

### Abstract

The present study investigated the impact of psychological needs, emotional beliefs and expressions on interpersonal support and psychological distress in transgender. The study sample recruited through purposive and snowball sampling, comprised of 200 transgender from Fountain House and different areas of Lahore. The instruments used were Basic Psychological Needs Satisfaction and Frustration Scale (Deci & Ryan, 2000), Belief about Emotions Scale (Rimes & Chadler, 2010), Berkeley Expressivity Scale (Gross & John, 1997), Interpersonal Support Evaluation List (ISEL-12) (Cohen & Hoberman, 1983) and Kessler Psychological Distress Scale (K-10: Kessler et al. 2003). Statistical analyses were carried out on the data by Pearson Product Moment Correlation, Multiple Regression Analysis, Mediation Analysis and Independent Sample t-test. A significant positive relationship was observed between basic psychological needs, emotional beliefs, emotional expressions and interpersonal support. The results also revealed a negative relationship between satisfaction of psychological needs and psychological distress. Moreover, demographics such as age, occupation and relation with friends were significant predictors of interpersonal support and psychological distress. In addition, competence frustration was a significant predictor of interpersonal support while autonomy frustration was a significant predictor of psychological distress. Lastly, significant mean differences were also observed in the young and middle adults on psychological needs subscales (autonomy satisfaction and frustration, relatedness frustration and competence satisfaction), positive and impulse strength emotional expressions, interpersonal support subscales (appraisal, belonging, tangible) and psychological distress. The findings may have implicated on the management of the psychosocial issues of the Transgender community.

*Keywords:* Transgender, basic psychological needs, emotional beliefs, emotional expressions, interpersonal support and psychological distress.