

Motivation to come out as LGBTQ+

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INTRODUCTION: When others support us as we make decisions, we develop self-determined motivation to pursue these decisions. Making decisions that we feel reflect us can increase our need satisfaction, which can increase our overall well-being and happiness. Previous research finds that this is true in disclosure of sexual orientation and encourages continued identity disclosure (Legate, Ryan, & Rogge, 2017).

The present study compares transgender identities with LGBTQ+ identities as transgender people may receive less social support than LGBTQ+ people and therefore should have lower well-being.

METHODS

1. Participants responded to a survey measuring autonomy support from important people in the respondents' lives using a scale adapted from the Learning Climate Questionnaire, motivation to come out using a comprehensive relative autonomy index, and need satisfaction and well-being using Likert scales. Participants responded to the survey in reference to their identity type (LGBTQ+, transgender, or both).
2. Responses were analyzed with correlations and using a path model.
3. Participant demographics:
 - 53.68% of respondents were women, 26.47% were men, 18.38% were non-binary, and 1.47% were agender.
 - 64.97% of respondents were LGBTQ+ and 31.20% were transgender.

REFERENCES

Legate, N., Ryan, R. M., & Rogge, R. D. (2017). Daily autonomy support and sexual identity disclosure predicts daily mental and physical health outcomes. *Personality and Social Psychology Bulletin*, 43(6), 860-873.

Autonomy support is critical in LGBTQ+ identity disclosure.

Table 1

Correlations of autonomy support, motivation, and well-being.

Variable	1	2	3	4	5	6
1. LGBTQ+ vs. Transgender	-	.034	.115	-.158	.022	.052
2. Autonomy support		-	.233*	.000	.055	.084
3. Self-determined motivation			-	.183	.271*	.231*
4. Coming out				-	.201*	.216*
5. Need satisfaction					-	
6. Well-being						-

* $p < .05$.

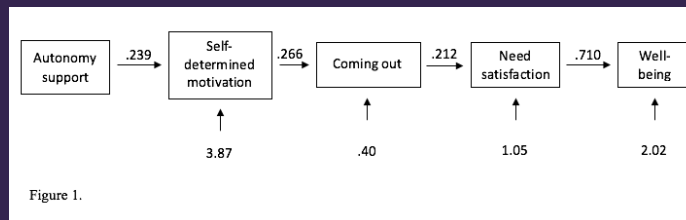


Figure 1.

It increases self-determined motivation to actually come out, leading to increased need satisfaction and well-being.

HYPOTHESES

1. LGBTQ+ people will receive more autonomy support than transgender individuals and will experience more need satisfaction and well-being.
2. Receiving autonomy support will increase an individual's self-determined motivation to come out.
3. Individuals with self-determined motivation will be more likely to come out.
4. LGBTQ+ people who come out will experience more need satisfaction and thus higher well-being as a result of disclosing their identity.

RESULTS

1. Failing to support H1, we were unable to show a difference between LGBTQ+ and transgender identities in receiving autonomy support because of a low number of transgender respondents.
2. Consistent with H2, receiving autonomy support increases an individual's self-determined motivation to come out.
3. Consistent with H3, individuals with self-determined motivation are more likely to actually come out.
4. Consistent with H4, LGBTQ+ people who come out experience more need satisfaction, and thus higher well-being, as a result of identity disclosure.

The correlational results are summarized in the path model presented in Figure 1.

DISCUSSION

These results show that when important people in LGBTQ+ individuals' lives show support who they are, they are better able to express their identities and ultimately be happier.

