

SEXUAL ORIENTATION: PART I—CAUSES

Sexual Orientation Is Not Inborn, May Have (Treatable) Psychological Causes— and Other Confessions of the American Psychological Association



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SEXUAL ORIENTATION

LGB Activists Claim:

- **Same sex sexuality is inborn and invariably normal?**
- **LGBs have more mental health problems and suicidality. Religion causes it?**

ARE THESE CLAIMS TRUE?

SEXUAL ORIENTATION

***Are same sex
attraction and
behavior inborn and
invariably normal?***

SEXUAL ORIENTATION

A definitive gene study analyzed the genes of nearly half a million people. Conclusion: there is no “single gay gene” that determines same sex behavior or attraction. None on “X” chromosome. (Ganna et al., 2019)

“Behavioral traits, like sexual behavior and orientation, are only partially genetic in nature....they are also shaped in large part by a person’s environment and life experiences....”

which may include “culture, society, family, or individual experiences, or non-genetic biological influences....”

(Quotes from: Genetics of Sexual Behavior: A website to communicate and share the results from the largest study on the genetics of sexual behavior, <https://geneticsexbehavior.info/what-we-found/> ; research article: Ganna A., et al. (2019). Large-scale GWAS reveals insights into the genetic architecture of same-sex sexual behavior, Science, 365, 882. DOI: 10.1126/science. aat7693)

SEXUAL ORIENTATION

HERITABILITY FOR SAME SEXUALITY IS 32.4%

From an analysis of virtually all twin studies published over 50 years, reporting on more than 14 million twin pairs across 39 different countries.

49% average genetic heritability for all traits studied—physical and psychological

46% average genetic heritability for all psychiatric traits studied

45% obsessive compulsive disorder

40% eating disorders

34% depressive episode

32% interpersonal interactions and relationships

32% same-sex sexuality—no genetic reason it could not change through therapy

31% spirituality and religion—religious identity is as genetic as sexual feelings

(Polderman (no date). MaTCH (Meta-analysis of Twin Correlations and Heritability). <http://match.ctglab.nl/#/specific/plot1>

Polderman, T., Benyamin, B., Leeuw, C., Sullivan, P., Bochoven, A., Visscher, P., & Posthuma, D. (2015). Meta-analysis of the heritability of human traits based on fifty years of twin studies, *Nature Genetics*, 47, 702–709. <https://www.nature.com/articles/ng.3285>)

SEXUAL ORIENTATION

Genes that have a small association with same-sex behavior:

- **Behaviors:**
 - **Smoking**
 - **Cannabis use (higher in females)**
 - **Risk-taking**
 - **Openness to experience**
- **Mental Health Traits or Disorders:**
 - **Depression**
 - **Schizophrenia**
 - **Bipolar disorder (higher in females).**
- **No Physical Traits**

Consider: Normal? Parents? About sex?

Ganna, et al. (2019)

SEXUAL ORIENTATION

Some Gene Markers Were Sex Related:

- **Miss-smelling.**
A “link between olfaction and reproductive function has previously been established.”
- **Male pattern balding** nearby a gene...relevant to sexual differentiation.
“This strengthens the idea that **sex-hormone regulation may be involved** in the development of same-sex sexual behavior.”
Are some boys born less masculine?

Remember, these genes do not determine same sex behavior or attraction. There have to be more factors.

Ganna, et al. (2019).

SEXUAL ORIENTATION

MOST THEORIES OF BIOLOGICAL CAUSES OF SAME SEX ATTRACTION

- **Claim: Genes, prenatal hormones, epigenetics, maternal prenatal factors (maternal immune response or fraternal birth order effect) influence same sex sexuality.**
- **But really they claim: These factors cause a boy to be born less masculinized or a girl to be born more masculinized.**
- **BUT these traits are *not* same sex attraction.**
- **There have to be more influences to get to same sex attraction.**
- **These traits may lead to social experiences,
examples: parent attachment, peer rejection.**

SEXUAL ORIENTATION

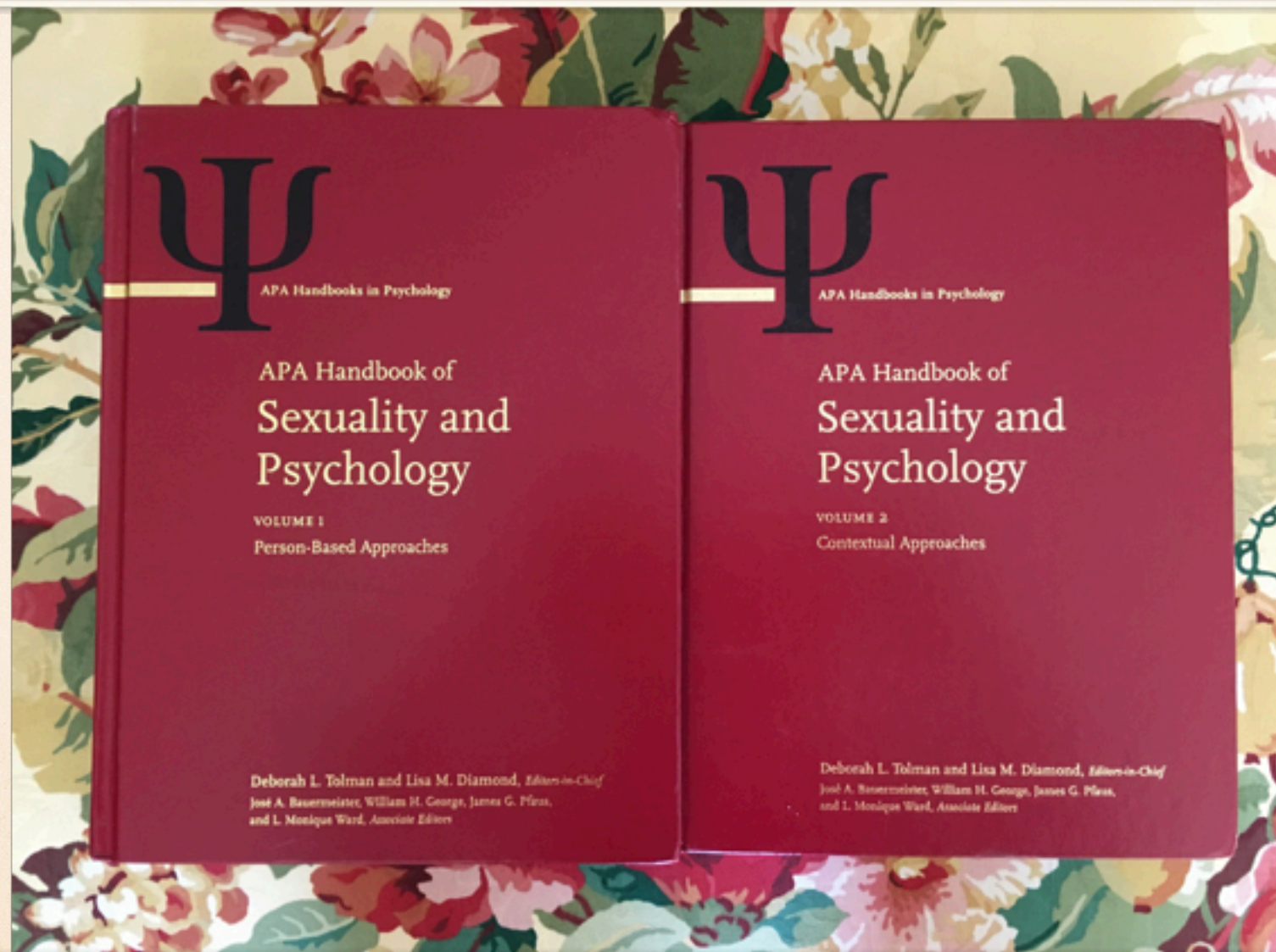
Same sex sexuality is not simply determined by *biological* factors such as genes or prenatal hormones.

What influences are there in the *social* environment?

AMERICAN PSYCHOLOGICAL ASSOCIATION, 2014



APA HANDBOOK OF SEXUALITY AND PSYCHOLOGY, VOLUMES 1 & 2



SEXUAL ORIENTATION

The American Psychological Association declared its *APA Handbook of Sexuality and Psychology* “authoritative.”

Series Preface

Under the direction of small and select editorial boards consisting of top scholars in the field, with chapters authored by both senior and rising researchers and practitioners, each reference set is committed to a steady focus on best science and best practice. Coverage converges on what is currently known in the particular subject area (including basic historical reviews) and the identification of the most pertinent sources of information in both core and evolving literature. Volumes and chapters alike pinpoint practical issues; probe unresolved and controversial topics; and present future theoretical, research, and practice trends. The editors provide clear guidance to the “dialogue” among chapters, with internal cross-referencing that demonstrates a robust integration of topics to lead the user to a clearer understanding of the complex interrelationships within each field.

With the imprimatur of the largest scientific and professional organization representing psychology in the United States and the largest association of psychologists in the world, and with content edited and authored by some of its most respected members, the *APA Handbooks in Psychology* series will be the indispensable and authoritative reference resource to turn to for researchers, instructors, practitioners, and field leaders alike.

Gary R. VandenBos
APA Publisher

(VandenBos, G. (2014), Series Preface, in Tolman, D., & Diamond, L., Co-Editors-in-Chief (2014) *APA Handbook of Sexuality and Psychology*, 1: xvi, Washington D.C.: American Psychological Association, <http://dx.doi.org/10.1037/14193-000>)

SEXUAL ORIENTATION

The APA Handbook:
NOT JUST BIOLOGICAL CAUSES.
THERE ARE PSYCHOANALYTIC CAUSES

consideration. Biological explanations, however, do not entirely explain sexual orientation.

Psychoanalytic contingencies are evident as main effects or in interaction with biological factors. Main effects seem to be particularly likely for sexual-minority women and conditional relations for sexual-minority men. A joint program of research by psychoanalysts and biologically oriented scientists may prove fruitful.

Rosario, M. & Schrimshaw, E. (2014). Chapter 18: Theories and etiologies of sexual orientation. In Tolman, D. & Diamond, L., Co-Editors-in-Chief (2014). *APA Handbook of Sexuality and Psychology*, Washington D.C.: American Psychological Association, volume 1, p. 583.

SEXUAL ORIENTATION

Several large, robust, longitudinal studies internationally found

PARENT ABSENCE OR LOSS

is associatively and potentially causally linked to same sex attraction, behavior, orientation identity self label, and marriage.

Especially:

- **The same sex parent**
- **During the first 6 years of life**
- **During adolescence for girls**

(Udry & Chantala, 2005; Frisch & Hvid, 2006 and Frisch & Hviid, 2007; Francis, 2008; Fergusson, Norwood, & Beautrais, 1999; Regnerus, 2012.)

APA Handbook:

CHILDHOOD SEXUAL ABUSE

has “associative and potentially causal links” to having same sex partners for some. Based on research that includes a 30 year study of documented cases of childhood sexual abuse.

abused by an older male may perceive the abuse as	articulated. Overall, these associative or potentially
	609
Mustanski, Kuper, and Greene	
causal links are not well understood and are in need of further research.	took an interest in developing models to capture this process. These models borrow themes from prior

Mustanski, B., Kuper, L., and Geene, G. (2014) Chapter 19: Development of sexual orientation and identity. In Tolman, D., & Diamond, L., Co-Editors-in-Chief, *APA Handbook of Sexuality and Psychology*, Washington D.C.: American Psychological Association, 1: 597-628.

Sexual Abuse

Much has been written about the association between childhood sexual abuse and subsequent homosexuality. Indeed, studies using varying methodologies have reported a correlation between different types of child abuse and varying components of a homosexual sexual orientation, including data from clinical samples and case studies, surveys of MSM, and cross-sectional surveys (reviewed in Purcell, Patterson, & Spikes, 2007; H. W. Wilson & Widom, 2010). Not all studies, however, have found this pattern of results. Furthermore, some evidence suggests that the relationship may be stronger among men than women. The largest reviews of the literature in this area indicated that MSM report rates of childhood sexual abuse that are approximately three times higher than that of the general male population (Purcell, Malow, Dolezal, & Carballo-Diequez, 2004). One of the most methodologically rigorous studies in this area used a prospective longitudinal case-control design that involved following abused and matched nonabused children into adulthood 30 years later. It found that men with documented histories of childhood sexual abuse had 6.75 times greater odds than controls of reporting ever having same-sex sexual partners (H. W. Wilson & Widom, 2010). To help control for possible confounding factors, the authors conducted post hoc analyses controlling for number of lifetime sexual partners and sex work, but the association remained. The effect in women was smaller (odds ratio = 2.11) and a statistical trend ($p = .09$).

SEXUAL ORIENTATION

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

Associated with LGBT Identity for Some (does not prove cause)

LGBT identified adolescents on average experienced 1.35 to 1.56 of the following ACEs.:

- **Psychological (emotional) abuse: adult swears at you, insults you, or puts you down**
- **Parent or guardian in prison**. (also longitudinal study: Fergusson, D., Horwood, L., Beautrais, A., 1999)
- **Physical abuse: hit, beat, kicked in any way**
- **Living with a problem drinker**
- **Sexual abuse by non-family**
- **Witnessing domestic abuse: parents or other adults in the home slapped, hit, kicked or punched each other**
- **Living with a drug abuser**
- **Sexual abuse by a family member**

The effects were nearly moderate to nearly large.

Polyvictimization/multiple ACEs was the most common pattern.

Baams L. (2018). Disparities for LGBTQ and gender nonconforming adolescents. Pediatrics, 141(5): e20173004. Table 5. <http://pediatrics.aappublications.org/content/early/2018/04/12/peds>.

Parent in prison: Fergusson, D., Horwood, L., Beautrais, A., 1999, p. 878)

SEXUAL ORIENTATION

Affirming LGBTQ attraction as invariably normal may neglect to evaluate for and treat underlying psychological causes AND their links to LGBTQ experiences, leading to ongoing mental health problems and suicidality.

A study has found that over 50 years of progressively increasing social affirmation, psychological distress of LGB identified people has progressively worsened.

Suicidality:

96% of suicidal adolescents in the U.S. and 90% of people who completed suicide worldwide had psychiatric disorders.

Researchers #1 recommendation to prevent suicide: Treat mental disorders.

Who is causing mental health disparities, again?

(Meyer, I.H., Russell, S.T., Hammack, P.L., Frost, D.M., Wilson & Bianca, D.M. (2021). Minority stress, distress, and suicide attempts in three cohorts of sexual minority adults: A U.S. probability sample PLoS ONE, 16(3), 1-19. <https://pubmed.ncbi.nlm.nih.gov/33657122/>
Nock, M. et al. (2013), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3886236/>
Cavanagh, J.T.O., et al. (2003). <https://www.cambridge.org/core/journals/psychological-medicine/article/psychological-autopsy-studies-of-suicide-a-systematic-review/49EEDF1D29B26C270A2788275995FDEE>)

SEXUAL ORIENTATION

Are traditional religions causing the higher mental health problems and suicidality of people who identify as LGBT?

Several studies show people who identify as LGBT and live according to their traditional faith **are no less happy, mentally healthy, satisfied with life, and flourishing than those of liberal faiths or no faith.**

Research review at:

L. Haynes (Sept. 16, 2019), [ThePublicDiscourse.com](https://www.thepublicdiscourse.com/2019/09/16/sexual-orientation-and-mental-health/)

SEXUAL ORIENTATION

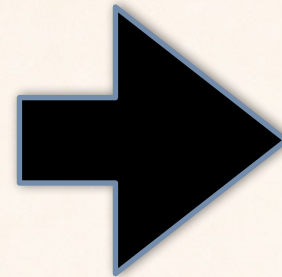
**Sexual or gender trauma
experiences
may be psychological causes of
same sex behavior or attraction.**

SOCIAL INFLUENCES

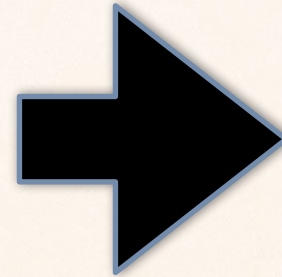
10 Year Study of Same-Sex Attracted Women

Beginning of study:

2 women equally and strongly
same-sex attracted



By end of 10 year study:



Lesbian or hetero social network?

Relationships with women or men?

Patterns can become stable unless women
switch social network and sex of partners.

LGBT school clubs are social networks.

“[We] make hundreds of decisions every day that indirectly influence our sexual and emotional experiences” (p. 247).

(Diamond, L. (2008). *Sexual Fluidity: Understanding Women's Love and Desire*. Cambridge, Mass.: Harvard Press.

<http://www.hup.harvard.edu/catalog.php?isbn=9780674032262>)

SEXUAL ORIENTATION

Conclusion on Causes:

Sexual orientation develops from biological, social, and psychological influences that may be pathological—like other complex traits therapists help people diminish or change every day.

SEXUAL ORIENTATION

**PEOPLE WHO HAVE SAME SEX
ATTRACTIONS AND BEHAVIORS,
PARENTS, STUDENTS, TEACHERS,
AND HEALTH PROFESSIONALS
SHOULD HAVE A RIGHT TO THIS
INFORMATION.**

RESOURCES

Resources by the author of these slides: Laura Haynes, Ph.D.

- ❖ Discovering Treatable Causes of Same-Sex Attraction and Childhood Gender Dysphoria: <https://www.cathmed.org/pulse/2020-spring/uncovering-treatable-causes-of-same-sex-attraction-and-childhood-gender-dysphoria/>
- ❖ The American Psychological Association Says Born-That-Way-and-Can't-Change Is Not True of Sexual Orientation and Gender Identity: https://docs.wixstatic.com/ugd/ec16e9_396244b80efc4a6f9c27b4653a974132.pdf
- ❖ Are Religious Californians Really Harming the Mental Health of People Who Identify as LGBTQ? <https://www.thepublicdiscourse.com/2019/09/56790/>
- ❖ Dear Legislator: therapyequality.org/harmsoftherapybans Endnotes have lots of research info. Periodically updated for new research or court decisions.
- ❖ IFTCC.org Various videos and documents.

RESOURCES

MORE INFORMATION:

- ❖ **CourageRC.org Courage International**
- ❖ **CMDA.org Christian Medical and Dental Association**
- ❖ **ACPeds.org American College of Pediatricians has excellent information about gender identity and against castrating/sterilizing children. Michelle Cretella, MD is the executive director.**
- ❖ **FamilyWatch.org Family Watch International works at the UN and around the world**
- ❖ **IFTCC.org The International Federation for Therapeutic and Counseling Choice is the international professional organization of change-allowing therapists. It trains therapists. It is opposing ban efforts in nations and the UN.**
- ❖ **TherapeuticChoice.com The Alliance for Therapeutic Choice and Scientific Integrity the professional organization of change-allowing therapists in the United States. It trains therapists.**
- ❖ **ReintegrativeTherapy.com Reintegrative Therapy® is a specific leading way of doing change-allowing therapy. It has a registered trademark from the US Patent and Trademark Office. In the US, equating it with “conversion therapy” or “sexual orientation change efforts” will lead to an instant law suit for maximum damages.**

RESOURCES

Testimonies of Change Through Therapy or Faith Journey

Therapy or faith-based change: <https://iftcc.org/stories/>

Therapy change: VoicesOfChange.net

Faith-based change: ChangedMovement.com

Transgender change: tranzformed.org

Transgender change: SexChangeRegret.com

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