

Motivations for coming out as LGBTQ+

Purpose

This study will investigate the motivation and autonomy support of individuals who have or will come out as non-heterosexual (LGBQ+) or as transgender. The study will investigate LGBQ+ individuals as a separate group from transgender individuals to identify the differences in motivation and autonomy support between the two communities. This will contribute to foundational research into the LGBTQ+ community.

Procedure

Participants completed a survey measuring their motivation to come out as LGBQ+ or transgender, as well as their autonomy support in coming out, well-being, and needs satisfaction. The survey uses multiple choice and five point Likert scale questions. Motivation is measured through a general motivation scale and a comprehensive relative autonomy index adapted from Sheldon, Osin, Gordeeva, Suchkov, and Sychev (2017). Autonomy support is measured using an adapted version of the Learning Climate Questionnaire (Williams, 1993). Well-being and needs satisfaction are measured using standard scales. The samples include transgender participants, LGBQ+ participants, and participants who are both transgender and LGBQ+.

Results

The study has been IRB approved and is being released to LGBQ+ and transgender participants. Data collection is in process. The researchers hypothesize that LGBQ+ individuals are more intrinsically motivated to come out while transgender people have more identified or introjected motivations. They also hypothesize positive correlations, regardless of identity, between intrinsic motivation and well-being, and between intrinsic motivation and autonomy

support, with autonomy support providing a larger impact for transgender individuals than LGBTQ+ individuals.

Conclusions and Implications

As more people come out as LGBTQ+, it is important to understand their motivations and the differences between communities in coming out. In understanding these motivational trends, individuals can provide better informed support for members of the LGBTQ+ community. This project will add to foundational research into the LGBTQ+ community, potentially prompting further research.