

QUALITY OF LIFE IN TRANSGENDER POPULATION OF LAHORE, PAKISTAN. A CROSS-SECTIONAL STUDY.

BATCH 18

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ABSTRACT:

The term transgender is assigned to persons who possess incongruity with their birth sex. They are at the storm of several adversities and social rejections at so many fronts that their mental health undergoes distortion at various angles. They also suffer from physical functional limitation due to physical problems as bodily pains and less chances of vitality. Being a social stigma added, this whole makes a worst possible impact on quality of life. This cross-sectional study was conducted to assess quality of life among transgender community in Lahore and periphery.

Data of eighty-three transgender persons was collected from independent members of Lahore Fountain House Community for transgender persons and was analyzed with regards to QOL. QOL was assessed by using WHOQOL-BREF questionnaire. Results on categorical measurements were presented as Mean \pm SD. Results were analyzed using IBM SPSS statistical software.

QOL among transgender persons was studied with regards to domains namely physical health, psychological health, social relationships and environmental health. The lowest scoring domain was environment quality along with psychological health coming at second last spot. The overall QOL rating and health satisfaction were also not good.

The results indicate that quality of life in transgender population of Lahore and its periphery is relatively poor. Our study found that less than half of the transgender population is satisfied with their quality of life which is an alarming situation. Their satisfaction with all domains of quality of life is very low. Transgender people rate their quality of life well below what might be considered good.

Keywords: transgender, quality of life, WHOQOL BREF questionnaire.

OBJECTIVES:

To achieve this aim we will work on following objectives:

- To determine level of satisfaction among transgender people in Pakistan.
- To determine the social structure of transgender people.
- To determine happiness and ability to participate in day to day life events.
- To determine the extent to which transgender people consider themselves as respectable citizens of Pakistan.
- To determine availability of the facilities of education and other basic needs to them.

INTRODUCTION:

Quality of life is defined by the World Health Organization as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns".

Transgenders experience physical, psychological and social distress owing to their gender mismatch a condition called Gender Dysphoria. Transgender women experience depression, suicide ideation and suicide attempts at rates much higher than in general population (62% prevalence). Literature has also found that transgender students face more psychological pressure on all fronts. This attitude of society, social rejection and loneliness leads to multiple psychological disorders like anxiety, depression and lower quality of life. The educational, health and occupational opportunities available to this community are also lacking and biased. General health of trans respondents is related to vulnerabilities that are unique for trans people. Literature is lacking in commenting on the life satisfaction of transgender people along with their place in society and level of happiness especially in Pakistan and the data available is neither relevant specifically to the question we are going after nor it is locally tested.

In this study we will be focusing on the degree to which an individual is comfortable with his/her place in society and ability to participate and enjoy his/her life event.

MATERIALS & METHODS:

MATERIAL AND METHODS

STUDY DESIGN: This is a Cross-sectional descriptive study.

STUDY SETTING: Our study will take place in The Fountain House Community, in the form of questionnaires distributed among the transgender people.

DURATION OF STUDY: From the time of inception till October 2022.

STUDY POPULATION: This study will be conducted in a local transgender community that should represent the adult transgender community of Lahore. SAMPLE SIZE: It was calculated to be 83 persons, by following equation, using confidence level of 95%, and 10% absolute precision, with expected percentage of people who completed the questionnaires to be 30.8%

$$n = \frac{z^2 \cdot \frac{p}{1-p} \cdot \frac{q}{1-q}}{d^2} \quad z^2 \cdot \frac{p}{1-p} \cdot \frac{q}{1-q} = \text{confidence level} = 95\% = 1.96$$

$$p = \text{prevalence} = 30.8 \quad q = 1 - p$$

SAMPLING TECHNIQUE: Convenience Sampling will be employed.

SAMPLE SELECTION: Inclusion Criteria: Adult trans-gender population (above 10 years) of fountain house transgender community.

Exclusion Criteria: All trans-genders below the age of 10 and outside of Lahore. People who identified themselves with defined sexualities (Male and Female)

RESULTS:

| | N | Minimum | Maximum | Mean | SD |
|----------------------------|----|---------|---------|---------|----------|
| Physical Health (D-1) | 83 | 21.43 | 67.86 | 48.7522 | 11.14737 |
| Psychological Health (D-2) | 83 | 4.17 | 75.00 | 46.6365 | 16.60887 |
| Social relationship (D-3) | 83 | 16.67 | 83.33 | 49.0964 | 17.55807 |
| Environment (D-4) | 83 | 21.88 | 65.63 | 43.2605 | 11.78886 |

In our study, all 83 participants responded to all the questions. The mean age of participants was 50.37 ± 9.810 . Out of 83 participants, only 39 participants got family support although 71 had contact with family.

The scores of 4 domains were calculated to determine the quality of different aspects of life in transgender people of Fountain House of Lahore. The physical health domain comprised questions related to feeling of physical pain, need of medical treatment, energy for everyday life and capacity for work. The psychological domain comprised the questions related to enjoyment, concentration, bodily acceptance, anxiety and depression. The social relationship domain comprised questions related to friend support and personal relationship. The environment domain comprised questions related to physical environment, living place conditions, access to health services and money to meet needs.

The worst scoring domain was environment (43.2605 ± 11.78886). The highest QOL mean score was reported in social relationships domain (49.0964 ± 17.55807), followed by physical health domain (48.7522 ± 11.14737), psychological health (46.6365 ± 16.60887) and environment domain (43.2605 ± 11.78886). The minimum score was reported in psychological health domain (4.17) while the maximum score was reported in social relationships domain (83.33). The total scores of each domain along with its descriptive statistics are given as: (Domain score is given as total scores in the table. All scores are out of 100 and higher the score, better the quality).

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