Please answer the following questions with respect to getting help by attempting to change your same-sex attraction and/or behavior. Sex will be defined as: touching genitals, oral, anal, or vaginal intercourse. Circle what best describes you:

Six months before getting help, how often did you:

7.	Have homosexual sex?	almost daily	weekly	monthly	yearly	almost never
8.	Experience homosexual passionate kissing?	almost daily	weekly	monthly	yearly	almost never
9.	Look with lust or daydream about having homosexual sex?	almost daily	weekly	monthly	yearly	almost never
10.	Desire romantic, emotional, homosexual intimacy?	almost daily	weekly	monthly	yearly	almost never
11.	Have heterosexual sex?	almost daily	weekly	monthly	yearly	almost never
12.	Experience heterosexual passionate kissing?	almost daily	weekly	monthly	yearly	almost never
13.	Look with lust or daydream about having heterosexual sex?	almost daily	weekly	monthly	yearly	almost never
14.	Desire romantic, emotional, heterosexual intimacy?	almost daily	weekly	monthly	yearly	almost never

9. Please rate your sexual attraction six months before getting help:

Homosexual Almost entirely homosexual More homosexual than heterosexual Bi-sexual
More heterosexual than homosexual Almost entirely heterosexual Heterosexual

Currently, how often do you:

10.	Have homosexual sex?	almost daily	weekly	monthly	yearly	almost never
11.	Experience homosexual passionate kissing?	almost daily	weekly	monthly	yearly	almost never
12.	Look with lust or daydream about having homosexual sex?	almost daily	weekly	monthly	yearly	almost never
13.	Desire romantic, emotional, homosexual intimacy?	almost daily	weekly	monthly	yearly	almost never
14.	Have heterosexual sex?	almost daily	weekly	monthly	yearly	almost never
15.	Experience heterosexual passionate kissing?	almost daily	weekly	monthly	yearly	almost never
16.	Look with lust or daydream about having heterosexual sex?	almost daily	weekly	monthly	yearly	almost never
17.	Desire romantic, emotional, heterosexual intimacy?	almost daily	weekly	monthly	yearly	almost never

18. Please rate your current sexual attraction:

Homosexual Almost entirely homosexual More homosexual than heterosexual Bi-sexual
More heterosexual than homosexual Almost entirely heterosexual Heterosexual

Please answer the next series of questions with respect to six months prior to your getting help about your same sex attraction. Marriage for this survey's purpose will be defined between a man and woman.

19. What was your marital status?

1. Single 2. Married 3. Engaged 4. Divorced 5. Separated 6. Widowed Other:_____

20. In those six months, how did you define your sexual identity?

Homosexual Almost entirely homosexual More homosexual than heterosexual Bi-sexual
More heterosexual than homosexual Almost entirely heterosexual Heterosexual

Please answer the next series of questions with respect to your current situation.

21. What is your marital status?

1. Single 2. Married 3. Engaged 4. Divorced 5. Separated 6. Widowed Other:_____

22. How do you define your sexual identity?

Homosexual Almost entirely homosexual More homosexual than heterosexual Bi-sexual
More heterosexual than homosexual Almost entirely heterosexual Heterosexual

Circle all of the kinds of help that you received to change your same-sex sexual attraction and/or behavior?

Circle the total number of sessions/meetings (include telephone, individual and group session

23. Psychiatrist (medical doctor)	1-10	10-25	25-50	50-100	100-200	200+
24. Psychologist	1-10	10-25	25-50	50-100	100-200	200+
25. Social worker	1-10	10-25	25-50	50-100	100-200	200+
26. Mental health, family or marriage counselor	1-10	10-25	25-50	50-100	100-200	200+
27. Pastoral Counselor	1-10	10-25	25-50	50-100	100-200	200+
28. Ex-gay or other religious support group	1-10	10-25	25-50	50-100	100-200	200+
29. Non-religious peer support group	1-10	10-25	25-50	50-100	100-200	200+
30. Same gender retreat	1-10	10-25	25-50	50-100	100-200	200+
31. A mentoring relationship with an individual	1 month	1-6 months	6-11 months	1-2 years	2+ years	
32. Intense individual study of books, papers, media info. to change your same sex attraction/ behavior.	1 month	1-6 months	6-11 months	1-2 years	2+ years	

THERAPEUTIC INTERVENTIONS

Please circle the helpfulness of each intervention in your change efforts:

	none	**slightly**	**moderately**	**markedly**	**extremely so**	**not applicable**
33. Psychiatrist (MD)	1	2	3	4	5	0
34. Psychologist	1	2	3	4	5	0
35. Social Worker	1	2	3	4	5	0
36. Mental Health, family/ marriage counselor	1	2	3	4	5	0
37. Pastoral counselor	1	2	3	4	5	0
38. Ex-gay or other religious support group	1	2	3	4	5	0
39. Non-religious peer support group	1	2	3	4	5	0
40. Same gender weekend/ retreat	1	2	3	4	5	0
41. A mentoring relationship/ the purpose of changing same-sex sexual attraction/ behavior	1	2	3	4	5	0
42. Intense individual study (books, papers, tapes, videos, internet, conference presentations) to change same-sex sexual attraction/ behavior	1	2	3	4	5	0

43. If you checked off more than one of the above ten kinds of help, circle the question number that was most helpful.

33 34 35 36 37 38 39 40 41 42

THERAPEUTIC TECHNIQUES

Please circle the <u>helpfulness</u> or the <u>harmfulness</u> of each technique in your change effort:

1=extremely helpful; **2**=markedly helpful; **3**=moderately helpful; **4**=slightly helpful; **5**= not helpful or harmful
6= slightly harmful; **7=** moderately harmful; **8=** markedly harmful; **9=** extremely harmful; **0**=not applicable

	<u>Helpful</u>					**<u>Harmful</u>**				**<u>N/A</u>**
44. Getting healthy non-sexual touch from someone of the same gender.	1	2	3	4	5	6	7	8	9	0
45. Doing things that made you feel more masculine (for men) or more feminine (for women).	1	2	3	4	5	6	7	8	9	0
46. Meditation and spiritual work (e.g, scripture study, praying, confession to spiritual leader, faith in God, experiencing God's love, acceptance, and forgiveness)	1	2	3	4	5	6	7	8	9	0
47. Exploring linkages between your childhood and family experiences & your same-sex sexual attraction &/or behavior	1	2	3	4	5	6	7	8	9	0
48. Understanding better the causes of your homosexuality and your emotional needs and issues	1	2	3	4	5	6	7	8	9	0
49. Learning to maintain appropriate boundaries	1	2	3	4	5	6	7	8	9	0
50. Thought stopping (e.g. stopping homosexual thoughts)	1	2	3	4	5	6	7	8	9	0
51. Avoiding situations that trigger homosexual feelings	1	2	3	4	5	6	7	8	9	0
52. Developing nonsexual relationships with same-sex peers mentors, family members & friends	1	2	3	4	5	6	7	8	9	0
53. Developing a stronger desire to change	1	2	3	4	5	6	7	8	9	0
54. The cognitive reframing of homosexual desire as a symptom of emotional distress in order to explain away such desire while lessening fear and guilt	1	2	3	4	5	6	7	8	9	0
55. Imagining getting AIDS or another aversion image when aroused by the same sex (covert desensitization)	1	2	3	4	5	6	7	8	9	0
56. Abstaining from masturbation	1	2	3	4	5	6	7	8	9	0
57. Using heterosexual surrogates	1	2	3	4	5	6	7	8	9	0
58. Playing team sports	1	2	3	4	5	6	7	8	9	0
59. Going to the gym	1	2	3	4	5	6	7	8	9	0
60. Exercise alone or with others who provide no sexual temptation	1	2	3	4	5	6	7	8	9	0

61. Which therapeutic re-orientation approach did you find most helpful used by the clinician?

Cognitive Behavioral Rogerian Psychoanalysis Gestalt Humanistic Existential None listed Don't know

62. Which therapeutic re-orientation approach did you find most harmful used by the clinician?

Cognitive Behavioral Rogerian Psychoanalysis Gestalt Humanistic Existential None listed Don't know

As a result of your change efforts, circle the <u>positive</u> changes you have noticed in the following areas.

	none	slightly	moderately	markedly	extremely so	not applicable
63. Self-esteem	1	2	3	4	5	0
64. Depression	1	2	3	4	5	0
65. Self-harmful behavior	1	2	3	4	5	0
66. Thoughts /attempts of suicide	1	2	3	4	5	0
67. Social functioning	1	2	3	4	5	0
68. Alcohol and substance abuse	1	2	3	4	5	0

As a result of your change efforts, circle the <u>negative</u> changes you have noticed in the following areas.

	none	slightly	moderately	markedly	extremely so	not applicable
69. Self-esteem	1	2	3	4	5	0
70. Depression	1	2	3	4	5	0
71. Self-harmful behavior	1	2	3	4	5	0
72. Thoughts /attempts of suicide	1	2	3	4	5	0
73. Social functioning	1	2	3	4	5	0
74. Alcohol and substance abuse	1	2	3	4	5	0

75. Are you currently in therapy for your same sex attraction? Yes No

76. If not currently in therapy for your same sex attraction, how long ago did you stop therapy?
Less than 1 month 1 month to 1year More than 1 year to 2 years
More than 2 years to 5 years More than 5 years Not applicable

77. Why did you decide to try to change your same sex thoughts, feelings and behaviors?
1. Religious beliefs 2. Desire to have biological children 3. Desire to marry a person of the opposite sex.
4. Cultural pressure/ acceptance 5. Family pressure/ acceptance 6. Strengthen a current marriage
7. Other _____

BACKGROUND INFORMATION

78. Gender: Male Female

79. Where do you live in the USA now?
West coast Mid West Central Mid East East Coast North East South South East Other_____

80. If presently married, how many years? 1-5 5-10 10-25 25-50 50+

81. How many children do you have? 1 2 3 4 5+

82. Regardless of employment, what is your occupation? _____

83. Your Age: 18-25 26-35 36-45 46-55 55-65 66+

84. Ethnicity:
African American/Black Asian/Pacific islander Native American Hispanic
Caucasian/White Arabic Multi racial Other (please specify)_____

85. Annual <u>household</u> income before taxes:
$0 - $10,000 $10,001 - $25,000 $25,001 - $50,000 $50,001 - $75,000
$75,001 - $100,000 $100,000 - $150,000 $150,001+

86. Your Highest level of education:
Grade school High School Trade School Some College (including Associates Degree) Bachelors Degree
Masters Degree Doctoral Degree

87. How often do you attend religious services?
Daily Few times a week Once a week A few times a month Major holidays Rarely or Never

88. Faith/Denomination:
Baptist Roman Catholic Episcopal Lutheran Methodist
Other Christian Non-Denominational Christian Jewish Buddhist
Muslim Agnostic Atheist Other (please specify) _____