

NARTH
Survey on Change

A Publication of

**The National Association
Of Research and Therapy of Homosexuality**

(NARTH)



NATIONAL ASSOCIATION FOR RESEARCH AND THERAPY OF HOMOSEXUALITY (NARTH)

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NARTH Survey on Change

In 1997, a national survey of 882 respondents was conducted by NARTH. The purpose of this self-report survey was to explore the experiences of people who have struggled with homosexuality at some point in their lives, were dissatisfied with that orientation, and have since sought and experienced some degree of sexual-orientation change.

Of the respondents, just over half (476) had obtained therapy from a professional therapist. The remainder received help from a pastoral counselor or non-professional therapist, while some had relied on self-help, reading, and supportive relationships with friends and family.

The average length of time elapsed since the experience of sexual-orientation change was 6.7 years. A total of 45.4% of the respondents reported a shift that made them more heterosexual than homosexual: that is, 17.6% now considered themselves exclusively heterosexual; 16.7% almost entirely heterosexual; and 11.1% said they were now more heterosexual than homosexual.

The respondents who had undertaken therapy were overwhelmingly in agreement that conversion therapy had helped them cope with and reduce their homosexual attractions. Many perceived their homosexual behaviors as an addiction, and were relieved to feel less consumed by these disturbing preoccupations.

A large majority said their religious and spiritual beliefs played a crucial, supportive role in overcoming their homosexuality.

Information was obtained from the respondents about their past and current psychological and sexual functioning. In making the ratings about their past functioning, participants were asked to recall the time in their lives when they were most strongly experiencing homosexual thoughts, feelings and behaviors and to rate how they perceived their sexual and psychological functioning at that time. Then they were asked to rate their current functioning.

It is important to note that even those respondents who, at the time of the survey, still struggled with some degree of remaining attractions, nevertheless reported significant growth in self-esteem, self-understanding and self-acceptance. Their failure to accomplish complete change did not appear to have a measurable negative impact on their lives.

Areas of functioning in which the respondents report significant improvement include the following:

- Diminishment of homosexual thoughts, feelings and behaviors
- Self-acceptance
- Self-understanding
- Ability to trust and disclose with both same and opposite-sex individuals
- Sense of personal power
- Assertiveness
- Sense of clarity and security in gender identity
- Self-esteem
- Diminishment of loneliness
- Improvement in emotional stability and maturity
- Lessened depression
- Better ability to resolve interpersonal conflicts
- Increased openness to the possibility of marriage.

Self Acceptance

	BEFORE		AFTER	
	N	%	N	%
Very Good	10	1.1	103	11.8
Good	18	2.1	291	33.4
Somewhat Good	29	3.3	263	30.2
Fair	54	6.2	138	15.9
Somewhat Poor	131	15.1	52	6
Poor	292	33.6	18	2.1
Very Poor	336	38.6	5	0.6

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 336 or 38.6% reported having very poor self acceptance, 292 or 33.6% reported having poor self acceptance, and 131 or 15.1% reported having somewhat poor self-acceptance, 54 or 6.2% reported having fair self acceptance, 29 or 3.3% reported somewhat good self-acceptance, 18 or 2.1% reported having good self acceptance, and 10 or 1.1% reported having very good self acceptance.

At the time participants completed the survey, 103 or 11.8% reported having very good self-acceptance, 291 or 33.4% reported having good self-acceptance, 263 or 30.2% reported having somewhat good self acceptance, 138 or 15.9% reported having fair self-acceptance, 52 or 6.0% reported having somewhat poor self-acceptance, 18 or 2.1% reported having poor self-acceptance, and 5 or .6% reported having very poor self-acceptance.

Self Understanding

	BEFORE		AFTER	
	N	%	N	%
Very Good	5	0.6	151	17.3
Good	7	0.8	370	42.4
Somewhat Good	18	2.1	234	26.8
Fair	46	5.3	71	8.1
Somewhat Poor	124	14.2	36	4.1
Poor	320	36.7	6	0.7
Very Poor	353	40.4	5	0.6

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 353 or 40.4% reported having very poor self understanding, 320 or 36.7% reported having poor self understanding, 124 or 14.2% reported having somewhat poor self-understanding, 46 or 5.3% reported having fair self-understanding, 18 or 2.1% reported having somewhat good self-understanding, 7 or .8% reported having good self-understanding, and 5 or .6% reported having very good self-understanding.

At the time participants completed the survey, 151 or 17.3% reported having very good self-understanding, 370 or 42.4% reported having good self-understanding, 234 or 26.8% reported having somewhat good self-understanding, 71 or 8.1% reported having fair self-understanding, 36 or 4.1% reported having somewhat poor self-understanding, 6 or .7% reported having poor self-understanding, and 5 or .6% reported having very poor self-understanding.

Ability to disclose and to trust with persons of the same sex

	BEFORE		AFTER	
	N	%	N	%
Very Good	32	3.7	142	16.3
Good	30	3.4	233	26.7
Somewhat Good	57	6.5	229	26.3
Fair	79	9.1	153	17.5
Somewhat Poor	124	14.2	73	8.4
Poor	217	24.9	29	3.3
Very Poor	333	38.2	13	1.5

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 333 or 38.2% reported having very poor ability, 217 or 24.9% reported having poor ability, 124 or 14.2% reported having somewhat poor ability, 79 or 9.1% reported having fair ability, 57 or 6.5% reported having somewhat good ability, 30 or 3.4% reported having good ability, and 32 or 3.7% reported having very good ability.

At the time participants completed the survey, 142 or 16.3% reported having very good ability, 233 or 26.7% reported having good ability, 229 or 26.3% reported having somewhat good ability, 153 or 17.5% reported having fair ability, 73 or 8.4% reported having somewhat poor ability, 29 or 3.3% reported having poor ability, and 13 or 1.5% reported having very poor ability.

Ability to disclose and to trust with persons of the opposite sex

	BEFORE		AFTER	
	N	%	N	%
Very Good	37	4.2	102	11.7
Good	65	7.4	208	23.8
Somewhat Good	86	9.9	238	27.3
Fair	106	12.1	156	17.9
Somewhat Poor	149	17.1	103	11.8
Poor	164	18.8	49	5.6
Very Poor	266	30.5	17	1.9

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 266 or 30.5% reported having very poor ability, 164 or 18.8% reported having poor ability, 149 or 17.1% reported having somewhat poor ability, 106 or 12.1% reported having fair ability, 86 or 9.9% reported having somewhat good ability, 65 or 7.4% reported having good ability, and 37 or 4.2% reported having very good ability.

At the time participants completed the survey, 102 or 11.7% reported having very good ability, 208 or 23.8% reported having good ability, 238 or 27.3% reported having somewhat good ability, 156 or 17.9% reported having fair ability, 103 or 11.8% reported having somewhat poor ability, 49 or 5.6% reported having poor ability, and 17 or 1.9% reported having very poor ability.

Sense of personal power

	BEFORE		AFTER	
	N	%	N	%
Very Good	15	1.8	80	9.4
Good	35	4.1	247	29
Somewhat Good	40	4.7	251	29.5
Fair	67	7.9	163	19.1
Somewhat Poor	130	15.3	76	8.9
Poor	233	27.3	22	2.6
Very Poor	332	39	13	1.5

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 332 or 39.0% reported having a very poor sense, 233 or 27.3% reported having a poor sense, 130 or 15.3% reported having a somewhat poor sense, 67 or 7.9% reported having a fair sense, 40 or 4.7% reported having a somewhat good sense, 35 or 4.1% reported having a good sense, and 15 or 1.8% reported having a very good sense.

At the time participants completed the survey, 80 or 9.4% reported having a very good sense, 247 or 29.0% reported having a good sense, 251 or 29.5% reported having a somewhat good sense, 163 or 19.1% reported having a fair sense, 76 or 8.9% reported having a somewhat poor sense, 22 or 2.6% reported having a poor sense, and 13 or 1.5% reported having a very poor sense.

Ability to resolve interpersonal conflicts

	BEFORE		AFTER	
	N	%	N	%
Very Good	4	0.5	77	8.8
Good	19	2.2	275	31.6
Somewhat Good	47	5.4	269	30.9
Fair	82	9.4	156	17.9
Somewhat Poor	135	15.5	62	7.1
Poor	275	31.6	23	2.6
Very Poor	309	35.5	9	1

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 309 or 35.5% reported having very poor ability, 275 or 31.6% reported having poor ability, 135 or 15.5% reported having somewhat poor ability, 82 or 9.4% reported having fair ability, 47 or 5.4% reported having somewhat good ability, 19 or 2.2% reported having good ability, and 4 or .5% reported having very good ability.

At the time participants completed the survey, 77 or 8.8% reported having very good ability, 275 or 31.6% reported having good ability, 269 or 30.9% reported having somewhat good ability, 156 or 17.9% reported having fair ability, 62 or 7.1% reported having somewhat poor ability, 23 or 2.6% reported having poor ability, and 9 or 1.0% reported having very poor ability.

Men: sense of clarity and security in their masculinity

	BEFORE		AFTER	
	N	%	N	%
Very Good	5	0.7	58	8.5
Good	6	0.9	172	25.1
Somewhat Good	13	1.9	215	31.3
Fair	36	5.2	138	20.1
Somewhat Poor	85	12.4	67	9.8
Poor	191	27.8	27	3.9
Very Poor	350	51	9	1.3

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 350 or 51% of the men reported having a very poor sense, 191 or 27.8% reported having a poor sense, 85 or 12.4% reported having a somewhat poor sense, 36 or 5.2% reported having a fair sense, 13 or 1.9% reported having a somewhat good sense, 6 or .9% reported having a good sense, and 5 or .7% reported having a very good sense.

At the time participants completed the survey, 58 or 8.5% of the men reported having a very good sense, 172 or 25.1% reported having a good sense, 215 or 31.3% reported having a somewhat good sense, 138 or 20.1% reported having a fair sense, 67 or 9.8% reported having a somewhat poor sense, 27 or 3.9% reported having a poor sense, and 9 or 1.3% reported having a very poor sense.

Women: sense of clarity and security in their femininity

	BEFORE		AFTER	
	N	%	N	%
Very Good	4	2.1	39	20.1
Good	6	3.1	67	34.5
Somewhat Good	8	4.1	37	19.1
Fair	11	5.7	24	12.4
Somewhat Poor	23	11.9	15	7.7
Poor	57	29.4	8	4.1
Very Poor	85	43.8	4	2.1

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 85 or 43.8% of the women reported having a very poor sense, 57 or 29.4% reported having a poor sense, 23 or 11.9% reported having a somewhat poor sense, 11 or 5.7% reported having a fair sense, 8 or 4.1% reported having a somewhat good sense, 6 or 3.1% reported having a good sense, and 4 or 2.1% reported having a very good sense.

At the time participants completed the survey, 39 or 20.1% of the women reported having a very good sense, 67 or 34.5% reported having a good sense, 37 or 19.1% reported having a somewhat good sense, 24 or 12.4% reported having a fair sense, 15 or 7.7% reported having a somewhat poor sense, 8 or 4.1% reported having a poor sense, and 4 or 2.1% reported having a very poor sense.

Ability to be assertive

	BEFORE		AFTER	
	N	%	N	%
Very Good	25	2.9	92	10.7
Good	51	5.9	261	30.3
Somewhat Good	55	6.4	242	28.1
Fair	87	10.1	175	20.3
Somewhat Poor	167	19.4	61	7.1
Poor	243	28.3	21	2.4
Very Poor	232	27	8	0.9

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 232 or 27.0% reported having very poor ability, 243 or 28.3% reported having poor ability, 167 or 19.4% reported having somewhat poor ability, 87 or 10.1% reported having fair ability, 55 or 6.4% reported having somewhat good ability, 51 or 5.9% reported having good ability, and 25 or 2.9% reported having very good ability.

At the time participants completed the survey, 92 or 10.7% reported having very good ability, 261 or 30.3% reported having good ability, 242 or 28.1% reported having somewhat good ability, 175 or 20.3% reported having fair ability, 61 or 7.1% reported having somewhat poor ability, 21 or 2.4% reported having poor ability, and 8 or .9% reported having very poor ability.

Self-esteem

	BEFORE		AFTER	
	N	%	N	%
Very Good	8	0.9	85	9.8
Good	16	1.8	271	31.3
Somewhat Good	31	3.6	251	29
Fair	54	6.2	154	17.8
Somewhat Poor	122	14.1	72	8.3
Poor	249	28.8	23	2.7
Very Poor	385	44.5	9	1

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 385 or 44.5% reported having very poor self-esteem, 249 or 28.8% reported having poor self-esteem, 122 or 14.1% reported having somewhat poor self-esteem, 54 or 6.2% reported having fair self-esteem, 31 or 3.6% reported having somewhat good self-esteem, 16 or 1.8% reported having good self-esteem, and 8 or .9% reported having very good self-esteem.

At the time participants completed the survey, 85 or 9.8% reported having very good self-esteem, 271 or 31.3% reported having good self-esteem, 251 or 29.0% reported having somewhat good self-esteem, 154 or 17.8% reported having fair self-esteem, 72 or 8.3% reported having somewhat poor self-esteem, 23 or 2.7% reported having poor self-esteem, and 9 or 1.0% reported having very poor self-esteem.

Ability to relate with “straight” members of the same sex

	BEFORE		AFTER	
	N	%	N	%
Very Good	24	2.8	124	14.3
Good	45	5.2	250	28.9
Somewhat Good	67	7.7	245	28.3
Fair	118	13.6	134	15.5
Somewhat Poor	181	20.9	77	8.9
Poor	196	22.7	26	3
Very Poor	234	27.1	9	1

At the time in participant’s lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 234 or 27.1% reported having very poor ability, 196 or 22.7% reported having poor ability, 181 or 20.9% reported having somewhat poor ability, 118 or 13.6% reported having fair ability, 67 or 7.7% reported having somewhat good ability, 45 or 5.2% reported having good ability, and 24 or 2.8% reported having very good ability.

At the time participants completed the survey, 124 or 14.3% reported having very good ability, 250 or 28.9% reported having good ability, 245 or 28.3% reported having somewhat good ability, 134 or 15.5% reported having fair ability, 77 or 8.9% reported having somewhat poor ability, 26 or 3.0% reported having poor ability, and 9 or 1.0% reported having very poor ability.

Sexual relationships (if any) with the opposite sex

	BEFORE		AFTER	
	N	%	N	%
Very Good	6	1.2	59	11.5
Good	14	2.7	90	17.6
Somewhat Good	35	6.8	91	17.8
Fair	54	10.5	77	15
Somewhat Poor	89	17.4	58	11.3
Poor	82	16	36	7
Very Poor	232	45.3	101	19.7

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 232 or 45.3% reported having very poor sexual relationships, 82 or 16.0% reported having poor sexual relationships, 89 or 17.4% reported having somewhat poor sexual relationships, 54 or 10.5% reported having fair sexual relationships, 35 or 6.8% reported having somewhat good sexual relationships, 14 or 2.7% reported having good sexual relationships and 6 or 1.2% reported having very good sexual relationships.

At the time participants completed the survey, 59 or 11.5% reported having very good sexual relationships, 90 or 17.6% reported having good sexual relationships, 91 or 17.8% reported having somewhat good sexual relationships, 77 or 15.0% reported having fair sexual relationships, 58 or 11.3% reported having somewhat poor sexual relationships, 36 or 7.0% reported having poor sexual relationships, and 101 or 19.7% reported having very poor sexual relationships.

Frequency of loneliness

	BEFORE		AFTER	
	N	%	N	%
Never	15	1.7	59	6.8
Almost Never	24	2.8	220	25.4
Infrequently	40	4.6	237	27.4
Occasionally	55	6.4	164	18.9
Fairly Often	117	13.5	101	11.7
Often	229	26.4	56	6.5
Very Often	386	44.6	29	3.3

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 386 or 44.6% reported being lonely very often, 229 or 26.4% reported being lonely often, 117 or 13.5% reported being lonely fairly often, 55 or 6.4% reported being lonely occasionally, 40 or 4.6% reported being lonely infrequently, 24 or 2.8% reported being lonely almost never, and 15 or 1.7% reported never being lonely.

At the time participants completed the survey, 59 or 6.8% reported never being lonely, 220 or 25.4% reported being lonely almost never, 237 or 27.4% reported being lonely infrequently, 164 or 18.9% reported being lonely occasionally, 101 or 11.7% reported being lonely fairly often, 56 or 6.5% reported being lonely often, and 29 or 3.3% reported being lonely very often.

**Ability to develop meaningful and satisfying relationships
with a broad variety of people**

	BEFORE		AFTER	
	N	%	N	%
Very Good	20	2.3	122	14
Good	44	5.1	239	27.5
Somewhat Good	66	7.6	208	23.9
Fair	95	10.9	162	18.6
Somewhat Poor	165	19	86	9.9
Poor	252	29	40	4.6
Very Poor	227	26.1	12	1.4

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 227 or 26.1% reported having very poor ability, 252 or 29.0% reported having poor ability, 165 or 19.0% reported having somewhat poor ability, 95 or 10.9% reported having fair ability, 66 or 7.6% reported having somewhat good ability, 44 or 5.1% reported having good ability, and 20 or 2.3% reported having very good ability.

At the time participants completed the survey, 122 or 14.0% reported having very good ability, 239 or 27.5% reported having good ability, 208 or 23.9% reported having somewhat good ability, 162 or 18.6% reported having fair ability, 86 or 9.9% reported having somewhat poor ability, 40 or 4.6% reported having poor ability, and 12 or 1.4% reported having very poor ability.

Emotional Stability

	BEFORE		AFTER	
	N	%	N	%
Very Good	9	1	86	9.9
Good	18	2.1	290	33.4
Somewhat Good	46	5.3	249	28.7
Fair	87	10	133	15.3
Somewhat Poor	150	17.3	74	8.5
Poor	242	27.9	26	3
Very Poor	315	36.3	9	1

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 315 or 36.3% reported having very poor emotional stability, 242 or 27.9% reported having poor emotional stability, 150 or 17.3% reported having somewhat poor emotional stability, 87 or 10.0% reported having fair emotional stability, 46 or 5.3% reported having somewhat good emotional stability, 18 or 2.1% reported having good emotional stability, and 9 or 1.0% reported having very good emotional stability.

At the time participants completed the survey, 86 or 9.9% reported having very good emotional stability, 290 or 33.4% reported having good emotional stability, 249 or 28.78% reported having somewhat good emotional stability, 133 or 15.3% reported having fair emotional stability, 74 or 8.5% reported having somewhat poor emotional stability, 26 or 3.0% reported having poor emotional stability, and 9 or 1.0% reported having very poor emotional stability.

Emotional Maturity

	BEFORE		AFTER	
	N	%	N	%
Very Good	5	0.6	79	9.1
Good	19	2.2	299	34.4
Somewhat Good	36	4.1	245	28.2
Fair	71	8.2	160	18.4
Somewhat Poor	171	19.7	54	6.2
Poor	250	28.7	27	3.1
Very Poor	318	36.6	6	0.7

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 318 or 36.6% reported having very poor emotional maturity, 250 or 28.7% reported having poor emotional maturity, 171 or 19.7% reported having somewhat poor emotional maturity, 71 or 8.2% reported having fair emotional maturity, 36 or 4.1% reported having somewhat good emotional maturity, 19 or 2.2% reported having good emotional maturity, and 5 or .6% reported having very good emotional maturity.

At the time participants completed the survey, 79 or 9.1% reported having very good emotional maturity, 299 or 34.4% reported having good emotional maturity, 245 or 28.2% reported having somewhat good emotional maturity, 160 or 18.4% reported having fair emotional maturity, 54 or 6.2% reported having somewhat poor emotional maturity, 27 or 3.1% reported having poor emotional maturity, and 6 or .7% reported having very poor emotional maturity.

Spirituality

	BEFORE		AFTER	
	N	%	N	%
Very Good	22	2.5	224	25.8
Good	47	5.4	329	37.9
Somewhat Good	80	9.2	185	21.3
Fair	123	14.2	79	9.1
Somewhat Poor	200	23.1	22	2.5
Poor	154	17.8	18	2.1
Very Poor	241	27.8	10	1.2

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 241 or 27.8% reported having very poor spirituality, 154 or 17.8% reported having poor spirituality, 200 or 23.1% reported having somewhat poor spirituality, 123 or 14.2% reported having fair spirituality, 80 or 9.2% reported having somewhat good spirituality, 47 or 5.4% reported having good spirituality, and 22 or 2.5% reported having very good spirituality.

At the time participants completed the survey, 224 or 25.8% reported having very good spirituality, 329 or 37.9% reported having good spirituality, 185 or 21.3% reported having somewhat good spirituality, 79 or 9.1% reported having fair spirituality, 22 or 2.5% reported having somewhat poor spirituality, 18 or 21% reported having poor spirituality, and 10 or 1.2% reported having very poor spirituality.

Relationship with church or temple

	BEFORE		AFTER	
	N	%	N	%
Very Good	45	5.3	260	30.6
Good	81	9.5	275	32.3
Somewhat Good	71	8.3	146	17.2
Fair	131	15.4	70	8.2
Somewhat Poor	128	15	46	5.4
Poor	139	16.3	28	3.3
Very Poor	256	30.1	26	3.1

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 256 or 30.1% reported having a very poor relationship, 139 or 16.3% reported having a poor relationship, 128 or 15.0% reported having a somewhat poor relationship, 131 or 15.4% reported having a fair relationship, 71 or 8.3% reported having a somewhat good relationship, 81 or 9.5% reported having a good relationship, and 45 or 5.3% reported having a very good relationship.

At the time participants completed the survey, 260 or 30.6% reported having a very good relationship, 275 or 32.3% reported having a good relationship, 146 or 17.2% reported having a somewhat good relationship, 70 or 8.2% reported having a fair relationship, 46 or 5.4% reported having a somewhat poor relationship, 28 or 3.3% reported having a poor relationship, and 26 or 3.1% reported having a very poor relationship.

Relationship with God

	BEFORE		AFTER	
	N	%	N	%
Very Good	27	3.1	280	32.4
Good	56	6.5	299	34.6
Somewhat Good	80	9.3	157	18.2
Fair	109	12.6	72	8.3
Somewhat Poor	167	19.4	32	3.7
Poor	177	20.5	12	1.4
Very Poor	247	28.6	11	1.3

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 247 or 28.6% reported having a very poor relationship, 177 or 20.5% reported having a poor relationship, 167 or 19.4% reported having a somewhat poor relationship, 109 or 12.6% reported having a fair relationship, 80 or 9.3% reported having a somewhat good relationship, 56 or 6.5% reported having a good relationship, and 27 or 3.1% reported having a very good relationship.

At the time participants completed the survey, 280 or 32.4% reported having a very good relationship, 299 or 34.6% reported having a good relationship, 157 or 18.2% reported having a somewhat good relationship, 72 or 8.3% reported having a fair relationship, 32 or 3.7% reported having a somewhat poor relationship, 12 or 1.4% reported having a poor relationship, and 11 or 1.3% reported having a very poor relationship.

Relationship with the most influential father-figure of early years

	BEFORE		AFTER	
	N	%	N	%
Very Good	13	1.7	52	6.7
Good	20	2.6	134	17.4
Somewhat Good	27	3.5	188	24.4
Fair	67	8.7	152	19.7
Somewhat Poor	145	18.8	113	14.7
Poor	197	25.6	60	7.8
Very Poor	302	39.2	72	9.3

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 302 or 39.2% reported having a very poor relationship, 197 or 25.6% reported having a poor relationship, 145 or 18.8% reported having a somewhat poor relationship, 67 or 8.7% reported having a fair relationship, 27 or 3.5% reported having a somewhat good relationship, 20 or 2.6% reported having a good relationship, and 13 or 1.7% reported having a very good relationship.

At the time participants completed the survey, 52 or 6.7% reported having a very good relationship, 134 or 17.4% reported having a good relationship, 188 or 24.4% reported having a somewhat good relationship, 152 or 19.7% reported having a fair relationship, 113 or 14.7% reported having a somewhat poor relationship, 60 or 7.8% reported having a poor relationship, and 72 or 9.3% reported having a very poor relationship.

Relationship with the most influential mother-figure of early years

	BEFORE		AFTER	
	N	%	N	%
Very Good	53	6.5	105	12.9
Good	88	10.9	203	25
Somewhat Good	124	15.3	192	23.7
Fair	164	20.2	168	20.7
Somewhat Poor	118	14.5	69	8.5
Poor	128	15.8	37	4.6
Very Poor	136	16.8	37	4.6

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 136 or 16.8% reported having a very poor relationship, 128 or 15.8% reported having a poor relationship, 118 or 14.5% reported having a somewhat poor relationship, 164 or 20.2% reported having a fair relationship, 124 or 15.3% reported having a somewhat good relationship, 88 or 10.9% reported having a good relationship, and 53 or 6.5% reported having a very good relationship.

At the time participants completed the survey, 105 or 12.9% reported having a very good relationship, 203 or 25% reported having a good relationship, 192 or 23.7% reported having a somewhat good relationship, 168 or 20.7% reported having a fair relationship, 69 or 8.5% reported having a somewhat poor relationship, 37 or 4.6% reported having a poor relationship, and 37 or 4.6% reported having a very poor relationship.

Relationship with family

	BEFORE		AFTER	
	N	%	N	%
Very Good	22	2.6	86	10
Good	48	5.6	229	26.7
Somewhat Good	106	12.4	221	25.8
Fair	165	19.2	167	19.5
Somewhat Poor	198	23.1	93	10.8
Poor	189	22	44	5.1
Very Poor	130	15.2	18	2.1

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 130 or 15.2% reported having a very poor relationship, 189 or 22% reported having a poor relationship, 198 or 23.1% reported having a somewhat poor relationship, 165 or 19.2% reported having a fair relationship, 106 or 12.4% reported having a somewhat good relationship, 48 or 5.6% reported having a good relationship, and 22 or 2.6% reported having a very good relationship.

At the time participants completed the survey, 86 or 10% reported having a very good relationship, 229 or 26.7% reported having a good relationship, 221 or 25.8% reported having a somewhat good relationship, 167 or 19.5% reported having a fair relationship, 93 or 10.8% reported having a somewhat poor relationship, 44 or 5.1% reported having a poor relationship, and 18 or 2.1% reported having a very poor relationship.

Frequency of self-defeating behaviors

	BEFORE		AFTER	
	N	%	N	%
Never	7	0.8	70	8.2
Almost Never	10	1.2	273	32.1
Infrequently	27	3.2	262	30.8
Occasionally	53	6.2	152	17.9
Fairly Often	123	14.5	61	7.2
Often	248	29.2	28	3.3
Very Often	382	44.9	4	0.5

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 382 or 44.9% reported having self-defeating behaviors very often, 248 or 29.2% reported having self-defeating behaviors often, 123 or 14.5% reported having self-defeating behaviors fairly often, 53 or 6.2% reported having self-defeating behaviors occasionally, 27 or 3.2% reported having self-defeating behaviors infrequently, 10 or 1.2% reported having self-defeating behaviors almost never, and 7 or .8% reported never having self-defeating behaviors.

At the time participants completed the survey, 70 or 8.2% reported never having self-defeating behaviors, 273 or 32.1% reported having self-defeating behaviors almost never, 262 or 30.8% reported having self-defeating behaviors infrequently, 152 or 17.9% reported having self-defeating behaviors occasionally, 61 or 7.2% reported having self-defeating behaviors fairly often, 28 or 3.3% reported having self-defeating behaviors often, and 4 or .5% reported having self-defeating behaviors very often.

Severity of depression

	BEFORE		AFTER	
	N	%	N	%
None	21	2.4	129	14.9
Mild	44	5.1	300	34.7
Fairly Mild	58	6.7	221	25.5
Fair	90	10.4	126	14.6
Fairly Severe	153	17.7	48	5.5
Severe	238	27.5	30	3.5
Very Severe	261	30.2	11	1.3

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 261 or 30.2% reported having very severe depression, 238 or 27.5% reported having severe depression, 153 or 17.7% reported having fairly severe depression, 90 or 10.4% reported having fair depression, 58 or 6.7% reported having fairly mild depression, 44 or 5.1% reported having mild depression, and 21 or 2.4% reported having no depression.

At the time participants completed the survey, 129 or 14.9% reported having no depression, 300 or 34.7% reported having mild depression, 221 or 25.5% reported having fairly mild depression, 126 or 14.6% reported having fair depression, 48 or 5.5% reported having fairly severe depression, 30 or 3.5% reported having severe depression, and 11 or 1.3% reported having very severe depression.

Frequency of homosexual thoughts and feelings

	BEFORE		AFTER	
	N	%	N	%
Never	5	0.6	54	6.2
Almost Never	12	1.4	226	25.9
Infrequently	7	0.8	220	25.2
Occasionally	26	3	182	20.8
Fairly Often	76	8.7	105	12
Often	185	21.2	55	6.3
Very Often	562	64.4	31	3.6

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 562 or 64.4% reported having homosexual thoughts and feelings very often, 185 or 21.2% reported having homosexual thoughts and feelings often, 76 or 8.7% reported having homosexual thoughts and feelings fairly often, 26 or 3% reported having homosexual thoughts and feelings occasionally, 7 or .8% reported having homosexual thoughts and feelings infrequently, 12 or 1.4% reported having homosexual thoughts and feelings almost never, and 5 or .6% reported never having homosexual thoughts and feelings.

At the time participants completed the survey, 54 or 6.2% reported never having homosexual thoughts and feelings, 226 or 25.9% reported having homosexual thoughts and feelings almost never, 220 or 25.2% reported having homosexual thoughts and feelings infrequently, 182 or 20.8% reported having homosexual thoughts and feelings occasionally, 105 or 12% reported having homosexual thoughts and feelings fairly often, 55 or 6.3% reported having homosexual thoughts and feelings often, and 31 or 3.6% reported having homosexual thoughts and feelings very often.

Intensity of homosexual thoughts and feelings

	BEFORE		AFTER	
	N	%	N	%
None	3	0.3	81	9.3
Mild	9	1	270	31.1
Fairly Mild	11	1.3	206	23.7
Fair	30	3.5	155	17.9
Fairly Intense	82	9.4	91	10.5
Intense	187	21.5	41	4.7
Very Intense	546	62.9	24	2.8

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 546 or 62.9% reported having very intense homosexual thoughts and feelings, 187 or 21.5% reported having intense homosexual thoughts and feelings, 82 or 9.4% reported having fairly intense homosexual thoughts and feelings, 30 or 3.5% reported having fair homosexual thoughts and feelings, 11 or 1.3% reported having fairly mild homosexual thoughts and feelings, 9 or 1% reported having mild homosexual thoughts and feelings, and 3 or .3% reported having no homosexual thoughts and feelings.

At the time participants completed the survey, 81 or 9.3% reported having no homosexual thoughts and feelings, 270 or 31.1% reported having mild homosexual thoughts and feelings, 206 or 23.7% reported having fairly mild thoughts and feelings, 155 or 17.9% reported having fair homosexual thoughts and feelings, 91 or 10.5% reported having fairly intense homosexual thoughts and feelings, 41 or 4.7% reported having intense homosexual thoughts and feelings, and 24 or 2.8% reported having very intense homosexual thoughts and feelings.

Frequency of homosexual behaviors without a partner

	BEFORE		AFTER	
	N	%	N	%
Never	43	5	258	29.8
Almost Never	30	3.5	255	29.5
Infrequently	44	5.1	139	16.1
Occasionally	51	5.9	98	11.3
Fairly Often	124	14.3	59	6.8
Often	211	24.4	39	4.5
Very Often	362	41.8	17	2

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 362 or 41.8% reported having homosexual behaviors without a partner very often, 211 or 24.4% reported having homosexual behaviors without a partner often, 124 or 14.3% reported having homosexual behaviors without a partner fairly often, 51 or 5.9% reported having homosexual behaviors without a partner occasionally, 44 or 5.1% reported having homosexual behaviors without a partner infrequently, 30 or 3.5% reported having homosexual behaviors without a partner almost never, and 43 or 5% reported never having homosexual behaviors without a partner.

At the time participants completed the survey, 258 or 29.8% reported never having homosexual behaviors without a partner, 255 or 29.5% reported having homosexual behaviors without a partner almost never, 139 or 16.1% reported having homosexual behaviors without a partner infrequently, 98 or 11.3% reported having homosexual behaviors without a partner occasionally, 59 or 6.8% reported having homosexual behaviors without a partner fairly often, 39 or 4.5% reported having homosexual behaviors without a partner often, and 17 or 2% reported having homosexual behaviors without a partner very often.

Frequency of homosexual behaviors with a partner

	BEFORE		AFTER	
	N	%	N	%
Never	115	13.4	626	73.1
Almost Never	80	9.3	125	14.6
Infrequently	53	6.2	44	5.1
Occasionally	84	9.8	23	2.7
Fairly Often	144	16.8	19	2.2
Often	127	14.8	11	1.3
Very Often	253	29.6	8	0.9

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 253 or 29.6% reported having homosexual behaviors with a partner very often, 127 or 14.8% reported having homosexual behaviors with a partner often, 144 or 16.8% reported having homosexual behaviors with a partner fairly often, 84 or 9.8% reported having homosexual behaviors with a partner occasionally, 53 or 6.2% reported having homosexual behaviors with a partner infrequently, 80 or 9.3% reported having homosexual behaviors with a partner almost never, and 115 or 13.4% reported never having homosexual behaviors with a partner.

At the time participants completed the survey, 626 or 73.1% reported never having homosexual behaviors with a partner, 125 or 14.6% reported having homosexual behaviors with a partner almost never, 44 or 5.1% reported having homosexual behaviors with a partner infrequently, 23 or 2.7% reported having homosexual behaviors with a partner occasionally, 19 or 2.2% reported having homosexual behaviors with a partner fairly often, 11 or 1.3% reported having homosexual behaviors with a partner often, and 8 or .9% reported having homosexual behaviors with a partner very often.

Distress from homosexual thoughts and feelings

	BEFORE		AFTER	
	N	%	N	%
None	17	2	163	18.9
Almost None	30	3.5	244	28.2
Infrequently	34	3.9	178	20.6
Occasionally	44	5.1	104	12
Fair Amount	97	11.2	71	8.2
A Lot	213	24.7	47	5.4
Very Much	429	49.7	57	6.6

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 429 or 49.7% reported having distress from homosexual thoughts and feelings very much, 213 or 24.7% reported having distress from homosexual thoughts and feelings a lot, 97 or 11.2% reported having distress from homosexual thoughts and feelings a fair amount, 44 or 5.1% reported having distress from homosexual thoughts and feelings occasionally, 34 or 3.9% reported having distress from homosexual thoughts and feelings infrequently, 30 or 3.5% reported having almost no distress from homosexual thoughts and feelings, and 17 or 2% reported having no distress from homosexual thoughts and feelings.

At the time participants completed the survey, 163 or 18.9% reported having no distress from homosexual thoughts and feelings, 244 or 28.2% reported having almost no distress from homosexual thoughts and feelings, 178 or 20.6% reported having distress from homosexual thoughts and feelings infrequently, 104 or 12% reported having distress from homosexual thoughts and feelings occasionally, 71 or 8.2% reported having distress from homosexual thoughts and feelings a fair amount, 47 or 5.4% reported having distress from homosexual thoughts and feelings a lot, and 57 or 6.6% reported having distress from homosexual thoughts and feelings very much.

Distress from homosexual behaviors without a partner

BEFORE			AFTER	
	N	%	N	%
None	57	7	234	28.8
Almost None	55	6.8	205	25.2
Infrequently	47	5.8	121	14.9
Occasionally	76	9.4	90	11.1
Fair Amount	140	17.2	74	9.1
A Lot	186	22.9	52	6.4
Very Much	251	30.9	36	4.4

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 251 or 30.9% reported having distress from homosexual behaviors without a partner very much, 186 or 22.9% reported having distress from homosexual behaviors without a partner a lot, 140 or 17.2% reported having distress from homosexual behaviors without a partner a fair amount, 76 or 9.4% reported having distress from homosexual behaviors without a partner occasionally, 47 or 5.8% reported having distress from homosexual behaviors without a partner infrequently, 55 or 6.8% reported having almost no distress from homosexual behaviors without a partner, and 57 or 7% reported having no distress from homosexual behaviors without a partner.

At the time participants completed the survey, 234 or 28.8% reported having no distress from homosexual behaviors without a partner, 205 or 25.2% reported having almost no distress from homosexual behaviors without a partner, 121 or 14.9% reported having distress from homosexual behaviors without a partner infrequently, 90 or 11.1% reported having distress from homosexual behaviors without a partner occasionally, 74 or 9.1% reported having distress from homosexual behaviors without a partner a fair amount, 52 or 6.4% reported having distress from homosexual behaviors without a partner a lot, and 36 or 4.4% reported having distress from homosexual behaviors without a partner very much.

Distress from homosexual behaviors with a partner

	BEFORE		AFTER	
	N	%	N	%
None	92	12.9	412	57.7
Almost None	35	4.9	85	11.9
Infrequently	38	5.3	44	6.2
Occasionally	58	8.1	38	5.3
Fair Amount	83	11.6	31	4.3
A Lot	147	20.6	33	4.6
Very Much	261	36.6	71	9.9

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 261 or 36.6% reported having distress from homosexual behaviors with a partner very much, 147 or 20.6% reported having distress from homosexual behaviors with a partner a lot, 83 or 11.6% reported having distress from homosexual behaviors with a partner a fair amount, 58 or 8.1% reported having distress from homosexual behaviors with a partner occasionally, 38 or 5.3% reported having distress from homosexual behaviors with a partner infrequently, 35 or 4.9% reported having almost no distress from homosexual behaviors with a partner, and 92 or 12.9% reported having no distress from homosexual behaviors with a partner.

At the time participants completed the survey, 412 or 57.7% reported having no distress from homosexual behaviors with a partner, 85 or 11.9% reported having almost no distress from homosexual behaviors with a partner, 44 or 6.2% reported having distress from homosexual behaviors with a partner infrequently, 38 or 5.3% reported having distress from homosexual behaviors with a partner occasionally, 31 or 4.3% reported having distress from homosexual behaviors with a partner a fair amount, 33 or 4.6% reported having distress from homosexual behaviors with a partner a lot, and 71 or 9.9% reported having distress from homosexual behaviors with a partner very much.

Interest in heterosexual dating

BEFORE			AFTER	
	N	%	N	%
Very High	31	4.1	169	22.4
High	28	3.7	112	14.8
Somewhat High	50	6.6	126	16.7
Fair	63	8.3	98	13
Somewhat Low	101	13.4	81	10.7
Low	155	20.5	68	9
Very Low	328	43.4	102	13.5

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 328 or 43.4% reported having interest in heterosexual dating as very low, 155 or 20.5% reported interest in heterosexual dating as low, 101 or 13.4% reported interest in heterosexual dating as somewhat low, 63 or 8.3% reported interest in heterosexual dating as fair, 50 or 6.6% reported interest in heterosexual dating as somewhat high, 28 or 3.7% reported interest in heterosexual dating as high, and 31 or 4.1% reported interest in heterosexual dating as very high.

At the time participants completed the survey, 169 or 22.4% reported interest in heterosexual dating as very high, 112 or 14.8% reported interest in heterosexual dating as high, 126 or 16.7% reported interest in heterosexual dating as somewhat high, 98 or 13% reported interest in heterosexual dating as fair, 81 or 10.7% reported interest in heterosexual dating as somewhat low, 68 or 9% reported interest in heterosexual dating as low, and 102 or 13.5% reported interest in heterosexual dating as very low.

Openness toward the possibility of marriage

	BEFORE		AFTER	
	N	%	N	%
Very Great	78	10.4	318	42.3
Great	41	5.5	120	16
A Lot	61	8.1	83	11.1
Fair Amount	73	9.7	90	12
Some	80	10.7	54	7.2
Little	120	16	38	5.1
Very Little	298	39.7	48	6.4

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 298 or 39.7% reported having very little openness toward the possibility of marriage, 120 or 16% reported having little openness, 80 or 10.7% reported having some openness, 73 or 9.7% reported having a fair amount of openness, 61 or 8.1% reported having a lot of openness, 41 or 5.5% reported having great openness, and 78 or 10.4% reported having very great openness toward the possibility of marriage.

At the time participants completed the survey, 318 or 42.3% reported having very great openness toward the possibility of marriage, 120 or 16% reported having great openness, 83 or 11.1% reported having a lot of openness, 90 or 12% reported having a fair amount of openness, 54 or 7.2% reported having some openness, 38 or 5.1% reported having little openness, and 48 or 6.4% reported having very little openness.

Sense of personal identity deriving from self or from others

	BEFORE		AFTER	
	N	%	N	%
Self	74	9.2	100	12.4
Mostly from Self	82	10.1	237	29.3
Somewhat from self	57	7.1	168	20.8
Half from self/ Half from Others	77	9.5	131	16.2
Somewhat from Others	119	14.7	75	9.3
Mostly from Others	210	26	58	7.2
Others	189	23.4	39	4.8

At the time in participant's lives that they most strongly experienced homosexual thoughts, feelings, and/or behaviors, 189 or 23.4% reported their sense of personal identity deriving from others, 210 or 26% reported their sense of personal identity deriving mostly from others, 119 or 14.7% reported their sense of personal identity deriving somewhat from others, 77 or 9.5% reported their sense of personal identity deriving half from self/half from others, 57 or 7.1% reported their sense of personal identity deriving somewhat from self, 82 or 10.1% reported their sense of personal identity deriving mostly from self, and 74 or 9.2% reported their sense of personal identity deriving from self.

At the time participants completed the survey, 100 or 12.4% reported their sense of personal identity deriving from self, 238 or 29.3% reported their sense of personal identity deriving mostly from self, 168 or 20.8% reported their sense of personal identity deriving somewhat from self, 131 or 16.2% reported their sense of personal identity deriving half from self/half from others, 75 or 9.3% reported their sense of personal identity deriving somewhat from others, 58 or 7.2% reported their sense of personal identity deriving mostly from others, and 39 or 4.8% reported their sense of personal identity deriving from others.