

## **INFORMED CONSENT:**

We are asking you to participate in a research study titled "Spirituality's Impact on Internalized Heterosexism and Sexual Identity Formation". This study is being led by Brittany Freeman, a graduate student in the Department of Psychology at California State University, Fullerton. The Faculty Advisor for this study is Dr. Kristin Beals, Department of Psychology at California State University, Fullerton. What the study is about: The purpose of this research is to gain further knowledge about how spiritual beliefs that are separate from religion affect the mental health and self-acceptance of adults who identify as LGBTQ+. Data collected from this research will be used to determine whether LGBTQIA+ individuals who practice spirituality experience greater psychological well-being and if spiritual beliefs that are separate from religion can act as a protective factor against mental health conditions such as depression and anxiety for LGBTQIA+ individuals. The results of the research study may inform therapeutic approaches in which spiritual practices can be highlighted as an important coping strategy for marginalized LGBTQIA+ individuals. If you choose to participate in this study, we will ask you to answer a series of multiple choice and open-ended questions to obtain demographic information (sex/gender, race/ethnicity, socioeconomic status etc) as well as information related to the research aims described above. It will take from 8 - 15 minutes to complete the survey in its entirety after consenting to participate.

We do not anticipate any risks from participating in this research. We do not anticipate any direct benefits to from participating in this research. Information from this study may benefit other people now or in the future through a greater understanding of how spirituality affects the mental health of queer people and their coping mechanisms. There are no incentives for participating in this research. Questions asked in this survey may bring up positive or negative emotions about one's upbringing related to religion and one's overall feelings about identifying as queer. As a precaution, we have provided resources for LGBTQIA+ individuals that can help manage these feelings if needed at the conclusion of the survey.

Privacy/Confidentiality/Data Security: No identifying information will be collected during this survey, to ensure participant anonymity and privacy is protected. We anticipate that your participation in this survey presents no greater risk than everyday use of the Internet.

Sharing De-identified Data Collected in this Research: De-identified data from this study may be shared with the research community at large to advance science and health. We will remove or code any personal information that could identify you before files are shared with other researchers to ensure that, by current scientific standards and known methods, no one will be able to identify you from the information we share. Despite these measures, we cannot guarantee anonymity of your personal data.

Taking part in this study is voluntary. You may refuse to participate before the study begins, discontinue at any time, or skip any questions/procedures that may make you feel uncomfortable, with no penalty to you.

The main researcher conducting this study is Brittany Freeman, a graduate student at California State University, Fullerton. If you have questions, you may contact Brittany Freeman at [britta@csu.fullerton.edu](mailto:britta@csu.fullerton.edu) or at 419-889-3725. If you have any questions or concerns regarding your rights as a subject in this study, you may contact California State University Fullerton's Institutional Review Board (IRB) by phone at 657-278-7719, email at [irb@fullerton.edu](mailto:irb@fullerton.edu), or access their website at <https://itwebstg.fullerton.edu/research/compliance/irb/index.html>.