

## AIMS OF OUR STUDY

Trans\* folks are often discriminated in the healthcare system. This means they have difficulty accessing medical care and health-promoting services.

We want our study to help to improve the situation of trans\* people in healthcare and health promotion. We intend to develop concrete best-practice recommendations to counteract discrimination in the healthcare system and to promote awareness among healthcare providers.

To do this, we want to interview trans\* folks about their experiences, especially with the healthcare system. The goal is to determine their wants and needs regarding health(care) provision and promotion and to work out measures which support healthy lived realities for trans\* folks.

Given the diversity of trans\* experiences and realities, we consider it vital to include as many different perspectives as possible, particularly those involving intersectional discrimination.

Trans\* folks' own knowledge and insights are central to imagining and enabling healthy trans\* lived realities.

## WHO WE ARE

Our research team is made up of both trans\* and cis people, some of whom are themselves activists in the trans\* community. We are supported by an advisory board with a mix of trans\* and cis experts.

The project is financed by the German Federal Centre for Health Education (Bundeszentrale für gesundheitliche Aufklärung BZgA) using funding from the National Association of Statutory Health Insurance Funds.

CALL FOR  
INTERVIEWEES



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## Health Promotion in the Lived Realities of Trans\* Folks

A joint research project by



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On behalf of



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## WHAT DO WE WANT TO FIND OUT?

What keeps trans\* folks healthy?

How can resilience be promoted?

What needs do trans\* folks have regarding health promotion?

What do healthy lived realities look like for them?

What kind of skills and awareness training do healthcare workers need in order to provide sensitive care?

What structures do people supporting trans\* folks need?

## HOW WE'D LIKE TO DO INTERVIEWS

To answer these questions, we'll conduct oral or written qualitative interviews in English and German. These may be recorded, transcribed for analysis, and potentially published in completely anonymised form.

First, we'll interview trans\* individuals one-on-one (**Group 1**). Then, we'll hold group interviews with trans\* experts and trans\* counsellors (**Group 2**), and healthcare providers and trans\* peer supporters (**Group 3**).

## WHO DO WE WANT TO TALK TO?

**Trans\* individuals**, i.e. anyone who identifies as trans\*. For us, trans\* can encompass many different self-definitions, including gender-fluid, nonbinary, and others. Trans\* folks' perspectives and expertise form the core of the study.

**Trans\* experts and counsellors**, meaning everyone who works on trans\* issues in a professional or community context (e.g. in supports services, research etc.) and so have expertise in the lived realities of trans\* folks.

**Healthcare providers and Trans\* Peer Supporters**, anyone who interacts with trans\* folks as part of the healthcare system and thereby shapes preventive care and health promotion. Their actions will put the insights from the study into practice.

Interviews with Group 1 and Group 2 are planned from February to August 2022, and with Group 3 from June to October 2023.

If you would like to take part, please reach out to us at [gelebt@haw-hamburg.de](mailto:gelebt@haw-hamburg.de)

## RESEARCH DESIGN

For our study, we'll analyse the interviews we conduct using qualitative methods, then use the results to develop best-practice recommendations in two workshops with the study participants:

- One workshop with Groups 1 and 2 on trans\* health, where the results will be discussed regarding next steps and necessary awareness training for healthcare providers;
- One workshop with Group 3, where concrete implementations of the recommendations will be developed.

The results of the study will be published

- as best-practice guidelines, with specific recommendations for implementation;
- in (academic) articles, lectures, and presentations on trans\* health;
- in a closing research report, which will be presented to the German Federal Centre for Health Education (BZgA) and the National Association of Statutory Health Insurance Funds.