

Summary:

Previous studies on gender dysphoria suggest its relationship with perceived body dissatisfaction among transgender people. The literature also points to a relationship between body dissatisfaction and perfectionism. To date, there has been no research on the level of perfectionism among transgender people or its potential impact on body dissatisfaction and gender dysphoria in this group. Aim of the study: The aim of the study is to verify whether there is higher perfectionism among transgender people than in the group of cisgender people, and to examine the potential impact of perfectionism on the perception of gender dysphoria and low body satisfaction among transgender people. Methods: The study was conducted using the questionnaire method. The study involved 132 transgender people and 247 non-transgender (cisgender) controls. The study used Frost's Multidimensional Perfectionism Scale (FMPS), Hewitt's Multidimensional Perfectionism Scale (HMPS), Transgender Congruence Scale (TCS) and Body-Esteem Scale for Adolescents and Adults (BESAA). Results: The study confirmed the assumptions about the higher perfectionism among transgender people compared to the control group only in the dimension of socially prescribed perfectionism. Socially prescribed perfectionism and others-oriented perfectionism are significant predictors of gender dysphoria. Socially imposed perfectionism is also an important predictor of appearance and weight self-esteem in transgender people. The study did not show any statistically significant differences between transgender women and transgender men in the self-esteem of their body, the level of gender dysphoria, or the level of perfectionism. Summary: The interpersonal nature of socially imposed perfectionism confirms theories suggesting the influence of the social context and expectations of significant others on gender dysphoria, in this case beliefs about other people's expectations regarding the appearance of transgender people, as well as body satisfaction of this group. The conclusions of the study may serve as a clue and a potential direction for further research on perfectionism among transgender people, which could be the basis for expanding the possibilities of potential psychological support for transgender people. Key words: Perfectionism, body image, gender dysphoria