

Heinz, M. (2018). Communicating while transgender: Apprehension, loneliness, and willingness to communicate in a canadian sample. *Sage OPEN*, 8(2), 1-17.

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The objective of this study is to see whether or not transgender people are more likely to experience communication apprehension, loneliness, and lower willingness to communicate than people who are cisgender. One model used as a guide through this research was Meyer's Minority Stress Model. The model suggests that there are certain objective and subjective unique stressors that can be identified within a particular minority group. Furthermore, the model suggests that certain stressors can be identified as distal or proximal: distal stressors being external (an act of violence) and proximal stressors being internal (fear of rejection). Ultimately, the research questions the author sought to answer are as follows: "What are the interpersonal communication experiences of transgender people? How do transgender people rate on measures of communication apprehension, loneliness, and willingness to communicate? Which communication recommendations can transgender people offer to cisgender people?" (Heinz, 2018, p. 4). To answer these questions, the conductors of this study had a total of 44 participants complete the UCLA Loneliness Scale, Willingness to Communicate (WTC) Scale, and the Personal Report of Communication Apprehension (PRCA) before asking them 5 open-ended questions. They also completed a survey to assess their demographic information. The answers from the three scales were assessed quantitatively, while the open-ended questions were assessed using two methods: first, the answers were grouped by question and the conductors marked key words and phrases that were commonly used for each question; second, the conductors thematically analyzed the common words and phrases found in each question. Overwhelmingly, the research found that transgender people experience a higher degree of loneliness,

communication apprehension, and lower willingness to communicate than cisgender people. This information tells me that, at present, there is a severe issue when it comes to communication across trans/cisgender identity that negatively affects the mental and physical wellbeing of trans folk. However, there are recommendations from trans people themselves that can prove beneficial to the state of communication across gender identity lines. I will integrate this information by showing how trans people are negatively affected by the current state of communication, while also showing some of the suggestions from trans folk that could improve cis/trans communication.

Sherman, A. D. F., Balthazar, M., Klepper, M., Febres-Cordero, S., Valmeekanathan, A.,

Prakash, D., Cimino, A. N., Wharton, W., Allure, K., & Kelly, U. (2021). Approach and avoidant coping among black transgender women who have experienced violence: A qualitative analysis. Psychological Services. *American Psychological Association*.

<https://snc.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2021-80680-001&site=ehost-live&scope=site>

The purpose of this study was to analyze the coping behaviors exhibited by black trans women following experiences of interpersonal violent victimization. In doing so, the researchers of this study conducted an analysis of qualitative interview data from a prior study that conducted interviews of 19 black trans women. In this study, the researchers sought to find themes present across the interviews that suggested certain coping strategies after participants had been through interpersonal violent victimization. The researchers found that there were a number of approach-based coping behaviors employed following these attacks, including help-seeking from formal resources, seeking guidance and support, self-protecting behavior, positive reappraisal, self-affirmation, self-care, connection to a higher power, and acceptance. There were also a number of avoidance-based coping behaviors found, including cognitive avoidance, substance, alcohol, and tobacco use, emotional discharge, and seeking alternative rewards. This information tells me that interpersonal attacks on trans people, and particularly trans women, have the capacity to leave them traumatized afterwards which necessitates certain behaviors to deal with what has happened to them. I plan to use this information to demonstrate the true magnitude of trans victimization; also, the study included some useful statistics of trans people as a whole that can prove useful in showing empirically how many trans people experience these kinds of attacks.

Singh, A. A., Hays, D. G., & Watson, L. S. (2011). Strength in the face of adversity: Resilience strategies of transgender individuals. *Journal of Counseling & Development*, 89(1), 20-27. <https://bit.ly/3DriVeA>

The purpose of this study was to examine the strategies of resilience that transgender people have developed in the face of transphobia and societal stigma in an effort to better inform potential allies. Critical theory in particular was used in this study as a means to observe how the prejudice experienced by trans folk was systemic in nature. The guiding research question of this study was: “How do transgender people describe the meaning of their lived experiences of resilience?” (Singh & Hays, 2011, p. 21). The study included 21 participants who identified as transgender. In the first phase of the study, semi-structured interviews were conducted in three parts: the first interview sought to explore general resilience strategies that trans individuals employed in order to brave through difficult experiences, the second interview built upon the first by asking more detailed questions in accordance with the previously recorded answers, and the third interview examined the meanings that the participants made out of their recorded resilience strategies. The second phase of the study was made up of a focus group where individuals were asked to weigh in on the findings of the identified themes from the first interview phase. Through this study, the resilience strategies found from the research are as follows: “(a) evolving a self-generated definition of self, (b) embracing self-worth, (c) awareness of oppression, (d) connection with a supportive community, and (e) cultivating hope for the future. Two variant themes (themes not common to all participants but common to a majority of participants) were identified: (a) social activism and (b) being a positive role model for others” (p. 23). I found one particular strategy, connection with a supportive community, important because it shows that being an ally to trans people can have a marked effect in helping them

operate in a society built against them. This tells me that being there for trans identifying individuals can prove beneficial to their wellbeing, and I plan on integrating this information in the section in which I tell the reader what they can do to be an ally.

Spencer, G. L. & Capuzza, J. C. (2015). *Transgender communication studies : Histories, trends, and trajectories*. Lexington Books.

<https://ebookcentral.proquest.com/lib/snorcol-ebooks/reader.action?docID=1961532&ppg=1>

The aim of this book is to observe the developments of transgender communication studies over time, where the field of study is at currently, and where it is going. The book covers both human communication and media representation, and even goes further in depth in these sections: human communication includes health, organizational, interpersonal, family, and intercultural communication. For the purpose of my project, I will be focusing on the interpersonal section. In the interpersonal section, the researcher seeks to examine the emotional and social support needs of transgender people living on Vancouver Island from the perspective of interpersonal communication. In this study, 54 participants were interviewed and asked two main questions: “(1) If you were asked to express in one sentence or phrase what it is to be a transperson on Vancouver Island, what would come to mind?, and (2) Are your everyday interactions with people here affected by the fact that you are a transperson? If so, how?” (Spencer & Capuzza, 2015, p. 50). While the study was not designed to specifically explore these notions, loneliness, social isolation, and social exclusion were thematically prevalent across the interviews. Another important finding was that trans people seldom had access to communities going through similar experiences; even when needs from friends, family, and employers are met, the need to relate to others who can empathize with their experience is important. These feelings seem to have been exacerbated by the fact that they live on an island which is not known as a high-density population center, which suggests that trans folk in less-urbanized areas are more prone to suffer. Through this source, I have learned that many trans

folk characterize their lives as a life of loneliness and isolation. Furthermore, these feelings can multiply in areas where there are less people to relate to the unique experiences of being transgender. I plan on integrating this information into my project by describing how being trans affects one's everyday interactions and how it is worse for some depending on where they live.