

Study Data Tables, Graphs and Conclusions.

RESEARCH AND REALITY

Free
to 
 *Change*

SURVEY OF **78** EX-LGBT PEOPLE

Does “Conversion Therapy”
(Counselling) Constitute
Harm or Help?


CAUSE
COALITION **AGAINST** UNSAFE
SEXUAL EDUCATION



SECTION 1

The demographic of the study cohort

With the sole requirement that respondents identify as ex-LGBT, the sample group was otherwise unrestricted. In consequence, the study attracted respondents from a wide range of age groups, countries of origin, ethnicities and educational levels. Although predominantly Caucasian, the sample is otherwise demographically diverse.

A large proportion of the cohort (n=53 or 67.9%) had a tertiary education, indicating a strong capacity to contribute intelligently to this study.

TABLE 1 - DEMOGRAPHICS

COHORT SIZE: 78						
Characteristic						
Age at time of study	18-35	36-50	51-65	66+		
Number	20 / 78	19 / 78	33 / 78	6 / 78		
(%)	25.6%	24.4%	42.3%	7.7%		
Biological sex	Male	Female				
Number	46 / 78	32 / 78				
(%)	59%	41%				
Country	Australia	United States Canada	United Kingdom	France, Israel, Malta, Brazil, Europe	Asia	
Number	29 / 78	35 / 78	5 / 78	7 / 78	2 / 78	
(%)	37.2%	44.9%	6.4%	9%	2.5%	
Education level	Tertiary	Secondary	Primary			
Number	53 / 78	22 / 78	3 / 78			
(%)	67.9%	28.2%	3.8%			
Ethnicity	Australian/ Caucasian/ white/ European	Pakistani/ Arabic	Maori/ NZ	Asian	Latino/ Hispanic	Jewish
Number	59 / 78	5 / 78	2 / 78	5 / 78	5 / 78	2 / 78
(%)	75.6%	6.4%	2.6%	6.4%	6.4%	2.6%

TABLE 2 - SEXUAL ORIENTATION AND GENDER IDENTITY CHANGE STATISTICS

COHORT SIZE: 78					
Characteristic					
Age when intervention started	< 20	21-35	36-50	51-65	
Number	16/78	47/78	12/78	3/78	
(%)	20.5%	60.3%	15.4%	3.8%	
Years since intervention started	<= 5 Years	6 – 9 years	10 – 19 years	20 – 29 years	>= 30 years
Number	12/78	10/78	20/78	19/78	17/78
(%)	15.4%	12.8%	25.6%	24.4%	21.8%
Type of therapy received	Only professional counselling	Only religious counselling	Both professional and religious counselling	All professional and religious counselling	No professional or religious counselling
Number	13 / 78	20 / 78	28 / 78	61 / 78	17 / 78
(%)	16.7%	25.6%	35.9%	78.2%	21.8%
Years since any therapy started	<= 5 Years	6 – 10 years	11 – 19 years	20 – 29 years	>= 30 years
Number	8 / 61	9 / 61	15 / 61	14/ 61	15/ 61
(% of 61)	13.1%	14.8%	24.6%	23.0%	24.6%
Years since professional therapy started	<= 5 Years	6 – 10 years	11 – 19 years	20 – 29 years	>= 30 years
Number	4 / 41	6 / 41	10 / 41	11 / 41	10 / 41
(% of 41)	9.8%	14.6%	24.4%	26.8%	24.4%
Average length of time	Professional counselling	Religious counselling			
(Years)	5.4	7.4			
Support Received	Prayer	Support group	Family support	Peer support	Camps
Number	53 / 78	37 / 78	15 / 78	34 / 78	7 / 78
(%)	68%	47.7%	19.2%	45.6%	10%

SECTION 2

Did participants in the survey change their sexual orientation / gender identity?

To identify what change the participants experienced the questionnaire inquired as to the participants pre-and post-change sexual orientation and gender identity.

CHART 1 – REPORTED SEXUAL ORIENTATION / GENDER IDENTITY (PRE-CHANGE).

Pre-Change Sexual Orientation / Gender Identity

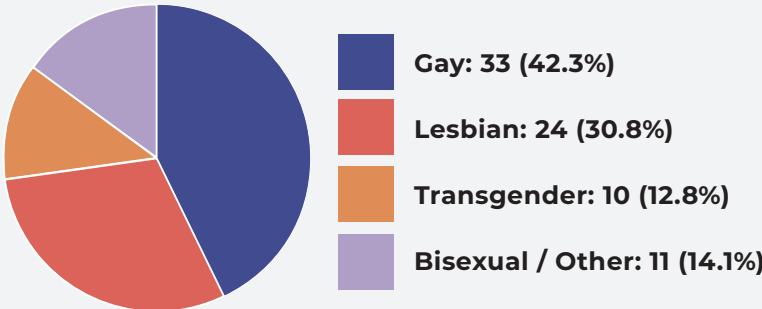
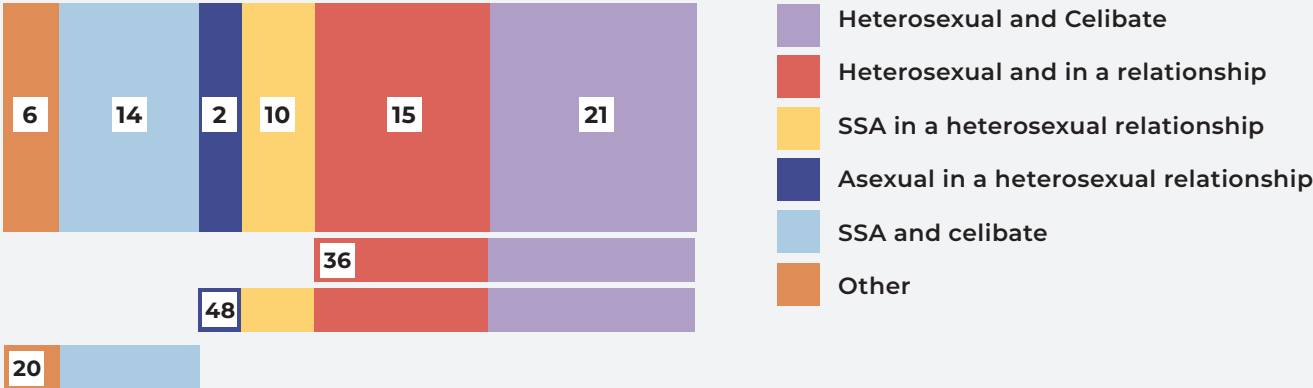


CHART 2 - REPORTED SEXUAL ORIENTATION / GENDER IDENTITY (POST - CHANGE) OF THE LGB COMPONENT OF THE COHORT.

Post Change Status of Former LGB



RESULT: These figures indicate that out of the 62 former LGB people:

- 36 (52.9%) are now exclusively heterosexual
- 48 (70.6%) are now living heterosexual lives
- A further 20 (29.4%) are still same-sex attracted, or classified themselves as “other”, but are no longer involved in SSA or other relationships.

SECTION 3

Ex-transgenders post - change gender identity, relationships & gender dysphoria

The study questioned the gender and relationship status of participants post-change. Within the limitations explained earlier the pre-change transgender reported the following:

TABLE 3 - GENDER IDENTITY / SEXUAL ORIENTATION – TRANSGENDER COHORT.

GENDER IDENTITY / SEXUAL ORIENTATION - TRANSGENDER COHORT					
COHORT SIZE: 10					
Status post- change. (Pre-change orientation = TG.)	Heterosexual and married or relationship	Heterosexual and celibate / not in a relationship	No longer gender dysphoric	Still suffer a level of gender dysphoria	Gender dysphoria status unknown
Number / 10	4 / 10	6 / 10	4 / 10	3 / 10	3 / 10
%	40%	60%	40%	30%	30%
Average level of reported residual gender dysphoria				0.1%	

RESULT: Of the 10 former transgenders in the sample:

- 10 (100%) report their post-change sexual orientation as heterosexual and having a gender identity congruent with their natal sex
- 4 (40%) report that they are in heterosexual relationships.

The testimonies that transgender participants submitted to the Free To Change website make for compelling viewing. Respondents discuss, for example, the realisation in adulthood that a transgender identity affirmed in childhood was not permanent. Their experiences of de-transitioning then involve the need to come to terms with permanent physical and irreversible medical interventions undertaken to “affirm” a transgender identity they now regret. (<https://www.freetochange.org/ex-lgbt-stories-of-change/>)

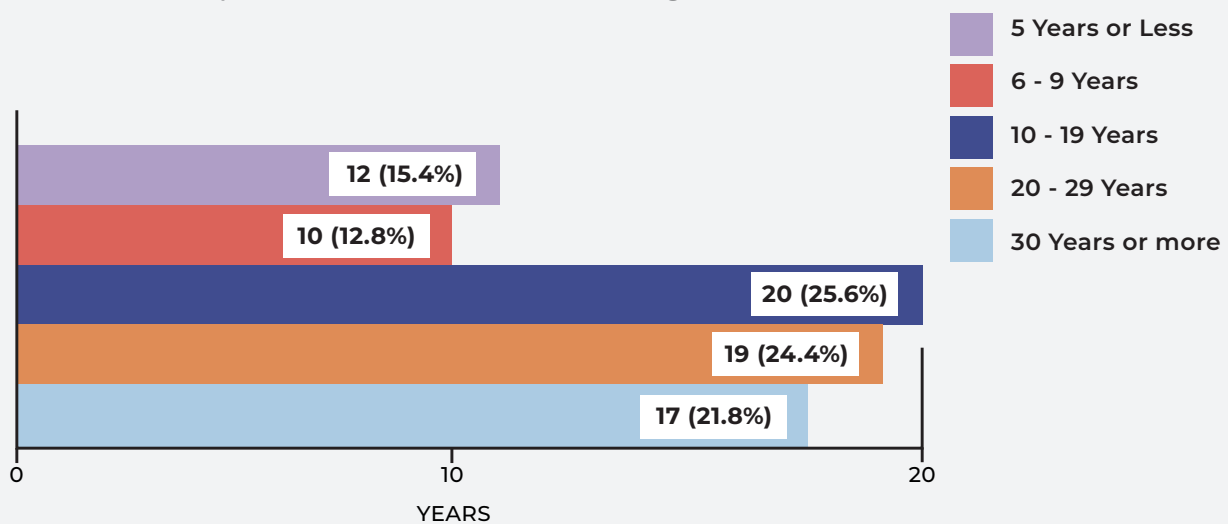
SECTION 4

Is the reported change to sexual orientation or gender identity long lasting?

This question asked about whether changes experienced in sexual orientation or gender identity have been transient or long-lasting.

CHART 3 - CHANGE PERSISTENCE WITHIN THE COHORT.

Number of Participants / Time Since Intervention (Change) Started



RESULT: The data clearly shows that change for this cohort is long lasting. Of the 78 individuals in the cohort:

- 17 (21.8%) had begun change 30 years ago or longer.
- 56 (71.8%) had begun change 10 years ago or longer.

SECTION 5

To what extent and for what time were therapies (counselling) used?

A major aspect of the survey was to investigate whether and for what period of time professional and/or religious counselling (conversion therapy) was used by the participants to effect the change in their sexual orientation or gender identity.

CHART 4 – REPORTED USE OF PROFESSIONAL AND / OR RELIGIOUS

Types of Therapy Accessed



A major point of this study was to determine if and how much counselling (conversion therapy) was used by this cohort.

TABLE 4 - COUNSELLING UTILISATION

COHORT SIZE: 78

Characteristic					
Type of counselling accessed	Total who accessed religious or counselling	Total who accessed professional counselling	Total who accessed religious counselling	Total who accessed both religious and professional counselling	Total who accessed prayer support
Number of the cohort accessing counsellors	61 / 78	41 / 78	48 / 78	28 / 78	53 / 78
% of cohort accessing counsellors	77%	52.6%	61.5%	35.9%	68%
Average length of time the counselling was used		5.4 years	7.4 years		

RESULT: Those who experienced change with counselling (conversion therapy) often utilised these services for a considerable number of years. Counselling appears to have been a significant in supporting and effecting the desired change. **Note from the table: 61 (77%) used counselling, 53 (68%) used prayer support.**

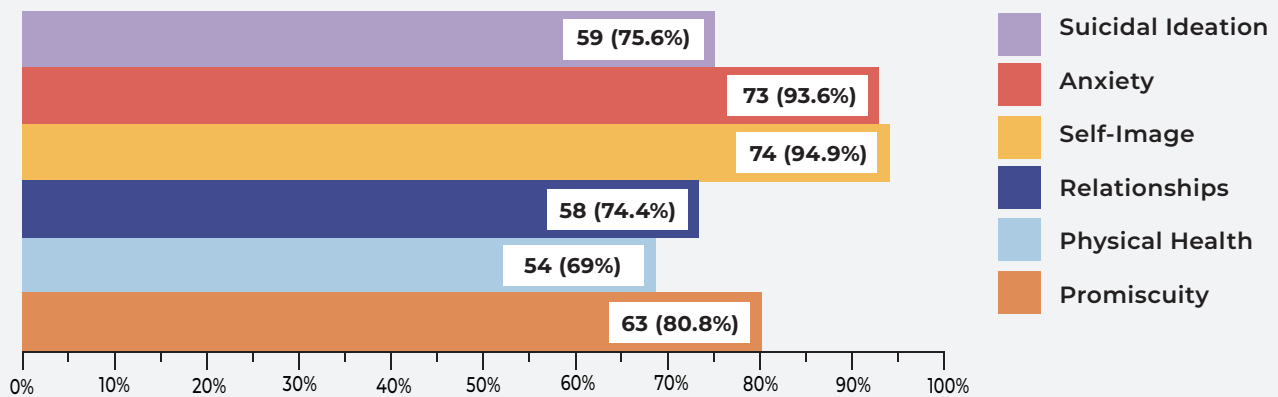
SECTION 6

Is the change away from LGBT lives in this cohort shown to be beneficial?

The study calculated the percentage of the cohort who reported an improvement in each of the wellness rating of their life indicators.

CHART 5 - THE PERCENTAGE OF THE COHORT WHO EXPERIENCED BENEFICIAL CHANGE IN 6 LIFE WELLNESS INDICATORS.

Cohort/Life Indicator - Percentage Reporting Improvements After Change

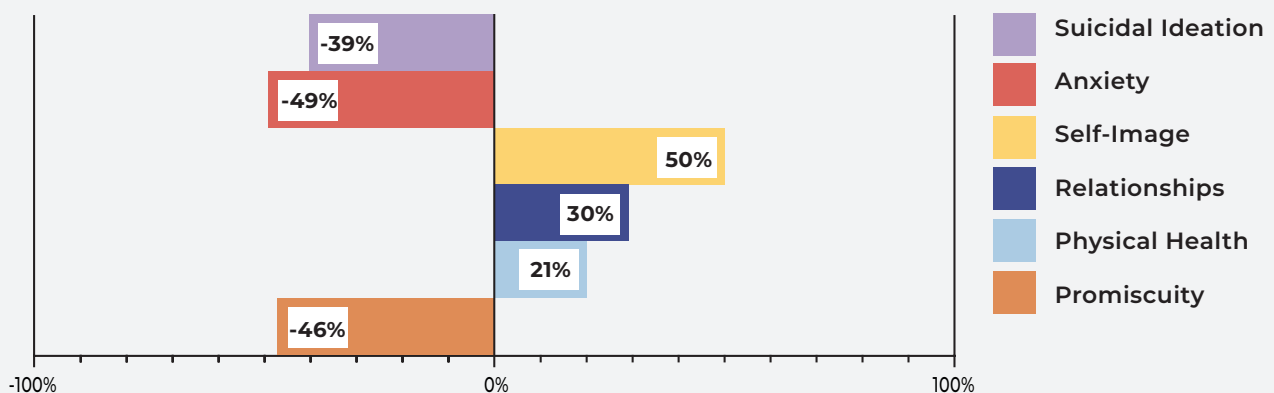


The study questionnaire asked participants to rate any variation in wellness in 6 life indicators from pre- to post-change. The following charts tables display the averaged change across the cohort on a -100% <- 0 ->100% scale.

CHART 6 - VARIATION IN THE 6 LIFE WELLNESS INDICATORS

The Average Change in Wellness in six Life Indicators.

Change displayed as percentage points, based on data collected from self-evaluated 0-10 Likert Scales. An increase expressed as a positive value. A decrease expressed as a negative value.



RESULT: The vast majority of this cohort reported that after leaving their LGBT lifestyles they experienced a notable improvement in their quality of life.

Outcomes

TABLE 5 - OUTCOMES WITH RESPECT TO MEASURED VARIABLES						
COHORT SIZE: 78						
Variable	Anxiety	Self-image	Suicidal ideation	Promiscuity	Relationships	Physical health
Number who showed improvement	73 / 78	74 / 78	59 / 78	63 / 78	58 / 78	54 / 78
% who showed improvement	93.6%	94.9%	75.6%	80.8%	74.4%	69.0%
Average improvement raw score. 0 - 10	4.9	5.0	3.9	4.6	3.0	2.1
Average improvement expressed as % from a baseline	49%	50%	39%	46%	30%	21%

Free To Change statistical study conclusions

The statistics supplied to the Free To Change study by 78 self-proclaimed former LGBT participants who, at one time, lived with same-sex attractions or gender dysphoria, clearly demonstrated that:

1. They changed their sexual orientation and gender identity.
2. They did so by extensively accessing professional and/or religious counselling, which today is placed in the category of “conversion therapy”.
3. The majority reported that their change is long lasting, indicating the change is permanent.
4. The data reveals that the change in participants’ lives and/or the counselling they received is associated with extensive improvements in the quality of their lives.
5. It should be noted that not one participant made any mention of the claimed abuses in the La Trobe *Preventing Harm, Promoting Justice* paper. However, it should be well noted that a number claimed harm from counsellors who discounted their wishes and even berated them for wanting to change their LGBT lives.

The study shows that 58 (74.35%) of the cohort of 78 ex-LGBT people now are in heterosexual relationships or consider themselves heterosexual. It should be noted that while some in the group remain same-sex attracted, these participants still reported that their lives had improved by leaving their LGBT lifestyles behind.

Suicide rates are typically claimed to be the compelling reasons that “conversion therapy” legislation should be implemented. However, LGBT people who wish to pursue the option of coming out of LGBT lives must have the right to access support to do so from the state and society, rather than being condemned to experiencing increased suicidal ideation by not being able to access counselling due to laws created by the state.

It is of fundamental importance to note from the statistics of this study that being able to change their sexual orientation or gender identity has potentially saved many of these participants’ lives. 75.6% of participants had a notable average baseline reduction in suicidal ideation of 39%.

The same is borne out by the video, audio and written testimonies that were uploaded to the website. Some of these individuals warn that, should professional and/or religious counselling be outlawed, this will result in the loss of LGBT lives.

Contrary to the narrative pushed by proponents of the anti-conversion therapy legislation, this study shows there are a considerable number of people in the LGBT community who have unwanted same-sex orientations or gender identity issues and who benefit from help through counselling.

The Free to Change survey portal is at
<https://www.freetochange.org>

The survey statistics can be accessed at
<https://www.freetochange.org/survey-results/>

The participants testimonies can be accessed at
<https://www.freetochange.org/ex-lgbt-stories-of-change/>

Enquiries can be sent to support@freetochange.org