

## Questions for lived experience focus groups

### Question set 1 - The present

#### **Notes for facilitators**

*We recognise that the groups will cover a wide age range. For groups with older participants, please ask them to think about what they may have wanted from the NHS in adolescence e.g. if you're over 18, try and answer this with your younger, under 18 self in mind)*

*Please scope from the group who has direct experience of being referred to, and/or seen by GIDS [or other services for gender related support e.g. CAMHS, private provision, adult services].*

#### 1. Why would you go to the NHS for gender-related care?

*(Facilitator - many gender diverse and gender questioning young people don't want to / don't feel the need to engage with NHS gender services. This question is trying to explore what would prompt young people to seek support from the NHS - what do they think the NHS offers? Is it an active choice to engage with NHS gender services, a decision by other professionals to refer e.g. GP/CAMHS, family influence? Do they have a clear idea of what support they are looking for from the NHS?)*

#### 2. What do you think the purpose of assessment in the gender clinic is?

- #### 3. Is it important to you to have a diagnosis of gender dysphoria?
- a. What do you think having a diagnosis means in relation to:
    - Them personally
    - Parents, family members and carers
    - Healthcare
    - School
    - Socially

#### 4. What do you expect from the clinicians in the service?

*(Facilitator - this could be understood by the group in different ways so go with the conversation the group want to have. If prompts are needed, they may want to think about what makes them feel comfortable / able to engage, expectations around knowledge and skills and attitude of the clinicians, how the clinician / clinic communicates with them, how they make their service accessible)*

## Questions for lived experience focus groups

### Question set 2 - The future

#### **Notes for facilitators**

*We recognise that the groups will cover a wide age range. For groups with older participants, please ask them to think about what they may have wanted from the NHS in adolescence e.g. if you're over 18, try and answer this with your younger, under 18 self in mind)*

*Please scope from the group who has direct experience of being referred to, and/or seen by GIDS [or other services for gender related support e.g. CAMHS, private provision, adult services].*

#### **Thinking about specialist gender care:**

1. How important is the location of the service?
  - a. What is important in relation to the environment of the clinics?
  - b. Would you prefer a hospital or community location for the service?
2. What do you see as some of the challenges for the new services?
  - a. What ideas do you have to address those challenges?
3. Are there any aspects of the current service you think should be built into the new services?
4. Do you have a sense of the type of support or treatment you would personally like be offered?

*(Facilitator -with this question we are really trying to explore the different interventions they might want available - support thinking through their options, think through what happens after transition, access to other services, medical transition. But this could be understood by the group in different ways so they may focus more on more conceptual things - to be seen as a whole person, to be listened to and respected, access to group sessions. Go with the conversation the group want to have.*

5. Do you have any suggestions about what the services should be called?

*(Facilitator - The phase one services are currently being called "Children and Young People's Gender Service". Is it important that the service name includes "gender", should it be something completely different like some other services have e.g., "Dean Street" or "Lighthouse"?)*

## Questions for lived experience focus groups

### Question set 3 - Wider support and information

#### **Notes for facilitators**

*We recognise that the groups will cover a wide age range. For groups with older participants, please ask them to think about what they may have wanted from the NHS in adolescence e.g. if you're over 18, try and answer this with your younger, under 18 self in mind)*

*Please scope from the group who has direct experience of being referred to, and/or seen by GIDS [or other services for gender related support e.g. CAMHS, private provision, adult services].*

1. Aside from specialist gender services what other services or support are/would be helpful (both within and outside the NHS)?

*(Facilitator - if prompts are needed this could be around navigating the system, help with other issues they are experiencing, spaces to talk with other young people or could focus more on wider NHS systems and services and how they could provide support - e.g. upskilling GPs, CAMHS clinicians, paediatricians)*

2. What support should/could be given to parents / families / carers?
3. What and/or where are your trusted sources of information if any?
4. What general information would be helpful for young people thinking about their gender identity?
  - a. How would you want this information to be provided?

*(Facilitator - if prompts are needed ask them to think about what they have found helpful, what did they find unhelpful, what formats do they like to engage with e.g. videos, graphs, what platforms do they use and trust)*

5. What information would you need to know if you were thinking about medically transitioning?