

# “Like we don’t just do it for funsies” a qualitative study on the binding practices of transgender and gender diverse adults

Alexander Lee, Paul Simpson\*, Bridget Haire\*

*\*The Kirby Institute*

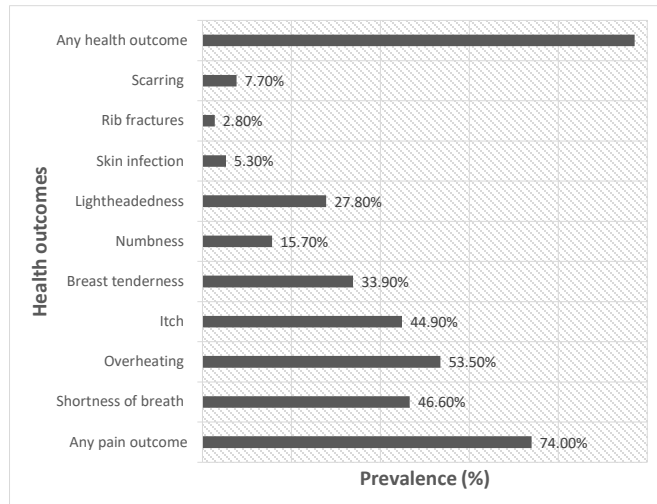
## BACKGROUND



### Binding –

- Compression of the chest to create a flatter silhouette
- 87% of trans and gender diverse Australians
- Peitzmeier et al. – 1800 participants
  - 51.5% bound 7 days per week
  - Average 10 hours a day
- Variety of methods

- Peitzmeier et al. (2017) "Health impact of chest binding among transgender adults"
  - International survey of 1800 AFAB and intersex adults who bound / have bound
  - 28 self reported health outcomes
  - 97.2% reported at least one negative health outcome
- Lung function changes?
- Skin elasticity and top surgery



## AIMS

To provide insight into the ways in which TGD individuals

- Perceive the health impacts of binding
- Ascribe meaning to their binding.

## METHODS

- Qualitative study design
  - Recruitment largely through social media
    - TGD, over 18, living in Sydney, currently or previously bound
  - 10 semi-structured face-to-face interviews
  - Data was collected and thematically analysed by a peer researcher
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## RESULTS

### Negotiating comfort and discomfort – a harm reduction model

- “My body felt more like one body rather than body plus breasts”
  - “It means that I can leave the house and go about my day to day life. If I wasn’t able to bind, I wouldn’t be able to do that”
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## RESULTS

Acceptability and efficacy of safety measures remain unclear

- “You’re at work for 8 hours, what about the going to work and going out after work”
- “You’re not taking into account the fact that we’re binding because we’re trans. We don’t stop being trans”

## CONCLUSIONS

“We don’t just do it for funsies”

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## DISCLOSURES

- Nil
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