

The Pathways to Health and Well-Being for LGBT/Same-Sex Attracted Mormons

A study of 1,612 LGBT/SSA
Mormons and Former Mormons

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SURVEY OF 1,612 LGBTQ/SSA CURRENT AND FORMER MORMONS



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Research Questions

What are the experiences of LGBTQ Mormons?

- 1. Are attempts to change sexual orientation effective and/or damaging?**
- 2. How do LGBTQ Mormons navigate their identity?**
- 3. What decisions lead to optimal health/well-being for LGBTQ Mormons and former Mormons?**

Ultimate goal: Help provide useful information to LGBTQ Mormons and family/friends for important life decisions.

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New USU study to examine experiences of gay Mormons

LGBT FYI by Rosemarie Winters

Published August 1, 2011 11:51 am



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Study looks at experiences of gay Mormons

July 31, 2011 - 4:59 PM

JENNIFER DOBNER, Associated Press

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SALT LAKE CITY (AP) — A Utah State University psychology professor



$$N = 1,612$$

OTHER SIMILAR STUDIES

“People can Change” (2007 / not published),
 $N = 224$

Spitzer (2000), $N = 200$

Schroeder & Shidlo (2002), $N = 150$

Jones (2009), $N = 98$

Karten (2010), $N = 117$

Maccio (2011), $N = 37$

Survey Sources

n = 1548

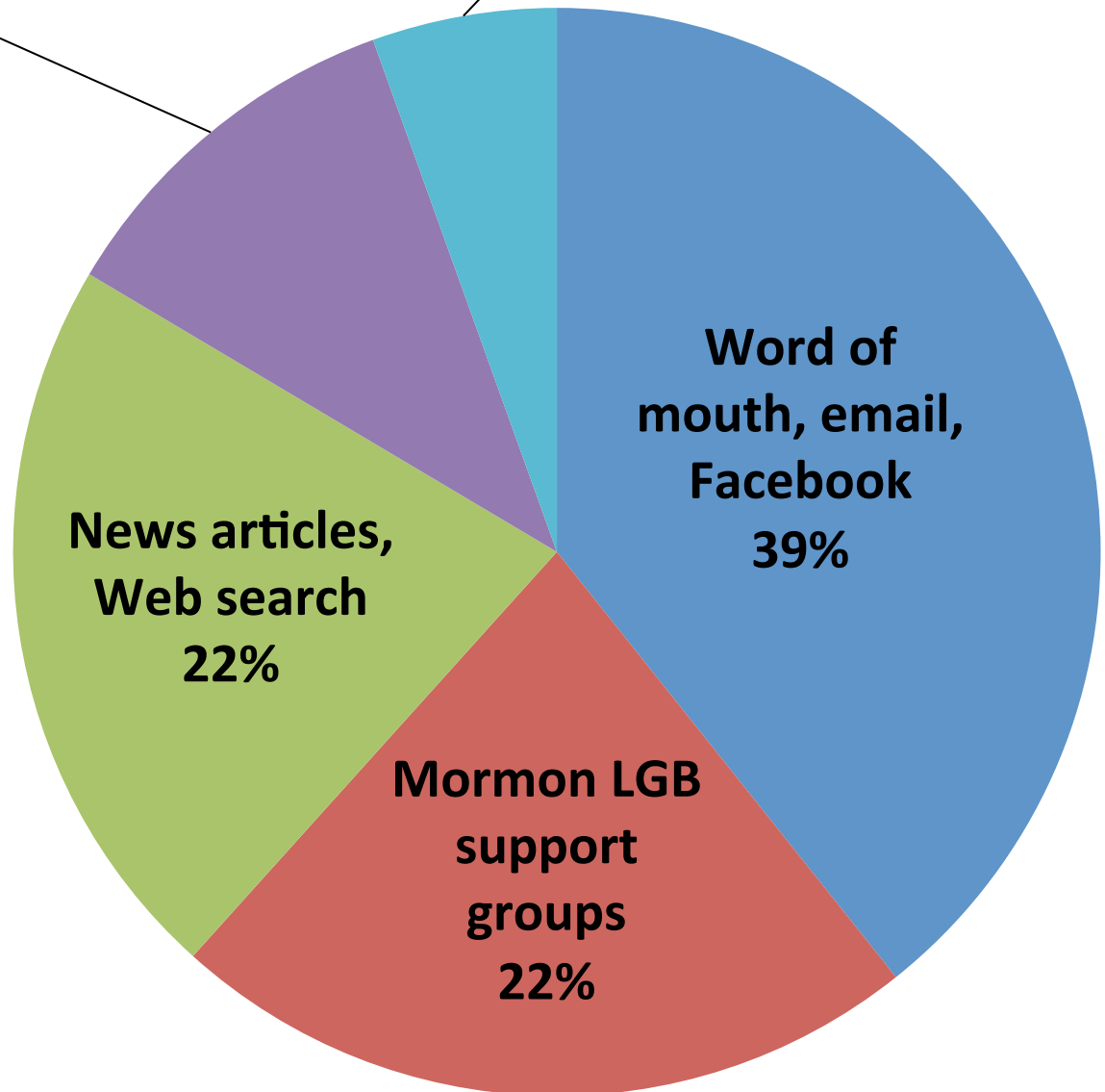
**Blogs, web
sites,
Internet
forums
11%**

**News articles,
Web search
22%**

**Mormon LGB
support
groups
22%**

**Word of
mouth, email,
Facebook
39%**

**Non-religious support
organizations
6%**

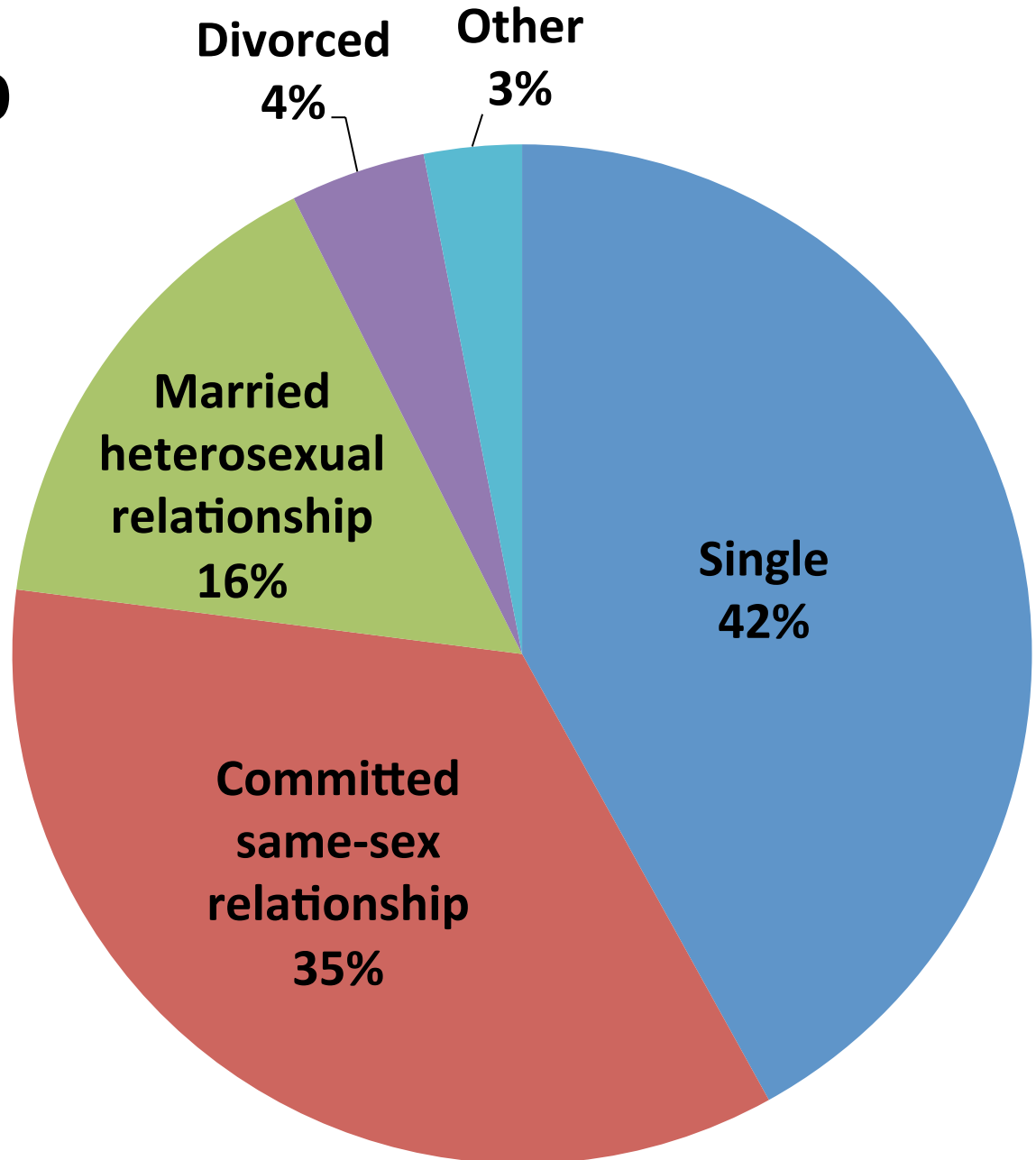


Demographics

- 75% male, 22 % female
- Mean age – 36.9 years ($SD = 12.58$)
- 91% white
- 48 U.S. states and D.C. (94%), 22 countries
 - ▣ 45% Utah
- Higher than average income and education
 - ▣ 64% college graduates

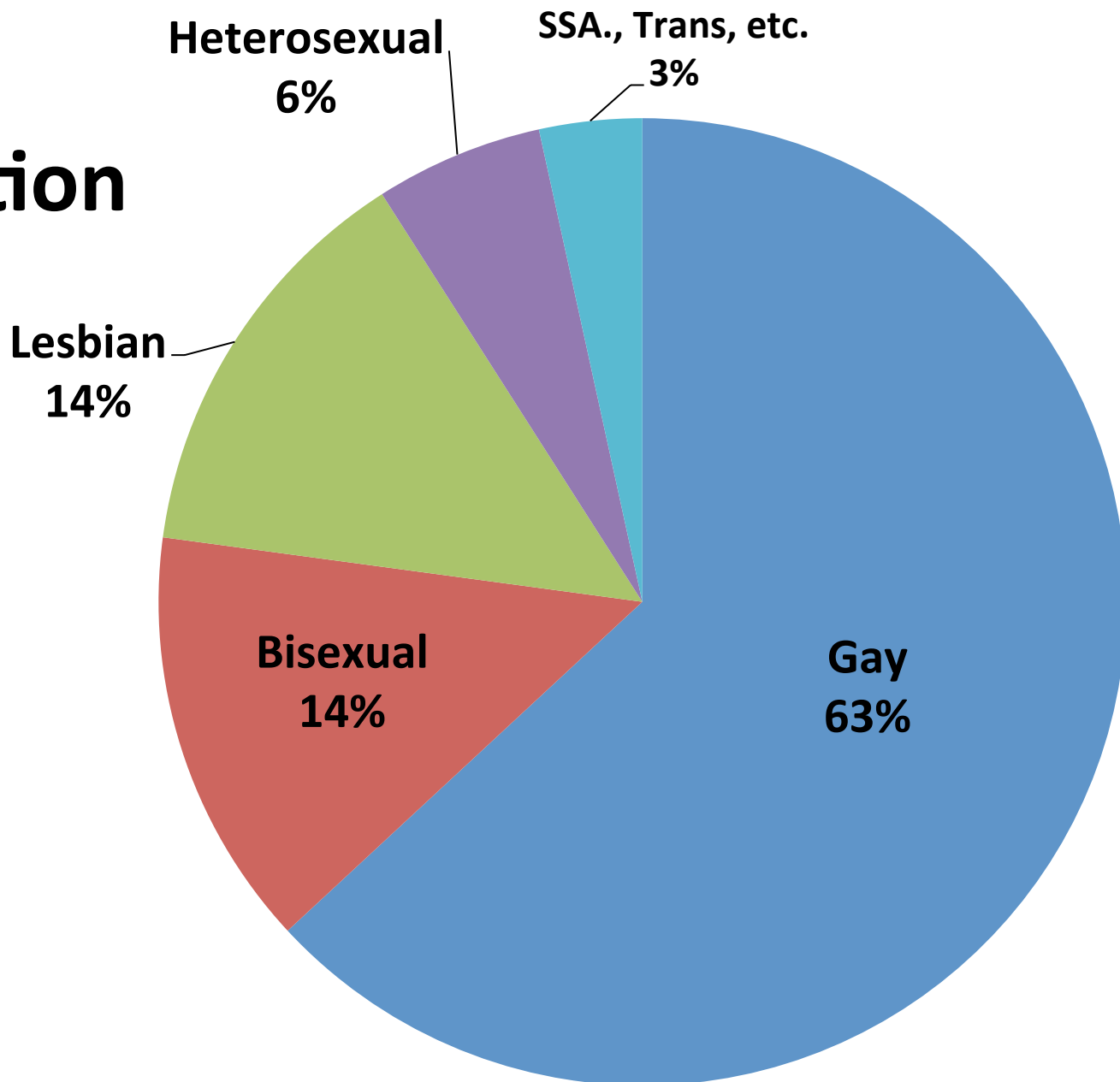
Relationship Status

$n = 1576$



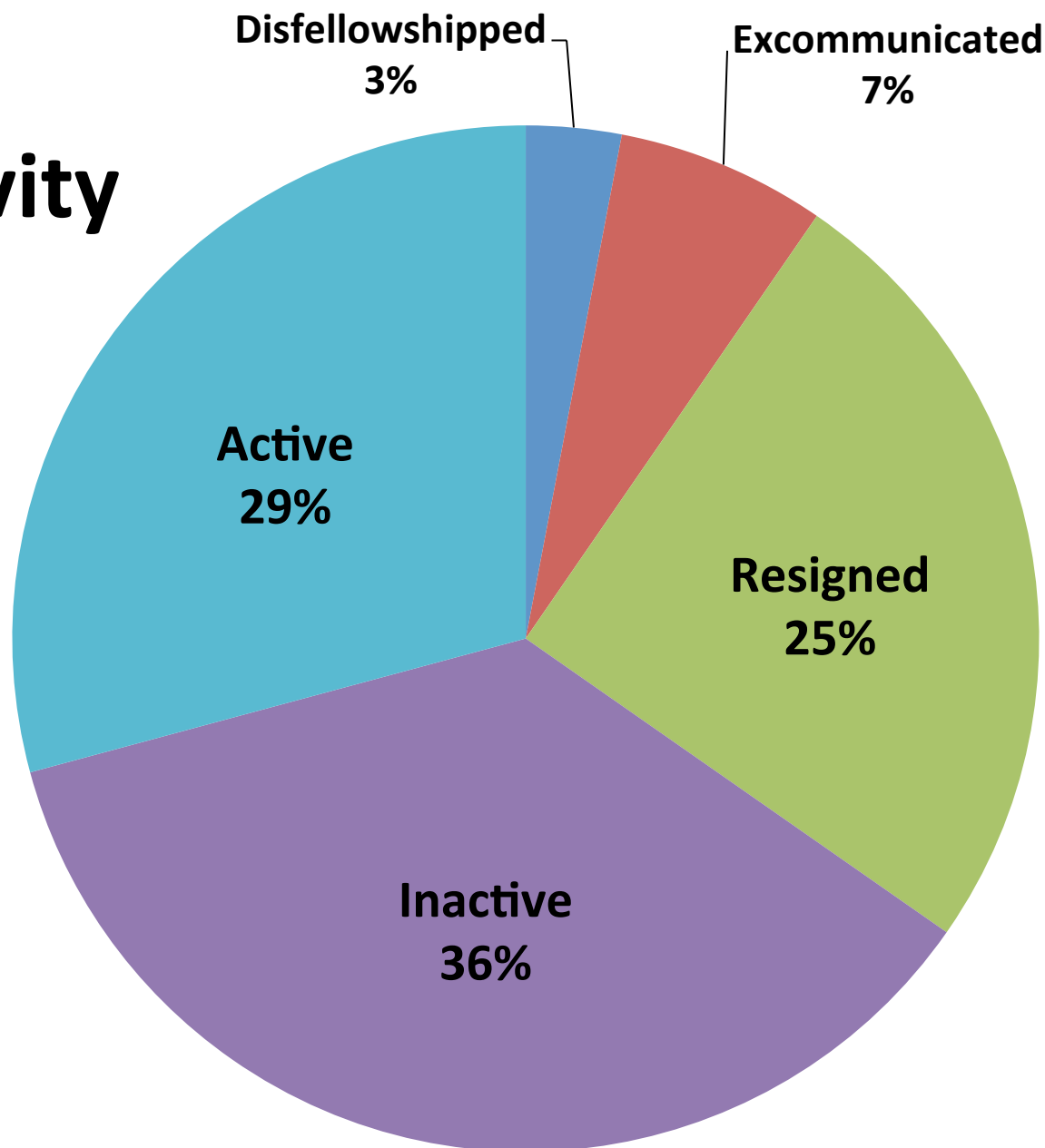
Sexual Orientation

n = 1573



Current LDS Church Activity

$n = 1556$



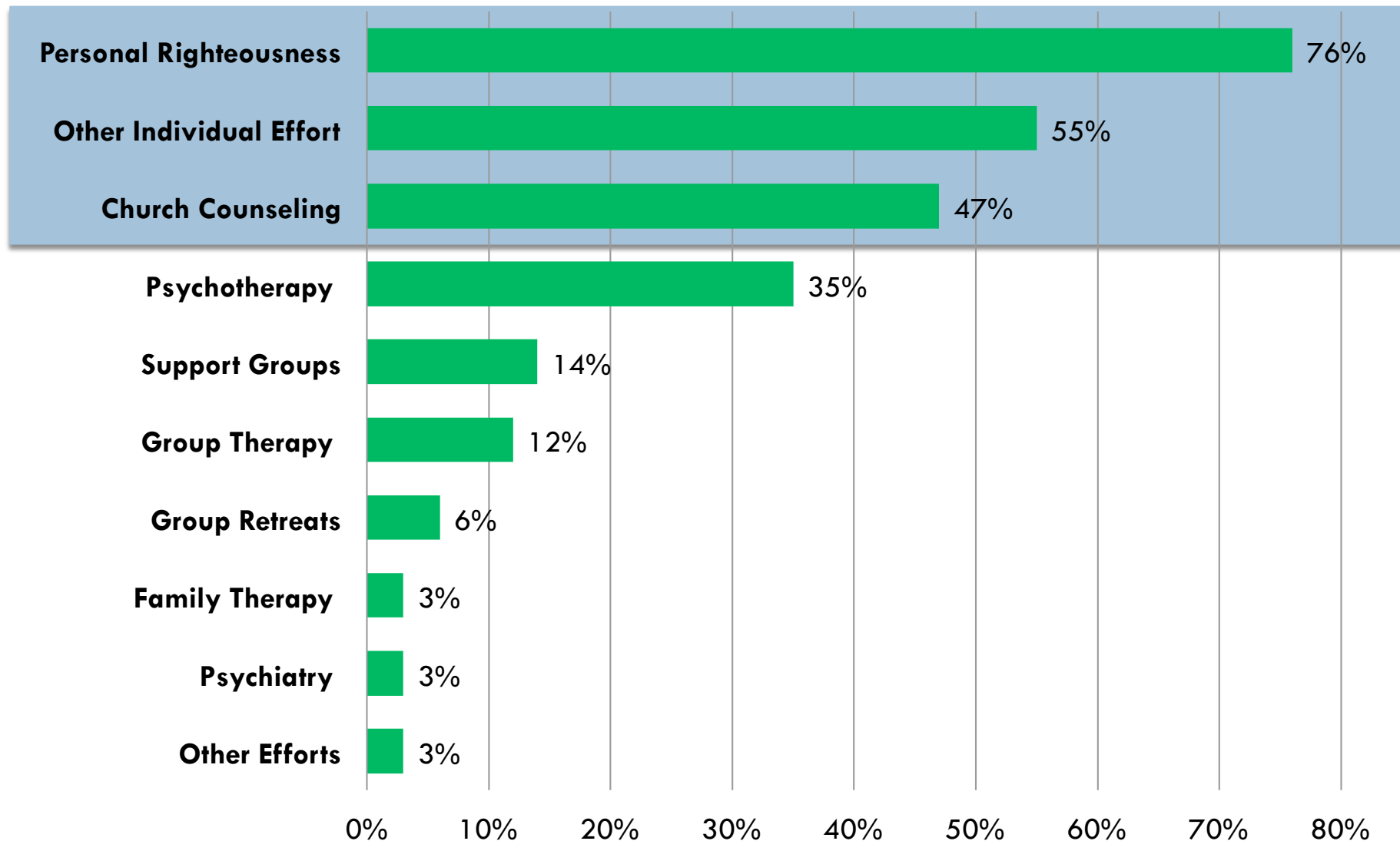
Sexual Identity Development

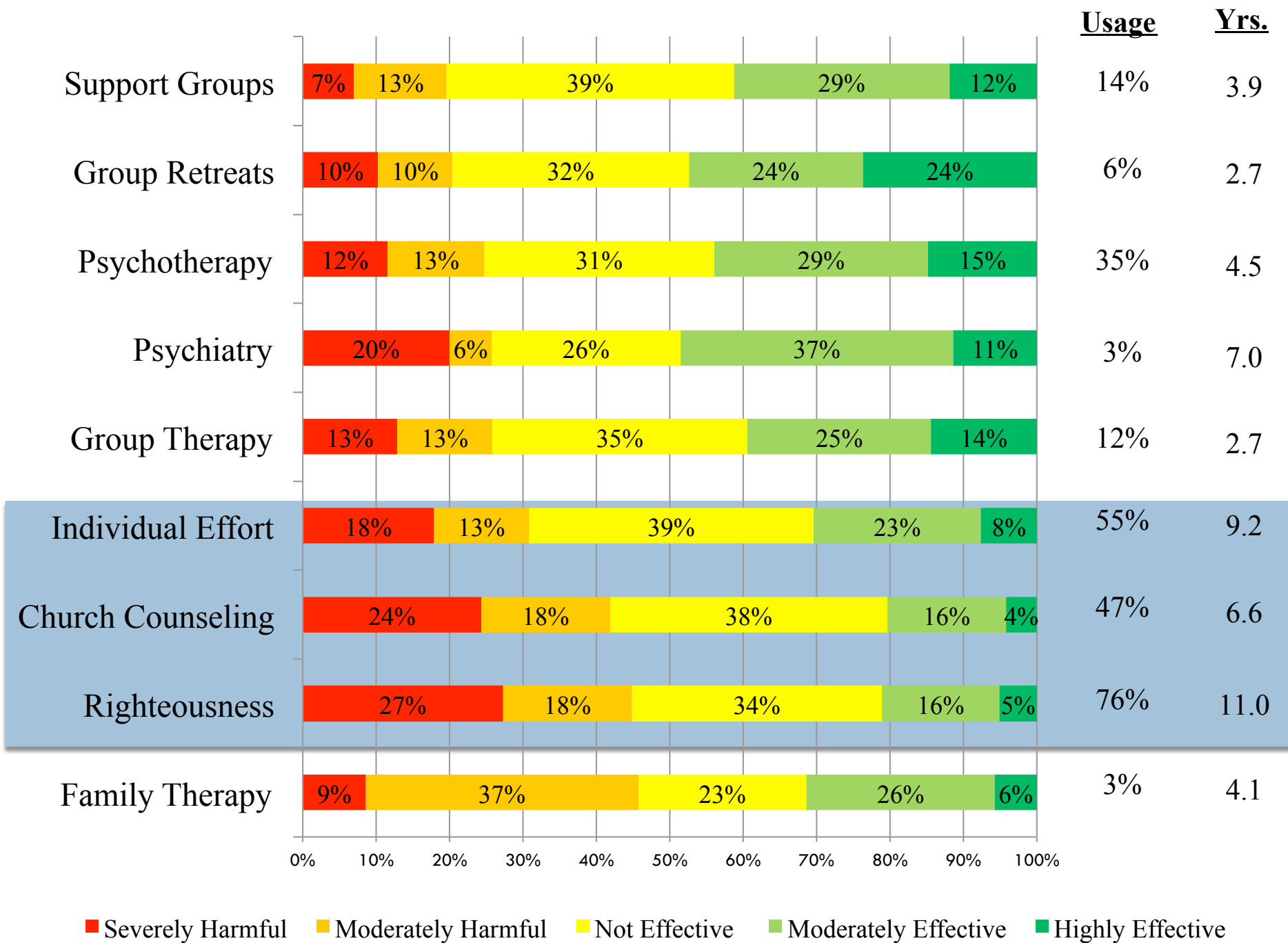
When did you first:	Age <i>M</i> (<i>SD</i>)	
	Men	Women
Sense a difference (feeling, attitudes, behavior) between yourself and others of your same age and biological sex that you now attribute to your same-sex sexual orientation?	8.81 (3.9)	11.00 (6.2)
Realize you were attracted romantically or sexually to persons of the same sex?	12.74 (4.6)	15.91 (7.0)
Have a same-sex romantic or sexual experience?	18.15 (8.4)	21.61 (8.1)
Tell someone of your same-sex attraction?	21.96 (8.0)	23.38 (8.8)
Label yourself gay, lesbian, bisexual, transgendered, questioning, queer, or another label you have chosen for yourself?	22.28 (8.6)	24.51 (8.8)

TOPIC 1:

**SEXUAL ORIENTATION CHANGE EFFORTS
AMONG CURRENT AND FORMER LGBTQ/
SSA LDS CHURCH MEMBERS**

Most common methods of attempting sexual orientation change





SOCE Effectiveness



- 0% reported elimination of SSA
- 3% reported some change in sexual orientation
- 40% reported harm from SOCE

What is meant by “change”

- **“I think of a same-sex relationship every day , but I don’t act on it.”**
- **“Same-sex attraction diminished but never went away.”**
- **“These thoughts do not define who I am.”**
- **“Helped to decrease my negative reaction to my SGA.”**

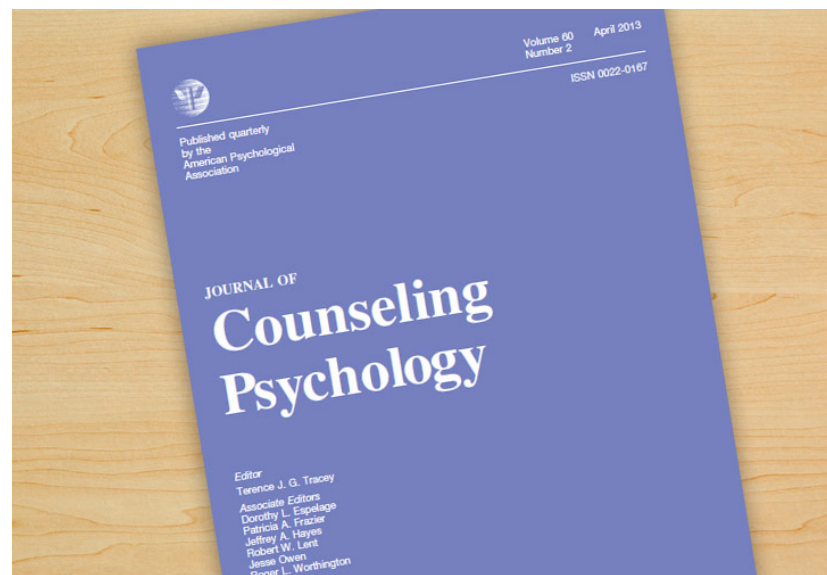
SOCE Perceived Harm and Benefits

- **Benefits:** Acceptance, decrease in depressive or anxiety symptoms, improved family relationships
- **Harm:** Decreased self-esteem, increased self-shame, increased depression and anxiety, wasting of time and money, distance from God/church, worsening of family relationships, increased suicidality

Actual change in sexual orientation was very rarely mentioned as a benefit of sexual orientation change efforts

Topic #1: Takeaways

- Most SSA-LDS attempt change
- Religious and private SOCE much more prevalent than therapist-led
 - ▣ Most harmful SOCE methods being used most frequently, and for the longest durations
- Overwhelming majority do not change their sexual orientation.
- Most feel harmed by the efforts, though some benefit reported (mostly around acceptance)



Journal of Counseling Psychology

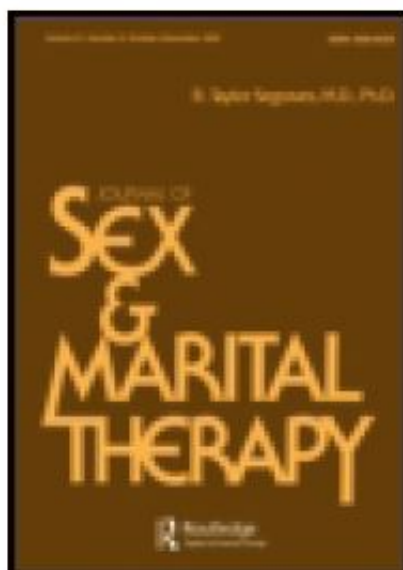
Sexual Orientation Change Efforts Among Current or Former LDS Church Members

John P. Dehlin, Renee V. Galliher, William S. Bradshaw, Daniel C. Hyde, and Katherine A. Crowell

Online First Publication, March 17, 2014. <http://dx.doi.org/10.1037/cou0000011>

CITATION

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Journal of Sex & Marital Therapy

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Sexual Orientation Change Efforts Through Psychotherapy for LGBTQ Individuals Affiliated With the Church of Jesus Christ of Latter-day Saints

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TOPIC 2:

**NAVIGATING SEXUAL AND RELIGIOUS
IDENTITY CONFLICT: A MORMON
PERSPECTIVE**

Four strategies for navigating religious and sexual identity conflict (Pitt, 2010)

1. Reject LGBTQ identity (RLI)
2. Compartmentalizing LGBTQ and religious identities (COMP)
3. Rejecting religious identity (RRI)
4. Integrating LGBTQ and religious identities (INT)

LGBT/SSA Mormon Identity Prevalence

- Reject Religious Identity: 53%
- Compartmentalize Identities: 37%
- Reject LGBT Identity: 6%
- Integrate Identities: 4%

Psychosocial Measures

- Self-Esteem (Rosenberg)
- Quality of Life (QOL)



-
- Internalized Homophobia
 - Identity Confusion
 - Sexual Identity Distress
 - Depression (CCAPS)



Quality of Life Scale

(Burckhardt & Aderson, 2003)

- Adapted for use in chronic illness groups
- 16 items: 1 = Terrible, 4 = Mixed, 7 = Delighted
- 5 conceptual domains:
 - ▣ Material and physical well-being
 - ▣ Relationships with other people
 - ▣ Social
 - ▣ Community and civic activities
 - ▣ Personal development and fulfillment
 - ▣ Recreation.
- Range: 16 – 112, 90 = “Healthy”

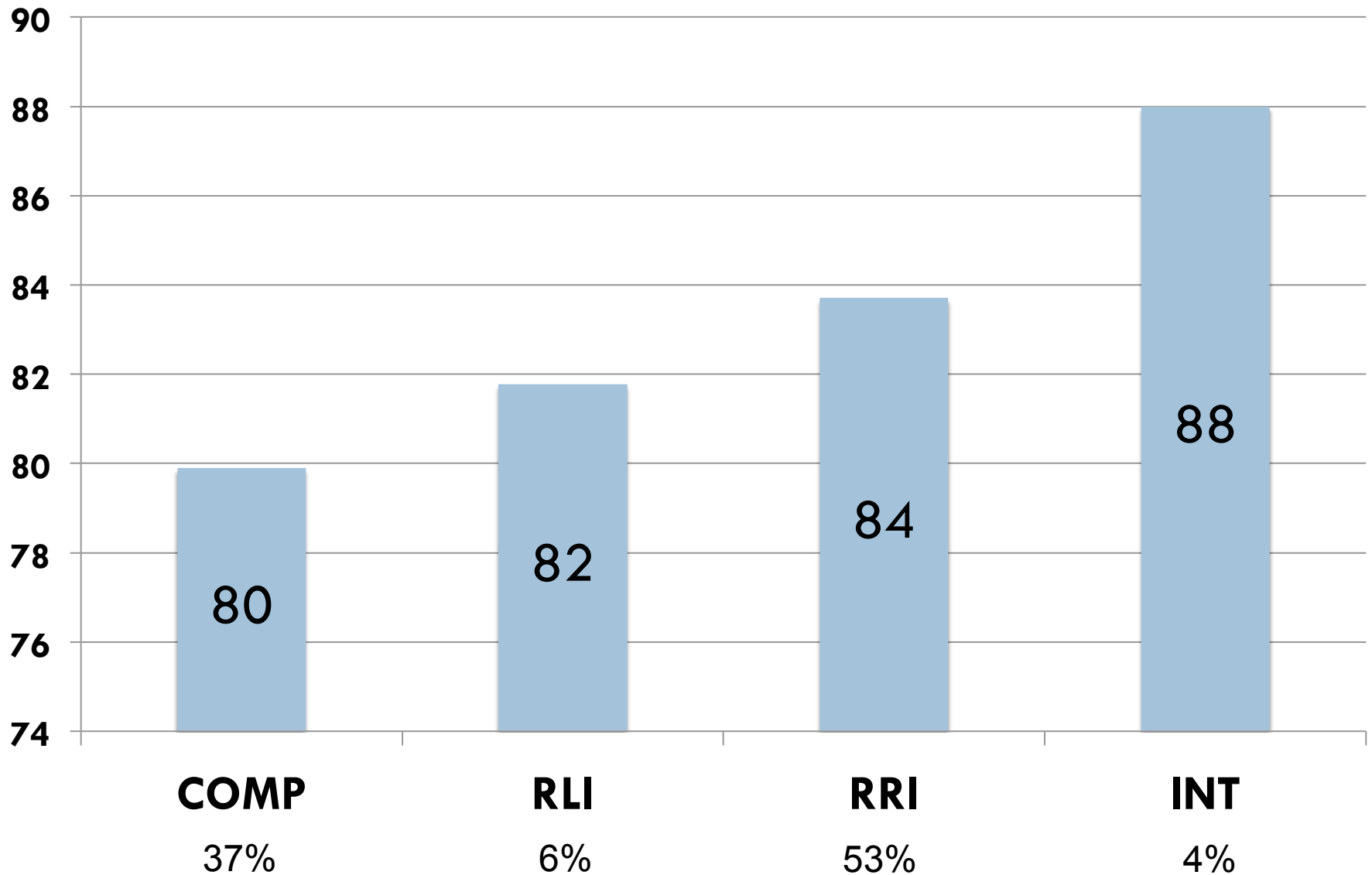
Examples

- 1) Material comforts home, food, conveniences, financial security
- 4) Having and rearing children
- 5) Close relationships with spouse or significant other
- 6) Close friends
- 1 1) Work - job or in home
- 1 3) Socializing - meeting other people, doing things, parties, etc.
- 1 4) Reading, listening to music, or observing entertainment

Psychosocial Health by Identity

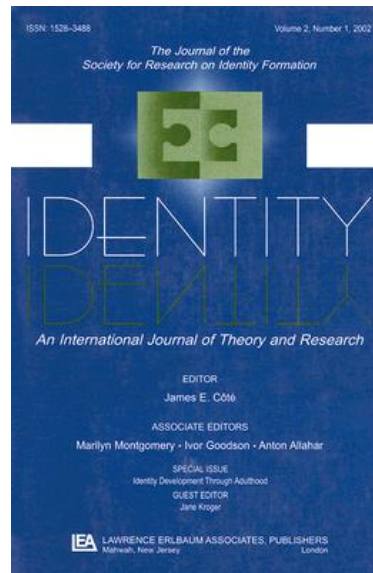
	Reject LGBT	Comp.	Reject Religion	Integr.		
	n = 82	n = 554	n = 790	n = 65	p	η^2
Intern. Homophobia	5.61	3.89	2.08	2.36	<.001	0.35
Ident. Confusion	2.87	2.44	1.56	1.60	<.001	0.12
Sexual Identity Distress	16.30	12.86	5.94	5.85	<.001	0.27
Depression	2.28	2.32	1.97	1.78	<.001	0.03
Self-Esteem	3.03	3.04	3.29	3.35	<.001	0.04
Quality of Life	81.78	79.90	83.71	88.00	<.001	0.02

Quality of Life by Identity



Topic #2 Takeaways: Factors possibly associated with better health/well-being

- ❑ Avoiding sexual orientation change efforts (SOCE)
- ❑ Accepting LGBTQ identity
- ❑ Coming out to family, friends, religious, work associates
- ❑ Reducing or eliminating LDS church activity
- ❑ Living outside of Utah
- ❑ If remaining LDS, integration of religiosity and sexual identity
- ❑ Committed, same-sex relationships



Navigating Sexual and Religious Identity Conflict: A Mormon Perspective

Journal:	<i>Identity</i>
Manuscript ID:	HIDN-2014-0001.R2
Manuscript Type:	Empirical Research
Keywords:	LGBTQ, religion, identity, mormon, latter-day saints

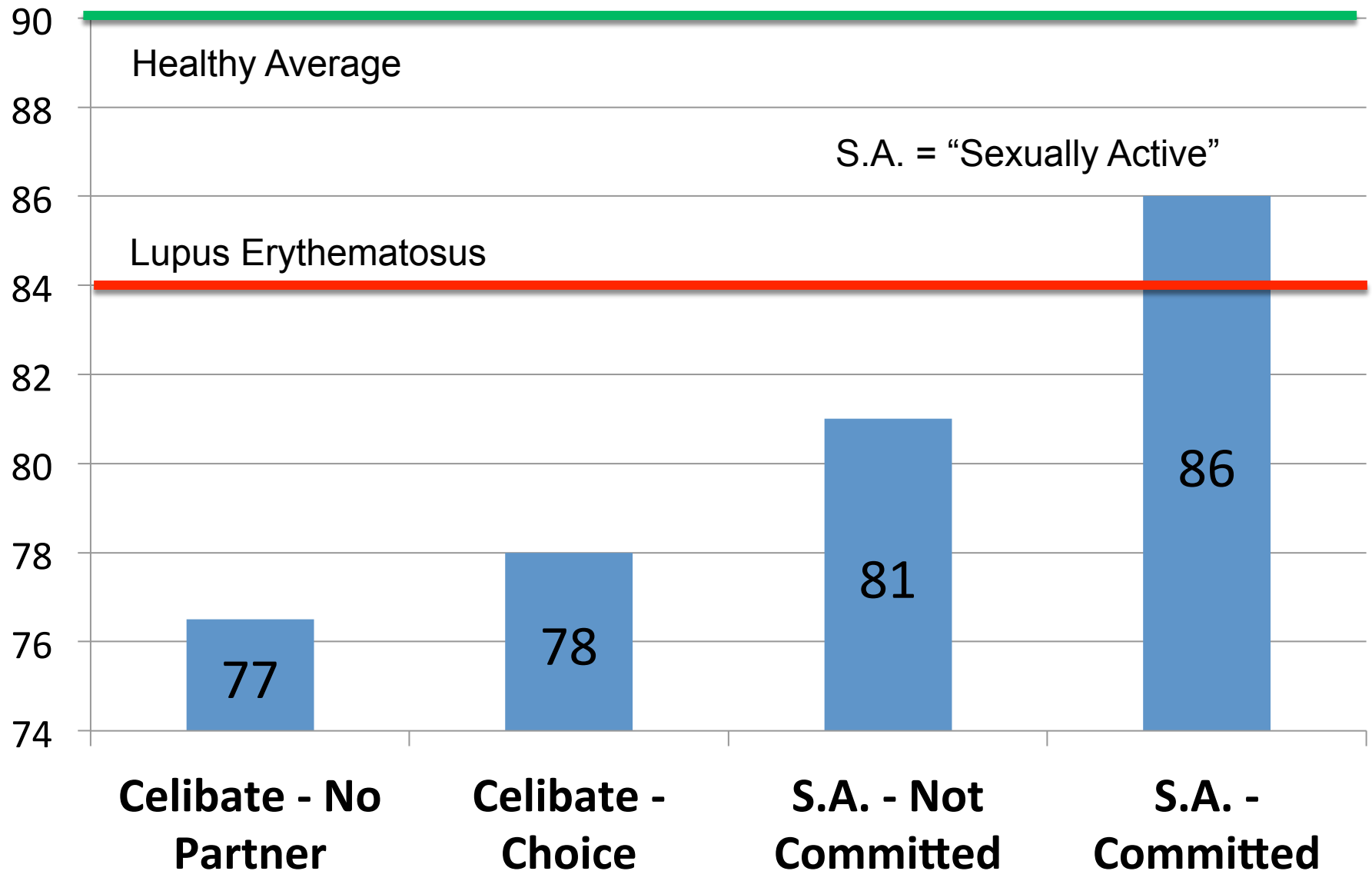
TOPIC 3:

THE PSYCHOSOCIAL WELL-BEING OF SAME-SEX ATTRACTED MEMBERS OF THE CHURCH OF JESUS CHRIST OF LATTER- DAY SAINTS

Historical LDS Church Approaches for LGBTQ Individuals

- Do not believe that SSA is biological/fixed
- Do not adopt an LGBTQ identity
 - ▣ “Same-gender attracted”
- Try to change your sexual orientation if possible
 - ▣ Personal Righteousness, Counseling with Bishop
 - ▣ LDS Family Services
- Stay single/celibate if you can't change
- Mixed-orientation marriage when possible
- Increased church activity and righteousness (i.e. “Draw closer to Christ”)

Quality of Life by Sexual Activity Status



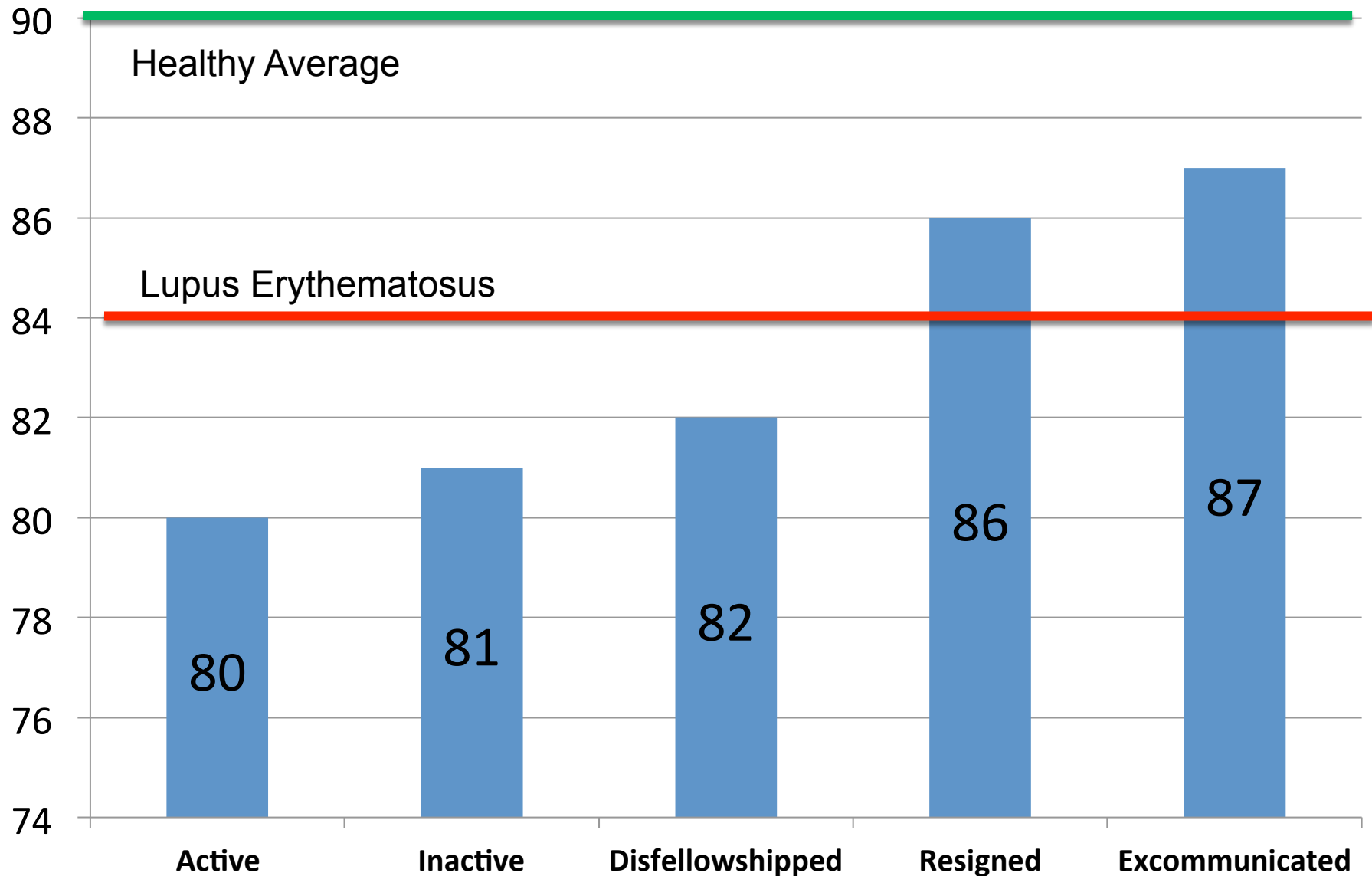
Mixed Orientation Marriage Divorce Rates

- First marriages ending in divorce
 - ▣ Between 22%-28% (same for Mormons and non-Mormons)
- Divorce Rates from This Study
 - ▣ ~70% projected divorce rate for mixed-orientation marriages
 - ▣ 85% for men on the exclusively homosexual end of the continuum
- Participants who remain in mixed-orientation marriages self-describe as bisexual

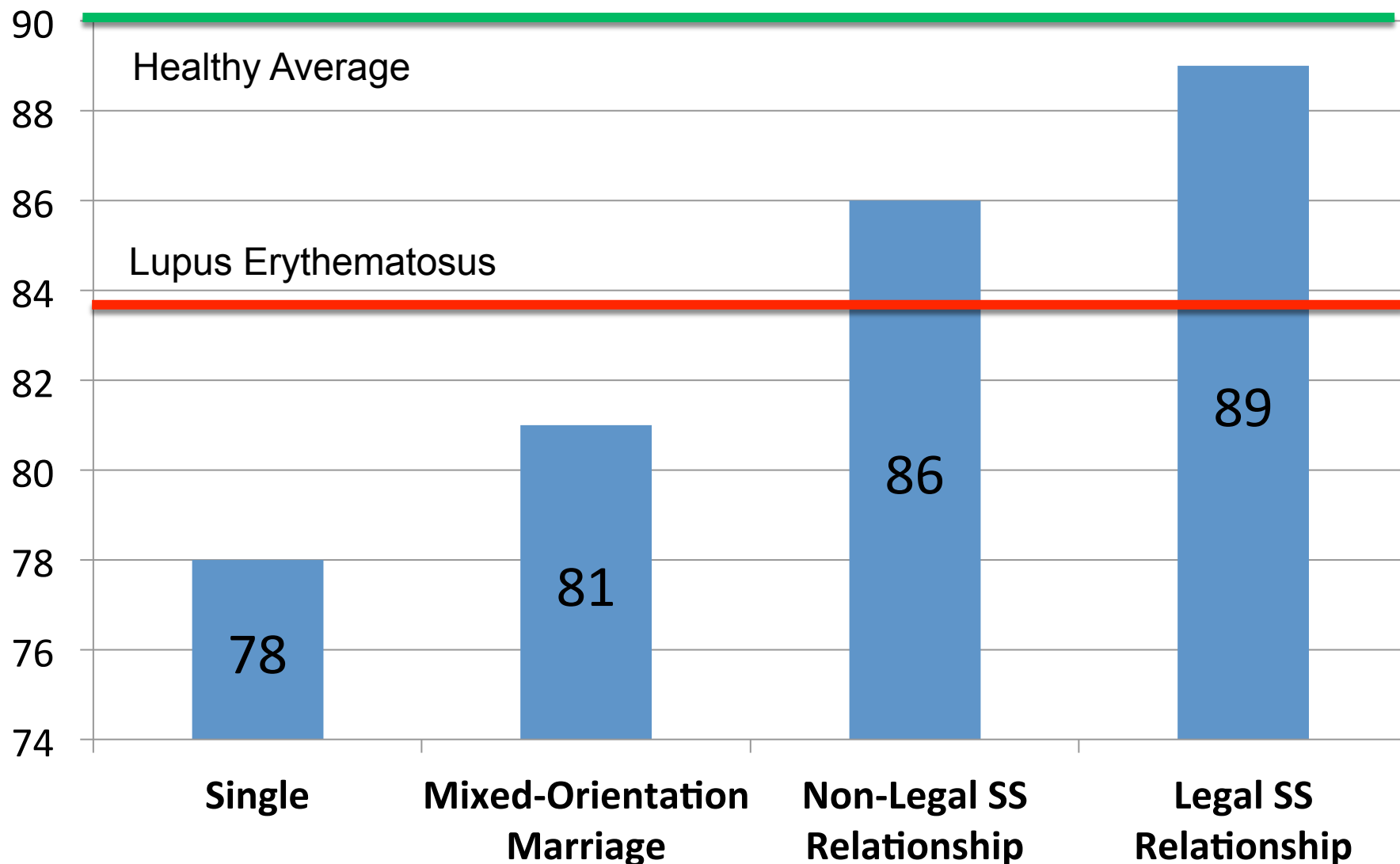
More than 70% of LGBT/
SSA Mormons end up
leaving the LDS Church.

Not a strong foundation for
marriage/children originally
based on religious
commitments.

Quality of Life by LDS Church Status



Quality of Life by Relationship Status



Correlates to Health/Wellbeing



- ❑ Belief that SSA is due to family, upbringing, sin, etc.
- ❑ Attempts at sexual orientation change (therapy, righteousness, bishops)
- ❑ Staying in the closet
- ❑ Active/inactive LDS
- ❑ Single or mixed-orientation marriages (divorce)
- ❑ Celibacy



- ❑ Belief that SSA is biological
- ❑ Acceptance of SSA
- ❑ Coming out of the closet
- ❑ Disfellowshipped, resigned, excommunicated LDS
- ❑ Sexually active
- ❑ Same-sex committed relationships or marriage



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Psychosocial Correlates of Religious Approaches to Same-Sex Attraction: A Mormon Perspective

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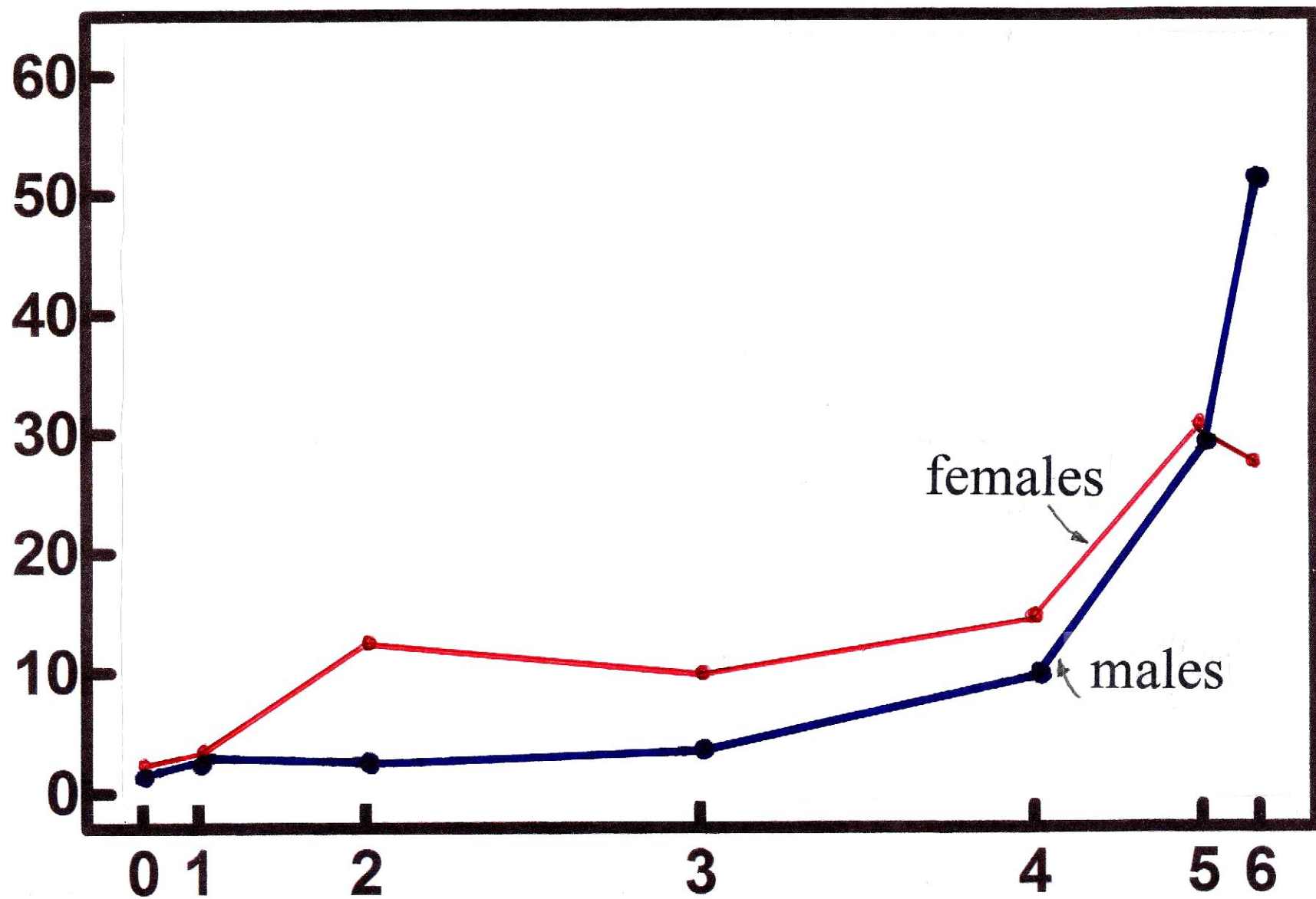
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To link to this article: <http://dx.doi.org/10.1080/19359705.2014.912970>

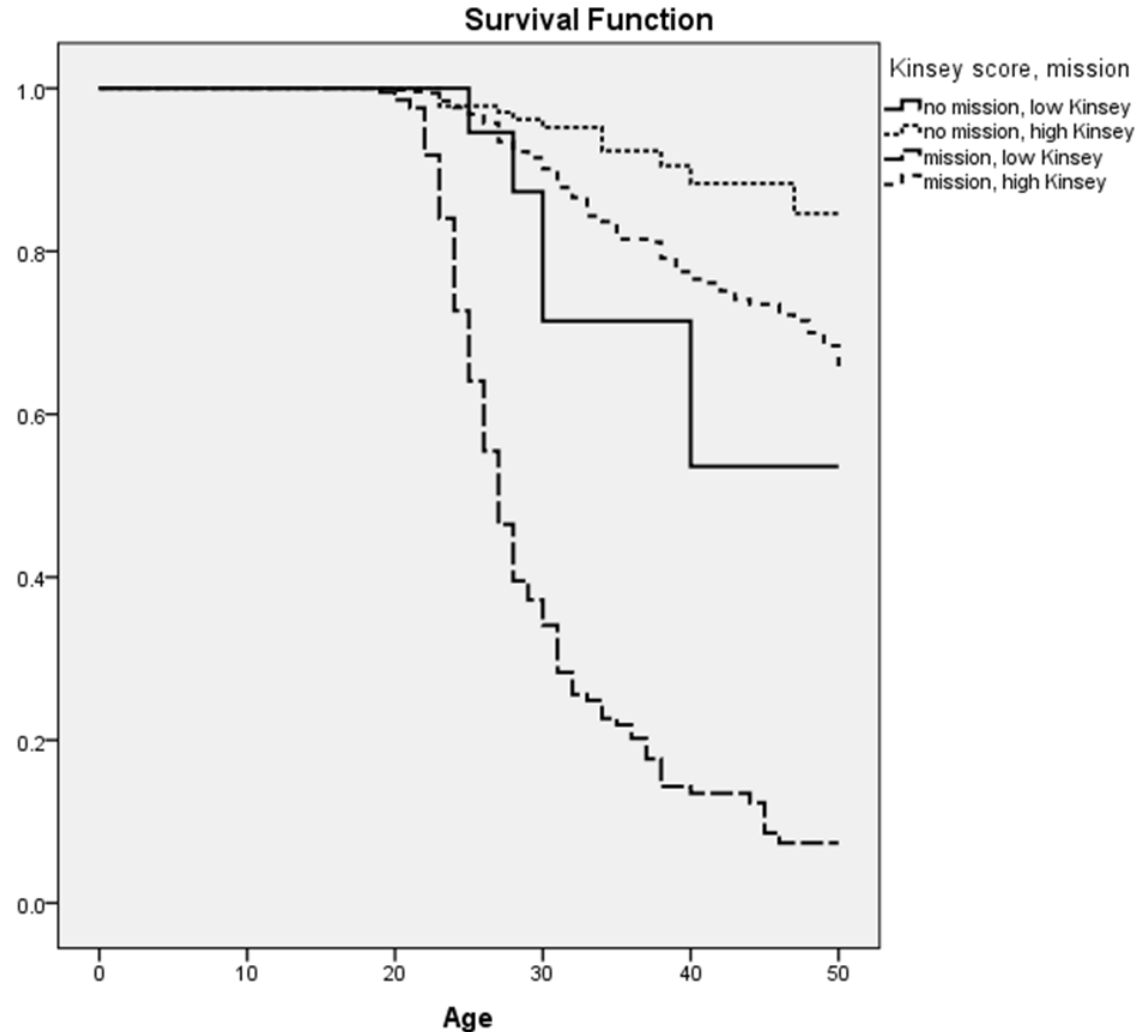
HETEROGENEITY IN THE LGBT POPULATION



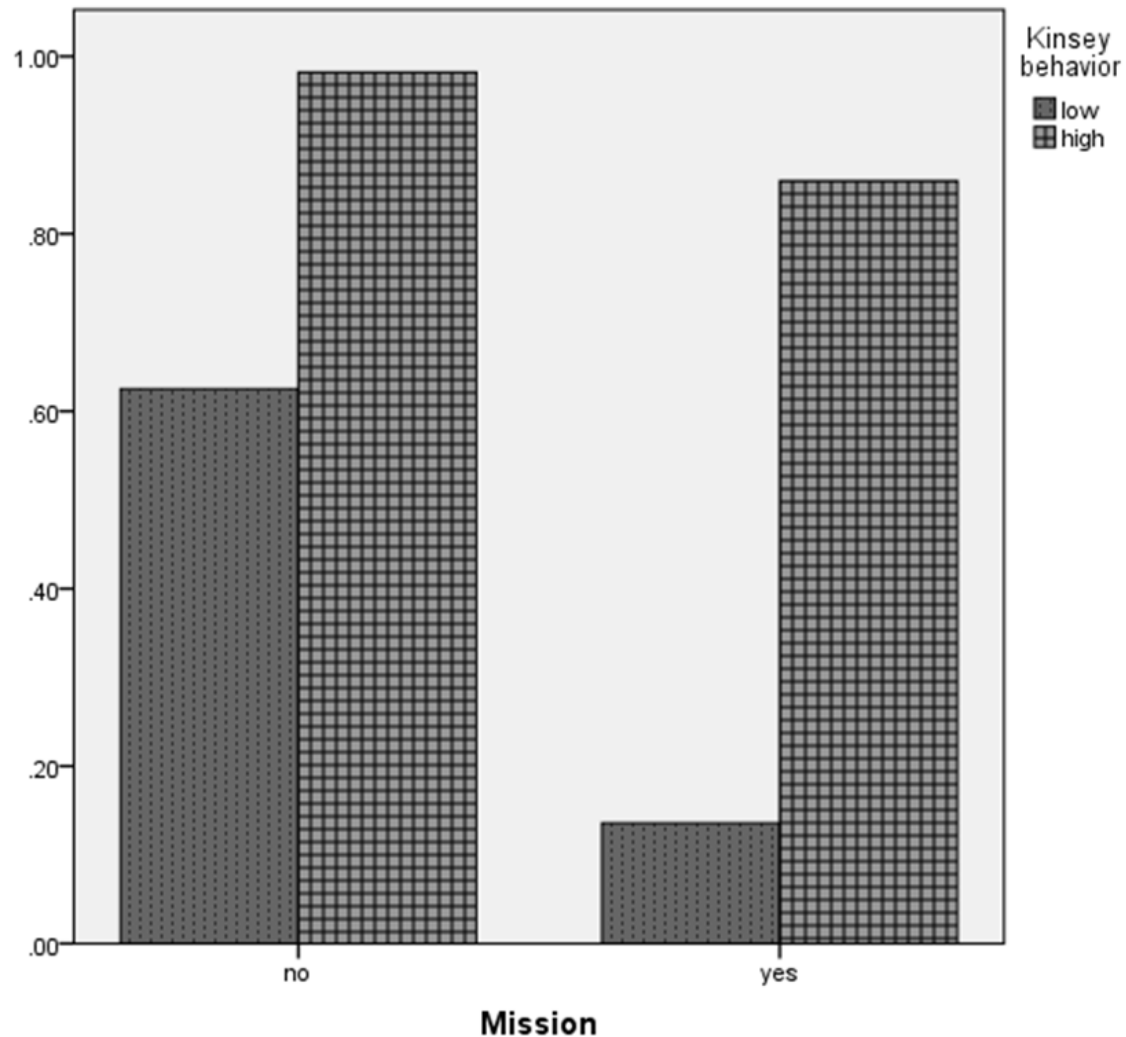
PERCENT



Life Table Estimates of the proportion still single



Percent of the ever married who have divorced



Summary

- ❑ **One's sexual orientation is not a choice.**
- ❑ **Sexual orientation is a graded biological response.**
- ❑ **Claims of success in SOCE are rare and ambiguous.**
- ❑ **SOCE efforts are often reported as harmful**
- ❑ **Personal Religious SOCE are most common and harmful.**
- ❑ **Accepting sexuality identity is healthy.**
- ❑ **Most LGBT LDS disaffiliate and report increased mental health.**
- ❑ **Highest wellbeing reported by participants in legal, committed, same-sex relationships**
- ❑ **Bisexuality provides different options for some**

For questions, please email:

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