

# Resilience in LGBTQ+ Catholic Young Adults

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## Purpose

1. To study LGBTQ+ identity formation in Catholic LGBTQ+ young adults.
2. To compare the assets and resources present in LGBTQ+ young adults who choose to continue or discontinue practicing Catholicism.

Research has been conducted on resilience in LGBTQ+ individuals, LGBTQ+ identity formation, and Catholic LGBTQ+ identity formation, but little is known about the relationship between all three. This study looks to analyze these topics through the lens of resilience in order to better understand the co-existence of Catholic and LGBTQ+ identities within the individual.

## The Resilience Portfolio Model

*Describes internal and external factors impacting resilience*

Banyard, Grych, & Hamby, 2015

Assets	Regulatory Strengths
	Meaning Making Strengths
	Interpersonal Strengths
Resources	Supportive Relationships
	Environmental Factors
	Coping Skills

## Open-Ended Questions

Have you had any positive experiences within Catholicism? If yes, please describe the most important and meaningful experiences.

“Yes, in high school I was really religious and led a Catholic retreat. I also was praying a lot everyday and had a good relationship with God. I think this was largely because of the sense of community I felt around my church and my friends that were also involved.”

“My parents have shown their love for me through Catholicism, going to Church every week growing up and discussing the readings with my family were very important.”

Have you had any negative experiences within Catholicism? If yes, please describe the most important and meaningful experiences.

“I’ve been told I should be put to death for being a lesbian. I’ve been told that god didn’t make me the way I am. I’ve been told that my love is wrong. It’s extremely harmful to someone closeted or out to be hindered with thoughts like that from others who are supposed to be taught to love all people.”

“my parents raised me very catholic and in their eyes being gay is a sin I also was forced to continue to go to church until I was adult even though I know longer felt welcome within the church as I heard being gay was a sin time and time again”

## Preliminary Findings

*Correlations*

		LGBIS Acceptance Concerns	LGBIS Concealment Motivation	LGBIS Internalized Homonegativity	LGBIS Difficult Process	LGBIS Identity Affirmation	RASS Divine	RASS Interpersonal
LGBIS Acceptance Concerns	Pearson Correlation	1	.551**	.433**	.482**	-.025	.622**	.457**
	Sig. (2-tailed)		<.001	.004	.001	.873	<.001	.002
	N	44	42	43	43	43	35	44
LGBIS Concealment Motivation	Pearson Correlation	.551**	1	.376*	.456**	-.082	.308	.299
	Sig. (2-tailed)	<.001		.013	.002	.604	.076	.051
	N	42	43	43	42	42	34	43
LGBIS Internalized Homonegativity	Pearson Correlation	.433**	.376*	1	.499**	-.622**	.576**	.145
	Sig. (2-tailed)	.004	.013		<.001	<.001	<.001	.346
	N	43	43	44	43	43	35	44
LGBIS Difficult Process	Pearson Correlation	.482**	.456**	.499**	1	-.343*	.443**	.262
	Sig. (2-tailed)	.001	.002	<.001		.024	.008	.086
	N	43	42	43	44	43	35	44
LGBIS Identity Affirmation	Pearson Correlation	-.025	-.082	-.622**	-.343*	1	-.128	.143
	Sig. (2-tailed)	.873	.604	<.001	.024		.462	.353
	N	43	42	43	43	44	35	44
RASS Divine	Pearson Correlation	.622**	.308	.576**	.443**	-.128	1	.592**
	Sig. (2-tailed)	<.001	.076	<.001	.008	.462		<.001
	N	35	34	35	35	35	36	36
RASS Interpersonal	Pearson Correlation	.457**	.299	.145	.262	.143	.592**	1
	Sig. (2-tailed)	.002	.051	.346	.086	.353	<.001	
	N	44	43	44	44	44	36	45

\*\* Correlation is significant at the 0.01 level (2-tailed).

\* Correlation is significant at the 0.05 level (2-tailed).

Scales Utilized: The Lesbian, Gay, and Bisexual Identity Scale (LGBIS) created by Mohr & Kendra, 2011. The Religious and Spiritual Struggles Scale (RASS) created by Exline, Grubbs, Pargament, & Yali, 2014

## Religious Identity Dissonance

Coined by Jeremy Gibbs and Jeremy Goldbach, religious identity dissonance stems from cognitive consonance and cognitive dissonance. Cognitive consonance occurs when an individual’s values and beliefs coincide with each other, while cognitive dissonance occurs when these values and beliefs conflict. Therefore, Religious identity dissonance refers to the identity conflict Catholic LGBTQ+ persons face when integrating their religious and sexual identities.

When looking at the data table, the significances found between the LGBIS and RASS variables may represent the presence of religious identity dissonance within the participants.

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