TCS

Transgender Congruence Scale (TCS)

The Transgender Congruence Scale is a brief self-report questionnaire designed to measure the sense of consistency between one's experienced gender identity, physical appearance, and the way the person perceives themselves. The tool explores two complementary dimensions: appearance congruence and gender identity acceptance. It is mainly used with transgender and nonbinary people in clinical practice, research, and psychological follow-up, particularly to document subjective experience, bodily comfort, and changes in well-being over time. The TCS is not a diagnostic tool for gender dysphoria, but a useful dimensional indicator for understanding identity adjustment and the felt sense of congruence over the life course.

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Transgender Congruence Scale
Target audience	Transgender adults
Authors	Holly B. Kozee, Tracy L. Tylka, L. Andrew Bauerband (2012)

Preview of the 12 questions

My outward appearance represents my gender identity.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

I experience a sense of unity between my gender identity and my body.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

My physical appearance adequately expresses my gender identity.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

I am generally comfortable with how others perceive my gender identity when they look at me.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

My physical body represents my gender identity.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

Scoring & interpretation

Each item is scored from 1 to 5, from strongly disagree to strongly agree. Items 6, 8, and 10 are reverse-scored. The total score is the mean of the 12 items. Two subscale scores can be calculated: appearance congruence for items 1 to 9, and gender identity acceptance for items 10 to 12. A higher mean score indicates greater transgender congruence. There is no universally established diagnostic cutoff; interpretation is dimensional, taking into account the clinical context and change over time.