

Free to Change



CAUSE Ex LGBT Interim Study Results at 28 December 2020

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

Demographics

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 Religious or Professional 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. Number (% of 61) | <= 5 | 6 - 10 | 11-19 | 20 - 29 | >= 30 | |
| | 8 / 61 | 9 / 61 | 15 / 61 | 14/ 61 | 15/ 61 | |
| | 13.1% | 14.8% | 24.6% | 23.0% | 24.6% | |
| Years since Professional therapy started. Number (% of 41) | <= 5 Years | 6 – 10 years | 11 – 19 years | 20 – 29 years | >= 30 years | |
| | 4/ 41 | 6 /41 | 10 /41 | 11 / 41 | 10 / 41 | |
| | 9.8% | 14.6% | 24.4% | 26.8% | 24.4% | |
| Years since Religious therapy started. Number % of 48 | <= 5 Years | 6 – 10 years | 11 – 19 years | 20 – 29 years | >= 30 years | <= 5 Years |
| | 6 / 48 | 7 / 48 | 13 / 48 | 11 / 48 | 11 / 48 | |
| | 12.5% | 14.6% | 27.1% | 22.9% | 22.9% | |
| Average length of time. | Professional counselling | Religious counselling | | | | |
| | (Years) | 5.4 | 7.4 | | | |
| Support Received | Prayer | Support group | Family support | Peer support | Camps | |
| | 53 / 78 | 37 / 78 | 15 / 78 | 34 / 78 | 7 / 78 | |
| | 68% | 47.7% | 19.2% | 45.6% | 10% | |

Outcomes

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% |

Outcomes with respect to 'orientation' and relationship status

Study Cohort Size: 78

| Pre-change Orientation. Total | Lesbian/gay before | Bisexual or 'other' before | Transgender before | | | | |
|-------------------------------|--------------------|----------------------------|--------------------|--|--|--|--|
| | 57 | 11 | 10 | | | | |

Sexual Orientation - LGB Group

Cohort Size: 68

| Status post-change. (Pre-change orientation = SSA /other) | Heterosexual and married or relationship | Still SSA but heterosexual married or relationship | Neither specifically heterosexual or ssa but in heterosexual relationship. | Heterosexual and celibate / not in a relationship | Still SSA but celibate / not in a relationship | | Other |
|---|--|--|--|---|--|--|-------|
| Number / 68 | 15/68 | 10/68 | 2/68 | 21/68 | 14/68 | | 6/68 |
| % | 22.1% | 14.7% | 2.9% | 30.9% | 20.6% | | 8.8% |

Gender Identity / Sexual Orientation - Transgender Group.

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 |
| % | 40.0% | | | 60.0% | 40% | 30% | 30% |
| Average level of Reported Residual Gender Dysphoria | | | | | | 0.1% | |

Study Details

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

| | |
|---|----|
| Profiles questionnaires fully answered. | 78 |
| Total number of people who Lodged Stories of Change | 32 |
| Written stories of Change | 23 |
| Video Stories of Change | 12 |
| Audio Stories of Change | 4 |
| (Testimony Access: "Ex LGBT Stories" tab on the Portal's homepage) | |
| (Note# Some lodged their Story of change in more than one medium.) | |
| 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 | |
| | |