



CAUSE Ex LGBT Interim Study Results at 29 August 2020

| Demographics         |                                      |                  |                |                                       |                 |          |
|----------------------|--------------------------------------|------------------|----------------|---------------------------------------|-----------------|----------|
| Cohort Size: 60      |                                      |                  |                |                                       |                 |          |
| Characteristic       |                                      |                  |                |                                       |                 |          |
| Age at time of study | 18-35                                | 36-50            | 51-65          | 66+                                   |                 |          |
| (Number / %)         | 12 / 20%                             | 13 / 21.7%       | 30 / 50%       | 6 / 10%                               |                 |          |
| Biological sex       | Male                                 | Female           |                |                                       |                 |          |
| (Number / %)         | 35 / 58.3%                           | 25 / 41.7%       |                |                                       |                 |          |
| Country              | Australia                            | United States    | United Kingdom | France, Israel, Canada, Brazil Europe | Asia            |          |
| (Number / %)         | 23 / 38.3%                           | 26 / 43.3%       | 4 / 6.7%       | 5 / 8.3%                              | 2 / 3.3%        |          |
| Education level      | Tertiary                             | Secondary        | Primary        |                                       |                 |          |
| (Number / %)         | 41 / 68.3%                           | 17 / 26.7%       | 3 / 5%         |                                       |                 |          |
| Ethnicity            | Australian/Caucasian/white/Euro-pean | Pakistani/Arabic | Maori/ NZ      | Asian                                 | Latino/Hispanic | Jewish   |
| (Number / %)         | 46 / 76.7%                           | 5 / 8.3%         | 2 / 3.3%       | 3 / 5%                                | 3 / 5%          | 1 / 1.7% |

## Demographics

Cohort Size: 60

| Characteristic                            |                               |                            |   |                |             |            |
|---|-------------------------------|----------------------------|---|----------------|-------------|------------|
| Age when intervention started.            | < 20                          | 21-35                      | 36-50                                       | 51-65          |             |            |
| (Number)                                  | 9/ 60                         | 36/ 60                     | 12/ 60                                      | 3/ 60          |             |            |
| (%)                                       | 15%                           | 60%                        | 20%   | 5%             |             |            |
| Years since intervention started.         | <= 5 Years                    | 6 – 10 years               | 11 – 19 years                               | 20 – 29 years  | >= 30 years |            |
| (Number)                                  | 10/ 60                        | 8/ 60                      | 12/ 60                                      | 15/ 60         | 15/ 60      |            |
| (%)                                       | 16.7%                         | 13.3%                      | 20.0%                                       | 25.0%          | 25.0%       |            |
| Type of therapy received.                 | Only Professional counselling | Only Religious counselling | Both professional and religious counselling | No counselling |             |            |
| (Number)                                  | 9 / 60                        | 12 / 60                    | 26 / 60                                     | 13 / 60        |             |            |
| (%)                                       | 15%                           | 20%                        | 43.3%                                       | 21.7%          |             |            |
| Years since any therapy started.          | <= 5                          | 6 - 10                     | 11-19                                       | 20 - 29        | >= 30       |            |
| Number                                    | 6/47                          | 6/47                       | 11/47                                       | 11/47          | 13/47       |            |
| % of 47                                   | 12.8%                         | 12.8%                      | 23.4%                                       | 23.4%          | 27.7%       |            |
| Years since Professional therapy started. | <= 5 Years                    | 6 – 10 years               | 11 – 19 years                               | 20 – 29 years  | >= 30 years |            |
| Number                                    | 5/ 37                         | 4 /37                      | 9 /37                                       | 9 /37          | 10 /37      |            |
| % of 37                                   | 13.5%                         | 10.8%                      | 24.3%                                       | 24.3%          | 27.0%       |            |
| Years since Religious therapy started.    | <= 5 Years                    | 6 – 10 years               | 11 – 19 years                               | 20 – 29 years  | >= 30 years | <= 5 Years |
| Number                                    | 3 /30                         | 4/30                       | 7/30  | 8/30           | 8/30        |            |
| % of 30                                   | 10.0%                         | 13.3%                      | 23.3%                                       | 26.7%          | 26.7%       |            |
| Average length of time.                   | Professional counselling      | Religious counselling      | Both professional and religious counselling | No counselling |             |            |
| (Years)                                   | 3.3                           | 6.2                        | 4.2   |                |             |            |
| Support Received                          | Support group                 | Family support             | Peer support                                | Camps          |             |            |
| Number                                    | 31                            | 11                         | 26  | 6              |             |            |
| %   | 51.6%                         | 18.3%                      | 43.3%                                       | 10%            |             |            |

## Outcomes

### Outcomes with respect to measured variables

Cohort Size: 60

| Variable                           | Anxiety | Self image | Suicidal ideation | Promiscuity | Relationships | Physical health |
|------------------------------------|---------|------------|-------------------|-------------|---------------|-----------------|
| Number who showed improvement      | 55/60   | 57/60      | 45/60             | 51/60       | 44/60         | 40/60           |
| % who showed improvement.          | 91.7%   | 95%        | 75%               | 85%         | 73.3%         | 66.7%           |
| Average improvement raw score      | 5.0     | 5.1        | 4.0               | 5.0         | 3.0           | 2.0             |
| Average improvement expressed as % | 50%     | 51%        | 40%               | 50%         | 30%           | 20%             |

## Outcomes with respect to 'orientation' and relationship status

**Study Cohort Size: 60**

|                               |                    |                            |                    |  |  |  |  |
|-------------------------------|--------------------|----------------------------|--------------------|--|--|--|--|
| Pre-change Orientation. Total | Lesbian/gay before | Bisexual or 'other' before | Transgender before |  |  |  |  |
|                               | 44                 | 9                          | 7                  |  |  |  |  |

### Sexual Orientation.

**Cohort Size: 53**

|   |  |                                    |  |                           |                        |  |       |
|---|--|------------------------------------|--|---------------------------|------------------------|--|-------|
| 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 (53)   | 14/53                                    | 6/53                               | 2/53   | 16/53                     | 11/53                  |  | 4/53  |
| %   | 26.4%                                    | 11.3%                              | 3.8%   | 30.2%                     | 20.8%                  |  | 7.5%  |

### Gender Identity.

**Cohort Size: 7**

|  |  |  |  |                           |  |                            |  |
|--|--|--|--|---------------------------|--|----------------------------|--|
| Status post-change. (Pre-change orientation = TG.) | Heterosexual and married or relationship |  |  | Heterosexual and celibate |  | No longer gender dysphoria |  |
| Number. (7)  | 3/7                                      |  |  | 1/7                       |  | 3/7                        |  |
| %  | 43%                                      |  |  | 14%                       |  | 43%                        |  |

## 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 verifiably no longer be living a LGBT life                                    |    |
|   |    |