

Table 3

Helpfulness Ratings by Method for Full Sample (Ordered by Degree of Helpfulness) and Sexual Identity Group Comparisons

Method Factor		Method (n)	Full Sample		Non-LGB+		LGB+		df	t	p	Hedge's g
#	#		M	SD	M(n)	SD	M(n)	SD				
25	5	Identifying Authentic Needs (242)	8.03	1.24	8.01(89)	1.13	8.04(153)	1.31	240	-.17	.866	.02
11	2	Accepting Non-Judgmentally (255)	7.98	1.47	7.71(89)	1.71	8.12(166)	1.30	253	-1.99	.049	.28
23	5	Reduce Depression/Anxiety (240)	7.90	1.20	7.72(87)	1.31	8.01(153)	1.13	238	-1.75	.081	.24
24	5	Learning Assertiveness (206)	7.86	1.23	7.85(74)	1.31	7.87(132)	1.14	204	-.11	.912	.02
28	7	Learning to Connect with Others (216)	7.77	1.38	7.90(79)	1.14	7.70(137)	1.50	214	1.02	.310	.14
13	2	Express Self, Don't Hold In (215)	7.62	1.65	7.09(68)	1.69	7.86(147)	1.57	213	-3.28	.001	.48
15	2	Affirm Own Way of Gender (233)	7.55	1.44	7.49(80)	1.32	7.59(153)	1.51	231	-.51	.614	.07
29	7	Working Through Trauma (153)	7.49	1.72	7.57(65)	1.65	7.43(88)	1.78	151	.49	.627	.08
30	-	Helping Others Distressed (217)	7.45	1.41	7.57(75)	1.10	7.39(142)	1.54	215	.93	.356	.13
14	2	"Coming Out" SSA/LGBT (238)	7.41	1.88	6.81(75)	1.77	7.68(163)	1.87	236	-3.38	.001	.47
26	6	Demystifying and Identifying (202)	7.29	1.81	7.57(82)	1.48	7.10(120)	1.99	200	1.83	.069	.26
31	-	Accepting Sexuality & Religion (219)	7.23	1.89	7.24(72)	1.86	7.23(147)	1.92	217	.018	.986	.01
10	1	Learning How Others Accepted (231)	7.18	2.02	7.92(89)	1.28	6.72(142)	2.25	229	5.17	.000	.62
12	2	Affirm/Enjoy/Proud of Attractions (212)	6.83	2.13	5.34(61)	2.12	7.44(151)	1.82	201	-7.20	.000	1.10
9	1	Surrendering to Higher Power (199)	6.14	2.36	7.22(81)	1.52	5.39(118)	2.54	197	6.35	.000	.84
18	3	Limit Time Fantasizing (239)	5.99	2.10	7.03(92)	1.73	5.34(147)	2.05	237	6.59	.000	.87
19	3	Distract, Get Busy (253)	5.84	2.18	6.73(97)	1.76	5.29(156)	2.23	251	5.71	.000	.70
27	6	Being Naked, Not Sexual (130)	5.79	2.40	5.88(48)	2.73	5.74(82)	2.19	128	.30	.765	.06
4	1	Reframing Attractions (220)	5.23	2.71	6.74(86)	2.00	4.20(134)	2.66	218	7.88	.000	1.05
5	1	Prioritize Religious Identity (241)	5.17	2.92	7.10(92)	1.98	3.97(149)	2.77	239	10.18	.000	1.25
2	1	Learn How Others Reduced SSA (182)	5.15	2.62	6.82(76)	1.72	3.96(106)	2.51	180	9.09	.000	1.29
20	3	Avoid Arousing People/Situations (229)	4.85	2.41	5.90(86)	2.30	4.22(143)	2.26	227	5.40	.000	.74
8	1	Express Tradition Gender Norms (199)	4.81	2.15	5.96(75)	1.91	4.12(124)	1.99	197	6.41	.000	.94

Table 3 (Cont.)

Helpfulness Ratings by Method for Full Sample (Ordered by Degree of Helpfulness) and Sexual Identity Group Comparisons

Method Factor			Full Sample		Non-LGB+		LGB+		df	t	p	Hedge's g
#	#	Method (n)	M	SD	M(n)	SD	M(n)	SD				
22	4	Having Same-Sex Sex (159)	4.72	2.93	2.46(48)	2.15	5.70(111)	2.66	157	-7.45	.000	1.29
3	1	Not Identifying as LGBT (227)	4.64	2.53	6.42(84)	2.16	3.60(143)	2.13	225	9.56	.000	1.32
1	1	Believe SSA Attachment Loss (158)	4.58	2.92	6.46(61)	2.17	3.40(75)	2.71	156	7.80	.000	1.34
7	1	Redirect to Hetero Attractions (149)	4.38	2.38	6.07(55)	1.48	3.38(94)	2.25	147	8.79	.000	.95
6	1	Avoid People/Info Affirming LGB(203)	4.22	2.34	5.59(66)	2.10	3.56(137)	2.16	201	6.32	.000	.99
16	3	Resist/Overcome Sexual Desires (252)	4.12	2.36	5.43(95)	2.22	3.32(157)	2.07	250	7.63	.000	.89
17	3	Suppress Fantasies/Desires (245)	4.04	2.28	5.25(88)	2.17	3.36(157)	2.05	243	6.76	.000	.90
21	4	Using Pornography (219)	3.94	2.52	2.84(83)	2.22	4.61(136)	2.46	217	-5.35	.000	.75
33	-	Pair Fantasy to Neg. Consequences(141)	2.67	1.87	3.41(49)	2.16	2.27(92)	1.56	139	3.26	.002	.64
32	-	Anger/Punish/Shame Self (199)	2.13	1.55	2.53(70)	1.61	1.91(129)	1.47	197	2.64	.009	.41

Note. N = 281 participants utilized one or more of these methods; Ratings ranged from 1 = *extremely harmful* to 9 = *extremely helpful*; Where equality of variances were not equal, *t* statistics without this assumption are provided. Factors: 1 – Religiously based identity, 2 – Acknowledging sexuality, 3 – Restraining sexual desires, 4 – Enacting same-sex sexuality, 5 – Self-development, 6 – (De)sexualizing same-sex attractions, 7 – Connecting with self and others; Color codes: **Green** = Method rated as reliably helpful (mean and lower SD above midpoint); **Blue** = Method rated more helpful than harmful (mean above and lower SD below midpoint); **Yellow** = Method rated more harmful than helpful (mean below and upper SD above midpoint); **Red** = Method rated as reliably harmful (mean and upper SD below midpoint).

Table 4

One-Way ANOVA and One-Way ANCOVA Results for Helpfulness Ratings of Methods by Theological Orientation

Method #	Factor #	Method	Theological Conservative		Theological Non-Conservative		Non-Theological		F	Partial η^2	
			M(n)	SD	M(n)	SD	M(n)	SD			
25	5	Identifying Authentic Needs	7.55 (72)		1.45	8.05 (93)	1.06	8.26 (77)	1.21	3.21*	.03
11	2	Accepting Non-Judgmentally	7.53 (70)		1.70	8.04 (100)	1.34	8.27 (85)	1.32	5.24**	.04
23	5	Reduce Depression/Anxiety	7.96 (69)		1.13	7.83 (96)	1.16	7.95 (75)	1.33	.76	.00
24	5	Learning Assertiveness	7.88 (60)		1.30	7.95 (75)	1.06	7.76 (71)	1.33	.43	.00
28	7	Learning to Connect with Others	7.74 (65)		1.52	7.83 (86)	1.20	7.74 (65)	1.46	.10	.00
13	2	Express Self, Don't Hold In	6.91 ^a (56)		2.06	7.68 (82)	1.32	8.06 (77)	1.46	8.63***	.08
15	2	Affirm Own Way of Gender	7.22 (65)		1.82	7.44 ^a (95)	1.28	8.00 (73)	1.14	5.79**	.05
29	7	Working Through Trauma	7.46 (59)		1.75	7.53 (53)	1.41	7.49 (41)	2.06	.02	.00
30	-	Helping Others Distressed	7.49 (61)		1.32	7.33 (85)	1.46	7.56 (71)	1.42	.57	.01
14	2	"Coming Out" SSA/LGBT ^c	6.33 ^{ab} (56)		2.20	7.38 ^a (99)	1.73	8.17 (83)	1.36	19.25***	.14
26	6	Demystifying and Identifying	7.65 ^b (69)		1.65	7.00 (75)	1.57	7.24 (58)	2.21	2.39	.02
31	-	Accepting Sexuality & Religion	7.00 (59)		1.97	7.57 (95)	1.56	6.95 (65)	2.19	2.69	.02
10	1	Learning How Others Accepted	7.82 ^a (71)		1.41	7.39 ^a (95)	1.91	6.18 (65)	2.37	13.20***	.10
12	2	Affirm/Enjoy/Proud of Attractions ^c	4.91 ^{ab} (47)		2.37	6.72 ^a (82)	1.72	8.04 (83)	1.35	47.72***	.32
9	1	Surrendering to Higher Power	7.24 ^a (66)		1.75	6.51 ^a (78)	1.76	4.40 (55)	2.79	27.72***	.22
18	3	Limit Time Fantasizing	6.99 ^a (74)		1.60	6.46 ^a (97)	1.84	4.24 (68)	1.86	48.23***	.29
19	3	Distract, Get Busy ^d	6.46 ^a (74)		1.93	6.36 ^a (101)	1.95	4.58 (78)	2.14	22.99***	.16
27	6	Being Naked, Not Sexual	5.49 (43)		2.91	5.60 (45)	2.28	6.31 (42)	1.84	1.48	.02
4	1	Reframing Attractions	7.04 ^{ab} (69)		1.93	5.30 ^a (84)	2.53	3.28 (67)	2.26	46.53***	.30
5	1	Prioritize Religious Identity	7.09 ^{ab} (74)		2.11	5.50 ^a (102)	2.57	2.45 (65)	2.11	71.36***	.38
2	1	Learn How Others Reduced SSA	6.70 ^{ab} (64)		2.19	5.38 ^a (72)	2.24	2.65 (46)	1.79	49.75***	.36
20	3	Avoid Arousing People/Situations ^d	5.87 ^a (70)		2.07	4.99 ^a (91)	2.35	3.55 (68)	2.20	20.20***	.15
8	1	Express Tradition Gender Norms ^d	5.91 ^a (62)		2.10	4.97 ^a (80)	1.90	3.41 (57)	1.84	26.21***	.21

(Table continues on next page)

Method #	Factor #	Method	Theologically Conservative		Theologically Non-Conservative		Non-Theological		F	Parital	
			M(n)	SD	M(n)	SD	M(n)	SD		η^2	
22	4	Having Same-Sex Sex ^c	2.57 ^a (40)		2.33	3.98 ^a (53)	2.60	6.62 (66)	2.17	39.98***	.34
3	1	Not Identifying as LGBT ^d	6.34 ^{ab} (67)		2.33	4.62 ^a (88)	2.40	3.10 (72)	1.75	37.64***	.25
1	1	Believe SSA Attachment Loss	6.31 ^{ab} (58)		2.51	4.49 ^a (61)	2.59	2.15 (39)	2.16	33.33***	.30
7	1	Redirect to Hetero Attractions	5.69 ^a (48)		2.12	4.50 ^a (64)	2.12	2.46 (37)	1.92	25.78***	.26
6	1	Avoid People/Info Affirming LGB ^d	5.92 ^{ab} (59)		2.08	4.32 ^a (81)	2.07	2.50 (63)	1.52	49.35***	.33
16	3	Resist/Overcome Sexual Desires ^c	5.38 ^a (73)		2.32	4.26 ^a (101)	2.21	2.74 (78)	1.76	30.90***	.20
17	3	Suppress Fantasies/Desires ^c	5.01 ^a (72)		2.22	4.23 ^a (98)	2.25	2.73 (75)	1.64	25.18***	.17
21	4	Using Pornography	2.47 ^a (64)		2.10	3.56 ^a (83)	2.20	5.92 (72)	1.94	51.73***	.32
33	-	Pair Fantasy to Neg. Consequences ^d	3.43 ^a (48)		2.14	2.64 (50)	1.66	1.85 (43)	1.31	9.42***	.12
32	-	Anger/Punish/Shame Self ^d	2.31 (59)		1.85	2.24 (78)	1.72	1.82 (62)	1.25	1.84	.02

Note. $N = 281$ participants utilized one or more of these methods; Ratings ranged from 1 = *extremely harmful* to 9 = *extremely helpful*; df for methods ranged between 2,127 (Being Naked, Not Sexual) to 2, 252 (Accepting Nonjudgmentally). Factors: 1 – Religiously based identity, 2 – Acknowledging sexuality, 3 – Restraining sexual desires, 4 – Enacting same-sex sexuality, 5 – Self-development, 6 – (De)sexualizing same-sex attractions, 7 – Connecting with self and others; Color codes: **Green** = Method rated as reliably helpful (mean and lower SD above midpoint); **Blue** = Method rated more helpful than harmful (mean above and lower SD below midpoint); **Yellow** = Method rated more harmful than helpful (mean below and upper SD above midpoint); **Red** = Method rated as reliably harmful (mean and upper SD below midpoint). ^aSignificantly ($p < .001$) different than “Non-Theological”; ^bSignificantly ($p < .001$) different than “Theologically Non-Conservative”. ^cANCOVA utilized due to age being negatively correlated with method. ^dANCOVA utilized due to age being positively correlated with method. * $p < .05$; ** $p < .01$; *** $p < .001$.