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## Differences in Transgender Stigma After Engaging in Perspective Taking Narrative Writing Interventions

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**Main Purpose:** Research suggests that perspective taking narrative interventions help participants understand and empathize with others. With this study, we aimed to better develop interventions for combatting stigma against people who are transgender. Narrative writing research has previously been directed towards health interventions work (Shaffer et al., 2019), while transgender stigma interventions research primarily concerns perspective taking and contact (Tompkins et al., 2015, Boccanfuso et al., 2021). We examined differences in the transgender knowledge, attitudes, and belief scores and perspective taking scores of participants before and after engaging in a perspective taking fictional narrative writing intervention in order to determine if a narrative writing intervention would be effective.

**Procedure:** The study sample was composed of participants from the Psych 1000 subject pool. Transgender stigma was assessed with the Transgender Knowledge Attitudes and Beliefs (T-KAB) Scale (Clark & Hughto, 2019) that asked participants to report their feelings towards a variety of situations involving transgender people. Perspective taking was assessed with a modified version of the Interpersonal Reactivity Index (Davis, 1983).

**Results and Conclusions:** Data collection for the study ended on December 3rd, 2020. We conducted two repeated measures ANOVAs and an independent t-test. There was a significant positive increase in perspective taking, but no significant difference in reported trans stigma. This indicates that this specific intervention may not particularly decrease stigma in people who are trans, it does slightly increase perspective taking. People who are transgender face many obstacles, including difficulties accessing healthcare, employment, sexual and physical violence, and other forms of harassment and discrimination in their day to day lives. These results can be used by educators to develop more effective intervention programs to combat stigma against people who are transgender.