

Summary

The aim of the research project presented in this dissertation was to examine the relationships between body image and symptoms of eating disorders in a group of transgender individuals, as well as to determine the role of self-conscious emotions (shame and guilt), social support, and sexological variables (type of transgender identity and stage of transition) as potential factors associated with the severity of the aforementioned symptoms and disordered eating behaviors. This issue aligns with the growing interest in the mental health of transgender individuals and the need to deepen knowledge regarding the specific determinants of their psychosocial functioning.

To measure the variables, the following instruments were used, among others: the *Body Esteem Scale* (Polish adaptation), the *Eating Attitudes Test (EAT-26)*, the *Test of Self-Conscious Affect (TOSCA)*, and the *Multidimensional Scale of Perceived Social Support (MSPSS)*. The type of transgender identity was determined based on participants' self-declaration and was understood as identifying as a woman or a man in a way that was inconsistent with the sex assigned at birth. The stages of transition were distinguished based on stages of gender-affirming procedures. These stages are characterized by an increasing degree of irreversibility of medical procedures aimed at modifying the individual's body in the direction of alignment with the gender experienced by the individual.

The results indicated significant relationships between negative body image and the severity of eating disorder symptoms and disordered eating. Higher levels of body dissatisfaction were associated with greater intensity of these symptoms. Shame was positively associated with the severity of eating disorder symptoms, whereas guilt did not show significant relationships with the analyzed indicators. It was also found that higher levels of perceived social support were associated with lower severity of eating disorder symptoms and disordered eating, suggesting its potential protective role. Furthermore, the analyses demonstrated that the type of transgender identity statistically significantly differentiated participants in terms of the severity of eating disorder symptoms and disordered eating only with regard to dietary awareness. In turn, analyses taking into account the stage of transition indicated that a more advanced stage of this process was associated with higher levels of perceived social support. An analysis of the severity of eating disorder symptoms revealed a statistically significant difference between individuals at the diagnostic stage without hormonal therapy or surgical interventions and those undergoing hormonal therapy without surgical procedures.

The limitations of the study included its cross-sectional design and the specificity of the sampling procedure. Among the recommended directions for future research were longitudinal studies and the inclusion of additional psychosocial variables. The dissertation contributes to the development of knowledge regarding the psychosocial determinants of mental health among transgender individuals, highlighting the need for integrated, affirmative therapeutic interventions that take into account the individual's relationship with their body, emotion regulation, and social support resources.

Key words: transgender identity, body image, eating disorders, self-conscious emotions, social support