

**PERCEPTION OF MENTAL ILLNESS AND HEALTH SEEKING BEHAVIOR
AMONG TRANSGENDER COMMUNITY**



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TRANSGENDER COMMUNITY**

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DEDICATION

This research reports lovingly dedicated to my respected Parents, who have been my constant source of inspiration, and to those who supported me a lot in this research. They have given me the drive and discipline to tackle any task with enthusiasm and determination. Without their love, prayers and support, this dissertation would not have been made possible.

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born on the surface of earth, who is forever
torch of guidance and knowledge for
the humanity and have always made
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ABSTRACT

The focus of the qualitative study was to explore the perception of mental illness and coping strategies among transgender. A semi structured interview guide was developed after literature review to obtain an in-depth understanding of the views and perception in this group. Data was collected through snowball sampling till the content of interviews was saturated. Sample consisted of 9 transgender from Islamabad city. All the interviews were recorded after informed consent, the interviews were then transcribed, coded and themes were generated as well. The findings revealed that they lacked awareness regarding mental health and importance of mental illness. They also experienced negative attitudes of people and local police and lack of financial support and opportunities.