**Online Supplement -** Quality assessment

| Author (year) | Study Design and question | | Participant Selection | | Data collection | | Analysis | | Total |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Code (Yes = 1, no = 0) | Evidence quote | Code (Yes = 1, no = 0) | Evidence quote | Code (Yes = 1, no = 0) | Evidence quote | Code (Yes = 1, no = 0) | Evidence quote |
| Anderson & Pehlivanidis (2023) | 1 | “Qualitative interviews and subsequent thematic analysis will allow for the exploration of TGD experiences of binding in the realms of knowledge attainment and accessibility.” | 1 | “TGD individuals were recruited through convenience sampling techniques. Specifically, individuals responded to advertisements shared on social media, through university queer organizations, personal networks, and subsequent snowball sampling.” | 1 | “An interview schedule was developed for this study and questions covered three areas of interest... A full outline of the interview schedule is presented in Appendix A. Section 2 primarily acted to build rapport with participants and encourage comfortability in discussing personal gender experiences. Section 3 was critical in eliciting data on chest binding experiences. Participants were encouraged to expand on responses to questions when necessary and prompter questions were developed for each section.” | 1 | “Braun and Clarke’s (2006) six phases of reflexive thematic analysis were used in order to systematically identify common themes across interviews. This data-analytic approach is useful in forming detailed understandings of nuanced topics and has been used effectively in similar chest binding studies (Pehlivanidis & Anderson, 2023a). Phase one saw the transcription of interview audio and required a continued familiarization with the transcript data through multiple readings... Phase four then consolidated these themes, with continued revisions and recursive alterations being made to ensure the data was accurately represented. These themes were defined, named, and explored in the context of the research question within phase five. Finally, phase six established the final themes and story of the data as presented in this report, with use of relevant data extracts.” | 4 |
| Barcelos (2019) | 1 | “The paper fills a gap in the existing literature by reporting on a narrative analysis of 410 transgender medical care crowdfunding campaigns. In addition to summarizing the demographic characteristics of recipients and the financial success of their campaigns, it investigates the narrative strategies transgender people employ in order to solicit donations. It analyzes how narratives draw on existing representations of transgender lives, bodies and health. Finally, it considers how trans health crowdfunding may actually reproduce the very inequalities it seeks to remedy.” | 1 | “In order to analyze how transgender people utilize web-based crowdfunding for medical transition, I created a cross-sectional dataset using the website GoFundMe.com.2 This site was selected because it is the largest medical crowdfunding site (Helhoski and Simons 2016) and is used heavily in transgender communities.” p.1398 | 1 | “I began by using the site’s search function to identify campaigns that matched a keyword search. ‘Trans’ returned thousands of pages, many of them unrelated to transgender or gender-nonconforming people (for example, individuals raising money for transportation to medical appointments). Searching for ‘trans’ resulted in 493 campaigns.” p.1398 | 1 | “I analyzed campaign web pages using a thematic narrative technique (Riessman 2008) focusing on ‘what’ is said in a narrative account. This strategy identifies common themes in the text that are influenced by prior and emergent theories, the study’s research questions and the data themselves.” p. 1398 | 4 |
| Berumen (2022) | 1 | ““The protocol for this research employed an online survey (14) and remote or socially distanced semi-structured interviews (nine), with a follow-up interview (four) that is completely optional for some of the participants.  The basis for most of this ethnographic research was digital ethnography, or ethnography being mediated by digital technologies such as digital communities.” p.16 | 1 | “In order to conduct the survey, a targeted sampling approach was taken in the form of posting the recruitment flyer in eight LGBTQ+ Tampa-specific Facebook groups with three of those being groups specifically for the trans community.” p.16 | 1 | “The semi-structured interviews included questions that aim to examine the knowledge, beliefs, and experiences of the participants. Through the use of open-ended, mini-tour, and social networking questions a better understanding of the degree of knowledge about alternative gender-affirming care that Tampa's trans and gender-nonconforming community has could be gained (Weller 2015, 327-328). Open-ended questions asked about participants' personal experiences with gender-affirming care, how they define gender-affirming care, and experiences tied to their gender identity.” p.20 | 1 | “The quantitative survey data will be initially be analyzed for descriptive statics which will be utilized to create bar charts to characterize the general trends of the data…The interview transcriptions will be analyzed using inductive thematic analysis as detailed by Braun and Clarke (2006). Thematic analysis was employed because it provides a way of identifying patterns in data and tries to connect them in meaningful ways through grouping.” p.24 | 4 |
| Cumming et al. (2016) | 1 | “We conducted a study to investigate any respiratory deficits caused by chest binders as currently used in the transgender population.” p.227 | 1 | “We recruited 20 participants from the transgender community.” p.227 | 1 | “Participants underwent spirometry testing and measures of chest circumference and posture with and without their own binder. The order of testing with or without binder was random.” p.227 | 0 | N/A | 3 |
| East (2017) | 1 | “An Ethnographic Content Analysis (ECA) research design was employed to explore and analyze the postings of transgender and genderqueer youth and adolescents to an online social media group. Although ECA is a systematic and analytic method for qualitative document analysis, it is not rigid due to its exploratory nature.” p.15 | 0 | “The participants of this study were self-reported youth and adolescents ages thirteen to nineteen who self-identified as transgender, genderqueer, or gender non-conforming. These 17 participants were also members of the online social media group, Transgender and Genderqueer Teens. As of March 2017, there were 1,511 members of the group. A breakdown and discussion of the participant demographics is described below.” p.16 | 1 | “The selection of site, postings, and means of site membership are described in subsequent sections. Altheide then recommends to develop a protocol, or list of multiple variables, to guide the collection process (1996). The researcher created inclusionary and exclusionary criteria for determining which postings to be used for analysis to meet this ECA recommendation. These criteria are described with representative quotations below.” p.21 | 1 | “For the analysis of the collected postings, the researcher chose to use an emergent coding process. To do this, original postings from three consecutive months of March 31, 2017 to January 1, 2017 were copied and pasted verbatim from the live website into a table created with a Word Processor document…The coding process used for this research study was emergent and inductive in nature. To ensure that the appropriate forms of coding were used to support the function of an ECA, the researcher consulted Saldāna’s Coding Manual (2016).” p.26-27 | 3 |
| Galupo et al. (2021) | 1 | “We take a phenomenological approach in conducting two qualitative approaches to our analysis. First, we conducted a content analysis to describe the contextual elements participants used to describe their gender dysphoria. For this analysis, our research question focused on understanding how nonbinary trans individuals frame an understanding of their gender dysphoria. Second, we conducted a thematic analysis to understand the meaning participants make of their gender dysphoria. Specifically, we consider how nonbinary trans individuals uniquely describe their gender dysphoria in relation to their gender identity.” p.102 | 1 | “Recruitment announcements were posted to social media sites and online message boards. Some of these resources were geared to certain aspects of the transgender community (e.g., female to male [FtM], assigned male at birth [*sic*], nonbinary), while others served the transgender community more broadly. Participants most frequently accessed the survey through Reddit (41.0%) and Facebook (38.0%). “p.102 | 1 | “All participants completed an online survey regarding their experiences of gender dysphoria. The present analysis focuses exclusively on responses from nonbinary and agender individuals, and analyzes their responses to a single open-ended prompt asking them to “describe your gender dysphoria or distress related to your body/appearance.” p.102 | 1 | “Due to multiple layers of meaning in the responses, we conducted a content analysis[38](https://www.liebertpub.com/doi/full/10.1089/trgh.2020.0041#B38) to broadly frame the context in which all nonbinary participants in the sample described their gender dysphoria, followed by a thematic analysis to characterize the way gender dysphoria was described by a subset of the sample who specifically focused on nonbinary characteristics in their responses.  The development of codes (content analysis) and themes (thematic analysis) was decided upon using an iterative process.” p.102 | 4 |
| Goh (2020) | 1 | “ I conducted face-to-face, in-depth interviews using open-ended questions with 15 self-identified trans men in Kuala Lumpur and Selangor on issues pertaining to identity construction, sociopolitical interaction and faith engagement. I allowed myself to be steered by concerns that trans men prioritized in their conversations with me.” p.227 | 0 | Not reported. | 1 | “ I conducted face-to-face, in-depth interviews using open-ended questions with 15 self-identified trans men in Kuala Lumpur and Selangor on issues pertaining to identity construction, sociopolitical interaction and faith engagement.” p.227 | 1 | “Audio recordings of interviews were transcribed, thematically coded and analyzed using ATLAS.ti 8.0, a Computer Assisted Qualitative Data Analysis Software. I found Kathy Charmaz’s (2001) constructivist grounded theory methodology to be vital in interpreting and theorizing stories that unfolded within specific social contexts.” p.228 | 3 |
| Harry-Hernandez et al. (2020) | 1 | “As such, the purpose of this study was to use qualitative interviews to examine how sleep health can impact health outcomes among TGNB individuals in New York City.” p.61 | 1 | “Recruitment occurred through personal networks, community organizations serving the LGB and TGNB communities, digital message boards, social networking sites (such as Facebook and Craigslist), and through word-of-mouth. In addition, recruitment letters and online flyers were sent electronically to social media groups with a predominantly TGNB audience. Such recruitment materials contained basic information about the nature of the research study, expected participant role in the study, and contact information. Eligibility screeners were conducted over the phone or over email.” p.61 | 1 | “The interview guide included questions to assess overall sleep, such as how participants would describe their sleep during the past month, if they do anything to help themselves go to sleep, and if their gender identity affects their sleep. Complete sleep health questions were as follows:  During the past month, how would you describe your sleep overall? What about your sleep makes you say that it is good/bad? (Why do you describe it as …?) In what ways, if any, do you think that would change if you lived somewhere else?...” p.62 | 1 | “All interviews were coded and thematically analyzed for domains affecting overall sleep.38 Our approach to the qualitative analysis followed several steps. First, the research assistants (who conducted the interviews) read the transcribed interviews. Then, they developed codes based on preliminary readings of the interview contents.” p.62 | 4 |
| Jarrett et al. (2018) | 1 | “The purpose of this study was to assess the prevalence and correlates of care seeking for binding-related health concerns among transmasculine individuals who were female assigned at birth or intersex, had practiced chest binding, and had consistent access to health care.” p.171 | 1 | “For this cross-sectional study, we used data from the Binding Health Project, which recruited adults who had either current or previous experience with chest binding and were either intersex or female assigned at birth (*n*=1800). Data were collected between April 2 and May 31, 2014 with a 32-item online survey developed by a group that included individuals in medical school, public health graduate school, or who had previous experience binding their chests.” p.171 | 1 | “Participants reported demographic characteristics, negative physical symptoms caused by binding, symptom severity, and health care engagement (Table 1). The outcome of interest was seeking care from a health care provider for a binding-related health concern. Participants were considered to have experienced the outcome if they reported that they had “experienced a health concern related to binding and sought care from a provider.” p.172 | 1 | “We assessed all covariates, besides provider awareness and provider attitudes of binding, for associations with care seeking using bivariate logistic regression models. All covariates from the bivariate logistic regression models were included in a single multivariable logistic regression to determine adjusted associations with care seeking. Participants with missing data were excluded using model-wise deletion.” p.173 | 4 |
| Jourian (2016) | 1 | “In order to explore the above questions, this study utilized a qualitative phenomenological approach…In this case, the study explores the essence of masculinity as experienced by trans\*masculine students, while resisting the creation of a singular essence. Specifically, this dissertation study utilizes post-intentional and queer approaches to phenomenology.” p.84-85 | 1 | “Post-intentional phenomenology’s inclination towards “multiplicity, difference, and partiality” (Vagle, 2014, p. 114) necessitates the employment of maximum variation sampling. Maximum variation sampling is the purposeful selection of individuals that represent a wide range of experiences (Merriam, 2009)... The researcher’s in-group access to trans\*masculine communities and spaces allowed for the purposeful selection of individuals that span regional, institutional, racial, and other identity-related representations.” p.94-95 | 1 | “Data collection occurred through individual and paired interviews, assisting in a deeper understanding of the phenomenon and for multiple points of entry for participants to engage with the study…The protocols for interviews and focus groups were developed by the researcher (Appendix F). The questions were designed to have a strong orientation to the phenomenon, and overtly leading questions were avoided so as not to influence the direction and contents of responses.” p.109-110 | 1 | “Post-intentional phenomenological analysis utilizes a whole-part-whole method that bring variously and contextually situated (i.e., whole) individual focal points (i.e., parts) in dialogue with each other to create “new analytic wholes that have particular meanings in relation to the phenomenon” (Vagle, 2014, p. 97). This involves beginning with an initial holistic reading of the data to get a sense of the whole picture. This is followed by a line-by-line reading of one transcript at a time with “careful note taking and marking of excerpts that appear to contain initial meanings” (Vagle, 2014, p. 98). An additional line-by-line reading helped construct documents with identified excerpts from each participant that contributed to the final analysis.” p.114 | 4 |
| Julian et al. (2021) | 1 | “This is the first nationwide study to describe how TMGD AYA are learning about chest binding and the impact of chest binding on those experiencing chest dysphoria. In addition, this study compares and contrasts two AYA cohorts experiencing chest dysphoria—those who are binding their chest and those who are not. The secondary aim was to explore binding trends and deficits in information to inform best practices when working with AYA who have increased barriers to accessing care and fewer resources to help mitigate chest dysphoria.” p.1130 | 1 | “This cross-sectional, [comparative study](https://www.sciencedirect.com/topics/social-sciences/comparative-study) used remote data collection methods to reach a nationwide sample of [AYA](https://www.sciencedirect.com/topics/medicine-and-dentistry/young-adult). Participants were eligible if they were aged 13–24 years, designated female at [birth](https://www.sciencedirect.com/topics/medicine-and-dentistry/childbirth) or [intersex](https://www.sciencedirect.com/topics/social-sciences/intersex), had not had [chest surgery](https://www.sciencedirect.com/topics/medicine-and-dentistry/thorax-surgery), experienced chest [dysphoria](https://www.sciencedirect.com/topics/medicine-and-dentistry/dysphoria) or discomfort, and were living in the U.S. or its [territories](https://www.sciencedirect.com/topics/social-sciences/territory) at the time of survey completion….A link to the online survey was distributed through [social networks](https://www.sciencedirect.com/topics/social-sciences/social-network), social media, and community agencies. The research team targeted TMGD community influencers on social media with high followings to post and distribute the link to their networks.” p.1130-1131 | 1 | “survey questions included [demographics](https://www.sciencedirect.com/topics/social-sciences/demographics), patterns and trends of chest binding, [life satisfaction](https://www.sciencedirect.com/topics/social-sciences/life-satisfaction), and chest dysphoria. The Chest Dysphoria Scale and a subscale from the Gender Congruence and Life Satisfaction scale were used to assess chest distress and life satisfaction [[3](https://www.sciencedirect.com/science/article/pii/S1054139X20305826#bib3),[11](https://www.sciencedirect.com/science/article/pii/S1054139X20305826#bib11)]. The Chest Dysphoria Scale is a non-validated scale that includes items related to physical functioning, including hygiene and exercise, intimate partnerships and dating, being perceived as a gender other than their gender of identity, and disruption of future plans. The results of tests for internal consistency in its initial use suggested high reliability. Items such as “I avoid bathing/showering in order to avoid seeing my chest” and “I avoid seeking medical care because of my chest” were scored using a [Likert scale](https://www.sciencedirect.com/topics/medicine-and-dentistry/likert-scale), ranging from 0 (never) to 3 (all the time).” p.1130 | 1 | “For categorical variables, the frequency and percentage were reported for each variable level. Student’s *t* tests were performed to compare mean scores on the Chest Dysphoria Scale and the Life Satisfaction Scale. Correlation analysis was performed to study the association between chest dysphoria and life satisfaction. [Multiple linear regression analysis](https://www.sciencedirect.com/topics/social-sciences/multiple-linear-regression) was used to study the association between access to gender services and life satisfaction. All analyses were conducted using R software.” p.1131 | 4 |
| Kennedy (2018) | 1 | “Using a phenomenological approach, the goal of this research was to develop an account of the participants’ views of the phenomenon being studied—school sports experiences of transgender high school athletes. The research questions are broad and general so that the participants could construct the meaning of a situation, a meaning typically forged in discussions or interactions with other persons. “p.39 | 1 | “Recruitment of the sampling group came from a variety of sources including, but not limited to Facebook posts and general emails sent to various transgender organizations. Initially, the researcher relied on personal contacts and referrals provided by those contacts, but that method yielded no respondents. Then, the researcher began to make inroads by using social media. Numerous posts were placed on Facebook and Twitter, which led to four interview participants. Those interviewed then led me to several more.” p.58 | 1 | “An interview protocol of 10 interview questions (Appendix B) was used. The interview protocol was designed to address the research questions while also taking into consideration the literature review. The interview questions sought to examine the lived experiences of transgender athletes in high school. The interview also included questions to establish the population: age, gender, assigned sex at birth and preferred sex. “p.47 | 1 | “Using an open coding strategy, all data were coded into meaningful units as the researcher looked for important trends and patterns. All relevant quotes were combined into one document of important and relevant quotes. Analysis involves such processes as open coding and making sense of the essential meanings of the phenomenon.” p. 51 | 4 |
| Kim et al. (2022) | 1 | “The purpose of this report is to highlight the complications seen in one case of a transgender patient who wore a chest binder intraoperatively. In doing so, we hope to emphasize the importance of recognizing chest binding and of creating a welcoming perioperative environment for transgender patients who may feel uncomfortable discussing this practice.”p.2 | 1 | “A 19-year-old transgender man of African-American descent with posttraumatic stress disorder, anxiety, panic disorder, and bipolar disorder presented for an esophagogastroduodenoscopy (EGD) for evaluation of left upper quadrant abdominal pain.”p.2 | 1 | “In the procedure room, monitors for pulse oximetry, capnography, and blood pressure were placed on the patient. He was given 35% inspired oxygen via nasal cannula. Anesthesia was induced with 250 mg of propofol, and reassuring respirations were noted by capnography. Upon initial insertion of the endoscope, respirations and oxygen saturation (SaO2) remained stable. Four minutes later, the patient’s SaO2 decreased rapidly to 50% and end-tidal respirations were lost. The endoscope was removed, the patient was given 200 mg of propofol and 20 mg succinylcholine and was ventilated by bag mask. His SaO2 recovered to 80% after 2 minutes and to 100% after 5 minutes of ventilation with 100% inspired oxygen. Changes in SaO2 are detailed in Fig. 1. “p.2 | 0 | Not reported | 3 |
| Lee et al. (2019) | 1 | “The aim of this study was to provide insight into the binding practices of trans and gender-diverse individuals, thereby enriching the current understanding of (1) the ascribed meaning of binding practices, and (2) the perceived impacts of binding on physical, mental and social well being. Additionally, in the light of the health impacts seen in both community resources and previous literature, (3) the study sought to understand how trans and gender-diverse individuals sought and perceive information and support around this practice... An inductive qualitative approach was adopted as this was appropriate to the exploratory nature of the study” p. 971 | 1 | “We recruited a convenience sample of assigned female at birth transgender and gender-diverse individuals… participants were recruited through various social media-based community platforms as well as The Gender Centre, a Sydney-based service provider for trans and gender-diverse persons.” p. 972 | 1 | “The interview schedule covered a range of topics including the physical, emotional and social aspects of participants’ binding experiences, as well as ascribed meanings, long-term plans, access to information and community fears around binding. Participants were also asked about their experiences with health-care practitioners both around binding and their gender in general. Participants were asked to choose their own pseudonym which was used throughout the interview.” p.972 | 1 | “ Data were thematically analyzed using a six-phase thematic analysis methodology (Braun and Clarke 2006) with NVivo software being used for data management. This involved a process of familiarization followed by the coding of the data into distinct concepts. These codes were then sorted into preliminary themes which were further refined through extensive consultation with all authors. An inductive approach was taken, and analysis was primarily data-driven and relied less on existing theory or hypothesis.” p. 972 | 4 |
| Lenning (2008) | 1 | “ This work strives to address a variety of experiences, ranging from the acceptance or disapproval of family, friends, neighbors and co-workers, to the changes in family dynamics that occur when one partner undergoes gender transition or assumes a transgender identity. In order to capture such a variety of issues, I initially used a triangulated method, which I felt could advance the ways in which social scientists investigate the intricate lives of trans individuals and their partners.” p.35 | 1 | “ I sent the call to two Transgender Michigan board members, and they determined which websites would be appropriate for posting the call. Transgender Michigan is a Michigan-based non-profit organization that aims at providing education, advocacy and support for transgender individuals. Their website provides a variety of resources for trans individuals and their significant others, ranging from housing opportunities to information on gender reassignment surgeries. One research participant contacted me and asked if she could also post the call on a support site for significant others; I thanked her for contacting me and approved the venue, thus, posting of the calls occurred in a snowball fashion.” p. 41 | 1 | “One survey was for participants who identified themselves as transgender (Appendix E) and the other was for those who identified themselves as the significant other of a transgender individual (Appendix F). Though separate surveys were used for the two groups, they were quite similar in content. Indeed, they only differed in the way the participant was addressed in the question (e.g., how has your transgender identity affected your relationship v. how has your partner's transgender identity affected your relationship?). The actual questions were constructed using past research. My aim was to include some questions that had been asked in previous studies 41 so that I could compare my sample to others, and to add original questions so that I might add new insight to the literature.” p. 41 | 1 | “ I wrote out the additional themes that I found within the three broad preexisting themes that I centered my questions around (i.e., social, psychological and economic issues). Those additional themes were language (and its limitations), identity (both gender and sexual orientation identities), gender role dynamics, immediate and extended family issues, employment and school issues (which was further divided into discrimination, violence, and passing), legal issues, concerns related to unemployment, the cost of 43 transition and, finally, the cost of legal procedures. Once these themes were determined, I reread all of the data and coded it (using highlighters and color-coded sticky notes) in terms of how each response fit into one or more of these themes.” p. 43 | 4 |
| MacDonald et al. (2016) | 1 | “Because of the current lack of research on this topic, we chose a broad research question: “What are the experiences of transmasculine individuals with pregnancy, birth, and infant feeding?” We used a qualitative methodology to design this study and interpretive description methodology to analyze the data. According to Thorne et al., “interpretive description acknowledges the constructed and contextual nature of human experience that at the same time allows for shared realities” [25] (p. 172). We wanted to learn about the study participants’ choices and experiences with infant feeding.” p.3 | 1 | “We recruited a convenience sample of participants mostly through the internet. A letter and a poster were used to recruit participants. The letter was posted to the Facebook page, “Birthing and Breast or Chestfeeding Trans People and Allies,” (formerly “Birthing and Breastfeeding Transmen and Allies”) managed by the first author (TMD). The poster was circulated through email.” p.3 | 1 | “TMD used a questionnaire to collect demographic and descriptive information about participants before each interview. He then used a semi-structured interview guide that included a list of open-ended questions and prompts. The questionnaire used to collect demographics information and the semi-structured question guide used as a basis for interviews are included in Additional file 1.” p.3 | 1 | “The transcribed interviews were uploaded to NVivo 10 and JN-W, MW, and TMD coded data. We used a combination of line-by-line coding and overall analyses to identify associations, patterns, and relationships. These steps were guided by qualitative description analysis methods.” p.3 | 4 |
| Macleod (2022) | 1 | While narrative inquiry and phenomenology include participants’ perceptions and opinions of their experiences, it does not take into consideration the opinions of participants outside of their lived experiences... It is essential that these participants were able to share their opinions on what would be facilitators to sport and physical activity.” p. 63 | 1 | “A combination of criterion-based selection with snowball sampling was used to recruit participants for the study. The first group of participants were recruited through purposive sampling, then those volunteers were asked if they would mind forwarding the recruitment invitation to others they may know, and those potential participants contacted me directly, if interested.” p. 8 | 1 | “ The set of predetermined, focused, short-answer questions for each case group were prepared in advance to guide the major topics to be discussed. The questions for each group contained some similar and several different questions. The questions will be different because transgender and non-binary people have different experiences with sport and physical activity and people that participate in sports may have different experiences from people who participate in physical education.” p.8 | 1 | “data analysis methods began which included a close reading of each interview text to perform thematic analysis and to code the data. During the close reading, the researcher developed themes and patterns found within the data (Adams, 2015; Evans, 2018). Thematic analysis is useful because it allows for the examination of different participants' perspectives and the researcher can highlight similarities and differences between participants' experiences.” p.71 | 4 |
| Morris et al. (2020) | 1 | “In this paper, which is part of a larger study, we examine the socio-cultural, emotional, and physical  aspects of chest binding. We interpret findings from a survey of 61 TNB individuals who actively  practice chest binding through the symbolic interaction theory of fashion, which enables us to consider the connection between “macro-level cultural forces and micro-level appearance  processes” (Kaiser, et al. 1995, p. 172) to show how TNB individual’s everyday emotional and  physical experience of binding connects to larger cultural discourses around appearance (Kaiser,  2012).” p. 1 | 1 | “We recruited TNB individuals who actively practiced chest binding,  were 18 years or older, lived mostly full time in the United States over the past 10 years, and have  not had breast-reduction/removal surgery... We advertised the study on Facebook, through LGBTQ organizations, word-of-mouth,  and snowball methods.” p. 2 | 1 | “We collected data between October 2019 and February  2020 through an IRB approved cross-sectional 120-item questionnaire where we gathered both  quantitative and qualitative data. The questionnaire was developed from the literature on binding  that addresses health implications (e,g., Peitzmeier et al., 2016), Lamb and Kallal’s (1992) work which addresses the functional, expressive, and aesthetic needs when binding, in addition to popular press articles.” p.1 | 1 | “Descriptive statistics were used to analyze the sample demographics and inductive coding (Saldaña, 2016) was used to develop a preliminary codebook based on the participants’ qualitative responses. We coded 20% of the data and checked interrater agreement, resulting in  95%, which exceeds the recommended threshold. we reconciled the differences and coded the remainder of the data. We identified key emergent themes in the data and then interpret those themes with past literature (Saldaña, 2016).” p. 2 | 4 |
| Newhouse (2021) | 1 | “The purpose of this phenomenological study was to explore the lived experiences of transgender students as they navigated the undergraduate experience at small, private liberal arts institutions in the southern and southeastern United States. By engaging smaller campus populations, the research detailed the experiences of transgender individuals who were one of just a few transgender students on campus.” p. 20 | 1 | “To gain access to transgender students from a variety of small, private, liberal arts institutions in the southern or southeastern United States, the researcher contacted staff members most directly connected to the campus LGBTQ student organization, likely a member of the Multicultural Affairs office or the LGBTQ student organization advisor upon receiving IRB Approval from Colorado State University (Appendix I). If a transgender support group existed on a campus, the researcher contacted the coordinating officials for that group, as well.” p. 22 | 1 | “Interviews were conducted in a semi-structured format that allowed the participant to share their lived experiences in their own way while still connecting to the research questions (Smith et al., 2009). All interviews were recorded for future transcription, and the researcher took minimal notes in order to fully engage the participant.” p. 23 | 1 | “coding occurred in a manner representative of IPA analysis. First, the researcher read and re-read a single interview transcript (Smith et al., 2009). This allowed the researcher to get an overall sense of the interview. Second, initial transcript notation occurred (Smith et al., 2009, p. 90). As a part of this process, the researcher highlighted 24 substantive comments and phrases, providing the foundation for the next step. Third, emergent themes were identified within the individual transcript (Smith et al., 2009) by capturing representative quotes and noting possible themes in a word document next to each quote.” p. 24 | 4 |
| Pehlivanidis & Anderson (2023) | 1 | “In order to address knowledge gaps and gain sufficiently nuanced understandings of binding to guide positive implications for gender affirming care, further exploratory research centering those with lived experience is necessary. Therefore, the following study aims to qualitatively explore chest binding motivations and implications experienced by TGD Australians.  Personal experiences on the practice will be explored and understood through a series of qualitative interviews that will be understood through thematic analysis.” p. 6 | 1 | “Participants were 15 TGD individuals, aged between 20 and 37 (M = 26.93, SD = 4.64), recruited through expressions of interest responding to advertisements shared via online avenues, university queer organizations, personal networks, and snowball sampling.” p. 7 | 1 | “Appendix A presents the interview schedule developed for this study. Questions were defined by three sections.  1. Demographic information  2. Gender journey (one open-ended question regarding participant's gender journey)  3. Chest binding experiences (three open-ended questions regarding participant's frequency, experiences, and knowledge of binding practices). Section 2 was primarily used to build rapport and enhance participant comfortability. Section 3 specifically related to chest binding experiences. Participants were encouraged to expand on responses to main questions where appropriate. Prompter questions were developed for sections 2 and 3. Use of prompter questions depended on the cadence of interviews, with the interviewer using them to expand on limited discussion or when an area had not yet been discussed.” p. 10 | 1 | “Data analysis was guided by Braun and Clarke's (2006) six phases of thematic analysis, which  allowed establishment of common themes occurring across all interviews. Given the topic’s complexities,  this approach allowed for meaningful trends to emerge, to create an in-depth understanding of  narratives involved in chest binding within the TGD community. Such an approach has been used in other studies exploring TGD chest binding experiences (i.e., Lee et al., 2019). Phase one involved transcription of interviews and enhancing familiarization with the data through multiple readings of transcripts... Themes were continuously reviewed against the data to ensure accurate data representation (phase four). Phase five involved defining and naming these themes, and data extracts and theme presentation were then established for reporting (phase six).” p. 11 | 4 |
| Peitzmeier et al. (2017) | 1 | “The objectives of this analysis were to: (1) understand the prevalence of negative health outcomes among those who bind, (2) identify risk factors for negative health outcomes and (3) develop preliminary evidence-based recommendations for healthy binding based on these risk factors. Study researchers developed a 32-item cross-sectional survey to ascertain information on binding practices, physical and mental health outcomes attributed to binding, quality of patient-provider interactions and use of trans-specific healthcare.” p. 65 | 1 | “Survey distribution was completed online. We used the social media outlets Facebook, Twitter, and Tumblr for dissemination. The project also contacted regional, national, and international LGBTQ community organizations through email and posted on web-based forums that serve transgender and gender non-conforming communities.” p. 66 | 1 | “The list of binding associated health outcomes was also reviewed for clarity and patient-centredness through consultation with the pilot group. Survey participants were asked ‘Have you experienced any of the following health problems and attribute them to binding?’ and selected yes or no for each outcome.” p. 67 | 1 | “A paired t-test was used to analyze change in mood before and after binding. Bivariate odds ratios were calculated to understand the relationship between each of the key covariates and each of the 28 outcomes. Twenty-eight multivariate logistic regression models, one for each of the 28 health outcomes investigated, were constructed to identify factors that were independently associated with each health outcome.” p. 68 | 4 |
| Peitzmeier et al. (2021) | 1 | “To explore how symptoms emerged over time, a standardized measure of total cumulative exposure to binding was developed called “binding*-*years.” Binding-years were calculated by multiplying the average number of hours per day spent binding (intensity), the average days per week spent binding (frequency), and the number of years spent binding (duration) and by scaling this number to be equivalent to the number of years spent binding daily for 10 hours per day.” p. 2 | 1 | “The data are derived from a community-engaged, anonymous, online survey that was circulated on social media platforms and was distributed to a variety of regional, national, and international lesbian, gay, bisexual, transgender, or queer community organizations. The survey was also posted on web-based forums that serve transgender and gender-diverse communities.” p.2 | 1 | “Frequency, intensity, and duration of binding were assessed with the questions, “How many days on average do/did you bind a week?” “How many hours on average did you bind on those days?” and “How long have you been binding/bound in the past (ie, weeks, months, years)?” These measures were revealed to be reliable and valid compared to a gold standard retrospective assessment in which a trained interviewer conducted a one-hour interview eliciting a detailed life history calendar of binding.” p. 2 | 1 | “The sample was split into 10 quantiles on the basis of standardized binding-years of participants (roughly 180 participants per quantile). Standardized binding-years were skewed strongly right in this sample, resulting in more closely spaced quantiles among people with low exposure to binding and aggregation across a wider range of binding-years in quantiles with greater exposure to binding.” p. 3 | 4 |
| Pettys-Baker (2018) | 1 | “This study seeks to aid in understanding of queer persons as retail consumers, particularly gender variant consumers…To establish this understanding, a qualitative methodology is being utilized…The first portion of the data collection is an online survey, which utilizes both short answer and scaled items to examine the issue at hand. In addition to the survey is a set of interviews, with the participants drawn from the survey population. This allowed for a more in-depth examination of gender variant people’s opinion of the retail environment.” p. 33 | 1 | “Participants were sourced through online groups for queer people and snowball sampling (See Appendix A for advertisement text), with the assistance of a university group for queer persons.” p. 35 | 1 | “The survey itself is divided between short response and rating-scaled items. The short response questions look into the participant’s preferences are in regard to retail environments. They were asked about positive and negative experiences in stores, and the factors that play into what they want in a retail environment (See Appendix A for the full survey and interview questions).” p. 33 | 1 | “Short response questions were analyzed qualitatively by comparing the responses for each question. The scaled items were graphed and analyzed, and then incorporated in with the rest of the survey data. The interviews were transcribed, and then read through and listened to several times to fully conceptualize the information gathered. The two data sets were then looked at 36 together to see how they meshed. From this, several key themes were drawn, which served as the anchor points for discussing how gender variant consumers perceive the retail market at large.” p. 35 | 4 |
| Puckett (2019) | 1 | “ The researcher aimed to explore stress and resilience factors for gender nonbinary people related to gender identity, mental health resources, and social support. In order to better understand this under-researched topic, the researcher utilized a qualitative approach with phenomenological analysis for the design of this study.” p. 23 | 1 | “Participants were gathered through purposive sampling through the distribution of flyers and emails to local LGBT organizations. Purposive sampling was chosen due to the specific nature of the inclusion criteria (Dahl & Boss, 2005). Participants were also recruited through snowball sampling, in which participants were given flyers about the study to give to other nonbinary individuals in their social network.” p. 24 | 1 | “Data was collected through semi-structured interviews…Some questions this interview explored include (the full interview guide can be seen in Appendix D): What does it mean to you to be GNB? What are some challenges you have faced related to your gender identity?” p. 26 | 1 | “The primary researcher utilized methods described by Colaizzi (1978) to analyze data in a phenomenological study… the researcher read each interview transcript multiple times. The researcher then identified and coded significant statements in each interview transcript (Colaizzi, 1978). The researcher then read through the significant statements in the transcripts and assigned formulated meaning statements, or statements that have more meaning beyond simply what is said.” p. 28 | 4 |
| Reddy-Best et al. (2023) | 1 | “In this paper, we examine chest binding from a spatiotemporal perspective (Evans and Vaccari, [2020](https://www.tandfonline.com/doi/full/10.1080/1362704X.2023.2196761)). That is, we consider bodies, space, and time as mutually constitutive and consider the when and where of why people choose to bind their chest. Philosopher Edward Casey ([1997](https://www.tandfonline.com/doi/full/10.1080/1362704X.2023.2196761)) argued that our bodies reflect places we inhabit and carry culture into those places. Therefore, we asked, what motivates TNB individuals to bind their chest within particular spatiotemporalities and not others?” p. 1 | 1 | “We recruited participants online through social media, national LGBTQIA organizations, and word-of-mouth.” p. 7 | 1 | “We created a comprehensive 120-item cross-sectional questionnaire that included demographic, open-ended, closed-ended, Likert-type scale, and multiple-choice questions. We limited our analysis to responses to 12 open-ended and/or closed-ended questions from the larger 120-item questionnaire to explore how often people bind, where they bind and for what occasion, and what influences decision-making around binding. Example questions and prompts included: “How often do you bind your chest?” “What materials or garments do you use to bind your chest?” “Describe the reasons for why you wear your binder in the spaces you specified,” and “Describe the reasons for why you do not wear your binder in the spaces you specified.”” p. 7 | 1 | “We used open, axial, and selective coding to create ini-tial codes, collapse the codes, and identify larger themes and subthemes. We adopted a social constructionist approach“ concerned with identify-ing the various ways of constructing social reality” based on how people articulate their experiences. Intercoder agreement for thematic analysis was 95%, which is considered acceptable (Neuman2011), and was determined by dividing the number of disagreements by the total number of codes. After checking the intercoder agreement, we negotiated disagreements, finalized the codebook, and completed the data analysis. We engaged in bracketing and debriefing throughout the analysis process to enhance our findings’ trustworthiness” p. 8 | 4 |
| Reinsmith-Jones (2009) | 1 | “This study utilized heuristic phenomenology to examine lived spiritual transformational experiences in the context of four transsexual persons during transition. Specifically, this research explored the inward changes of spirit or soul that paralleled the physical outward changes…The participant interviews created a multidimensional image of striving to find something believable and knowable about the self.” p. vi | 1 | “A sample of convenience has not been recommended as the best method for population sampling for studies involving GLBT persons (Meezan & Martin, 2003, p. 8). Therefore, this study attempted to utilize a mixed sample comprised of both local and distant co-researchers.” p. 97 | 1 | “The primary data collection involved in-person, in-depth, tape recorded interviews which utilized open-ended questions, as is the recommended method…As part of their lived experience, a question was posed as to whether or not they sensed a personal inner development along the journey and if so what that was like for them. They were encouraged to discuss motivators for both embarking on and maintaining on the journey.” p. 99 | 1 | “The method utilized to analyze the phenomenological data for this study was a method suggested by Moustakas (1994, p. 110): 1. Obtain a full description of primary researcher's experience of the phenomena…2.g. Construct a synthesized description of the meanings and essences of the experience.” p. 100 | 4 |
| Rood et al. (2017) | 1 | “Identity concealment is thought to impact psychological distress in transgender and gender nonconforming (TGNC) individuals. Thus, through 30 in-depth interviews, we sought to understand if and how identity concealment was experienced by TGNC individuals.” p. 704 | 1 | “participants were recruited via message boards, listservs, and social networking sites on the Internet. Online recruitment was important for this study because research suggests that the Internet is a particularly viable source of networking and information gathering for transgender individuals.” p. 706 | 1 | “The interview guide included questions to assess for the experience of identity concealment. For example, This document is copyrighted by the American Psychological Association or one of its allied publishers. This article is intended solely for the personal use of the individual user and is not to be disseminated broadly.. “Are there times when you have to hide or conceal your gender identity?” “Do you think about how others see or perceive your gender?” “Is it important for you to pass?” If indicated, the interviewer asked follow-up questions to assess for relevant experiences, and associated thoughts and feelings.” p. 707 | 1 | “Data analysis carefully followed the consensual qualitative research (CQR) approach (Hill, 2012). To begin coding the data, the research team first developed a tentative list of domains, based on a review of the literature and the primary questions in the interview protocol.” p. 707 | 4 |
| Santos et al. (2022) | 1 | “this paper aimed to analyze the association between chest binding and thoracic complaints in transgender men using as an investigative model on two subpopulations, one admitted at the Hospital das Clínicas of the Universidade Federal de Pernambuco (HC-UFPE) and the other at the Lessa de Andrade polyclinic, both in Pernambuco State, northeastern Brazil.” p. 2 | 1 | “No sample calculation was performed because we worked with the universe of transgender men users of the two aforementioned outpatient clinics between 2019 and 2020. All registered users were invited to participate in the study, and sampling loss was considered after three contacts and not attending the interview.” p. 3 | 1 | “Data collection was carried out on a previously scheduled date at the outpatient clinic where the participant had routine care. We prepared an instrument divided into blocks of sociodemographic information, general health information, chest binder use (presence or absence and time of use in months, days per week, and hours per day), and complaints in the chest region (presence or absence of complaints in the region, pain, and breathing difficulties).” p. 3 | 1 | “A descriptive analysis of the data was performed to characterize the sample of the study population. For comparison between the use of chest binders and complaints in the chest region, the prevalence ratio (PR) was estimated with a confidence interval (CI) of 95% and Pearson’s chi-square test.” p. 3 | 4 |
| Schultz (2021) | 1 | “This study was performed to add to the current literature about the incidence of benign and malignant breast lesions found on routine breast tissue analysis for chest masculinization surgery and to assess for any pathological effects of chest wall binding and androgen therapy on these specimens.” p. 354 | 1 | “A retrospective chart review was performed between 2015 and 2020 on all patients who underwent chest masculinization surgery for gender dysphoria by the senior author (J.D.K.). All patient information was deidentified and patient approval was not required for this retrospective chart review.” p. 354 | 1 | “Bilateral breast tissue was sent for routine pathology in all cases. Each breast specimen was oriented using silk suture with a long stitch to mark the lateral border and a short stitch to mark the superior border. Breast specimens were processed into six blocks. One slide examines skin from the areola, one for the deep margin, and the remaining four come from the four quadrants of breast tissue (upper inner, lower inner, upper outer, and lower outer). Each pathology report was retrieved, and results were recorded.” p. 354 | 1 | “Descriptive statistics were reported as counts and proportions. Inferential statistics were performed using Pearson's chi-squared test and binomial logistic regression for categorical and continuous variables, respectively. Significance was defined using two-tailed *p*<0.05. Statistical analyses were performed using IBM SPSS Statistics (Version 23, Armonk, NY) and Microsoft Excel.” p. 354 | 4 |
| Sickels (2010) | 1 | “My thesis is based on ethnographic work with a transgender community in North Carolina. My research for this project is interview-based, focusing on conversations with seven consultants. These conversations delve into questions of identity, preferences about pronouns and names, meanings linked to being masculine or male, choices about medically transitioning, bathroom-choice anxieties, relationships to bodies and sexualities, and “coming out” narratives. Much of the material for my thesis comes from these recorded discussions.” p. 13 | 1 | “I found my consultants through word of mouth, through my network of friends, or at queer events; I emailed many others who did not respond or who politely turned me down.” p. 17 | 1 | “My research for this project is interview-based… These conversations delve into questions of identity, preferences about pronouns and names, meanings linked to being masculine or male, choices about medically transitioning, bathroom-choice anxieties, relationships to bodies and sexualities, and “coming out” narratives. Much of the material for my thesis comes from these recorded discussions. I also draw upon unrecorded field notes and from experiences that I shared with my consultants—such as the opening vignette about hanging out at a bar with Tate.” p. 13 | 0 | “ In this thesis, I interweave my consultants’ narratives into the text, sometimes to show the full scenes of our emergent dialogue, and to provide a full description of my consultants as individuals.” | 3 |
| Smith (2022) | 1 | “The research for this thesis involved extensive work with the TGNB community of Alaska, taking a constructivist grounded theory (CGT) approach, using in-person and distance methods, participant observation (PO), and key informant interviews (KI).” p. 33 | 1 | “ recruitment was done using a convenience sampling method… recruitment occurred through three main communication channels: (1) the Anchorage Transgender Community (now the Gender Expansive Community of Anchorage), both in-person and through their email listserv; (2) Facebook; and (3) word-of-mouth.” p. 41 | 1 | “In addition to PO, I conducted KI interviews to acquire a better understanding of what TGNB people living in Alaska had experienced throughout their lives. I developed an interview guide (Appendix C) that outlined basic topics to be covered during the interview with some probing questions to guide the discussion further into the specific topic areas.” p. 40 | 1 | “ I began my analysis by opening coding to find points of similarity between interviews. After the initial open coding, axial coding was used to analyze the relationships within the three primary codes: (1) discrimination, (2) mental health, (3) TGNB identity (Table 3).” p. 44 | 4 |
| Teti et al. (2020) | 1 | “We conducted a Photovoice project in which transmasculine young adults defined their apparel and health experiences to expand the conversation beyond topics in the existing literature.” p. 55 | 1 | “recruited participants through local trans-identified social groups and networks.” p. 56 | 1 | “All authors (except for author 3) co-facilitated project sessions. The facilitators delivered the project to men in three separate groups, which ranged from four to eight participants. Each group of participants attended three, 2-hour meetings, an optional exhibit, and a one-on-one interview.” p. 56 | 1 | “We employed theme analysis to analyze the data…First, the author team reviewed the transcripts and photographs multiple times to become familiar with the data and overall key reoccurring categories…Next, we reviewed the “apparel and health” text and photographic data specifically and created a codebook that defined nine overall health themes: binding, packing, gender dysphoria, mental health concerns.” p. 57 | 4 |
| Wylie (2022) | 1 | “This phenomenological study adopted a hermeneutic approach to answer questions about how transmasculine individuals perceive the quality and function of their voice and whether their perceived vocal quality influences their experiences as they relate to gender identity and communicating with others.” p. 15 | 1 | “Snowball sampling was used to recruit trans masculine individuals. Recruitment fliers (Appendix C) were distributed through the researcher’s social network via word-of-mouth marketing, email, text, and Facebook.” p. 18 | 1 | “One-on-one interviews were conducted…In the spirit of phenomenology, the researcher was careful to follow the interview guide and listen to what was being said rather than veering into the territory of confirmation bias.” p. 20 | 1 | “Coding was performed manually by two researchers using a collaborative process. Individual codes were not fixed but evolved throughout the coding process. Codes were grouped into potential themes and subthemes that were checked against each other and with the original data set. Potential themes and subthemes were reviewed and discussed.” p. 20 | 4 |
| Zwickl et al. (2019) | 1 | “we aimed to understand the healthcare needs of a broad group of TGD Australians, how health professionals could better care and support TGD people and gain an understanding of community views on TGD-related medical research priorities…This anonymous online survey of TGD Australian adults was designed to provide a platform for the TGD community to voice their healthcare needs and priorities.” p. 2 | 1 | “Purposeful, criterion-specific sampling was used to recruit from this minority population…Participants were recruited for the survey through a post on the Trans Medical Research Facebook page.” p. 2 | 1 | “Questions in the survey covered sociodemographic and clinical data…This paper selected three questions out of the collected data set, which allowed for open free-text responses for qualitative analysis. These were; 1) How do you think healthcare professionals can better support you? 2) What do you think are the two most important issues for your health, i.e., if you could improve your health right now, what would you do? 3) Are there any areas of trans-related medical research that you would like addressed?” p. 2 | 1 | “One of the researchers (AW) coded the participant responses one-by-one using NVivo qualitative data analysis software version 12 (QSR International Pty Ltd., Doncaster, Australia). Codes were developed from the data during the coding process (i.e., codes were not previously established). A second researcher (SZ) then independently coded the data against these codes and queries and discrepancies in the interpretation of the codes were discussed and resolved.” p.2 | 4 |