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

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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

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”
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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