

MENTAL HEALTH ISSUES AMONG PAKISTANI
TRANSGENDERS DUE TO SEXUAL MINORITY STRESSORS:
AN EXPLORATORY STUDY



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A thesis submitted in fulfilment of the
requirements for the award of the degree of
Master of Science (Clinical Psychology)

Department of Professional Psychology

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**MENTAL HEALTH ISSUES AMONG PAKISTANI TRANSGENDERS DUE TO
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BY

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**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF MASTER OF SCIENCE IN CLINICAL PSYCHOLOGY**

2020

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**ALL THE PROCEDURES FOLLOWED AND MATERIAL USED
WERE REVIEWED AND APPROVED BY THE HIGHER
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DEDICATION

To my parents and my husband, for their never-ending love and support.

*To my study participants, in hopes that this work plays its small role in forwarding their
cause.*

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ABSTRACT

This study aimed to explore the mental health problems faced by the transgender community of Pakistan due to their sexual minority status. The theoretical framework of the study was based on the model of Sexual Minority Stressors theory given by Meyer (2003). The study sample consisted of transgender participants (n=3) and the nature of the study was qualitative research. Semi-structured interviews were carried out with the study participants, to gather information regarding the sexual minority stress processes faced by them, and its effects on their mental health. Thematic analysis was carried out to get a detailed analysis on the information gathered through the interview process. Results indicated that the transgender population encounters all the sexual minority stressors including prejudice, perception of stigma, as well as internalized transphobia. Common themes generated included discrimination, physical violence, sexual abuse, trauma, education problems, financial problems, residential problems, family problems, emotional problems, relationship problems, lack of basic health facilities, lack of support, and need for counselling services. Steps need to be taken to cater to the problems faced by the transgender community, and to provide better mental health facilities to resolve the psychological issues faced by transgender due to these stressors.

keywords: transgender, hijra, khwajasira, mental health, sexual minority, gender minority, prejudice, stigma, transphobia, internalized transphobia