

The Lesbian, Gay, Bisexual, and Transgender Development of Clinical Skills Scale (LGBT-DOCSS) was created by Bidell as a clinical self-assessment tool for physical and mental health care providers as many clinicians need to increase awareness of personal and societal discriminatory attitudes and biases, develop or improve clinical experience and skills to effectively treat LGBTQ patients and acquire a working knowledge of LGBTQ psychosocial and health risks.¹ You can use this tool throughout your career to assess the growth you continue to make in LGBTQ clinical competence.

Reference

1. Bidell MP. The Lesbian, Gay, Bisexual, and Transgender Development of Clinical Skills Scale (LGBT-DOCSS): Establishing a New Interdisciplinary Self-Assessment for Health Providers. *J Homosex.* 2017;64(10):1432-1460. doi:10.1080/00918369.2017.1321389

LGBT-DOCSS

Instructions: Items on this scale are intended to examine clinical preparedness, attitudes, and basic knowledge regarding lesbian, gay, bisexual, and transgender (LGBT) clients/patients. Please use the provided scale to rate your level of agreement or disagreement for each item. Please note, items on this scale primarily inquire about either sexual orientation (LGB = lesbian, gay, and bisexual) or gender identity (transgender). Two questions are inclusive and refer collectively to lesbian, gay, bisexual, and transgender (LGBT) clients/patients.

1. I am aware of institutional barriers that may inhibit transgender people from using health care services.

Strongly Disagree			Somewhat Agree/Disagree			Strongly Agree
1	2	3	4	5	6	7

2. I am aware of institutional barriers that may inhibit LGB people from using health services.

Strongly Disagree			Somewhat Agree/Disagree			Strongly Agree
1	2	3	4	5	6	7

3. I think being transgender is a mental disorder.

Strongly Disagree			Somewhat Agree/Disagree			Strongly Agree
1	2	3	4	5	6	7

4. I would feel unprepared talking with a LGBT client/patient about issues related to their sexual orientation or gender identity.

Strongly Disagree			Somewhat Agree/Disagree			Strongly Agree
1	2	3	4	5	6	7

5. A same sex relationship between two men or two women is not as strong and committed as one between a man and a woman.

Strongly Disagree			Somewhat Agree/Disagree			Strongly Agree
1	2	3	4	5	6	7

6. I am aware of research indicating that LGB individuals experience disproportionate levels of health and mental health problems compared to heterosexual individuals.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

7. LGB individuals must be discreet about their sexual orientation around children.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

8. I am aware of research indicating that transgender individuals experience disproportionate levels of health and mental health problems compared to cisgender individuals.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

9. When it comes to transgender individuals, I believe they are morally deviant.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

10. I have received adequate clinical training and supervision to work with transgender clients/patients.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

11. I have received adequate clinical training and supervision to work with lesbian, gay, and bisexual (LGB) clients/patients

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

12. The lifestyle of a LGB individual is unnatural or immoral.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

13. I have experience working with LGB clients/patients.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

14. I feel competent to assess a person who is LGB in a therapeutic setting.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

15. I feel competent to assess a person who is transgender in a therapeutic setting.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

16. I have experience working with transgender clients/patients.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

17. People who dress opposite to their biological sex have a perversion.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

18. I would be morally uncomfortable working with a LGBT client/patient.

Strongly Disagree	Somewhat Agree/Disagree				Strongly Agree	
1	2	3	4	5	6	7

Scoring Instruction for the LGBT-DOCSS

1) Reverse score all 8 questions in parentheses: (3), (4), (5), (7), (9), (12), (17), and (18). Use the reverse scoring Likert scale (1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, 7 = 1).

2) Calculate total LGBT-DOCSS mean score: Add all test items (using the reverse score for items in parentheses) and divide by 18.

The total LGBT-DOCSS mean score is equal to: $1 + 2 + (3) + (4) + (5) + 6 + (7) + 8 + (9) + 10 + 11 + (12) + 13 + 14 + 15 + 16 + (17) + (18) = \text{LGBT-DOCSS Total Raw Score}$. Divide by 18 to obtain mean score.

3) Calculate Subscale scores: For each subscale, add up the scores of the questions listed (using the reverse score for items in parentheses) and divide by the number of questions in each subscale.

Clinical Preparedness subscale: $(4) + 10 + 11 + 13 + 14 + 15 + 16 = \text{LGBT-DOCSS Clinical Preparedness subscale Total Raw Score}$. Divide by 7 to obtain mean score.

Attitudes subscale: $(3) + (5) + (7) + (9) + (12) + (17) + (18) = \text{LGBT-DOCSS Attitudes subscale Total Raw Score}$. Divide by 7 to obtain mean score.

Knowledge: $1 + 2 + 6 + 8 = \text{LGBT-DOCSS Knowledge subscale Total Raw Score}$. Divide by 4 to obtain mean score.

4) Higher scores are indicative of higher levels of clinical preparedness and rudimentary knowledge and less prejudicial attitudinal awareness regarding LGBT clients/patients. Scoring instructions are not initially provided to potential respondents and typically not provided to research participants.

LGBT-DOCSS was created by Markus P. Bidell (2017) The Lesbian, Gay, Bisexual, and Transgender Development of Clinical Skills Scale (LGBT-DOCSS): Establishing a New Interdisciplinary Self-Assessment for Health Providers, *Journal of Homosexuality*, 64:10, 1432-1460, DOI: 10.1080/00918369.2017.1321389