

Supplemental Information

SUPPLEMENTAL TABLE 7 Questions Used to Evaluate Interview Themes and Identify Helping and Hindering Factors

Theme	Subtheme	Questions
Validity of gender identity		
Gender expression	Lack of expression of affirmed gender	1. The term “social transition” is often used to describe when someone starts living as the gender they identify as rather than their birth-assigned gender, either at home, school, or other areas of life. BEFORE you or your young person came to this clinic for the first time, had you/they socially transitioned? Yes, no, other, do not understand
	Early expression of affirmed gender	2. How old were you when you first thought that your gender did not match the sex you were assigned at birth? (Y) ^a 3. How old was your young person when they first indicated that their gender did not match the sex they were assigned at birth? (C) ^a 4. Do you think you realized your young person identified with a gender different than the sex they were assigned at birth BEFORE they realized this for themselves? Yes, no, do not understand (C) ^a
External factors	Concern that gender incongruence is externally motivated	5a. BEFORE coming to this clinic, did you question your young person’s feelings about their gender identity because you believed they were influenced by external factors rather than by internal gender identity? Yes, no, do not understand (C) ^a 5b. If yes, asked: Please indicate all reasons why you questioned your young person’s feelings about their gender: Influenced by people they interacted with online, influenced by YouTube, influenced by things they saw online (eg, Web site, social media), influenced by people they know in real life, coexisting autism spectrum disorder, they wanted to fit in with peers/friends, not acting/presenting like the gender they said they identified as, no signs that they had these feelings during childhood life, other (C) ^a
Gender journey barriers		
Religion	Religious tensions as barrier to expression or exploration of affirmed gender	6. Does your family identify with a certain religion? No, Catholic, Christian, Jewish, Muslim, Hindu, Buddhist, other, more than one, do not understand 7. Do you identify with a certain religion? No, Catholic, Christian, Jewish, Muslim, Hindu, Buddhist, other, more than one, do not understand (Y) ^a Note: Additional questions related to religion include questions 8b, 18, and 22 (see below).
Discomfort discussing gender identity	Youth unwillingness to discuss gender incongruence	8a. Sometimes, people may realize their gender does not match the sex they were assigned at birth but then wait for some time before they come out about it. Do you think you/your young person waited to come out after realizing this? Yes, no, I do not know, I do not understand 8b. If answered yes, asked: Please indicate all reasons why you think you/your young person waited to come out. Please also indicate the one thing that made you or your young person wait the most. Options are as depicted in Fig 1A.
Influential networks		
LGBTQ+ community	LGBTQ+ groups and individuals as resources	9. BEFORE coming to the clinic for the first time, did you or your young person have any connections to the LGBTQ+ community? Please indicate all applicable answers: Options are as depicted in Fig 1B.
Family	Family tensions	10a. BEFORE you or your young person was seen here for the first time, do you think your/their gender identity caused any problems in your family? Yes or no 10b. If yes, asked to complete the following sentence with all applicable answers: my/my young person’s gender identity caused problems between.... me/my young person and parents/caregivers, me/my young person and parents/caregivers, my parents/caregivers (Y) ^a OR me and my partner (C) ^a , me/my young person and siblings, my family and members of our extended family (grandparents, aunts, uncles, cousins), other Note: Additional question related to family includes question 21 (see below).
Initial perceptions of medical therapy		
Time sensitive	Sense of urgency related to medical therapy	11. BEFORE coming to this clinic for the first time, how did you feel about the timing of medical therapy (hormone blockers,

SUPPLEMENTAL TABLE 7 Continued

Theme	Subtheme	Questions
		testosterone or estrogen) for your or your young person's gender concerns? Response options in the form of Likert-type scale: should not start for a very long time (−3), should not start for a long time (−2), should not start for a while (−1), no opinion or did not know about it (0), should start soon (+1), should start very soon (+2), should start as soon as possible (+3).
	Scores given to response indicated in brackets	12. BEFORE coming to this clinic for the first time, how did you feel about the importance of medical therapy (hormone blockers, testosterone or estrogen) for your or your young person's gender concerns? Response options in the form of Likert-type scale: very unimportant (−3), somewhat unimportant (−2), a bit unimportant (−1), no opinion or did not know about it (0), a bit important (+1), somewhat important (+2), very important (+3).
Health care system interactions before TYC		
Initial health care system contact for gender-related issues	Allied health before medical involvement	13. BEFORE coming to this clinic, which health care professional did you or your young person first talk to about their gender identity? Regular doctor (family doctor or pediatrician); psychiatrist; other specialty doctor; social worker/counselor/psychologist; other; do not remember or do not know; did not talk to a health care professional; do not understand
	PCP as initial contact	
TYC referral process	Multiple health care contacts before TYC referral	14a. Did your you or your young person have to see a series of doctors (multiple doctors in a row) BEFORE being referred here? Yes, no, I do not know, I do not understand
	Referral made by PCP after disclosure of gender-related concerns	14b. If answered yes, asked: Do you think it took longer for you or your young person to be referred to this clinic because they had to see a series of doctors? Yes, no, I do not know, I do not understand 14c. If answered yes, asked: Which health care professionals did you or your young person talk to about gender during this time? Regular doctor (family doctor or pediatrician); psychiatrist; other specialty doctor; social worker/counselor/psychologist; other; do not remember or do not know; did not talk to a health care professional; do not understand
Questions used to identify helping and hindering factors ^b		
Youth and caregiver questionnaires		15. Do you think your/your young person's living situation at the time (of your first clinic visit) impacted when you/they FIRST came to this clinic? 16. Do you think your/your young person's school environment (eg, teachers, principal, school rules) impacted when you/they FIRST came to this clinic? 17. Do you think your/your young person's race and/or ethnicity impacted when you/they FIRST came to the clinic? 18. Do you think your family's religion(s) impacted when you or your young person FIRST came to the clinic? 19. Do you think your/your young person's REAL-LIFE friends impacted when you/they FIRST came to the clinic? Included option for N/A if no real-life friends 20. Do you think your/your young person's ONLINE friends impacted when you/they FIRST came to the clinic? Included option for N/A if no online friends
Youth questionnaires only		21. Do you think your parents or caregivers influenced when you FIRST came to this clinic? Option to respond for 2 different caregivers and included option for N/A if no parent or caregiver 22. Do you think your religion(s) impacted when you FIRST came to clinic?

C, caregiver questionnaire; N/A, not applicable; TYC, Transgender Youth Clinic; Y, youth questionnaire. Response options are displayed after each question. Scores given to individual responses for Likert-type scale questions are indicated in parentheses (from −3 to +3) beside response option.

^a Questions used for both youth and caregiver versions of questionnaire unless indicated to be specific to youth (Y) or caregiver (C) questionnaire.

^b All questions in this section used the following Likert-type scale for responses. Scores given to response are indicated in brackets. Delayed first visit to clinic somewhat (−2), delayed first visit to clinic a bit (−1), no impact or do not know (0), helped me or my young person come to clinic a bit sooner (+1), helped me or my young person come to clinic somewhat sooner (+2), helped me/my young person come to clinic much sooner (+3).

SUPPLEMENTAL TABLE 8 Youth and Caregiver Questionnaire Responses by Age Category

	Older-Presenting Youth (<i>n</i> = 62)	Younger-Presenting Youth (<i>n</i> = 59)	<i>P</i>	Caregivers of Older-Presenting Youth (<i>n</i> = 55)	Caregivers of Younger- Presenting Youth (<i>n</i> = 66)	<i>P</i>
Elements of gender journey						
Age at recognition of gender incongruence, median (IQR), y	12.5 (11.1, 14.0); <i>n</i> = 60	9.5 (7.0, 11.8); <i>n</i> = 58	<.001	14.3 (13.3, 15.1); <i>n</i> = 51	12.0 (11.0, 13.0); <i>n</i> = 66	<.001
Age at coming out, median (IQR), y	14.3 (13.5, 15.1); <i>n</i> = 59	12.6 (11.9, 13.2); <i>n</i> = 55	<.001	14.7 (14.0, 15.3); <i>n</i> = 50	12.4 (11.0, 13.1); <i>n</i> = 63	<.001
Time from recognition of gender incongruence to coming out, median (IQR), y	1.5 (0.3, 3.5); <i>n</i> = 58	2.0 (1.0, 5.1); <i>n</i> = 55	.23	0.0 (0.0, 0.3); <i>n</i> = 49	0.0 (0.0, 0.5); <i>n</i> = 63	.44
Time from recognition of gender incongruence to TYC referral, median (IQR), y	3.0 (1.5, 4.4); <i>n</i> = 60	3.0 (1.3, 6.4); <i>n</i> = 58	.79	1.0 (0.3, 1.8); <i>n</i> = 51	1.0 (0.2, 2.4); <i>n</i> = 66	.96
Time from coming out to TYC referral, median (IQR), mo	12.0 (4.0, 18.0); <i>n</i> = 59	10.0 (1.0, 15.0); <i>n</i> = 55	.11	9.0 (3.0, 13.2); <i>n</i> = 50	12.0 (2.0, 18.0); <i>n</i> = 63	.86
Socially transitioned at first visit, No. (%)	52 (87); <i>n</i> = 60	50 (86); <i>n</i> = 58	.94	46 (84); <i>n</i> = 55	50 (77); <i>n</i> = 65	.29
Recognized gender incongruence before youth came out, No. (%)	—	—	—	11 (21); <i>n</i> = 53	18 (28); <i>n</i> = 64	.36
Questioned youth's feelings about gender, No. (%)	—	—	—	28 (52); <i>n</i> = 54	25 (40); <i>n</i> = 62	.21
Youth waited to come out, No. (%)	54 (90); <i>n</i> = 60	49 (91); <i>n</i> = 54	.17	49 (91); <i>n</i> = 54	54 (84); <i>n</i> = 64	.30
Religion						
Family affiliated with religious group, No. (%)	33 (53); <i>n</i> = 62	15 (27); <i>n</i> = 56	.004	27 (50); <i>n</i> = 54	19 (29); <i>n</i> = 65	.02
Catholic or Christian	24 (73)	8 (53)	.20	23 (85)	14 (74)	.43
Jewish	0 (0)	1 (7)	—	0 (0.0)	2 (11)	—
Muslim	2 (6)	1 (7)	—	1 (4)	1 (5)	—
Other	7 (21)	4 (26)	—	3 (11)	2 (11)	—
>1	0 (0)	1 (7)	—	0 (0)	0 (0)	—
Personal religious affiliation, No. (%)	16 (26); <i>n</i> = 62	13 (23); <i>n</i> = 56	.74	—	—	—
Catholic or Christian	6 (38)	3 (23)	.73	—	—	—
Jewish	0 (0)	2 (15)	—	—	—	—
Muslim	0 (0)	0 (0)	—	—	—	—
Other	8 (50)	8 (62)	—	—	—	—
>1	2 (13)	0 (0)	—	—	—	—
Influential networks						
≥1 helpful caregiver, No. (%)	26 (44); <i>n</i> = 59	41 (75); <i>n</i> = 55	.001	—	—	—
Family tension related to gender identity or transition, No. (%)	37 (61); <i>n</i> = 61	25 (45); <i>n</i> = 56	.08	19 (35); <i>n</i> = 55	21 (32); <i>n</i> = 55	.75
≥1 LGBTQ+ connection before first TYC visit, No. (%)	56 (92); <i>n</i> = 61	48 (87); <i>n</i> = 55	.54	45 (87); <i>n</i> = 52	52 (81); <i>n</i> = 64	.61
LGBTQ+ family member, No. (%)	13 (21); <i>n</i> = 61	25 (45); <i>n</i> = 55	.006	16 (30); <i>n</i> = 54	20 (31); <i>n</i> = 64	.85
Health care system interactions before first TYC visit						
PCP as first HCP for discussion of gender concerns, No. (%)	27 (48); <i>n</i> = 56	27 (54); <i>n</i> = 50	.56	19 (49); <i>n</i> = 39	33 (63); <i>n</i> = 52	.16
Series of physicians involved before TYC referral, No. (%)	12 (21); <i>n</i> = 56	11 (19); <i>n</i> = 58	.74	14 (26); <i>n</i> = 54	12 (18); <i>n</i> = 66	.31

SUPPLEMENTAL TABLE 8 Continued

	Older-Presenting Youth (<i>n</i> = 62)	Younger-Presenting Youth (<i>n</i> = 59)	<i>P</i>	Caregivers of Older-Presenting Youth (<i>n</i> = 55)	Caregivers of Younger- Presenting Youth (<i>n</i> = 66)	<i>P</i>
Helping and hindering factors						
Net help score, median (IQR)	0.0 (0.0, 3.0)	3.0 (0.0, 6.0)	.003	0.0 (0.0, 3.0)	0.50 (0.0, 4.0)	.31

The number of respondents for each question is noted beside the response value. Frequencies may not add up to 100% because of rounding. HCP, health care provider; TYC, Transgender Youth Clinic; —, not applicable.

SUPPLEMENTAL TABLE 9 Paired Youth-Caregiver Responses

	Youth (<i>n</i> = 109)	Caregivers (<i>n</i> = 109)	<i>P</i>	Older-Presenting Dyads (<i>n</i> = 52)	Younger-Presenting Dyads (<i>n</i> = 57)	<i>P</i>
Elements of gender journey						
Age of recognition of gender incongruence, median (IQR), y	11.3 (8.0, 13.0); <i>n</i> = 107	13.0 (12.0, 14.0); <i>n</i> = 105	<.001	—	—	—
Time from recognition of gender incongruence to coming out, median (IQR), y	2.0 (0.3, 4.3); <i>n</i> = 103	0.0 (0.0, 0.2); <i>n</i> = 102	<.001	—	—	—
Importance of GAMC						
Considered "very important," No. (%)	87 (80); <i>n</i> = 109	54 (50); <i>n</i> = 109	<.001	—	—	—
Youth-caregiver complete agreement, No. (%)	—	—	—	20 (39); <i>n</i> = 52	32 (56); <i>n</i> = 57	.07
Degree of response difference, median (IQR)	—	—	—	1 (0.0, 3.0); <i>n</i> = 52	0 (0.0, 2.0); <i>n</i> = 57	.03
Urgency of GAMC						
Should start "as soon as possible," No. (%)	56 (51); <i>n</i> = 109	32 (30); <i>n</i> = 107	.001	—	—	—
Youth-caregiver complete agreement, No. (%)	—	—	—	14 (28); <i>n</i> = 50	20 (35); <i>n</i> = 57	.43
Response difference, median (IQR)	—	—	—	1 (0.0, 2.0); <i>n</i> = 50	0 (0.0, 2.0); <i>n</i> = 57	.20

Dyads refer to youth-caregiver pairs. The number of respondents for each question is noted beside the response value. —, not applicable.