

**Abstract** The purpose of the research was to explore the psychosocial problems of transgenders and to find out the relationship of discrimination, body dissatisfaction and emotion regulation with mental health problems in transgenders. This research project was divided into two studies. The study-I was conducted to find out the relationship of discrimination, body dissatisfaction and emotion regulation with mental health problems of transgenders. The sample was comprised of N=120 transgenders with over the age of 20 years from various places of Lahore. The Subscale of Gender-related Discrimination of Gender Minority Stress and Resilience Scale (Testa et al., 2015) was used to measure discrimination in transgender. Transgender Congruence Scale (Kozee et al., 2012) was used to measure body dissatisfaction in transgender. Emotion Regulation Questionnaire (gross & john, 2003) was used to measure emotion regulation in transgender. Depression Anxiety and Stress Scale (Lovibond & Lovibond, 1995) was used to measure mental health problems in transgender. Two scales (Subscale of Gender-Related Discrimination of Gender Minority Stress and Resilience Scale and Transgender Congruence Scale) were translated in Urdu. To test the hypothesis pearson bivariate correlation, multiple stepwise regression analysis and MANOVA were applied. Results showed a significant positive correlation between discrimination and mental health problems in transgender. Results of the MANOVA reveals that discrimination has a significant difference with the source of income, monthly income, and area of residence, and body dissatisfaction has a significant difference with religion and socioeconomic status and emotion regulation has a significant difference with age, type of residence, religion, monthly income and area of residence and mental health problems has a significant difference with the source of income, type of residence, monthly income, and socioeconomic status. Further stepwise regression analysis revealed that the discrimination and socioeconomic status were the significant predictors of mental health problems. The study II was conducted to explore the psychosocial problems of transgenders. Total 6 participants were selected from study- I. A semi-structured interview was designed to explore the psychosocial problems of transgenders. After analyzing the data, six major themes emerged: 1) psychological factors 2) environmental factors 3) health concerns 4) social factors 5) coping strategies, and 6) treatment. The findings of the study were discussed in the light of relevant literature. In an effort to educate individuals, academics, and the government on the inclusion of these socially excluded groups in mainstream society, this research will help different organizations to comprehend their suffering of being transgender. *Keywords:* Discrimination, Body Dissatisfaction, Emotion Regulation, Mental Health Problems, Psychosocial Problems, Transgenders

