationship with her or him,
2. ☐ To take him or her by surprise with your sexual activity,
3. ☐ Never sexually attracted to another person.

14. Would you prefer to kiss:
1. _____ A handsome man,
 2. _____ A pretty woman,
 3. _____ The sex of the person makes little difference,
 4. _____ Never had the desire to kiss anybody (except close relatives or children).
15. Do you prefer:
1. _____ To have sexual intercourse with a man,
 2. _____ To have sexual intercourse with a woman,
 3. _____ To satisfy yourself sexually without any partner.

APPENDIX G

Cross-Gender Fetishism Scale**Instructions to Participants**

The following questions ask about your experience in dressing or making up as the opposite sex. The questions are meant to include experiences you may have had during puberty or adolescence, as well as more recent experiences.

Please circle ONE and ONLY ONE answer to each question. There is no time limit for answering these questions.

1. Have you ever felt sexually aroused when putting on women's underwear, stockings or a nightgown?
1. _____ yes,
2. _____ no,
3. _____ Have never put on any of these.
2. Have you ever felt sexually aroused when putting on women's shoes or boots?
1. _____ yes,
2. _____ no,
3. _____ have never put on either of these.
3. Have you ever felt sexually aroused when putting on women's jewellery or outer garments (blouse, skirt, dress, etc)?
1. _____ yes,
2. _____ no,
3. _____ have never put on any of these.
4. Have you ever felt sexually aroused when putting on women's perfume or make-up, or when shaving your legs?
1. _____ yes,
2. _____ no,
3. _____ have never put on any of these.
5. Have you ever masturbated while thinking of yourself putting on (or wearing) women's underwear, stockings, or a nightgown ?
1. _____ yes,
2. _____ no.

6. Have you ever masturbated while thinking of yourself putting on (or wearing) women's shoes or boots?
1. _____yes,
2. _____no.
7. Have you ever masturbated while thinking of yourself putting on (or wearing) women's jewellery or outer garments?
1. _____yes,
2. _____no.
8. Have you ever masturbated while thinking of yourself putting on (or wearing) women's perfume or make-up, or while thinking of yourself shaving your legs (or having shaved legs)?
1. _____yes,
2. _____no.
9. Has there ever been a period in your life of one year(or longer) during which you always or usually felt sexually aroused when putting on female underwear or clothing?
1. _____yes,
2. _____no,
3. _____Have never put on female underwear or clothing.
10. Has there ever been a period in your life of one year(or longer) during which you always or usually masturbated if you put on female underwear or clothing ?
1. _____yes,
2. _____no,
3. _____Have never put on female underwear or clothing.
11. Have you ever put on women's clothes or make-up for the main purpose of becoming sexually excited and masturbating ?
1. _____yes,
2. _____no.

THANK YOU FOR YOUR PARTICIPATION

APPENDIX H

Gender Issues, Sexual Fantasies and Sexual behaviours**Instructions to Participants**

The following are questions that refer to your childhood and adolescent experiences. Please check (✓) the items that are true for you.

PART A

1. Between the ages of 6 and 12, did you prefer?
 1. _____ to play with boys,
 2. _____ to play with girls,
 3. _____ didn't make any difference,
 4. _____ not to play with other children,
 5. _____ don't remember.

2. Between the ages of 6 and 12, did you?
 1. _____ prefer boy's games and toys (soldiers, football, etc)?
 2. _____ prefer girl's games and toys (dolls, cooking, sewing, etc).
 3. _____ like or dislike both about equally,
 4. _____ had no opportunity to play games or with toys.

3. In childhood, were you very interested in the work of a garage mechanic ? Was this
 1. _____ prior to age 6,
 2. _____ between ages 6 and 12,
 3. _____ probably in both periods,
 4. _____ do not remember that I was very interested in the work of a garage mechanic.

4. Between the ages of 6 and 14, which did you like more, romantic stories or adventure stories?
 1. _____ liked romantic stories more,
 2. _____ liked adventure stories more,
 3. _____ it did not make any difference.

5. Between the ages of 6 and 12, did you like to do jobs or chores which are usually done by women?
 1. _____ yes,
 2. _____ no,
 3. _____ don't remember.

6. Between the ages of 13 and 16, did you like to do jobs or chores which are usually done by women?
1. _____ yes,
 2. _____ no,
 3. _____ don't remember.
7. Between the ages of 6 and 12, were you a leader in boys games or other activities?
1. _____ more often than other boys,
 2. _____ less often than other boys,
 3. _____ about the same, or don't know,
 4. _____ did not take part in children's games and/or other activities.
8. Between the ages of 6 and 12, when you read a story did you imagine that you were
1. _____ the male in the story (cowboy, detective, soldier, explorer, etc)
 2. _____ the female in the story (the girl being saved, etc),
 3. _____ the male sometimes and the female other times,
 4. _____ neither the male nor the female,
 5. _____ did not read stories.
9. In childhood or at puberty, did you like mechanics magazines? Was this
1. _____ between ages 6 and 12,
 2. _____ between ages 12 and 14,
 3. _____ probably in both periods,
 4. _____ do not remember that I liked mechanics magazines.
10. Between the ages of 6 and 12, did you wish you had been born a girl instead of a boy?
1. _____ often,
 2. _____ occasionally,
 3. _____ never.
11. Between the ages of 13 and 16, did you wish you had been born a girl instead of a boy?
1. _____ often,
 2. _____ occasionally,
 3. _____ never.
12. Since the age of 17, have you wished you had been born a girl instead of a boy?
1. _____ often,
 2. _____ occasionally,
 3. _____ never.

13. Do you think your appearance is
1. ☐ very masculine,
 2. ☐ masculine,
 3. ☐ a little feminine,
 4. ☐ quite feminine.
14. In childhood, did you sometimes imagine yourself a well-known sports figure, or did you wish you would become one? Was this
1. ☐ prior to age 6,
 2. ☐ between ages 6 and 12,
 3. ☐ probably in both periods,
 4. ☐ do not remember such fantasies.
15. In childhood fantasies did you sometimes wish you could go hunting big game? Was this
1. ☐ prior to age 6,
 2. ☐ between ages 6 and 12,
 3. ☐ probably in both periods,
 4. ☐ do not remember such fantasies.
16. In childhood fantasies did you sometimes imagine yourself as being a policeman or soldier? Was this
1. ☐ prior to age 6,
 2. ☐ between ages 6 and 12,
 3. ☐ probably in both periods,
 4. ☐ do not remember that I had such a fantasy.
17. In childhood was there ever a period that you wished you would, as an adult, become a dressmaker or dress designer?
1. ☐ prior to age 6,
 2. ☐ between ages 6 and 12,
 3. ☐ probably in both periods,
 4. ☐ do not remember having this desire.
18. In childhood fantasies did you sometimes imagine yourself driving a racing car? Was this
1. ☐ prior to age 6,
 2. ☐ between ages 6 and 12,
 3. ☐ probably in both periods,
 4. ☐ do not remember having this fantasy.

19. In childhood did you ever wish to become a dancer ? Was this
1. _____ prior to age 6,
 2. _____ between ages 6 and 12,
 3. _____ probably in both periods,
 4. _____ do not remember having this desire.

PART B

20. What kind of sexual contact with a male would you have preferred on the whole, even though you may not have done it?
1. _____ inserting your privates between your partners upper legs (thighs).
 2. _____ putting your privates into your partners rear end.
 3. _____ you would have preferred one of those two modes but you cannot decide which one.
 4. _____ your partner putting his privates between your upper legs (thighs).
 5. _____ your partner putting his privates into your rear end.
 6. _____ you would have preferred one of those two latter modes but you cannot decide which one.
 7. _____ you would have liked all four modes equally well.
 8. _____ you would have preferred some other mode of sexual contact.
 9. _____ had no desire for physical contact with males
21. What qualities did you like in males to whom you were sexually attracted?
1. _____ strongly masculine behaviour.
 2. _____ slightly masculine behaviour.
 3. _____ rather feminine behaviour.
 4. _____ did not feel sexually attracted to males.
22. Would you have preferred a partner
1. _____ who was willing to have you lead him.
 2. _____ who was willing to lead you.
 3. _____ you didn't care.
 4. _____ did not feel sexually attracted to males.

PART C

23. Between the ages of 6 and 12, did you put on women's underwear or clothing ?
1. _____ once a month or more for about a year or more,
 2. _____ (less often, but) several times a year for about 3 years or more,
 3. _____ very seldom did this during this period,
 4. _____ never did this during this period,
 5. _____ don't remember,
24. Between the ages of 13 and 16, did you put on women's underwear or clothing?
1. _____ once a month or more, for at least a year,
 2. _____ (less often, but) several times a year for at least 2 years,
 3. _____ very seldom did this during this period,
 4. _____ never did this during this period,
25. Since the age of 17, did you put on women's clothing or underwear?
1. _____ once a month or more, for at least a year,
 2. _____ (less often, but) several times a year for at least 2 years,
 3. _____ very seldom did this during this period,
 4. _____ never did this during this period,
26. Have you ever wanted to have a operation to change you physically into a woman?
1. _____ yes,
 2. _____ no,
 3. _____ unsure.
27. If you ever wished to have a female body rather than a male one, was this
1. _____ mainly to please men but also for your own satisfaction
 2. _____ mainly for your own satisfaction but also to please men
 3. _____ entirely for your own satisfaction
 4. _____ entirely to please men
 5. _____ about equally to please men and for your own satisfaction
 6. _____ have never wanted to have a female body
28. Have you ever felt like a woman?
1. _____ only if you were wearing at least one piece of female underwear and clothing
 2. _____ while wearing at least one piece of female underwear or clothing and only occasionally at other times also
 3. _____ at all times and for at least 1 year (female clothing or not)
 4. _____ never felt like a woman

29. When completely dressed in male clothing (underwear, etc) would you
1. _____ have a feeling of anxiety because of this
 2. _____ have no feeling of anxiety but have another kind of unpleasant feeling because of this
 3. _____ have no unpleasant feelings to do with above

PART D

30. About how old were you when you first made quite strong efforts to see males who were undressed or scantily dressed?
1. _____ younger than 12,
 2. _____ between 12 and 16,
 3. _____ older than 16,
 4. _____ never
31. About how old were you when you first felt sexually attracted to males?
1. _____ younger than 6,
 2. _____ between 6 and 11,
 3. _____ between 12 and 16,
 4. _____ older than 16,
 5. _____ never.
32. Since what age have you been sexually attracted to males only?
1. _____ younger than 6,
 2. _____ between 6 and 11,
 3. _____ between 12 and 16,
 4. _____ older than 16,
 5. _____ never.
33. Since the age of 16 have you ever fallen in love with a person of the male sex?
1. _____ yes,
 2. _____ no.
34. How old were you when you first kissed a male because you felt sexually attracted to him?
1. _____ younger than 12,
 2. _____ between 12 and 16,
 3. _____ older than 16,
 4. _____ never.
35. Since age 12, how old were you when you first touched the privates of a male to whom you were sexually attracted?
1. _____ between 12 and 16,
 2. _____ older than 16,
 3. _____ never.

36. What kind of sexual contact with a male would you have preferred on the whole, even though you may not have done it?
1. _____ inserting your privates between your partners upper legs (thighs),
 2. _____ putting your privates into your partners rear end,
 3. _____ you would have preferred one of those two modes but you cannot decide which one,
 4. _____ your partner putting his privates between your upper legs (thighs),
 5. _____ your partner putting his privates into your rear end,
 6. _____ you would have preferred one of those two latter modes but you cannot decide which one,
 7. _____ you would have liked all four modes equally well,
 8. _____ you would have preferred some other mode of sexual contact,
 9. _____ had no desire for physical contact with males
37. What qualities did you like in males to whom you were sexually attracted ?
1. _____ strong masculine behaviour,
 2. _____ a slightly masculine behaviour,
 3. _____ rather feminine behaviour,
 4. _____ did not feel sexually attracted to males.
38. Would you have preferred?
1. _____ male homosexual partners,
 2. _____ male partners who were not homosexual,
 3. _____ had no preference,
 4. _____ did not feel sexually attracted to males.
39. Since age 18, how old was the oldest male to whom you could have felt sexually attracted?
1. _____ younger than 6,
 2. _____ between 6 and 11,
 3. _____ between 12 and 16,
 4. _____ between 17 and 19,
 5. _____ between 20 and 30,
 6. _____ between 31 and 40,
 7. _____ between 41 and 50,
 8. _____ older than 50
 9. _____ did not feel sexually attracted to males.
40. Would you have preferred a partner
1. _____ who was willing to have you lead him,
 2. _____ who was willing to lead you,
 3. _____ you didn't care,
 4. _____ did not feel sexually attracted to males.

41. Since age 16, and up to age 25(or younger if you are less than 25) how did the preferred age of male partners change as you got older?
1. _____ became gradually younger,
 2. _____ became gradually older,
 3. _____ remained about the same,
 4. _____ never felt attracted to males.
42. Since age 16, have you ever been equally or more, attracted sexually by a male age 17 and over than by a females age 17-40?
1. _____ yes,
 2. _____ no

PART E

43. Since the age of 17 when you first went dancing, was this to
1. ☐ mainly meet girls at the dance,
 2. ☐ mainly meet male friends at the dance,
 3. ☐ mainly because you liked dancing itself,
 4. ☐ never went dancing since age 17.
44. How old were you when you first tried (on your own) to see females 13 or older naked or dressing or undressing (including strip-tease, movies, or pictures)?
1. ☐ younger than 12,
 2. ☐ between 12 and 16,
 3. ☐ older than 16,
 4. ☐ never.
45. Since age 13, have you ever fallen in love with or had a crush on a female who was between the ages of 13-40?
1. ☐ yes,
 2. ☐ no.
46. Have you ever desired sexual intercourse with a female age 17-40
1. ☐ yes,
 2. ☐ no.
47. How do you prefer females ages 17-40 to react when you try to come into sexual contact (not necessarily intercourse) with them?
1. ☐ cooperation on the part of the female,
 2. ☐ indifference,
 3. ☐ a little resistance,
 4. ☐ considerable resistance,
 5. ☐ you don't care,
 6. ☐ do not try to come into sexual contact with females age 17-
48. Do you prefer females of age 17-40?
1. ☐ who have no sexual experience,
 2. ☐ who have had a little sexual experience,
 3. ☐ who have had considerable sexual experience,
 4. ☐ you don't care how much experience,
 5. ☐ not enough interest in females age 17-40 to know.

49. Between 13 and 16, when you first saw females 13 or over in the nude (or dressing or undressing) including strip-tease, movies or pictures, did you feel sexually aroused?
1. _____ very much,
 2. _____ mildly,
 3. _____ not at all,
 4. _____ never saw females 13 or older in the nude, dressing or undressing (including strip-tease, movies, pictures).
50. When you have a wet dream (reach climax while dreaming), do you always, or almost always, dream of a female age 17-40?
1. _____ yes,
 2. _____ no,
 3. _____ don't remember any wet dreams.
51. In your sexual fantasies, are females age 17-40 always, or almost always involved?
1. _____ yes,
 2. _____ no,
 3. _____ haven't had such fantasies.

PART F

52. Since age 13, how old were you when you first kissed a female age 13-40 who seemed to be interested in you sexually?
1. _____ between the ages 13-16,
 2. _____ between the ages 17-25,
 3. _____ 26 or older,
 4. _____ never after age 12.
53. Since age 13, how old were you when you first petted(beyond kissing) with a female age 13-40 who seemed to be interested in you sexually?
1. _____ between the ages 13-16,
 2. _____ between the ages 17-25,
 3. _____ 26 or older,
 4. _____ never after age 12.
54. Have you ever attempted intercourse with a female age 17-40?
1. _____ yes,
 2. _____ no, and you are older than 25,
 3. _____ no, and you are 25 or younger,
55. When did you first have sexual intercourse with a female age 17-40?
1. _____ before age 16,
 2. _____ between age 16 and 25,
 3. _____ 26 or older,
 4. _____ never, and you are older than 25,
 5. _____ never, and you are 25 or younger.
56. When did you first get married or begin living common-law?
1. _____ before 30,
 2. _____ between 30-40,
 3. _____ age 41 or older,
 4. _____ never married or had common-law relations and you are older than 30,
 5. _____ never, and you are 25 or younger.
57. Was there any period of 14 days or less when you had sexual intercourse with a female age 17-40 more than 5 times?
1. _____ yes,
 2. _____ no, and you are older than 25,
 3. _____ no, and you are 25 or younger.
58. How many different females have you had as sexual partners? _____.
59. How many different males have you had as sexual partners? _____.

60. How often do you achieve orgasm by any and all means (masturbation, oral sex, intercourse)?

1. _____ once a day or more,	6. _____ at least every other month,
2. _____ several times a week,	7. _____ at least every 6 months,
3. _____ about once a week,	8. _____ at least once a year,
4. _____ at least every two weeks,	9. _____ less than once a year,
5. _____ at least once a month,	10. _____ never.

61. How often do you achieve sexual orgasm during sexual activity with a woman?

1. _____ once a day or more,	6. _____ at least every other month,
2. _____ several times a week,	7. _____ at least every 6 months,
3. _____ about once a week,	8. _____ at least once a year,
4. _____ at least every two weeks,	9. _____ less than once a year,
5. _____ at least once a month,	10. _____ never.

62. How often do you achieve sexual orgasm during sexual activity with a man?

1. _____ once a day or more,	6. _____ at least every other month,
2. _____ several times a week,	7. _____ at least every 6 months,
3. _____ about once a week,	8. _____ at least once a year,
4. _____ at least every two weeks,	9. _____ less than once a year,
5. _____ at least once a month,	10. _____ never.

PART G

63. Between the ages of 6 and 12, did you wish you had been born a girl instead of a boy?
1. _____ often,
 2. _____ occasionally,
 3. _____ never,
64. Between the ages of 13 and 16, did you wish you had been born a girl instead of a boy?
1. _____ often,
 2. _____ occasionally,
 3. _____ never,
65. Since the age of 17, have you wished you had been born a girl instead of a boy?
1. _____ often,
 2. _____ occasionally,
 3. _____ never,
66. Have you ever wanted to have an operation to change you physically into a woman?
1. _____ often,
 2. _____ occasionally,
 3. _____ never.
67. If you have ever wished to have a female body rather than a male one, was this:
1. _____ mainly to please men but also for your own satisfaction,
 2. _____ mainly for your own satisfaction but also to please men,
 3. _____ entirely for your own satisfaction,
 4. _____ entirely to please men,
 5. _____ about equally to please men and for my own satisfaction,
 6. _____ have never wanted to have a female body,

3

OF/DE

3

PM-1 3 1/2" x 4" PHOTOGRAPHIC MICROCOPY TARGET
NBS 1010a ANSI/ISO #2 EQUIVALENT

PRECISIONSM RESOLUTION TARGETS

	Never or almost never true of me				Always or almost always true of me		
	1	2	3	4	5	6	7
58.Ambitious	_____	_____	_____	_____	_____	_____	_____
59.Gentle	_____	_____	_____	_____	_____	_____	_____
60.Conventional	_____	_____	_____	_____	_____	_____	_____

THANK YOU FOR YOUR PARTICIPATION

APPENDIX J

Trauma Symptom Checklist**Instructions for Participants**

Please indicate how often you have experienced the following IN THE LAST TWO MONTHS.

	Never	Occasionally	Fairly often	Very often
1. Insomnia (trouble getting to sleep)	0	1	2	3
2. Restless sleep	0	1	2	3
3. Nightmares	0	1	2	3
4. Having sex that you don't enjoy	0	1	2	3
5. Waking up early in the morning and you can't get back to sleep	0	1	2	3
6. Weight loss (without dieting)	0	1	2	3
7. feeling isolated from others	0	1	2	3
8. Loneliness	0	1	2	3
9. Low sex drive	0	1	2	3
10. Sadness	0	1	2	3
11. "Flashbacks" (sudden, vivid, distracting memories)	0	1	2	3

	Never	Occasionally	Fairly often	Very often
12. Not feeling rested in the morning	0	1	2	3
13. "Spacing Out" (going away in your mind)	0	1	2	3
14. Headaches	0	1	2	3
15. Not feeling satisfied with your sex life	0	1	2	3
16. Stomach problems	0	1	2	3
17. Uncontrollable crying	0	1	2	3
18. Anxiety attacks	0	1	2	3
19. Trouble controlling temper	0	1	2	3
20. Waking up in the middle of the night	0	1	2	3
21. Trouble getting along with others	0	1	2	3
22. Dizziness	0	1	2	3
23. Passing out	0	1	2	3
24. Desire to physically hurt yourself	0	1	2	3
25. Bad thoughts or feelings during sex	0	1	2	3
26. Desire to hurt others	0	1	2	3
27. Sexual problems	0	1	2	3
28. Sexual overactivity	0	1	2	3
29. Fear of men	0	1	2	3

	Never	Occasionally	Fairly often	Very often
30.Fear of women	0	1	2	3
31.Unnecessary or over-frequent washing	0	1	2	3
32.Feelings of inferiority	0	1	2	3
33.Being confused about your sexual feelings	0	1	2	3
34.Feelings of guilt	0	1	2	3
35.Feelings that things are "unreal"	0	1	2	3
36.Memory problems	0	1	2	3
37.Feelings that you are not always in your body	0	1	2	3
38.Feeling tense all the time	0	1	2	3
39.Sexual feelings when you shouldn't have them	0	1	2	3
40.Having trouble breathing	0	1	2	3

THANK YOU FOR YOUR PARTICIPATION

APPENDIX K

Inventory of Childhood Memories and Imaginings**Instructions for Participants**

The major purpose of this inventory is to determine how many adults remember themselves as very imaginative during childhood. A second purpose is to quantify the kinds of childhood imaginative activities, fantasies, and related experiences that can be remembered by adults. A third purpose is to determine to what extent childhood imaginings affect adult experiences or carry over into adult functioning.

Please place a check (✓) in front of each item below that applies to you. Please answer as honestly as possible and do not be concerned if you find that you are checking almost all the items or almost none.

- _____ 1. When I was a child, I enjoyed active movement such as running and jumping.
- _____ 2. When I was a child, I enjoyed swinging (on a swing).
- _____ 3. When I was a child, I liked some kinds of music.
- _____ 4. When I was a child, I enjoyed cartoons (on t.v. or in movies).
- _____ 5. I can remember clearly one or more things that happened to me when I was two years of age or younger.
- _____ 6. When I remember back to when I was 6, 7, or 8 years of age, I can re-experience myself as a child; that is, I can "see" and "hear" again what I saw and heard then and I can feel again the emotions and sensations I felt then.
- _____ 7. Although I have grown and I've had more experiences, I feel basically the same as I did when I was a child.
- _____ 8. When I was a child, I believed in such beings as fairies, leprechauns, or elves, etc.
- _____ 9. Now that I am adult, I still in some sense believe in such beings as fairies, leprechauns, or elves, etc.
- _____ 10. When I was a child, I would dream or imagine I was flying with such vividness that I felt as if I actually did fly.
- _____ 11. When I was a child, I enjoyed fairytales.

- _____ 12. As an adult, I would still enjoy fairytales.
- _____ 13. When I was a child, I was VERY imaginative.
- _____ 14. At the present time, I am VERY imaginative.
- _____ 15. When I was a child, I was "a childhood philosopher". That is, I spent time thinking about such things as the meaning of life, and death, about hypocrisy, levels of existence, etc.
- _____ 16. When I was a child (below age 12), I preferred playing make-believe games which require imagining or pretending, such as cowboys, school, house, etc. I PREFERRED such MAKE-BELIEVE games over REALISTIC games which require skills such as hopscotch, checkers, building things, ball games, etc.
- _____ 17. When I was playing make-believe games as a child, I would imagine so vividly that what I pretended seemed real to me.
- _____ 18. When I was a child, I lived in a make-believe world much or most of the time.
- _____ 19. As an adult, I still occasionally live in a make-believe world.
- _____ 20. When I was a YOUNG child, I BELIEVED that my doll(s) or stuffed animal(S) were alive.
- _____ 21. When I was a child, I had an imaginary companion (or companions) such as an imagined person, animal, or object which I talked to, shared feelings with, or took along with me.
- _____ 22. When I was a child, I would at times pretend and IN SOME SENSE believe I was someone else such as a fairytale character (e.g. Snow White, Peter Pan, Rapunzel, etc), a prince or princess, an orphan, etc.
- _____ 23. As an adult, I occasionally PRETEND I am someone else.
- _____ 24. When I was a child, I would have ENJOYED, or at least I did ENJOY taking ballet dancing lessons.
- _____ 25. When I was a child or teenager, at times I was afraid my imagining would become so real to me that I would be unable to stop it.
- _____ 26. When I was a child or teenager, sometimes I was accused of lying when I was just reporting what I imagined.

- ____ 27. When I was young (pre-teenage) child, I had sexual fantasies.
- ____ 28. I have had an orgasm (or orgasms), just by imagining only
- ____ 29. When I was a child, I would spend at least half of my total waking day imagining.
- ____ 30. Now as an adult, I spend a substantial part of my total waking day imagining.
- ____ 31. If I could NOT imagine anymore, besides other effects it would have on my life, I **WOULDN'T BE ME ANYMORE-I WOULD BE A BASICALLY DIFFERENT PERSON.**
- ____ 32. At times, when I was a child, or adolescent, it was difficult for me to determine whether something had actually happened or whether I imagined it happened.
- ____ 33. If given the opportunity, I would be very eager to experience an **ENTIRELY NEW** sensation --- a sensation such as vision, hearing, smell, or touch but as different from all of these as they are all different from each other.
- ____ 34. I have had a deeply moving personal, religious, spiritual, or mystical experience.
- ____ 35. I have felt, heard, or seen an apparition (a spirit or ghost).
- ____ 36. I have had an out-of-body experience; that is, I have felt as if "I" (my mind or my spirit) left my body and existed for awhile independently of my body.
- ____ 37. I have experienced precognition (prophesy or foretelling the future) in a dream or while awake. That is, I have known something would happen before it happened even though there was no rational way I could have known.
- ____ 38. I have at times written poems, inspirational messages, stories, songs, etc., and I did not feel it was I who was creating them.
- ____ 39. I have at times felt unexplainably compelled to do something I wouldn't ordinarily do (such as call someone I wouldn't ordinarily call) and then later discovered there was a reason for my compulsion. (For instance, The person I called desperately needed me at that moment).
- ____ 40. I believe reincarnation is possible, and I **HAVE BECOME AWARE OF A LIFE (OR LIVES) THAT I HAVE LIVED PRIOR TO THIS ONE.**

- ____ 41. I have at some time in my life experimented with marijuana, psychedelic drugs (LSD,etc) amphetamines ("uppers"), tranquilizer ("downers"), or other such drugs **IN ORDER TO EXPERIENCE AN ALTERED STATE OF CONSCIOUSNESS**; that is, in order to experience the world in a new way, not just to relax or feel good.
- ____ 42. I would like to experience hypnosis.
- ____ 43. I think I am hypnotizable, that is, I think I could be hypnotized.
- ____ 44. I have at times thought something happened to me, developed **PHYSICAL SYMPTOMS** but later found out that what I thought happened never actually occurred. (some possible examples to illustrate this are as follows: (a) you thought something was in your eye, your eye became irritated, but you couldn't find anything in your eye; (b) or you thought you ate spoiled food, became ill, but later found out that others eating the same food were not bothered; (c) or you thought you touched poison ivy, developed an itch but the doctor said it wasn't poison ivy).
- ____ 45. I have at some time in my life thought I was pregnant and in addition to not menstruating, **DEVELOPED OTHER SYMPTOMS OF PREGNANCY**, (e.g. morning sickness, abdominal enlargement, breast changes,etc), only to find out later that I was not pregnant.
- ____ 46. While listening to my favourite music, in addition to experiencing mood changes (e.g.,feeling calm, relaxed, energetic, mellow,etc) I also often **EXPERIENCE A TRANSFORMATION** (e.g., a feeling of oneness with the music or being transported to the past or to another place or time,etc).
- ____ 47. When I remember significant events in my life, in addition to thinking about them, I can also re-experience them. That is, I can see again what I saw then, hear again sounds, voices, etc., as I heard them before, feel the emotions and sensations I felt then. **I CAN RE-LIVE THEM---NOT** just think about them or see them in my mind's eye.
- ____ 48. I can **VIVIDLY RE-EXPERIENCE** in my imagination such things as: the feeling of a gentle breeze, warm sand under bare feet, the softness of fur, cool grass, the warmth of the sun, and the smell of freshly cut grass.
- ____ 49. When asked to close my eyes and imagine holding a baby or an animal (dog,cat,etc) on my lap, I **CAN EXPERIENCE IT AS IF IT WERE ACTUALLY THERE**. That is, I can feel it's weight and warmth, touch it, see it, hear it, etc.

- ____ 50. At times just before I fall asleep, I experience vivid images.
- ____ 51. Many or most of my dreams tend to be AT LEAST AS VIVID as actual life experiences.
- ____ 52. If I wish, I am usually able to finish or change a dream after I awaken.

THANK YOU FOR YOUR PARTICIPATION

APPENDIX L

(1) Debriefing for Members of the Cross-Gender Group

The idea that boys and men identify only with social and cultural feelings and behavior considered "masculine", while girls and women identify with those considered "feminine" is questionable.

Many boys and men enjoy dressing in girls or women's clothing, participating in female activities and acknowledge that they have a "feminine" side that involves feelings (warmth, softness, etc) conventionally expressed by women.

For many boys cross-dressing is an activity limited to childhood. Others continue to cross-dress well into adulthood. Some of these men are satisfied with simply dressing in women's clothing, while for others this aspect of their lives is much more involved. For some men sexual arousal is connected with dressing in women's clothing. For others, fantasies of their "feminine" side evolve with tangible features of having a "femme name" and a style of dressing characteristic of the "woman within". Still others may describe a rich fantasy life with vivid images of their female anatomy. These images may or may not include being sexually aroused by "his woman within", to the exclusion of an external partner.

The purpose of this study is to examine sexual fantasies, sexual behavior, family background and the development of the transvestic lifestyle. Most of the data collected from earlier research has been based on anecdotal reports by cross-dressers or cross-dressers who are in therapy. Cross-dressers in therapy may not be representative of those cross-dressers who are not in therapy. By selecting cross-dressers from transvestite clubs as opposed to those who seek therapy for cross-dressing, we hope to obtain a more representative sample of the transvestite population.

We would like to thank you in advance for participating in this research. Your time and efforts are greatly appreciated.

If you have any questions or comments about this research, please feel free to contact Mary Hogan-Finlay (Principal Investigator-1-613-788-2600, ext 2484 or 1-613-230-5855, answering service) or Dr. Nicholas Spanos (Faculty Supervisor of this research project-1-613-788-2600, ext:2684 or 1-508-627-7292). If you have any ethical questions or concerns about this research, please call Dr. Lise Paquet (Chair, Department of Psychology Ethics Committee, 788-2600, ext:2692) or Dr. W. Jones (Chair, Department of Psychology, 1-613-788-2600, ext:2648).

APPENDIX L

(2) Debriefing for Members of the Control Group

The purpose of the present study was to compare responses of men who are self-defined as heterosexual, with men who are self-defined cross-dressers. One purpose was to examine similarities and differences between cross-dressers and non cross-dressers on background variables, sexual fantasies and sexual behavior. Another purpose was to explore the relationship between the range of sexual behaviors and fantasies of heterosexual men.

Normal men engage in a very wide range of sexual fantasies and behaviors. None of the sexual fantasies or behaviors described in these questionnaires are in and of themselves abnormal. There is no reason to feel uncomfortable if you engage in fantasies described in these questionnaires. However, if you have any concerns regarding your responses, please feel free to contact members of this research project to obtain a referral to a professional. You may contact Mary Hogan-Finlay (Principal Investigator-1-613-788-2600, ext:2484 or 1-613-230-5855, answering service) or Dr. Nicholas Spanos (Faculty Supervisor of this research project-1-613-788-2600, ext.2684 or 1-508-627-7292). If you have any ethical questions or concerns about this research, please call Dr. Lise Paquet, (Chair, Department of Psychology Ethics Committee, 788-2600, ext:2692) or Dr.W.Jones (Chair, Department of Psychology, 1-613-788-2600, ext:2648)

APPENDIX M

**Reliability Coefficients (Cronbach's alpha) on Items on the
Cross-Gender Lifestyle Inventory: Cross-Gendered Men**

<u>Variables:</u>	α	n
Phase I	.53	100
Phase II	.54	101
Phase III	.68	99
Phase IV	.84	100

Items included in each Phase:Phase I

- CDL1A= Fantasy of "woman within", while cross-dressed
 CDL4A= Erotic arousal while cross-dressing or touching women's clothing
 CDL5A= Cross-dress for reasons other than sexual arousal
 CDL7A= Fantasy of "woman within", when not cross-dressed
 CDL11A= Have sexual arousal by fantasy of "woman within"

Phase II

- CDL3A= Fantasy of being pregnant
 CDL10A= Fantasy of menstruating
 CDL15A= Fantasy of female breasts

Phase III

- CDL2A= Socialize with other men who cross-dress
 CDL6A= Pass in public as a woman
 CDL9A= Use "femme name"
 CDL16A= Electrolysis to remove beard

Phase IV

- CDL8A= Live full-time as woman
 CDL12A= Took female hormones
 CDL13A= Took steps for sex re-assignment
 CDL14A= Live part-time as woman

APPENDIX N

**Mean Age for Each Cross-Gendered Man Across Phases of the Lifestyle
(Mean Age Represents "Average" Age that Activities
Were Initiated for Each Phase)**

GROUP 1				
Current Age	PHASE I	PHASE II	PHASE III	PHASE IV
65	26.50	50.00	52.33	50.50
72	17.40	40.00	60.67	40.00
32	16.20	16.00	28.50	30.00
42	37.80	40.00	39.33	41.00
50	44.00	46.00	44.67	49.00
42	12.80	13.00	39.67	42.00
39	14.60	13.00	27.00	35.00
41	13.60	16.00	36.00	39.00
39	15.75	18.00	31.00	28.00
35	22.60	15.00	31.00	34.00
39	8.00	18.00	36.50	38.00
56	10.80	12.67	46.25	45.00
42	22.60	41.00	39.33	42.00
37	15.00	15.00	37.00	37.00
34	19.20	35.00	31.75	40.00
50	16.25	17.00	49.25	41.50
43	6.00	18.00	15.00	35.00
37	11.67	34.00	35.00	36.00
43	11.80	41.50	40.00	42.00
41	9.00	13.00	35.00	36.00
42	32.80	36.67	40.25	40.00
50	7.00	13.33	34.50	28.75
23	14.00	18.00	15.33	18.50
55	20.00	14.00	45.67	51.00
51	49.50	23.00	50.25	50.00
36	5.00	12.00	25.75	28.25
32	20.00	25.50	27.67	32.00
GROUP 2				
25	14.20	18.00	25.00	-----
37	19.50	34.00	37.00	-----
39	9.50	10.00	29.50	-----
55	16.50	50.00	45.00	-----
46	13.60	6.00	34.00	-----
40	12.33	15.00	28.33	-----
39	24.33	16.00	36.50	-----

APPENDIX N (continued)

<u>Current Age</u>	<u>PHASE I</u>	<u>PHASE II</u>	<u>PHASE III</u>	<u>PHASE IV</u>
27	12.50	10.00	23.33	-----
38	9.67	12.00	27.50	-----
39	12.00	16.00	28.33	-----
41	16.60	19.00	32.00	-----
29	10.80	14.00	20.33	-----
61	15.00	25.00	55.00	-----
39	14.40	35.00	35.67	-----
41	15.00	30.00	30.00	-----
43	16.20	15.00	34.00	-----
54	19.00	16.00	33.33	-----
52	28.00	33.33	48.33	-----
38	15.60	20.00	27.50	-----
48	20.60	11.00	38.00	-----
40	22.00	25.00	30.00	-----
49	6.00	14.00	40.67	-----
30	14.80	13.00	28.00	-----
41	16.67	6.00	37.00	-----
33	17.80	17.33	25.67	-----
41	22.40	25.00	37.00	-----
45	26.80	12.50	42.67	-----
36	15.00	14.00	20.25	-----
58	19.00	16.67	55.00	-----
47	16.67	30.00	40.00	-----
49	13.00	16.67	26.33	-----
38	19.50	25.00	25.33	-----
46	26.40	30.00	44.33	-----
47	18.00	18.50	41.33	-----
39	10.80	12.00	33.00	-----
49	25.00	46.00	46.50	-----
43	20.00	18.00	31.67	-----
37	32.00	20.00	31.33	-----
36	12.60	10.00	33.00	-----
40	6.00	15.00	22.50	-----
40	12.75	12.00	40.00	-----
33	21.25	20.00	29.50	-----
28	19.40	21.33	28.00	-----
41	11.60	11.00	40.67	-----
58	10.00	15.50	57.50	-----
52	8.00	27.00	53.00	-----
58	50.00	50.00	52.67	-----

APPENDIX N (continued)

<u>Current Age</u>	<u>PHASE I</u>	<u>PHASE II</u>	<u>PHASE III</u>	<u>PHASE IV</u>
37	14.80	13.00	34.50	-----
48	16.40	19.00	32.00	-----
29	15.00	22.00	28.50	-----
39	25.75	30.00	30.00	-----

GROUP 3

61	42.50	-----	51.67	-----
41	10.40	-----	26.00	-----
45	26.33	-----	37.00	-----
40	16.40	-----	33.00	-----
58	24.67	-----	55.67	-----
63	15.00	-----	46.67	-----
34	12.00	-----	33.33	-----
47	12.80	-----	33.67	-----
27	16.50	-----	25.33	-----
48	18.33	-----	40.00	-----
48	31.00	-----	48.00	-----
37	28.80	-----	33.00	-----
36	12.25	-----	33.00	-----

CROSS-GENDERED MEN NOT CLASSIFIED INTO GROUPS

<u>Current Age</u>	<u>PHASE I</u>	<u>PHASE II</u>	<u>PHASE III</u>	<u>PHASE IV</u>
45	14.00	-----	43.00	27.00
43	11.00	-----	33.00	28.00
49	26.20	-----	39.33	49.00
25	10.00	10.00	-----	-----
26	17.75	19.50	-----	-----
27	11.50	12.00	-----	-----
26	21.00	24.50	-----	-----
46	5.00	-----	-----	-----
30	16.00	-----	-----	-----
50	23.50	-----	-----	-----

APPENDIX O

**Phases of the Cross-Gender Lifestyle:
Mean Age and Frequency of Activities for Groups 1, 2 and 3**

PHASE I	GROUP 1				GROUP 2				GROUP 3			
	%	n	M	RANGE	%	n	M	RANGE	%	n	M	RANGE
CDL1B	89	24	16.2	3-44	82	45	18.1	4-50	77	10	18.8	8-40
CDL4B	74	20	14.8	3-44	98	50	12.8	4-50	100	13	14.3	8-40
CDL5B	96	26	21.0	5-50	88	45	21.4	5-50	92	12	27.5	8-48
CDL7B	96	26	21.0	5-50	67	34	18.7	6-50	54	7	19.4	12-33
CDL11B	56	15	22.0	12-44	75	38	18.6	6-50	46	6	23.1	10-50

PHASE II	GROUP 1				GROUP 2				GROUP 3			
	%	n	M	RANGE	%	n	M	RANGE	%	n	M	RANGE
CDL3B	52	14	19.9	8-42	33	17	18.2	8-30	-	-	-	-
CDL10B	56	15	23.6	12-49	33	17	21.2	8-50	-	-	-	-
CDL15B	96	26	23.0	6-50	98	48	19.9	5-50	-	-	-	-

PHASE III	GROUP 1				GROUP 2				GROUP 3			
	%	n	M	RANGE	%	n	M	RANGE	%	n	M	RANGE
CDL2B	96	26	37.7	16-60	88	44	37.5	24-58	85	11	41.8	27-60
CDL6B	93	25	37.6	11-62	75	38	33.5	14-50	69	9	33.5	8-56
CDL9B	100	27	34.8	9-60	96	49	31.9	5-58	92	12	38.1	22-60
CDL16B	49	13	38.9	21-50	10	05	35.6	30-47				

PHASE IV	GROUP 1			
	%	n	M	RANGE
CDL8B	48	13	40.1	17-57
CDL12B	52	14	39.4	18-50
CDL13B	38	10	39.0	18-50
CDL14B	93	25	35.6	7-50

M=Mean age, Range=minimum and maximum age, % = percent occurrence for specific group, n=number who endorsed item.

Note Definitions for (CDL1B to CDL16B) are outlined in Appendix D.

APPENDIX P

**Reliability Coefficients (Cronbach's alpha) on Items on the Current
Reasons for Cross-Dressing Inventory**

<u>Variable</u>	<u>α</u>	<u>n</u>
REAI	.88	100
REAI	.87	101
REAI	.89	101
REAI	.76	101
REAV	.61	100

Items included in each Variable

REAI: Expression of freedom to feel like a woman

- #4 Cross-dress to experience female side and feel like a woman
- #5 Cross-dress to feel confident and good about self
- #6 Cross-dress to assume a "femme name"
- #14 Cross-dress for comfort and feel less inhibited
- #15 Cross-dress to be open and feel vulnerable
- #16 Cross-dress to feel free and enjoy self
- #19 Cross-dress for a sense of well-being and fun
- #20 Cross-dress to relieve compulsion to dress

REAI: Expression of sexual excitement and erotic fantasies

- #2 Cross-dress to feel sexual excitement
- #3 Cross-dress for greater sexual arousal than when not dressed
- #12 Cross-dress for excitement and relief from boredom
- #13 Cross-dress to direct and enjoy erotic fantasies
- #17 Cross-dress to enhance arousal and masturbation

REAI: Expression of female personality

- #9 Cross-dress to express "femme self" different from male self
- #10 Cross-dress to become a different personality
- #18 Cross-dress to feel different from being a man

REAI: Expression of conflict related to cross-gender lifestyle

- #24 Anxious about being caught cross-dressing
- #25 Cross-dress to relieve conflict about "double" lifestyle
- #26 Cross-dress to relieve torn male /female lifestyle

REAV: Relief from childhood trauma

- #21 Cross-dressing related to childhood trauma
- #22 Cross-dress to get relief from childhood trauma

APPENDIX Q

Manova on Reasons for Current Cross-Dressing Variables: Univariate F-tests

Variable	SS	MS	F	p
REAI	7.74	3.87	7.80	.001**
REAI	13.29	6.64	6.97	.002**
REAI	5.53	2.76	1.75	.180
REAI	0.8	0.4	0.3	.712
REAI	2.53	1.27	2.92	.059

REAL: Expression of freedom to feel like a woman

REAL: Expression of sexual excitement and erotic fantasies

REAll: Expression of female personality

REIV: Expression of conflict related to cross-gender lifestyle

REAV: Relief from childhood trauma

Note. DF = 2,88

****p < .01**

* $p < .05$

(See Appendix P for definitions of individual items in each variable)

APPENDIX R

**Reliability Coefficients (Cronbach's alpha) on Childhood
and Family Background Variables: N=202
Transsexuals, Transvestites and Heterosexual Controls**

<u>Scales</u>	<u>α</u>
Father/Son	.81
Mother/Son	.76
Parents Relations	.90
Sissy	.86
Dressed as girl	.83
Familial Abuse	.65
Imagery Ability	.85

Items included in each scale:

Father/Son	(rejecting, cold, powerful, dominant, strong, aggressive, distant, caring, loving, warm; 10 items rated from 1 "not at all" to 7 "very much")
Mother/Son	(rejecting, cold, powerful, dominant, strong, aggressive, distant, caring, loving, warm; 10 items rated from 1 "not at all" to 7 "very much")
Parents Relations	(rejecting, cold, powerful, dominant, strong, aggressive, distant, caring, loving, warm; 10 items rated from 1 "not at all" to 7 "very much")
Sissy	(considered sissy by other boys, other girls, family, yourself; 4 items rated from 1 "not at all" to 7 "frequently")
Dressed as girl	(by family members, non-family members, forced to dress by mother, forced to dress by father, dressed in female clothes by oneself, wished to be a girl; 6 items rated from 1 "not at all" to 7 "frequently").
Familial Abuse	(Physical, sexual and emotional; 3 items rated from 1 "not at all" to 7 "frequently")
Imagery Ability	(see Appendix K: Inventory of Childhood Memories and Imaginings)

APPENDIX S

MANOVA on Childhood and Family Background Variables: Univariate F-tests.

Variable	SS	MS	F	p
Father/Son	902.78	300.92	1.98	.118
Mother/Son	404.91	134.97	1.23	.300
Parents Relations	347.48	115.82	1.00	.398
Childhood Happiness	8.25	2.75	2.51	.060
Sissy	635.44	211.81	8.23	.000***
Dressed as Girl	2170.01	723.33	72.47	.000***
Imagery Ability	264.18	88.06	1.21	.306
Parents Wish	3.27	1.09	8.85	.000***
Abuse: Physical	2.95	1.0	0.4	.730
Sexual	1.13	0.4	1.00	.412
Emotional	54.18	18.06	4.72	.003**

Note

DF = 3,33.

***p < .000

**p < .01

APPENDIX T

**Reliability Coefficients (Cronbach's alpha) on the
Traumatic Symptom Checklist-40 N=202
Transsexuals, Transvestites and Heterosexual Controls**

<u>SCALE</u>	<u>α</u>
DEP	.75
DIS	.74
ANX	.77
PTS	.74
SEXP	.63
SLPD	.74

Definitions of Subscales:

DEP =Depression
 DIS =Dissociation
 ANX =Anxiety
 PTS =Post Traumatic Stress
 SEXP =Sexual Problems
 SLPD =Sleep Disturbance.

(see Appendix J for items on each subscale: Traumatic Symptom Checklist)

APPENDIX U

Manova on Psychological Functioning Univariate: F-tests

Variable	SS	MS	F	p
Depression	276.57	92.19	6.5	.000***
Dissociation	51.23	17.07	2.5	.056*
Anxiety	182.89	60.96	5.3	.001**
Post Traumatic Stress	73.51	24.50	3.43	.018**
Sexual Problems	129.11	43.03	5.8	.001**
Sleep Disturbance	175.05	58.35	4.4	.005**

Note.

DF = 3,188.

***p < .000

**p < .01

*p < .05

APPENDIX V

**Reliability Coefficients (Cronbach's alpha) Bem Sex Role Inventory:
Transsexuals, Transvestites and Heterosexual Controls**

SCALE	α	n
Masc	.91	197
Fem	.82	201
Socdis	.69	198

Variable Definitions:**Masc (Masculinity Scale)****Fem (Femininity Scale)****Socdis (Social Desirability)**

APPENDIX W

**Reliability Coefficients (Cronbach's alpha) on Gender Identity and
Erotic Preference Scales.
(Transsexuals, Transvestites and Heterosexual Controls)**

SCALE	α	n
FGIA	.85	188
FGIBC	.91	188
PGD	.49	199
ANDRO	.95	197
GYN	.72	197
AUTO C	.90	202
AUTOINT	.77	202
AUTOALL	-1.64	202
HET	.71	198
FS	.97	202

Variable Definitions

FGIA	(Feminine Gender Identity in Adult Males)
FGIBC	(Feminine Gender Identity for Homosexual & Bisexual Men)
PGD	(Pure Gender Dysphoria)
ANDRO	(Androphilia)
GYN	(Gynephilia)
AUTO C	(Core Autogynephilia)
AUTOINT	(Autogynephilia Interpersonal Fantasy),
AUTOALL	(Alloeroticism Autogynephilia)
HET	(Heterosexual Experience)
FS	(Fetishism).

Note

(see Appendices F and H for individual items in each scale)

APPENDIX X

Manova on Gender Identity and Erotic Preference Variables
Univariate F-tests

Variable	SS	MS	F	p
FGIA	3782.31	1260.77	71.69	.000***
FGIBC	5466.40	1822.13	233.56	.000***
ANDROG	42.42	14.13	14.79	.000***
PGD	1243.75	414.58	184.78	.000***
ANDRO	577.49	192.49	15.01	.000***
GYN	328.72	109.57	46.75	.000***
HET	8.83	2.94	3.00	.032*
FS	2808.13	936.04	161.16	.000***
AUTOOC	1285.16	428.38	129.20	.000***
AUTOINT	356.48	118.82	164.98	.000***
AUTOALL	4.26	1.42	4.67	.004**

FGIA	= (Feminine Gender Identity in Adult Males)
FGIBC	= (Feminine Gender Identity for Homosexual & Bisexual Men)
PGD	= (Pure Gender Dysphoria)
ANDRO	= (Androphilia)
GYN	= (Gynephilia)
AUTOOC	= (Core Autogynephilia)
AUTOINT	= (Autogynephilia Interpersonal Fantasy)
AUTOALL	= (Alloeroticism Autogynephilia)
HET	= (Heterosexual Experience)
FS	= (Fetishism).

Note

DF = 3,186.

*** p < .000

**p < .01

*p < .05

APPENDIX Y

**Correlations between Phases of Cross-Gender Lifestyle
and Variables: Gender Identity, Sexual Behaviour and Fantasies:
Transsexual Group**

	1	2	3	4	5	6	7	8	9	10	11
1.	--										
2.	-.04	--									
3.	-.33	.32	--								
4.	-.60**	.09	.48*	--							
5.	-.36	.38*	.30	.47*	--						
6.	-.20	.46*	.25	.43*	.74*	--					
7.	.65**	-.35	-.56**	-.56**	-.60**	-.48*	--				
8.	-.45*	.43*	.33	.53*	.82**	.69**	-.67**	--			
9.	.67**	-.11	-.47*	-.66**	-.25	-.34	.75**	-.49*	--		
10.	.00	.12	.02	-.10	.10	.06	.08	-.10	.29	--	
11.	.28	.11	-.18	-.28	.07	.23	.32	-.06	.31	.44*	--

NOTE:

- 1= Phase I of Cross-Gender Lifestyle
- 2= Phase II of Cross-Gender Lifestyle
- 3= Phase III of Cross-Gender Lifestyle
- 4= Phase IV of Cross-Gender Lifestyle
- 5= FGIA (Feminine identity related to role behaviour in males)
- 6= FGIBC (Feminine identity related to wish to be a woman)
- 7= FS (Fetishism)
- 8= PGD (Pure Gender Dysphoria)
- 9= AUTOC (Sexual arousal to fantasies of self as woman),
- 10= AUTOALL (Prefer a sexual partner to none)
- 11= AUTOINT (Sexually aroused picture self admired by another).

* p < .05

**P < .01

APPENDIX Z

**Correlations between Phases of Cross-Gender
Lifestyle and Variables: Gender Identity, Sexual Behaviours and Fantasies:
Transvestite Group**

	1	2	3	4	5	6	7	8	9	10	11
1.	--										
2.	.24	--									
3.	.30*	.16	--								
*4.	--	--	--	--							
5.	.07	.25	.04	--	--						
6.	.22	.17	.24	--	.34*	--					
7.	.45**	.10	-.09	--	-.18	.05	--				
8.	.14	.18	.19	--	.60**	.62**	-.15	--			
9.	.54**	.23	.09	--	.07	.39**	.50**	.17	--		
10.	-.05	.17	-.01	--	.15	.07	-.03	.27	-.08	--	
11.	.23	.10	.00	--	.11	.29*	.32*	.15	.54*	.06	--

NOTE:

1= Phase I of Cross-Gender Lifestyle

2= Phase II of Cross-Gender Lifestyle

3= Phase III of Cross-Gender Lifestyle

*4= Transvestite group did not proceed through Phase IV

5= FGIA (Feminine identity related to role behaviour in males)

6= FGIBC (Feminine identity related to wish to be a woman)

7= FS (Fetishism)

8= PGD (Pure Gender Dysphoria)

9= AUTOC (Sexual arousal to fantasies of self as woman).

10= AUTOALL (Prefer a sexual partner to none)

11= AUTOINT (Sexually aroused picture self admired by another).

* p < .05

**p < .01

END

0 6-0 6-9|6

FIN