

## **2. Semi-Structured Interview Guide: Parent or Caregiver**

### Introduction

*Begin by introducing yourself and explaining to the parent/s (caregiver) what the goals are of this interview and discuss confidentiality. Go through and sign consent form.*

**Hi, my name is \_\_\_\_\_ . I am going to ask you some questions today so that we can better understand your needs and your child's needs, and some of the things that have helped or hindered you along the way. So, I'm going to ask you a number of questions and you can answer them however you want and, if you don't want to answer any question, that's completely fine. Do you have any questions before we start?**

**Maybe, just to begin, you could tell me a bit about your child and your family.** *(Have interviewee map out family structure: siblings? older? younger? blended family? etc)*

**Can you tell me a bit about your child and their gender identity?**

**What terms do your child and your family use to describe their gender?**  
*(if the parent/caregiver has difficulty answering, offer the following possibilities: (ie) transgender, gender variant, another term)*

**What pronouns do you use for the child (ie) he, she, another term?**

### Access to clinical care

**Can you tell me about how your child/your family ended up as being seen at this clinic?** *(Look for challenges in finding us/the proper resources)*

*(wait for parent/caregiver to respond. If not answered, ask the suggested follow up questions)*

Can you tell me about the early signs that your child's gender might be different than you expected?

How did your child communicate their need for this service (ie) verbally or otherwise?

Can you tell me how this process has been like for you as a parent?

*(wait for parent/caregiver to respond. If not answered, ask the suggested follow up questions)*

**Did you experience any challenges related to co-parenting and decision-making for your child's care?**

What has the experience of co-parenting and decision-making about your child's care been like for you?

Did you experience any issues?

Can you give me an example?  
How did you resolve this?

**Were there any struggles that preceded your referral to clinic?**

**Can you tell us about the process of getting the referral to this clinic?**

**Has your family been involved with any other professionals such as a school counselor, family doctor, religious leader, or a therapist prior to coming to the clinic?**

If so, which one?  
How supported did you feel?  
How was your experience of using these other resources?  
Did they have any influence on seeking care here?

How would you describe yours/your child's experience with healthcare and social service professionals involved prior to this clinic such as your family doctor or pediatrician, counselors, religious leaders, or therapists (wait for parent/caregiver to respond. If not answered, ask the suggested follow up questions)

How supportive were these professionals? Respectful? Knowledgeable?

**What strategies have you/ your child used to talk to these kinds of professionals?**

**If these professional relationships were ongoing, did these relationships change over time? What helped?**

**What was it like for your family when you first came to the clinic?**  
(wait for parent/caregiver to respond. If not answered, ask the suggested follow up questions)

Where you afraid to come? Excited to come?

Has it been helpful? how?

Has it raised any issues or problems? if so, which ones?

**Has anything significant changed for you/your child since you started attending this clinic?**

**Is there anything else you would like to tell us about your experience of being referred to and coming to this clinic?**

### Family and community

**Now I would like us to look at family and community support for you and your child. If you feel comfortable with it, I would like we map out the main support networks you have in your life,**

**especially with regard to supporting your child's gender expression and identity.**

*(Present the parent with the ecomap tools and interactively complete them. The following questions could be used during the activity to draw out information about family and community support)*

**How would you describe your child's experience with other people in their life, such as neighbors, other kids, extended family, ethnic or cultural community, faith community?**

*(wait for parent/caregiver to respond. If not answered, ask the suggested follow up questions)*

**What can you tell us about how it has been for your child in your neighborhood?**

**What can you tell us about how it has been for your child in daycare/School? What can you tell us about how it has been for your child in peer relationships?**

**What can you tell us about how it has been for your child in the immediate and extended family?**

**What can you tell us about how it has been for your child in their Faith or cultural community?**

**How supportive or not people in your child's life have been? Respectful?**

**What strategies have you/ your child used to deal with people and situations in your lives?**

**Have you found any ways to deal with people who are not respectful?**

**Has anything changed over time within your child's social environment?**

How would you describe these changes?

What do you believe to have influenced these changes?

How would you qualify these changes? positive? negative? why?

**With respect to your child's social experience, are there any important moments that jump out as particularly significant? Can you give me an example?**

Can you tell me about what helped or didn't help in these moments?

*(wait for parent/caregiver to respond. If not answered, ask the suggested probes, where relevant to the child's context)*

For example, can you tell us about what it was like for your child starting school?

**Can you tell us about what it was like for your child coming out to others?**

**Can you tell us about what it was like for your child socially transitioning (ie) such as making a name or personal pronoun change?**

**Did anything change as a result of this moment?**

**Who was helpful or not helpful at this time?**

**Does your child know anyone else who is trans/gender independent/etc. (use the language of the parents uses for their child)? Or who has comparable experiences?**

**Are you connected with any parents of trans/gender independent/etc. (use their language)? How?**

Did this help you? How? Why?

Did this help your child? how? why?

**In general, what seems to help your child the most in terms of their self-esteem, self-worth, and happiness?**

**From what you've noticed, what makes the biggest difference to their well-being?**

**Is there anything else you would like to tell us about your experiences as a family and your day-to-day life with your child?**

### Body modifications & hormones

*The following section is about body modifications and hormones. Children who have not yet started puberty suppression or cross sex hormones, go to the following section 'Concluding questions for all young people'.*

**Has your child started puberty?**

- if no, go to section 1 below.

- if yes: ***Is your child currently on puberty suppression medication?***

- if yes, go to section 2 below

- if no, why?

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| <b><i>1 - For parent/caregiver of the PRE-PUBERTAL CHILD:</i></b> |
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Can you tell me a bit about how you/your child are feeling about puberty beginning?

*(wait for parent/caregiver to respond. If not answered, ask the suggested probes, where relevant to the child's context)*

Do you and your child ever discuss puberty?

Have any plans been made for how to address puberty?

Do you have thoughts or concerns about puberty suppression / cross-sex hormones?

What strategies do you use to address those thoughts or concerns?

**2- For parent/caregiver of the child/youth currently on PUBERTY SUPPRESSION medication:**

**How old was your child when puberty began?**

**What was puberty like for your child?**

if your child was assigned female at birth, did your child start having periods? (at what age?)

What were periods like for your child?

**How old was your child when your child started puberty suppression medication?**

**Can you tell me what your child's experience of puberty suppression has been like?**

**Have you notice any changes in your child since they began to use puberty suppression medication?**

Have you noticed any changes in your child's mood or emotional state?

Have you noticed any physical changes in your child?

**How you have you felt during this time as a parent?**

Has there been anything surprising during this time?

**Have there been any social implications for you / your child?**

Have your child's peers reacted to this, if they are aware?

Did you extended family react to this? how?

**What strategies have you/your child used to negotiate puberty suppression?**

**Have your child been prescribed cross-sex hormone?**

if yes, go to section 3 below

if no, go to concluding section.

**3- For parent/caregiver of the child/youth prescribed CROSS-SEX HORMONES:**

**Can you tell me what your child's experience of cross-sex hormones has been like?**

*(wait for parent/caregiver to respond. If not answered, ask the suggested probes, where relevant to the child's context)*

**Have you noticed any changes in your child?**

Have you noticed any changes in your child's mood or emotional state?

Have you noticed any physical changes in your child?

**How you have you felt during this time as a parent?**

**Has there been anything surprising during this time?**

**Have there been any social implications for you / your child?**

How have your child's peers reacted to their transition?

Immediate and extended family members?

**What strategies have you/your child used to negotiate their transition?**

**Is there anything else you would like to tell us about what it has been like for your family and your child/youth as they have gone through the more medical aspects of treatment?**

**Concluding Questions:**

**Is there anything you would want to say to other parents who might be going through a similar experience (advice, suggestions, tips)?**

**Is there anything that you would like to see in the community that would be of help in the future for parents/kids/families with similar experiences?**

**Is there anything else you would like to share about you/your child's/your family's experience?**

*\*\*\*Conclude the parent's interview with completing the socio-demographic information questionnaire.*

**Thank you!**