

Free to Change



CAUSE Ex LGBT Interim Study Results at 10 November 2020

Demographics						
Cohort Size: 70						
Characteristic						
Age at time of study	18-35	36-50	51-65	66+		
(Number / %)	14/20%	18/25.7%	32/45.7%	6/8.6%		
Biological sex	Male	Female				
(Number / %)	42 / 60%	28/ 40%				
Country	Australia	United States Canada	United Kingdom	France, Israel, Malta, Brazil Europe	Asia	
(Number / %)	24/ 34.3%	32 / 45.7%	5 / 7.2%	7 / 10%	2/2.8%	
Education level	Tertiary	Secondary	Primary			
(Number / %)	47 / 67.1%	20 / 28.6%	3 / 4.3%			
Ethnicity	Australian/Caucasian/white/European	Pakistani/Arabic	Maori/ NZ	Asian	Latino/Hispanic	Jewish
(Number / %)	54 /77.2%	5 / 7.1%	2 / 2.9%	4/ 5.7%	4 / 5.7%	1 / 1.4%

Demographics

Cohort Size: 70

Characteristic						
Age when intervention started.	< 20	21-35	36-50	51-65		
(Number)	12/ 70	43/ 70	12/70	3/70		
/ %)	17.1%	61.4%	17.1%	4.3%		
Years since intervention started.	<= 5 Years	6 – 10 years	11 – 19 years	20 – 29 years	>= 30 years	
(Number)	10/70	9/70	16/70	18/70	17/70	
(%)	14.3%	12.9%	22.9%	25.7%	24.3%	
Type of therapy received.	Only Professional counselling	Only Religious counselling	Both Professional and Religious counselling	All Professional and Religious counselling	No Religious or Professional counselling	
(Number)	12 / 70	18 / 70	24 / 70	54 / 70	16 / 70	
(%)	17.1%	25,7%	34.3%	77.1%	22.9%	
Years since any therapy started.	<= 5	6 - 10	11-19	20 - 29	>= 30	
Number	6 / 54	6 / 54	13 / 54	14/ 54	15/54	
% of 54	11.1%	11.1%	24.1%	25.9%	27.8%	
Years since Professional therapy started.	<= 5 Years	6 – 10 years	11 – 19 years	20 – 29 years	>= 30 years	
Number	3/ 36	4 /36	8 /36	11 /36	10 /36	
% of 36	8.3%	11.1%	22.2%	30.6%	27.8%	
Years since Religious therapy started.	<= 5 Years	6 – 10 years	11 – 19 years	20 – 29 years	>= 30 years	<= 5 Years
Number	5 / 42	4 / 42	11 / 42	11 / 42	11 / 42	
% of 42	11.9%	9.5%	26.2%	26.2%	26.2%	
Average length of time.	Professional counselling	Religious counselling				
(Years)	5.2	8.9				
Support Received	Support group	Family support	Peer support	Camps		
Number	34	13	30	6		
%	49%	19%	43%	9%		

Outcomes

Outcomes with respect to measured variables

Cohort Size: 70

Variable	Anxiety	Self-image	Suicidal ideation	Promiscuity	Relationships	Physical health
Number who showed improvement	65/70	66/70	53/70	58/70	51/70	47/70
% who showed improvement.	92.9%	94.3%	75.1%	82.9%	72.9%	67.1%
Average improvement raw score. 0 – 10	4.9	5.0	4.0	4.7	2.9	2.0
Average improvement expressed as %	49%	50%	40%	47%	29%	20%

Outcomes with respect to 'orientation' and relationship status

Study Cohort Size: 70

Pre-change Orientation. Total	Lesbian/gay before	Bisexual or 'other' before	Transgender before				
	51	11	8				

Sexual Orientation.

Cohort Size: 62

Status post-change. (Pre-change orientation = SSA /other)	Heterosexual and married or relationship	Still SSA but heterosexual married	Neither specifically heterosexual or ssa but in heterosexual relationship.	Heterosexual and celibate	Still SSA but celibate		Other
Number / 62	15/62	8/62	2/62	21/62	12/62		4/62
%	21.4%	11.4%	2.9%	30.0%	17.1%		5.7%

Gender Identity.

Cohort Size: 8

Status post-change. (Pre-change orientation = TG.)	Heterosexual and married or relationship			Heterosexual and celibate		No longer gender dysphoria	
Number. / 8	3/8			2/8		3/8	
%	37.5%			25%		37.5%	

Study Details

Method of collecting data & Testimonies: Via web based portal: <https://www.freetochange.org/>

Profiles questionnaires fully answered.	60
Written testimonies	18
Video testimonies	9
Audio testimony	1
(Testimony Access: “Other People’s Stories” tab on the Portal’s homepage)	
Source of Cohort: Contacts via ex LGBT groups and posting on various internet and social media sites.	
Cohort Requirements: To no longer be living a LGBT life	