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# Content Analysis of the LGBT Counseling Literature: 2000-2009

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# Content Analysis of the LGBT Counseling Literature: 2000-2009

by

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Abstract

In 1974, the American Psychiatric Association voted to remove homosexuality from the DSM II (APA, 1987). The following year, the American Psychological Association passed a resolution supporting the American Psychiatric Association's actions, condemning homosexuality-based discrimination and supporting civil rights for homosexuals (Conger, 1975). Until this point, homosexuality had been pathologized and heterosexism was manifest in the research as demonstrated by the thematic content of articles published between 1967 and 1974 (Morin, 1977).

Since this review, the state of the field within various disciplines of professional psychology, as well as within the subfield of counseling psychology, has been revisited several times over the last four decades. Content analyses (Buhrke, Ben-Ezra, Hurley, & Ruprecht, 1992; Morin, 1977; Phillips, Ingram, Smith, & Mindes, 2003; Watters, 1986) have documented content and methodological trends in the psychological literature on sexuality. These articles have built upon one another to revisit prior themes, introduce new ones and provide recommendations for the field as a whole, as well as for future content analyses. Other authors have expanded this tradition to focus on specific topics (e.g. race/ethnicity; Huang et al., 2010) and on specific sub-fields (e.g. counseling psychology; Buhrke et al., 1992; Philips et al, 2003).

Though there has been a shift in the content of literature on sexuality, there remains a dearth of research on Lesbian, Gay, Bisexual and Transsexual counseling issues in general and, even more so, on specific sub-topics (i.e. age and cohort differences, ability/disability and transgender/transsexuality issues). Similarly, there is a

need for continued examination of the methodological rigor and theoretical approaches used to examine these topics. To further explore needs and progress, this study expands upon prior analyses of the literature in counseling psychology (Buhrke et al., 1992; Philips et al., 2003). Specifically, using a team of independent raters who analyzed articles from leading counseling journals from 2000-2009, this study (1) investigates content and methodological trends by comparing and contrasting findings from this and prior studies, (2) examines gaps in the counseling literature on sexuality (e.g. disability, age and cohort differences and transsexuality/transgender issues) and (3) makes recommendations for future research.

# Chapter I

## Introduction

As major components of individual identity, sexuality and gender play a daily role in how individuals function in the world. As society gains a more sophisticated understanding of all the possibilities and differences that exist within these aspects of identities, it is incumbent upon counseling psychologists to be able to respond to unique needs of clients. Though efforts to estimate the number of lesbian, gay, bisexual or transgender (LGBT) people who exist in the world is fraught with issues of meaning, measurement and sampling, it is safe to say that therapists will encounter diversity of sexuality or gender identity in their clients. Furthermore, it is important that the field of counseling psychology conduct research that can inform work with a multitude of clients and moves beyond hetero- or gender-normative values.

Born out of psychology's reaction to the Gay Rights Movement, content analyses of the psychology literature have played a pivotal role in highlighting how social trends have influenced the research on sexuality and vice versa. Over the last four decades, several studies (Buhrke et al., 1992; Morin, 1977; Phillips et al., 2003; Watters, 1986) have documented the progress in the psychological literature in regards to lesbian, gay and bisexual (LGB) issues. They have also provided recommendations for future research by identifying specific areas of need. Through critically analyzing both the content and the methodology of this body of literature in an empirical and iterative manner, these analyses wed research with social justice. They also lay the framework for this current

examination of counseling psychology publications on sexuality and transsexuality and transgender issues (referred to here on as LGBT) from 2000-2009.

Several content analyses (Buhrke et al., 1992; Chung & Katayama, 1996; Clark & Serovich, 1997; Phillips et al., 2003; Watters, 1986) exploring both psychological and counseling-specific literatures exist. This body of work has reported on: overall trends in the amount of LGB research, trends specific to content, and trends specific to empirical methodology. Some trends related to specific populations (e.g. women, ethnic minorities) have straddled both content and methodology. In addition to reporting on trends, prior analyses have made observations or recommendations regarding the limitations of labels, challenges in sampling LGB populations (Chung & Katayama, 1996) and the need to expand research on women (Morin, 1977), bisexuals (Phillips et al., 2003) and ethnic minorities (Huang et al., 2010).

This study addresses gaps in the prior research by assessing the stability of the previously-documented changes (e.g. a depathologization of homosexuality in the research) and progress on prior recommendations (e.g. increasing research on bisexuality). Additionally, it describes the research on still-underrepresented populations and topics, including: sexual minorities with disabilities, transsexuality and transgender issues, and youth, aging and cohort effects (or generational differences among sexual minorities). Findings are additionally used to make recommendations for future counseling research on sexuality, as well as for future content analyses exploring the literature base.

**A chronology of content analyses of sexuality in the literature**

Before exploring trends in content and discussing the current state of the field, it is important to examine the four-decade old tradition of content analysis in the research on sexuality. Though the current study examines the counseling psychology literature specifically, it builds upon and borrows from research based on the larger field of professional psychology. The process of examining heterosexist bias in psychology has been an iterative process. Researchers have also both expanded upon prior work and narrowed in on specific subfields. As such, the following discussion includes a history of related analyses.

**Language.** In addition to framing the approach of the current study, this history also influences the very language it uses. Much like the constructs it represents, language describing sexuality and gender is fluid; it evolves with time and social change. Language is also limiting. Sex, gender, and sexuality are complex and multi-faceted and they interact with each other and with other aspects of identity. Labels vary both between and within individuals, cultures, and cohorts. Word choices may be descriptive, political, philosophical, or transformative. It is thus impossible to pick one word or even a set of words to accurately represent the complexity of human sexuality, nor should researchers feel compelled to do so. Rather, scholars should recognize and respect the wondrous ambiguity and possibility inherent in the language of sexuality and define the specific aspect they are studying at the moment.

The word choice in the following pages reflects these considerations. Some words (e.g. homosexuality) are dated but are necessary to discuss prior research. Some words (e.g. queer, on the DL) may not be commonly used, may describe a completely different

identity, or could even be offensive to some but are included in an attempt to capture individual identities and experience. Transsexuality and transgender are also included given the perceived association between these terms and other sexual minorities both in our language and historical and theoretical approach to examining gender identity (Fassinger & Arseneau, 2007). Transsexuality and transgender, are also differentiated as they have distinct though not mutually-exclusive meanings. The former generally references biological sex, whereas the latter refers to gender but may also be used as a broader term. Furthermore, since the meanings for all these words are expected to change over time and will mean different things to different people, an appendix defining the language used throughout the current study is included (Appendix A).

Similarly, no acronym for sexuality or gender can be all-inclusive. LGBTTTQQISGLDLMSMWSW (lesbian, gay, bisexual, transsexual, transgender, two-spirited, queer, questioning, intersex, same-gender-loving, down-low, men who have sex with men, women who have sex with women) is already unwieldy yet still not exhaustive. For the sake of parsimony, this study employs the acronym LGBT (lesbian, gay, bisexual and transsexual). It is not without its limitations but is perhaps the term most commonly used to describe the issues addressed here-in and in the journals this study examines. That being said, at times, the study may use other acronyms (e.g. LGB for lesbian, gay and bisexual; LG for lesbian and gay but not bisexual) in order to reflect the fact that other studies have not always been inclusive of some identities (e.g. bisexuality or transsexuality).

**Four decades of research.** This line of inquiry began with Morin's seminal 1977 article, *Heterosexual Bias in Psychological Research on Lesbianism and Male Homosexuality*. This early research was founded in a belief that psychologists have an ethical duty to expose the societal values, assumptions, and stigmas that impact both clients intra-psychic functioning and their quality of life. Critical in this duty, is an examination of the research coming from within the field. Morin hypothesized that societal and researcher bias could be meaningfully assessed by an investigation of the content of the empirical psychological literature exemplified by *Psychological Abstracts* from 1967-1974.

By examining the themes present in the research, Morin's (1977) article indicated the presence of heterosexist bias within the research, with more than half of the articles surveyed either trying to determine the cause of homosexuality or explore adjustment issues of homosexuals. Morin's article served as a foundation for future analyses by developing a standard taxonomy of content themes (e.g. attitudes towards homosexuality, adjustment, Appendix B). Morin did not thoroughly examine the methodologies employed in the research. However, he did note some basic methodological characteristics of studies (e.g., gender of participants). Additionally, his study provided recommendations for future empirical research and would prove itself to be a stepping stone to future research.

Roughly ten years later, a second content analysis was conducted (Watters, 1986) as a follow-up to Morin's (1977) work. Based upon increased productivity around issues of sexuality and shifts in the content of topics, findings from the study documented a

decrease in heterosexist bias. Duplicating the original study, this one focused predominately on content themes (e.g. causes of homosexuality), though it did also note some minimal study attributes (e.g., gender of participants) related to methodology. Most importantly, by using the same themes as Morin, this study proved content analysis to be a powerful method to examine trends in the literature and established a precedent for research that would follow. Unfortunately, the topic of bisexuality was not addressed in this study and so remained a gap in the literature.

Shortly after Watters' 1986 content analysis (which explored the entire field of psychology), counseling psychologists began their own investigation of the counseling-specific literature on sexuality (Buhrke et al., 1992). This was the first time content analysis had been used to hone in on the sexuality research present within a sub-field of psychology. The authors selected journals most commonly associated with counseling psychology (Howard, 1983) and examined articles between 1978 and 1989 for inclusion in their review. Included were: *The Journal of Counseling Psychology, The Counseling Psychologist, the Journal of Consulting and Clinical Psychology, the Journal of Counseling and Development, the Journal of Vocational Behavior, and the Journal of College Student Development.*

Though Buhrke et al. (1992) used existing taxonomies, it is hard to make a direct comparison to prior studies given overlapping timelines between this analysis and prior ones. Additionally, the authors expanded the range of topics being researched in their content analysis by including not only the categories Morin (1977) found, but also the that study's recommended topics for future research (e.g. civil liberties, identity

development). Buhrke et al.'s study was also unique in that it thoroughly examined the methodological content of articles in addition to topical content. Additionally, the study represented the first time a specific population or topic (i.e., gender) was highlighted in a study.

The impact of Buhrke et al.'s (1992) study can be seen in content analyses specific to counseling as well as other fields or psychology as a whole. For example, in a 1996 content analysis, Chung and Katayama placed special emphasis on methodology, specifically on the measurement of sexual orientation. In limiting its focus and its literature base to one journal specializing in sexuality research, one cannot describe this study as a duplication of the prior two. However, these findings further strengthened the importance that Buhrke et al. (1992) had placed on the critical analysis of methodologies. This type of analysis continued in 1997 when Clark and Serovich embarked on their own analysis of the literature specific to marital and family therapy. This investigation was driven by a need for more information on LGB family therapy issues. Additionally, Clark and Serovich (1997) theorized that marital and family therapy was somewhat behind in promoting social justice surrounding issues of sexuality when compared to the larger counseling field. To accomplish this, marriage and family therapy journals from 1975-1995 were examined by duplicating the methods from prior studies (Morin, 1977; Watters, 1986). Although Clark and Serovich were able to compare and contrast the subfield of family therapy with psychology and counseling, the distinct sample limits the degree to which its findings can be synthesized with other results examining the broader field. Similarly, the broad (twenty year) time range of the sample spans decades and also

overlaps with other studies' samples making it hard to use it as a chronological follow-up.

Building upon all prior analyses, Phillips, Ingram, Smith and Mindes (2003) conducted the most recent content analysis of the counseling-specific psychology literature. Included in the analysis were the six journals used by Buhrke et al. (1992), and two additional journals, *Professional Psychology: Research and Practice* and the *Journal of Multicultural Counseling and Development.* By selecting literature from 1990-1999, Phillips et al.'s article was able to provide direct follow-up and allow for trends over two decades of counseling research to be examined. Similar to Buhrke et al. (1992), the 2003 study examined both content and methodology and also placed a specific emphasis on a topic, namely, issues related to bisexuality. A limitation of the study was the choice to exclude transsexuality and transgender issues from receiving special emphasis. Though the authors reported a frequency of zero articles on trans issues, it is unclear from their methods if keyword searches on sexuality specifically targeted transsexuality and transgender research. Similarly, the authors noted a host of other issues that potentially warranted special emphasis (e.g. race/ethnicity, age, disability).

This latter limitation was recently addressed in part. Huang et al. (2010) conducted their own content analyses focusing specifically on the intersection between race/ethnicity and LGB issues in all of the psychology literature, as well as in the counseling-specific literature, from 1998-2007. Similar to prior studies, they examined both content and methodology. Also similar, a potential limitation in comparing these findings from prior studies, is the overlap in years in the sample. Although this study

does much to increase our understanding of the research on LGB individuals' race/ethnicity, other content areas identified in research published prior to this analysis remain lacking (e.g., disability, age). The study also does not fully address the intersections between these areas. Indeed, Huang et al. (2010) noted the exploration of intersections between culturally marginalized identities as a growing area of need.

**Findings on the state of the field**

Beginning with Morin's (1977) work, the following general observations can be made about the state of the field over the course of four decades leading up to 2010. A history of heterosexism within the psychology research has decreased over time, thanks in part to the depathologizing of LGB identities (Buhrke et al., 1992; Chung & Katayama, 1996; Clark & Serovich, 1997; Phillips et al., 2003; Watters, 1986). Furthermore, some evidence suggests LGB populations/issues are being better integrated into mainstream counseling literature, as evidenced by modest increases in number of articles being published (Buhrke et al., 1992; Chung & Katayama, 1996; Clark & Serovich, 1997; Phillips et al., 2003; Watters, 1986). A further examination of trends specific to content and trends specific to methodology reveals insight into this progress as well as areas for continued growth.

**Trends in content.** Topics within the literature have been described using the taxonomy first employed by Morin (1977) which identified five major areas of content (Appendix B). Each study has used a steadily growing taxonomy based upon Morin's initial one and upon recommendations from those articles preceding it. Analyzing trends in content over three decades (1970-2000), starting with Morin's five content areas, one

can make the following observations: (a) The assessment or diagnosing of homosexuality was once a frequent topic but has now all but ceased to be investigated; (b) exploring the causes of homosexuality was a common theme but now is rarely researched; (c) the topic of adjustment once focused on pathology but is now also barely researched; (d) attitudes towards homosexuality, both from society and within the field, were historically not researched but now are increasing addressed by examining clinicians' and society's view of homosexuality and LGB people; (e) lastly, special topics (e.g., HIV/AIDs, training issues) now make up the large majority of all research and many of the growing taxonomic categories fall under this grouping.

Unsurprisingly, certain populations and topics have received more attention: men, white individuals and those populations that are easier to recruit. Women, ethnic and racial minorities, bisexuals, youth, older adults, aging and cohort effects, family and parenting issues, and the interaction of multiple identities continue to receive little or no attention and represent a gap in the psychological literature. Some populations and topics, specifically disabled individuals and transsexuality and transgender issues, have received even less and represent not only a large gap in the psychological literature, but also in foci of prior content analyses.

**Trends in methodology.** In regards to methodology, several trends have also emerged. First, research has been slowly responding to calls to provide theoretical bases for empirical research (Buhrke et al., 1992). A recent content analysis (Phillips et al., 2003) noted that just over half of the empirical articles included in the study employed a

theoretical framework for their research. This is an improvement over Buhrke et al.'s (1992) finding that only 37% of articles had a theoretical foundation.

Second, while further analyses are needed to determine the stability of this trend, qualitative methodologies are seeing increased use. Phillips et al. (2003) found that 12% of studies were using qualitative designs compared to a complete absence of qualitative methodologies in Buhrke et al.'s 1992 study. However, another study (Singh & Shelton, 2010) found only 12 articles from 1998-2008 in the four counseling journals they examined (Journal of Counseling & Development, The Counseling Psychologist, Journal of Counseling Psychology, and Journal of LGBT Issues in Counseling). It is not possible to directly compare these studies given their differing sample sizes and decades of investigation, however both stress the importance of qualitative research in counseling research on sexual minorities. Qualitative methodology's emphasis on context and lived experiences is promising, as it suits recommendations that research promote civil rights and social justice (Clark & Serovich, 1997; Conger, 1975; Morin, 1977; Watters, 1986) by giving voice to traditionally marginalized people.

However, a third area of interest, trends regarding sampling and the measurement of sexuality, presents less clear results. For instance, owing to both its socially-constructed and invisible nature, there are challenges not only for participant recruitment but for the very conceptualization of what constitutes a representative sample (Clark & Serovich, 1997; Conger, 1975; Morin, 1977; R. L. Sell, 2007; Watters, 1986). This makes it nearly impossible to provide descriptive statistics for this diverse population (Meyer & Wilson, 2009). Additionally, certain sub-populations (e.g. communities of color) present

unique sampling challenges as cultural factors might impact outness, willingness to participate or representation at sampling locations traditionally employed by LGB research (Harper, Jernewall, & Zea, 2004).

To address these challenges, there are both theoretical guidelines (Moradi, Mohr, Worthington, & Fassinger, 2009) and practical recommendations for sampling (e.g. snowball sampling respondent-driven sampling; Meyer & Wilson, 2009). Authors have suggested striking a balance between not getting needlessly hung up on perfecting sampling (Worthington & Navarro, 2003) while still making efforts to actively sample diverse populations within the LGBT community (DeBlaere, Brewster, Sarkees, & Moradi, 2010) using culturally appropriate language and measures and designs which are more inclusive (e.g. phenomenology). However prior analyses have noted the predominance of convenience sampling (Buhrke et al., 1992; Phillips et al., 2003) and samples lacking in ethnic-diversity (Buhrke et al., 1992; Huang et al., 2010; Phillips et al., 2003), geographic diversity (Buhrke et al., 1992; Phillips et al., 2003) and gender parity (Morin, 1977; Watters, 1986), among other demographic variables. Additionally, it is not uncommon for empirical articles to entirely fail to address not only the limitations to generalizability due to sampling but also share basic sample characteristics or document sampling techniques used (Buhrke et al., 1992; Phillips et al., 2003).

Inextricably linked, if not contributing to the challenges of sampling, are those surrounding the definition and measurement of sexual orientation. Indeed, this topic has been the entire focus of one content analysis (Chung & Katayama, 1996) as well as a distinct body of research (Kinsey, Pomeroy, & Martin, 1948; Klein, Sepekoff, & Wolf,

1985; Shively & de Cecco, 1977; Sell, 1996; Storms, 1980); within the larger psychology literature. Similar to recommendations for sampling, there exist both theoretical (Gingold, Hancock, & Cerbone, 2006; Moradi et al., 2009; R. L. Sell, 2007) and practical recommendations (Chung & Katayama, 1996) made regarding measuring and labeling of sexuality. Given the complex connections between a host of sexuality-related constructs (e.g. gender, sex, sexual orientation, group memberships), forced-choice self-identification labels are not adequate for studying sexuality and may not even accurately capture the construct being investigated. Furthermore, they are not responsive to changes in the lexicon of identity labels over time (e.g., once an accepted label, the term homosexual has fallen out of favor when describing people) nor are they reflective of the diversity of terminology employed within the LGBT umbrella (e.g. gay vs. queer vs. same-gender-loving). The use of empirically based measures and a better recognition of the limitations of measuring can begin to address these challenges. Given the newness of recommendations for both of these methodological areas (i.e. sampling and the measurement of sexual orientation), they and other methodological issues remain a salient concern for future content analyses.

**Rationale for Current Study**

Morin (1977) and others' analyses (Buhrke et al., 1992; Chung & Katayama, 1996; Clark & Serovich, 1997; Huang et al., 2010; Phillips et al., 2003; Watters, 1986) have played critical roles in examining the state of the field's research and promoting social justice. Several articles (Buhrke et al., 1992; Chung & Katayama, 1996; Clark & Serovich, 1997; Huang et al., 2010; Phillips et al., 2003; Watters, 1986) have used this

tradition of analysis to specifically target the field of counseling psychology. It is this same commitment to equity in mental health and counseling that guides the current research. Content analysis remains a useful and appropriate methodology for exploring the progress made thus far and to shed light on the areas left unexamined within the field of counseling psychology.

The last major content analyses of the LGB counseling research (Phillips et al., 2003) reported on the research from 1990-1999. A decade has now passed, and in keeping with precedents set by prior analyses, it is useful to once again examine the state of the literature to document trends and provide recommendations. This study replicates prior analyses, employing a coding schedule that encompasses all prior content topics and methodological considerations.

As a second level of analysis, and similar to prior content analyses that have paid attention to the measurement of sexuality (Chung & Katayama, 1996), bisexual populations (Philips et al., 2003) and ethnic minorities (Huang et al., 2010), this study focused on specific topics/populations on which there is a dearth of research. In particular, issues of ability and disability have been identified by several reviews (Moradi et al., 2009; Perez, 2007) as overlooked yet important to address. This is a critical area for exploration not only because of the size of this population (Yali & Revenson, 2004), but also because of population-specific counseling concerns and needs (Harley, Hall, & Savage, 2000; Hunt, Matthews, Milsom, & Lammel, 2006). Also, research on LG older adults was identified as an area where more research was required as far back as Morin's content analysis (Morin, 1977). This remains a salient concern given our aging

population and the increase in older individuals who are identified as having a sexual minority status (Yali & Revenson, 2004). Similarly, there is some evidence to suggest the existence of differing needs for LGBT youth (Cooper, 1999; Friedman et al., 2004; Friend, 1990; Gingold et al., 2006; Savin-Williams, 2005) compared to adults as well as cohort effects influencing development and identity (Friedman et al., 2004; Friend, 1990; Gingold et al., 2006). Lastly, counseling around transsexuality and transgender issues has also been identified as an area for growth (Moradi et al., 2009; Perez, 2007). Transsexual and transgender issues are a topic that has not only been left out of the counseling literature (Harper et al., 2004) but also out of prior content analyses (Phillips et al., 2003; Zea, 2010). As such, this study addresses these gaps in the content analysis literature by placing special emphasis on ability and disability, issues related to age, and transsexuality and transgender issues.

**Purpose and Aims**

This study provides an account of the evolution and the state of the counseling psychology literature on sexuality, transsexuality and transgender issues over the last decade (2000-2009). It does this by, first, examining the literature for changes in previously observed trends. Specifically, this study evaluates the counseling literature on multiple levels including publication data (i.e. publications, # of authors publishing on related topics), and the content (e.g. topics and populations) and methodological approaches (e.g. design, sampling, measures) found in the last decade of publications from the major counseling psychology journals. It compares and contrasts these results with historical findings.

Second, it examines the current state of counseling in regard to age and cohort differences, ability/disability and transsexuality and transgender issues, all of which have been previously identified as gaps within the field. In particular, it examines a wide range of sexuality research, including topics that have been previously addressed, topics that have been previously described as gaps in the field, as well as emerging topics new to this analysis. Finally, it provides recommendations to the field for future counseling scholarship on issues of sexuality, as well as for future content analyses on the topic.

## Chapter II

### Psychology and social justice surrounding sexuality, transsexuality and transgenderism

The history of the Lesbian, Gay, Bisexual and Transsexual (LGBT) movement is an important consideration for the current study, as it not only frames the context for therapeutic work (e.g. working with issues of power or identity-construction), but also informs the course of investigation itself (e.g. influencing topics or sampling techniques). The Gay Rights Movement has had a longstanding connection to the mental health community, as the field was looked to in establishing standards for discourse on homosexuality. Heterosexist and pathologizing terminology legitimized social, political, and institutional discrimination against homosexuals. Similarly, it became important to look at the manner in which the field treats its own members as academic and clinical environments have not always been safe environments for sexuality minorities (Clark & Serovich, 1997; Reynolds, 1989). Therefore it is not surprising that just as activists were rioting on the street, so too were researchers and practitioners challenging the heteronormative beliefs and practices entrenched in the psychological literature.

In 1974, the American Psychiatric Association voted to replace homosexuality with sexual orientation disturbance in the DSM-II. This was in turn replaced with ego-dystonic homosexuality in 1980 and then finally removed entirely in the DSM-III-R (American Psychiatric Association, 1987). Following suit, in 1975 the American Psychological Association passed a resolution supporting the American Psychiatric Association's actions, condemning homosexuality-based discrimination and supporting

civil rights for homosexuals (Conger, 1975). Yet, interestingly, sexual disorder NOS (including persistent and marked distress about one's sexual orientation) remains in the current version, the DSM-IV-TR (American Psychiatric Association, 2000).

In 2000, the American Psychological Association published guidelines for working with LGB clients and psychologists were urged to act as advocates to help prevent and "ameliorate the harmful effects of stigma and discrimination" (Fassinger & Arseneau, 2007, pp 43). In 2011, they were updated to reflect the current scholarship on LGB issues and to expand the scope of recommendations for working with sexual minorities (American Psychological Association, 2012). However, despite these efforts to depathologize LGB people, it is possible that individual practitioners and researchers might still hold attitudes or behaviors that are not conducive to working with LGB people. Additionally, though affirmative therapies (models that affirm homosexuality is not a psychopathology, Maylon, 1982) have been proposed, the lack of empirical evidence supporting them is an obstacle in providing evidence-based guidelines (Cochran, 2001).

**Content analyses of sexuality research in psychological literature**

Morin's seminal article (Morin, 1977) laid the groundwork for those that followed, providing both a methodological approach and a thematic taxonomy for investigating heterosexism in the psychological literature that would be duplicated in future research. Conducted just two years after the American Psychological Association voted to oppose discrimination against homosexuality (Conger, 1975), Morin traced the history of psychology's interest in sexuality up to the time of his writing and found it

fraught with heterosexist bias which emphasized homosexuality as pathological. As such, the study's aim was to explore heterosexist bias in the literature, assuming that research reflects the investigator's values as well as those of society. Morin theorized that an analysis of the questions being posed in research could be used as an indicator of the researcher's beliefs. Therefore the stigma and destigmatization of homosexuality should be evident in psychology research.

Morin's content analysis (1977) examined empirical publications from *Psychological Abstracts* from 1967-1974. Using "homosexuality," "lesbianism," and "male homosexuality" as key words, 139 studies containing 170 research questions were identified. Not surprisingly, most studies (72%) were conducted on men suggesting not only a heterosexist but also a sexist bias in the literature. This finding was the earliest observation about population-related bias in counseling research on sexual orientation. After abstracting each article, Morin identified a thematic taxonomy that focused on assessment, causes, adjustment, special topics, and attitudes towards homosexuality (Appendix B).

Specifically, the first category, assessment and diagnosis of sexuality accounted for 16% of all articles surveyed. The second category which was described as efforts to understand the etiology of same-sex attraction and that Morin (1977) notes was often rooted in efforts to then cure homosexuality, accounted for 30% of the research. The third category, adjustment, accounted for 27% of the articles and represented those studies attempting to "study adjustment and to make inferences about the inferiority or superiority of homosexuals (pp 634)." The fourth category, attitudes towards

homosexuality held by the general public or by the mental health community accounted for only 8% of the literature. Finally, 20% of the articles focused on special topics and were comprised of a variety of themes from gender identity (n=4) to prison behaviors (n=3) to male prostitutes (n=2).

As predicted, these findings supported Morin's (1977) hypothesis that heterosexist bias would be present in psychological literature, as evidenced by a heavy emphasis on identifying, diagnosing, and pathologizing homosexuality. For example, although fifteen articles examined the role of parent background in an individual's homosexuality only two examined same-sex relationships. This frequency was on par with other topics including: pedophilia, how pornography contributed to homosexuality and the differences between insertees versus insertors. Obviously, if the research were to fall in line with the American Psychological Association's stated commitment to homosexual equality (Conger, 1975), a paradigm shift would have to occur in the research.

As such, Morin gave several recommendations for future research, both in regard to overarching theoretical implications and, more specifically, to individual lines of investigation. The importance of gearing psychological research towards social action was emphasized as an overarching implication and was in line with APA's mission to remove stigma from homosexuality. Additionally, from a broad perspective and in the vein of Hooker's (1957) landmark research on bias in recruitment of homosexual populations, Morin noted the inherent challenges of finding representative sample of an essentially invisible population and challenged future research to more explicitly define

their sampling methodologies. This recommendation remains relevant today, and, as will be discussed in depth later in this chapter, was the entire focus of a subsequent content analysis (Chung & Katayama, 1996).

Though the study did note some basic methodological characteristics of studies and samples (e.g. sex of participants) as well as some statistics on the number of articles published, this was not the focus. Morin's major contribution was providing a framework for studying topical themes. Morin's study also emphasized the need for more psychological research on issues of priority to homosexual life-styles. Morin suggested several areas for future scholarship including: gay relationships, gay identities, variables related to self-disclosure to others, advantages/disadvantages to varying degrees of identity and commitment, problems of LG children and adolescents, aspects of aging and gay culture, attitudinal change and gay civil rights.

Approximately one decade later, Watters (1986) duplicated Morin's study, examining the content of *Psychological Abstracts* from 1979-1983. Watters noted a considerable increase in the number of publications and analyzed 166 studies which investigated a total of 185 research questions. Though the study did not calculate the frequency of studies on women versus those on men, the author observed, similar to Morin's (1977) findings, that the majority of research was still conducted primarily on men.

However, a shift in the research was occurring. When the same taxonomy of themes was examined, findings suggested a decrease in heterosexist bias. Specifically, the theme of assessing and diagnosing homosexuality was present in just 1% of the

articles. Compared to the previous decade's 16% emphasis, this represented a major change in the content of the literature, and, extrapolating to researcher attitudes, a shift in how psychologists were thinking about homosexuality. This change was also present in a 50% reduction of articles exploring the causes of homosexuality (i.e., 15% compared to 30%). Similarly, less research was found on issues related to psychological adjustment, with only 9% of the articles from the study exploring this theme compared to 27% from the prior content analysis.

Conversely, those themes (Appendix C) most supportive of the depathologization of homosexuality were being investigated with increasing frequency. Attitudes towards homosexuality were being explored in 19% of the articles surveyed compared to the earlier 7% finding. However, the greatest change across all themes was in special topics. This theme experienced growth from to 20% to 56% of all articles. While some of specific sub-categories (e.g. language, military) described by Morin (1977) disappeared, a host of new sub-categories emerged (e.g. therapy with LG clients), with increasing focus on those topics most relevant to gay-lifestyles (e.g. parenting, relationships and GLB identity).

While this expansion of special topics reflected progress towards a more homo-positive approach to psychological research, nearly half of the articles surveyed still focused on those areas associated with pathologization of homosexuality (i.e. assessment, causes, and adjustment). Future content analyses would be needed to determine if this trend was stable. Additionally, a weakness of the study was the exclusion of research exploring bisexuality as heterosexism in the research might impact all non-heterosexual

populations and topics, not just homosexuals and homosexuality. Furthermore, Watters (1986) identified several areas as needing further investigation.

Specifically a call for the comparisons of hetero- and homo- populations on physiological and psychological dimensions including the creation of new measures was made. Despite an increase in interest, attitudes towards homosexuality remained important to explore, especially in the context of eradicating homophobia both in the general public as well as within the psychological community. Watters recommended further investigation on "'causes,' the development of systems for describing the phenomenon of homosexuality, and the myriad factors that predispose, influence, precede or affect the origin of sexual orientation" (p. 42).

Duplicating the work of Morin (1977) and replicating several of his initial findings, this second investigation (Watters, 1986) into the body of psychological literature on sexuality established the usefulness of content analysis in critically evaluating and documenting heterosexist bias in research. Taken as whole, these two studies documented several trends over nearly two decades of research. Specifically, the literature revealed an increase in overall research on sexuality and the reduction of heterosexist themes. Also noted was a growing diversity of special topics and an emphasis on the role of psychologists in promoting gay rights. Concerns included the lack of inclusion of women and initial challenges in methodologies (i.e. sampling) Both studies identified areas for further growth, areas which are reflected in subsequent content analyses of counseling psychology.

Approximately two decades after the first content analysis of LG psychology literature, counseling psychology began its own examination of themes and methodology present in its literature on sexuality. The field had begun to carve out a niche for itself in its growing emphasis on multiculturalism (Essandoh, 1996; Sue, 1978), a philosophy, practice and model of competency which could be broadened to incorporate sexuality (Buhrke, 1989; Buhrke & Douce, 1991). Using both the previously discussed studies as a rationale and counseling psychology's increasing emphasis on cultural competency, Buhrke, Ben-Ezra, Hurley and Ruprecht (1992) sought to conduct a parallel study examining the content and methodology found in the counseling literature on sexuality.

To accomplish this, the authors selected seven journals commonly associated with counseling psychology (Howard, 1983) for inclusion in their review. These publications specifically included: the *Journal of Counseling Psychology*, the *Counseling Psychologist*, the *Journal of Consulting and Clinical Psychology*, the *Journal of Counseling and Development (*previously the *Personnel and Guidance Journal*), and the *Journal of Vocational Behavior*. Additionally, the *Journal of College Student Development* (previously the *Journal of College Student Personnel*) was included as it was felt to be commonly used by counselors and counseling psychologists.

Reviewing full articles, brief reports, "On the Campus" articles, and major contributions from 1978 through 1989, the authors identified 43 articles which contained gay and/or lesbian themes. While it is hard to make a direct comparison or speculate about trends given partially overlapping timelines between this analysis and the one that preceded it (Watters, 1986), the authors did employ Morin's taxonomy (1977). Results

found no articles on assessment and diagnosis, none on the causes of homosexuality and just one on adjustment (2.3%), with the main focus of articles being on special topics (i.e., 74.4% compared to Watters' 56%). Attitudes towards homosexuality also comprised a greater portion of articles than previously reported on (23.3% compared to 19%). In regards to gender, the previously documented emphasis on men remained a stable trend. The authors also examined gender as a topic of special interest, adding strength to Morin's recommendation that psychology's research on sexuality do a better job of including women. This also represented the first time a specific topic (gender) was highlighted in a content analysis.

In addition to an exploration of the previously documented trends, Buhrke et al. (1992) expanded the range of variables being researched in their content analysis, paying increasing attention to methodology and issues regarding sample populations. They used a general classification article type (i.e. research, theoretical, program description or literature review) and further described empirical research in the manner of Ponterotto (1988) as analogue/experimental analogue, survey/correlational analogue, field experiment or archival/correlational field study. Additionally, they examined the theoretical context of each study. The authors also investigated the samples and populations described in each article (e.g., size, geographic location, ethnicity, student participation, sexual orientation, etc.), reported data collection procedures (e.g. paper and pencil, phone interviews), and examined limits of generalizability due to sampling. Results from their analyses yielded a myriad of recommendations for researchers, generally and in regards to methodology and content.

Overall, LG-focused articles represented less than 1% of published articles (and less than .5% when special issues on homosexuality were excluded). The authors noted that this was not due to a lack of research being conducted, as demonstrated by a plethora of articles being published in LG-specific journals. As such, it was recommended that more research be included in top counseling journals to increase mainstreaming of these topics and improve awareness for practitioners and scholars who may not routinely read LG-specific journals.

In regards to methodology, it was recommended that empirical research increase since, of the 43 articles included in the analysis, only 18 articles, describing 19 studies, were empirical in nature. Of these studies, only 7 were rooted in theory and, thus, the lack of a theoretical basis or justification was also identified as an area for future growth. Similarly, when conducting research on relationships, it was recommended that researchers employ homosexual specific paradigm. Additionally, only one article (Casas, Brady, & Ponterotto, 1983) used an observable, behaviorally-anchored outcome. As such, increased use of such outcomes was identified as an area for future growth. To further assist in overcoming methodological barriers, Buhrke et al., called upon other authors to more explicitly communicate aspects that have worked in regards to research design, sampling, and data collection.

More specifically, related to sampling, Buhrke et al. first called for efforts to increase sample sizes, and to do so intentionally through the use of power analyses. Relatedly, as only 5 of 13 gay or lesbian samples and 4 of 11 general samples actually asked their participants about sexual orientation, it was necessary to discourage future

researchers from making assumptions about individuals' sexual orientations. The majority of samples were drawn from out-individuals on urban, East Coast settings so particular attention also needed to be paid to using more diverse recruitment procedures. Though women were better represented in the research analyzed in this study, the authors emphasized the importance of gender parity and recognition of between group differences within the larger LG umbrella. Similarly, of the 24 samples, ethnicity was only reported for half of these and only 2 used that information meaningfully. As such, the authors provide recommendations for both better reporting of sampling procedures as well as improved discussions of related-generalizability.

Likewise, some of these participant characteristics drove recommendations for content as well. Only 10.5% of articles focused on ethnicity. As such, race and ethnicity, along with topics related to multiple identities, AIDS research, parenting and family issues, legal issues and career issues (as LG individuals may potentially lose their job because of sexual orientation) were added to the authors' re-endorsement of Morin's taxonomy as salient topics for future research.

Nearly a decade later, Clark and Serovich (1997) embarked on their own content analysis of the literature specific to marital and family therapy. The rationale for this study was driven by the number of LGB people who were accessing mental health services from marriage and family therapists. The authors surmised that this population had specific needs and a great deal of potential to benefit from therapy surrounding family issues. However, there was no competency research base to support therapists in their clinical work with them. Additionally, the study was a response to the role of

marital and family therapists in advocating for gay rights. The authors note that the American Association of Marital and Family Therapy (AAMFT) had lagged behind other fields, only adding an LGB non-discrimination clause in 1991. This impacted not only clients but also practitioners. Indeed, many marital and family therapists identify as LGB themselves but may have been isolated from one another, especially without the support of professional organizations like the AAMFT.

Seventeen journals were selected to compare and contrast the subfield with the larger therapy field. A total of 77 relevant articles were found from 1975-1995. Each was coded based upon article type and then content was coded multiple times using Morin's (1977) taxonomy, Morin's categories for future research and a category scheme most relevant to marital and family counseling (Appendix D). Unfortunately, despite allowing the authors to compare and contrast the subfield of marriage and family therapy with the larger field, the distinct sample and broader and partially overlapping time frames are limitations in examining chronological trends across studies.

After comparing this body of literature to those examined in prior content analyses on psychological research (Morin, 1977; Watters, 1986) and counseling research (Buhrke et al., 1992) it was found that the family and marital literature was somewhat behind the times, as predicted. Though doing well in terms of methodological rigor compared to other research, with over half of the articles being empirically-based, a large portion of articles focused on assessment (18%) and adjustment (21%). It should however be noted that none focused on causes. Additionally, attitudes to homosexuality (26%) and special topics (35%), which have generally been described as gay-affirmative, non-

heterosexist research topics (Morin, 1977), did account for the majority of articles published. Lastly, though the authors note a marked increase in publication on LGB topics in the years immediately leading up to their study, it is difficult to tell if the content of these publications potentially revealed a paradigm shift away from pathology (as appears to have happened over several decades in other fields) or if these category frequencies were stable over time.

The literature was also examined independently using Morin's (1977) categories for future research. Dynamics of LG relationships accounted for the largest category at 28.6%, followed by attitudinal change at 16.8%, gay identities at15.6%, the nature and meaning of homosexuality, and children and adolescents, both at 13% and variables related to self-disclosure at 10%. Varying degrees of identity and commitment, and aging each accounted for small percentages and no research was found focusing on civil liberties. Second sort categories demonstrated mixed approaches towards research on sexuality, with the largest category, treating ("changing" or "curing") homosexuality, accounting for 16.8% of articles, followed by potentially less pathologizing topics like "therapy with GLB clients" (10.4%) or "parenting issues" (10.4%).

With somewhat mixed findings of both heterosexist bias and positive progress (e.g. an emphasis on LGB relationship research), the study offered several recommendations. Echoing Burhke (1992)'s sentiments, Clark and Serovich emphasized the importance of integrating LGB issues into mainstream marital and family therapy journals and not simply relegating publications to sexuality-specific journals. Also similar to the 1992 study, was the recommendation to use same-sex specific paradigms

when conducting relationship research. The authors observed that media representations of LGB lifestyles may mislead researchers into believing that different gender couples/families and same gender couples/families are similar, when each may have specific differences and needs. A third similarity was the authors' suggestion to more clearly describe sampling methods, return rates and sampling characteristics. This review of the marital and family therapy literature differs from others in that it was more inclusive of bisexuality. Noting a lack of research on bisexuals/bisexuality (only 2 articles reviewed addressed this population/topic), its final recommendation was to conduct more research on bisexuality.

Building upon these four content analyses, Phillips, Ingram, Smith and Mindes (2003) conducted the most recent content analysis of the counseling psychology literature, placing specific emphasis on issues related to bisexuality, as an extension of the prior content analysis research. Included in the analysis were six journals used by Buhrke et al. (1992), and two additional journals, *Professional Psychology: Research and Practice* and the *Journal of Multicultural Counseling and Development.* From 1990-1999, 119 articles were identified, accounting for 2.11% of the literature, though a large portion (n=33) were from four special issues or sections devoted to LGB-related issues, suggesting a similar, and thus stable, publication pattern over time. As such, one recommendation was to continue to integrate LGB issues into mainstream counseling research.

The study's rating form (Appendix E) was a synthesis of all prior research recommendations and included a content taxonomy of 33 possible topics drawn from

Morin's (1977) taxonomy and nine recommendations, Buhrke's (1992) results and recommendations and results of prior conference presentation (Powell, as cited in Phillips et al., 2003). The most rigorous study of methodology thus far, Phillips et al.'s methodological survey collected data on: type of article (empirical,theoretical/conceptual, program descriptions, literature reviews, or comments/reactions/introductions), empirical design where appropriate (including qualitative design), sampling methods (e.g. convenience, random), data collection procedures (e.g. phone interviews, paper and pencil self-report), sample sizes and sample characteristics (e.g. gender, race). Empirical articles were further coded according to whether and how sexual orientation was assessed and whether bisexuality was included. Lastly, empirical articles were also assessed for articulation of a theoretical basis. One limitation of the study was the intentional exclusion of Trans issues from both content and methodological observations.

With regard to content, Phillips et al. (2003), observed the overall continuation of a trend towards less heterosexism, an increased responsive to need and developments of the field and a continued relevance of many of Morin's initial categories. The five most common topics were addressed in 20% or more of the articles. These included homophobia (38%, $n = 40$), identity development and coming out (31%, $n = 33$) HIV/AIDS (29%, $n = 31$), attitudes toward LGB people (26%, $n = 28$) and psychological adjustment (24%, $n = 25$). It is important to note that psychological adjustment was used to understand the ways discrimination and homophobia impacted mental health outcomes for LGB people. This was a departure from prior adjustment research rooted in assumptions of pathology. Noted improvements based on topical recommendations from

prior analysis were also found and included research on: career counseling (Buhrke et al., 1992), the development and integration of identity theories (Buhrke et al., 1992) and addressing heterosexist attitudes (Morin, 1977; Watters, 1986).

However, several topic areas and populations remained neglected. There was little to no research on ability/disability issues in LGB populations, the etiology of homosexuality/bisexuality and transgender issues. Mirroring the research in family and marital counseling (Clark & Serovich, 1997), the authors noted a lack of attention to bisexuality and women. 17 (16%) of the articles focused on gay men only, 9 (9%) focused on lesbian women only, and one (1%) focused on bisexual men and women only. Thirty-five (33%) of the articles focused on gay men, lesbian women, bisexual men, and bisexual women, and 30 (28%) focused on gay men and lesbian women. Finally, 11 (10%) articles addressed gay and bisexual men only. Specifically addressing bisexuality, 48 articles (45%) contained a superficial mention of bisexuality, 36 (34%) contained no mention of bisexuality or bisexual persons, 20 (19%) integrated bisexuality or bisexual persons, two (2%) had an exclusive focus on bisexuality, and none perpetuated myths and stereotypes about bisexual people. Regarding research on ethnic minorities, 12 articles (11%) addressed issues related to people of color but only four of empirical (6%) studies used race/ethnicity as a variable in their analyses.

From these findings, a host of topical recommendations were made. As expected, those areas with little research were identified as places for growth. Specifically issues of ability/disability and transsexuality remained neglected and calls for an increase on family and parenting issues (Clark & Serovich, 1997) were not met. Driven in part by a

rapid and timely increase on HIV/AIDS research in gay men, lesbians were the focus of research only 9% of the time, and, as such, more research on women was recommended. Given that bisexuality was addressed meaningfully by just 19% of the articles while only 2% focused specifically on bisexuality, it was recommended that bisexuality be both a topic for future research as well as a theoretical and/or methodological consideration when assessing/describing participant sexual orientation. Additionally, an increase in LGB-specific instruments was called for. Lastly, as two articles (Haldeman, 1994; Tozer & McClanahan, 1999) reviewed other articles which were supportive of conversion therapy, a practice unsupported by the American Psychological Association guidelines (Fox, 1992; Garnets & Kimmel, 2003), it was suggested that future research explore this topic.

With regard to methodological findings, 64 (54%) of the 119 LGB-related articles were empirical, 22 (18%) were theoretical/conceptual; 13 (11%) were literature reviews; 13 (11%) were comments, reactions, rejoinders/replies, or introductions and 7 (6%) were program descriptions. The empirical articles included 68 unique studies. The majority (71%, n = 48) were surveys/correlational analogues. Additionally, just over one half articulated a theoretical framework, a modest improvement compared to 37% of those reported on in the prior analysis of the counseling research (Phillips et al, 2003).

Sampling-related concerns for empirical articles which were highlighted in prior content analyses remained salient. Though improvements were seen on overall geographic distribution of samples, 25% (n= 17) of articles did not report a location. Furthermore, 60% (n = 41) of empirical articles were based on convenience samples. In

48 (71%) of the 68 empirical studies, the sexual orientation of the participants was reported, with self-report being the most common method, followed by a single-dimension measure of sexuality. In regards to generalizability, the authors of 21 (33%) of the empirical articles did not identify any limitations.

Concerns related to sample demographics (Morin, 1977; Watters, 1986) were also still relevant. In terms of gender, 42 (62%) of the 68 samples used included male and female participants, 21 (31%) included males only, 3 (4%) included females only, and 2 (3%) did not report data on gender. Of those studies that included both male and female participants, 25 (60%) analyzed gender as a variable. In regard to race and ethnicity, 47 (69%) of the 68 empirical studies reported participant race/ethnicity solely as demographic data, 12 (18%) provided no information about participant race/ethnicity, 4 (6%) reported analyses for one racial/ethnic group and an additional 4 (6%) analyzed race/ethnicity as a variable. Among those studies (n=55) that reported race/ethnicity of their samples, 82% (n=45) used samples comprised of more than 75% Whites/European Americans.

In regard to methodological recommendations, it was noted that the measurement and reporting of sexuality still needed to be improved, that scale development was an underdeveloped area which limited approaches used in the literature and that 50% of researchers did not articulate any theory. In regard to sampling, though methods were improved overall, there was still a lack of inclusion of people of color in samples. Additionally, while an increase in qualitative articles was promising it was recommended that such research also include non-college samples.

Two recent content analyses have attempted to address some of these recommendations. Singh and Shelton (2010) examined the field's use of qualitative research through a content analysis of counseling journals from 1998-2008. While their sample was smaller and included only four journals (Journal of Counseling & Development, The Counseling Psychologist, Journal of Counseling Psychology, and Journal of LGBT Issues in Counseling) they nonetheless came to the conclusion that there was a paucity of qualitative research on LGBTQ inquiry. They do not provide an overall percentage of qualitative to non-qualitative research or other publication statistics but do note that only twelve LGBTQ-focused qualitative articles were published that decade. Additionally, they provide recommendations for future qualitative research including: expanding upon existing qualitative research, investigating LGBTQ people of color, using consistent reporting standards, discussing research reflexivity, including transsexual and bisexual individuals, increased training on qualitative research, using diverse qualitative methodologies, and developing interventions for LGBTQ individuals.

Second, in response to noted lack of inclusion of ethnic minorities in research on sexual minorities, Huang et al. (2010) conducted their own content analyses focusing on race/ethnicity and LGB issues. A keyword search of the PsycINFO database from 1998-2007 yielded 434 entries. These entries confirmed that research on LGB people of color mirrored trends for general LGB research. Specifically, LGB people of color, in particular, women and older adults of color were underrepresented. The results indicated that the most common themes in content were attitudes towards LGB people of color, risk and resilience, and that there was a dearth of research on transsexuality. Specific to

the counseling literature, intersections of identity was a common theme and, in total, eight articles were found, half of which were empirical in nature.

Methodologically, an increase in the reporting of participant race/ethnicity was observed. Sixty-five percent of the articles surveyed were empirical. Following previously documented trends (Phillips et al., 2003), while 5% of articles did not specify an approach, the predominant technique (81.4%) was convenience sampling and samples were from restricted geographic ranges (Buhrke et al., 1992). Race was typically assessed through self-identification (85.7%), as was sexual orientation (77.4%).

Based upon these observations, Huang et al. (2010) offered several recommendations. In regards to methods, future studies should make efforts to sample LGB "individuals who remain outside of dominant discourses about people of color (p. 390)," for example Arabs or South Asians. Similarly, authors should make mindful choices regarding the use of broad versus narrow labels (e.g. Latina/o vs Puerto Rican). One limitation of the study was identifying studies containing LGB ethnic/racial minorities. For instance, although a study may have included both LGB people and people of color, it was not always clear if they were distinct samples or if these identifiers overlapped in their participants. The authors recommend improving the reporting of sample characteristics (e.g. race/ethnicity, age, sexuality, generation/acculturation status), sampling procedures, recruitment strategies, data collection methods, geographic location of sampling, and methods of assessing race/ethnicity, and sexual orientation. Specific to content, the authors recommend research into family and social relationships, developmental issues, work and school, social justice, counseling process and outcome,

as well as future cross-culturally research and the inclusion of issues relevant to transsexuality.

## The state of the field from 2000 to 2009

The last major content analyses of the LGB counseling research (Phillips et al., 2003) was conducted nearly a decade ago. In conjunction with support from supplementary emerging research, prior recommendations from the previously discussed analyses (Buhrke et al., 1992; Clark & Serovich, 1997; Morin, 1977; Phillips et al., 2003) regarding both underrepresented topics and methodological considerations have laid the groundwork for the current study. Generally, there are several issues and needs that have been highlighted which make this current analysis relevant.

First and foremost, given the paucity of research on LGB counseling issues in general, compounded with the previously discussed stability of frequency of publication, it remains important to document any growth or lack of growth in the number of articles published. Similarly, it has been noted that academic environments have not always been supportive of LG people (Reynolds, 1989) and that many scholars (both homosexual and heterosexual) are afraid that they will be stigmatized or have their sexuality brought up for discussion were they to conduct research on LGB issues (Clark & Serovich, 1997). For these reasons, in addition to the number of articles being published, the number of authors publishing articles on sexuality topics is of interest.

### Methodological trends and recommendations for future research.

Methodologically, several studies (Buhrke et al., 1992; Phillips et al., 2003); Watters, 1986) have identified a need for increased theoretical foundations for empirical articles.

Improving and better documenting sampling procedures have been persistent recommendations over the last three decades and, indeed, there are many challenges regarding sampling. First and foremost is the socially-constructed nature of sexual orientation, which makes it nearly impossible to provide descriptive statistics for this population (Meyer & Wilson, 2009). Additionally, certain sub-populations present unique sampling challenges (Harper et al., 2004), for example, communities of color (DeBlaere et al., 2010). Specific recommendations for sampling techniques are many (Meyer & Wilson, 2009) and include: the use of venue-based sampling which employs specific locations frequented by target populations (provided limitations of generalization are recognized and biases are controlled for), the use of snowball sampling across a variety of sources, web-based sampling as a promising new technique, time-space sampling, which targets venues at specific times, and respondent-driven sampling. The latter approach may be useful for hidden populations (e.g., injection drug users, sex workers). However, the underlying assumptions that the population sees itself as a population may or may not be appropriate for certain LGB people. As fluid, evolving, individually- and socially-constructed identities, research on LGBT people will have barriers that may never be overcome in regards to accurate sampling. As such, these issues are likely to persist in one form or another, so research must strike a balance between being sensitive but not overly sensitive (Worthington & Navarro, 2003). A useful guideline is for researchers to consider that samples are dependent upon and, thus, should be intentionally tailored to the intent of the research (Moradi et al., 2009), though it is unknown how effectively researchers are doing this currently.

Another major trend in the literature related to sampling is the measurement and labeling of participant sexual orientation. There is a long and complex history of terminology surrounding homosexuality (Sell, 2007) and thus, there are many ways to theoretically define and measure it. Some available approaches include one-dimensional measures like the Kinsey scale (Kinsey et al., 1948) and multi-dimensional approaches such as, the Klein grid (Klein et al., 1985), the Shively Scale (Shively & de Cecco, 1977), Storms Two-Dimensional Model (Storms, 1980) and the Sell Assessment of Sexual Orientation (Sell, 1996). Additionally, the generally one-dimensional measurement of sexual behaviors with its resulting labels, men who have sex with men (MSM) and women who have sex with women (WSW), have been used commonly in medical literature. However, there are some caveats in their use which make them potentially problematic for LGB research and LGB individuals. Specifically, they undermine self-determination of identity, obscure the social meaning of sexuality and overlook the complexity and diversity of same-sex sexual behaviors (Young & Meyer, 2005).

A content analysis of 144 articles from the *Journal of Homesexuality* from 1974-1993 (Chung & Katayama, 1996) sheds some light on how sexual orientation is treated methodologically. Six categories of sexuality measurement were found, the most common being self-identification (32.6%) and no method described (31.3%), with sexual preference, behavior, single dimension-measures, and multiple dimensions all accounting for roughly 10% or less. The authors recommended the use of multiple dimensions in future research. This recommendation is further supported by additional literature. Specifically, between and within-group differences with varying degrees of identity and

orientation (Worthington & Reynolds, 2009) as well as different experiences/lifestyles within the LGBT community call for refined and sensitive approaches (Fassinger & Arseneau, 2007). Similar to recommendations for sampling, the intent of the research must be clearly linked to scale or measurement of sexuality being used (Moradi et al., 2009; R. L. Sell, 2007). Lastly, given both the historical context of stigma associated with labels (Gingold et al., 2006) and the role of counselors and counseling researchers in removing that stigma (Bersoff, 2008; Garnets & Kimmel, 2003), terminology resulting from scales or measurement must be sensitive to individual identities.

### Content trends and recommendations for future research

Specific to content, although the documentation of trends identified in prior research remains an important task, it is also worthwhile to focus on those areas that have not been previously emphasized through a prior content analysis. For example, while issues related to bisexuality or ethnic and racial identity, should be included, prior studies of content have done a thorough job of more fully targeting these topics in their analyses (Phillips et al., 2003; Huang et al., 2010; respectively). As such, this study attempts to provide additional emphasis on the following less attended areas as they relate to sexuality and counseling research: ability/disability, aging and age-related cohort issues, and transsexuality and transgenderism.

**Ability/disability.** In addition to recommendations from Phillips et al. (2003), several subsequent literature reviews (Moradi et al., 2009; Perez, 2007) have identified ability/disability as an area where more research is required. Indeed, this is an important topic considering the number of sexual minority individuals with a disability (Yali &

Revenson, 2004), which in 2000 was estimated to be 3.7 million people (Harley et al. 2000). Furthermore, this population has specific counseling concerns and needs (Hunt et al., 2006) that may not be meaningfully addressed in the literature. Specifically, they may be forced to disclose sexuality due to having a chronic illness (Harley et al., 2000). For men, masculinity and issues related to both sexuality and ability may be a concern, while for women, their reduced earning power may influence their ability to be self-supportive (Harley et al., 2000). Additionally, this population is at an increased risk for violence due to both sexuality and disability (Hunt et al., 2006).

The sparse literature that is addressing these needs has demonstrated specific counseling-related themes on lesbian individuals with disabilities: depression, satisfaction with counselor, effectiveness of counselor, counselor awareness and education, discrimination and bias, counselor identity, coming out in counseling, self-advocacy and accessibility issues (Hunt et al., 2006). Though there is no understanding of how or if they are being implemented, there are specific theoretical recommendations for counselors working with those in rehabilitation (Harley et al., 2000). Specifically, counselors must: learn to advocate for their clients, teach LG consumers to advocate for themselves as well, support legislation, and educate themselves to dispel stereotypes and take self-assessments. Additionally, counselors must seek out knowledge specific to both LGB and disability identity development (e.g. how self-concept of masculinity may be impacted by sexual orientation and/or physical ability or ability to work and provide income). For these reasons, it is valuable to assess the state of ability/disability research in the counseling literature on sexuality.

**Aging and cohort issues.** Despite evidence of more research on aging and cohort issues (Phillips et al., 2003), unlike bisexuality or race/ethnicity, this remains an area that no content analysis has thoroughly explored. Generational differences and challenges faced by older adults has been emphasized as a consideration for counselors working with LGB individuals in both American Psychological Association guidelines (Bersoff, 2008; Garnets & Kimmel, 2003) as well as in a recent review of the literature (Moradi et al., 2009). Similarly, LG youth are theorized to have both different needs than adults as well as cohort effects in regards to identity exploration and experience of discrimination (Savin-Williams, 2005). This holds several implications for research and practice; current sexual minority youth may identify differently (Friedman et al., 2004) and use different terminology (e.g. queer; Gingold et al., 2006) than other LG populations do currently or did in their youth. As such, traditional conceptualizations, measurements, interventions or research approaches may not be as effective.

Conversely, LGBT older adults are a growing population. It was estimated (Dawson, 1982) that there would be at least 3.5 million lesbians and gay people over age 60 by the close of the 1990s. It is believed that this number will increase to 4-6 million by 2030 (Cahill, South, Spade, & National Gay and Lesbian Task Force, 2000). Models of LG aging have been developed (Friend, 1990) and specific institutional challenges of LG older adults have been identified (Cahill & Tobias, 2007) pertaining to income support mechanisms (e.g. SSI, pension plans 401k), housing discrimination, healthcare (access and bias in treatment) and a lack of biological children to care for them. Furthermore, the previously discussed changes in age-related demographics are expected to impact health

care by exacerbating pre-existing social disparities (Yali & Revenson, 2004). Previous analyses have recommended that psychology researchers conduct more research on aging (Morin, 1977). Similarly, others have noted whether age was included as a variable in non-age specific research (Phillips et al., 2003; Huang et al., 2010). However, no content analysis has thoroughly emphasized issues related to age and cohort effects in sexuality minority populations as a major focus.

**Transsexuality/transgenderism.** Prior to Huang et al. (2010), gender identity had not been included as a variable in any of the previously discussed content analyses (Buhrke et al., 1992; Morin, 1977; Phillips et al., 2003; Watters, 1986). Transgender/transsexuality issues have also routinely been left out of special issues on sexuality (Harper et al., 2004; Zea, 2010). Indeed, there are clear conceptual differences between gender identity and sexuality, which may potentially explain this history of exclusion.

However, some commonalities between or common biases about both transsexuality/transgenderism and homosexuality exist (Mostade, 2006) and, thus, warrant the inclusion of transsexuality/transgenderism topics in this current research. These commonalities include: past (and current) pathologization, shared political activism efforts, an erroneous belief that gender nonconformity is inherently associated with homosexuality and vice versa, and a potential lack of education about or recognition for the diversity within and between transsexual, intersex (or disorders of sex development) and LGB populations which may result in both professionals and laypersons grouping these populations together.

Transsexuality/transgenderism issues are being further incorporated into the larger LGBT umbrella (Fassinger & Arseneau, 2007). Counseling recommendations for working with trans people (Mostade, 2006) and their families (Zamboni, 2006) have been articulated and competencies have been endorsed (American Counseling Association, 2010). Furthermore, Phillips et al. (2003) note this topic as an area for future growth, as do several recent literature reviews (Moradi et al., 2009; Perez, 2007). For these reasons, it is critical to assess the current state of transsexuality/transgenderism research in the counseling literature on sexuality.

**Purpose of the study**

The overall purpose of this study examining the counseling literature from 2000 to 2009 was to (1) follow up on the previously discussed history of critical analysis and (2) to examine the gaps in the counseling literature. Specifically, prior content analyses on sexuality literature in the field of counseling psychology have documented trends (e.g. challenges in sampling, increased use of theory in empirical research). This study provides a contextual assessment of the current state of the counseling psychology literature in regard to these observed trends. Additionally, prior content analyses and other supporting literature have identified several areas that have not been adequately addressed in the sexuality literature (i.e. ability/disability, age and cohort differences, transsexuality/transgenderism). As such, this study examined counseling psychology's treatment of these topics through analyzing the counseling psychology literature base. Finally, recommendations are made for the counseling field as a whole as well as for future content analyses investigating topics related to sexual minority research.

# Chapter III

## Introduction to content analysis

First developed in the 1930s to refute hypotheses using texts, the content analysis methodology is commonly used in social sciences to: make inferences about the antecedents of a communication; describe and make inferences about characteristics of a communication; and to make inferences about the effects of a communication (Holsti, 1969). Furthermore, this analysis assumes that inferences may validly be made about the relationship between intent and content, and that both the study of manifest content and the quantitative description of communication content are meaningful (Berelson, 1971). Within the field of psychology, content analysis has been used both to make inferences about the intent underlying choices made in research on sexuality and comment on the characteristics of said research, specifically to highlight the manner in which heterosexist bias influences both topics and methods found in the literature base (Buhrke et al., 1992; Chung & Katayama, 1996; Clark & Serovich, 1997; Morin, 1977; Phillips et al., 2003; Watters, 1986). The purpose of this analysis was to draw inferences about counseling psychology's treatment of sexual minorities through an examination of the literature base from 2000 to 2009.

Common steps of content analyses are unitizing (systematically distinguishing text for analysis), sampling (economizing text to a manageable size), recording/coding (transforming text to data in either an emergent or a priori design), reducing (transforming coded data into frequencies, etc), inferring results from the data and then narrating (communicating answers about the research questions; Krippendorf, 2004).

**Units and samples**

In the current study, the unit of research is the counseling psychology literature from the last decade, 2000-2009. The sample consisted of publications, defined as articles, brief reports, comments, reactions, rejoinders and introductions, from several journals previously deemed representative (Phillips et al., 2003) of the counseling psychology field. Specifically, the following eight journals were included in the sample: *Journal of Counseling Psychology*, the *Counseling Psychologist*, the *Journal of Consulting and Clinical Psychology*, the *Journal of Counseling and Development,* the *Journal of Vocational Behavior*, the *Journal of College Student Development, Professional Psychology: Research and Practice* and the *Journal of Multicultural Counseling and Development.* These journals were included specifically to allow for direct follow-up on prior studies. Additionally, two journals not previously included in prior analyses, *Cultural Diversity and Ethnic Minority Psychology* and *Psychotherapy: Theory, Research, Practice, Training,* were examined to assist in providing an accurate reflection of current counseling scholarship. They are both journals of the American Psychological Association and have published ISI impact factors (1.62 and 0.915 respectively) so were deemed as representative of the mainstream counseling literature. Topical journals-specific to LGBT issues (e.g. the Journal of LGBT Issues in Counseling; Journal of Gay & Lesbian Mental Health) were excluded. While these journals would be expected to contain significant research on sexual minorities, their degree of focus suggests they hold a highly specialized place within the larger counseling literature and even within the general multicultural counseling literature and are, thus, not reflective of

general counseling scholarship. To identify articles addressing issues of sexuality within the selected literature, a key word search (Appendix F) was conducted and abstracts from the above journals were reviewed. In the event of uncertainty regarding the appropriateness of the article, the full article was reviewed.

**Research team**

The research team consisted of the first author, two other doctoral students and an early-career counseling psychologist. Team members were selected on the basis of their knowledge of LGBT issues, their experience conducting similar team-based qualitative analyses and their familiarity with research design and publication. The team met as a group for training on the content analysis methodology and for an overview on the methodological and topical areas (including common language and keywords). The team was given five articles to code individually and then the team met as a whole to come to consensus on codes. This was done two times at which point free-marginal multirater kappa values (multirater $\kappa_{free}$; Randolph, 2005) were calculated for individual items for this subset of the sample using widely available web software (justusrandolph.net/kappa). This statistic was chosen both for its ability to handle more than two raters as well as its assumption that marginal distributions were considered to be free, i.e. that each article had an equal chance of being assigned to a category regardless of how many other articles were assigned to the same category. For example, the research team did not know a priori how many articles would be coded as qualitative. Whereas if marginals were fixed, the team would have expected a set number of articles for each category. Additionally, within a given case categories were not-mutually exclusive. For example,

an article could be coded as containing topics related to both counseling process and spiritual issues.

Initial overall interrater reliability for these 10 articles was deemed to be in almost perfect agreement (average multirater $\kappa_{free}$ =.92). Individual values ranged from .5 to 1.0. For those that were lower than .60 indicating less than good agreement, the team further discussed the working definition of the category. These items included: theoretical framework, attitudes toward LGB people, and diversity. The team also reviewed any items about which individual coders had questions on.

Teams then split into dyads and each dyad took half of the remaining articles. Multirater $\kappa_{free}$ values were calculated for the remainder of the sample upon completion and agreement was determined using guidelines determined by Landis and Koch (1977). Overall interrater reliability was deemed to be in almost perfect agreement (average multirater $\kappa_{free}$ =.93). Individual values ranged from .54 to to 1.0. Only limitations to generalizability had moderate agreement between raters (multirater $\kappa_{free}$ =.54)/ Theoretical framework (multirater $\kappa_{free}$ =.68), limitations due to other characteristics (multirater $\kappa_{free}$ =.74), geographic location (multirater $\kappa_{free}$ =.74) and limitations due to sampling (multirater $\kappa_{free}$ =.78) had substantial agreement. The remaining items, including all content-related items, all had near perfect scores (multirater $\kappa_{free} \geq .80$).

**Analysis**

**Coding.** Materials consisted of an online reference list used by the team to retrieve stored articles for coding. The research team used a coding schedule (Jauch, Osborn, & Martin, 1980) consisting of a three-page form to note the presence of variables

in articles reviewed and to leave comments (Appendix G). The authors also developed a database to store the results of coding and a spreadsheet collecting demographics of journals. Groups of variables were culled from both the literature search and from the coding of the literature itself. Variables were grouped as follows:

***Publication demographics.*** Publication demographics contains information gathered through the literature search as well as through the coding schedule and includes: the overall number of articles on sexuality published, the number of unique journal issues with an article on sexuality in it, the total number of articles published by each author, and the frequencies of article types (i.e. empirical, theoretical, literature review, comments/reactions/intros/rejoinders, and program descriptions).

***Methodological.*** Methodological variables measured using the coding schedule included: article type, data collection procedures (for empirical articles), the research design of empirical articles (i.e. analogue/experimental analogue, survey/correlational analogue, field experiment or archival/correlational field study, (Ponterotto, 1988), and the theoretical basis for study/design. Also under methodological variables, data collection procedures (e.g. paper and pencil, phone interview) were coded as were sampling procedures and characteristics: specifically, recruitment strategies and locations, the method by which sexual orientation was assessed, and whether or not limits to generalizability/external validity were discussed (in relation to sampling or other). Additionally, population data was collected (i.e. if, how and, in some cases, what was reported) for a variety of variables including: age, sex, gender, race/ethnicity, religion, socio-economic status/class, disability, sexual orientation.

***Topic.*** A final variable group, topics of interest, was coded using a schedule (Appendix G) that included Morin's (1977) taxonomy and nine recommendations (Appendix B) as well as those from the most recent general content analysis of the counseling psychology literature (Appendix E.; Phillips et al., 2003). When articles contained themes that were deemed distinct from extant categories, they were coded as "other" and given a proposed category by the team. Upon completion of the analysis, the team leader reviewed the proposed categories and coded like articles under common themes where common themes were present.

**Reduction.** Descriptive statistics were calculated for publication demographics as well as the various classifications from the coding schedule. In regard to publication demographics, frequencies for the entire sample were calculated as well as for the subset of journals used by the prior analysis. Frequencies for methodological and content items were calculated using the results of the team's coding. Frequencies for topics were calculated for the entire sample as well as for empirical articles only.

**Inferring/narrating.** The first author compared and contrasted results from this study with those of prior content analyses as well as with recommendations and observations made by supporting literature. Steps for inferring included (1) examining frequencies from past content analyses, (2) noting the degree and direction of change for pre-existing data points, and, (3) for those areas with no pre-existing data with which to directly compare, examining related data points from prior studies and/or comparing similar data points within the current study. Inferences about the integration of LGBT issues into greater counseling research were drawn from publication data and selected

methodological data including participant demographics. Inferences regarding trends for content and methodology were drawn from the corresponding frequencies calculated on the rating schedule employed by the research team. Inferences about the presence of heterosexist bias as well as inferences about future research needs were also drawn using all the available data. Once inferences were developed, they were used to answer the study's research questions. The results of this process were then shared with the team to check for any disagreements. Upon review of the frequencies and trends used to justify the inferences made by the lead investigator, each team member agreed that all of the inferences were supported.

# Chapter IV

## Summary of Results

Results of the study are provided in this chapter, starting with the preliminary descriptive findings. These provide evidence of how LGBT counseling research compares to the overall body of counseling literature. The methodological analysis of empirical studies sub-section presents the team's finding on the rigor of the methods used by empirical studies. These include categories related to study design, procedures, characteristics of samples and reporting of limitations. Next are results from the analysis of content across empirical and non-empirical articles. Included in these are several newly emerging themes as well as results for those topics that were identified as the specific focus of this study (i.e. ability and disability, transsexuality and transgender issues, and age/aging). Finally, a summary of the most common content themes within each article type category (e.g. empirical, literature review, theoretical) is provided.

## Preliminary Descriptive Findings

Between the years 2000 and 2009, 6251 articles were published by the journals reviewed for this study. The team identified 173 (2.77%) that focused on LGBT issues. This included 51 articles from 5 special/focus issues on LGBT issues. The percentage of articles that contained significant LGBT content was calculated by journal per year (Table 1) and ranged from 1-5% per year across all journals. Many articles had multiple authors and there were 338 authors contributing to the body of work examined. The majority of authors (n=277) published a single article included in the analysis. Forty-

eight authors published 2 or 3 articles, eight published 4 or 5 articles, three authors published 6 or 7 articles, and two authors published 8 or 9 articles.

Of the 173 LGBT-themed articles, 111 (65%) were empirical, 24 (14%) were comments, introductions, reactions, rejoinders or replies, 23 (13%) were literature reviews, 13 (8%) were theoretical/conceptual, 3 (2%) were program descriptions and 2 (1%) were descriptions of legal/ethical issues or cases. This count included double coding of three articles, two of which were program descriptions that also employed empirical analysis (Evans, 2000; Finkel 2003) and one theoretical article that contained a distinct and substantial enough literature review to stand alone from its theoretical content (Meyer & Wilson, 2009).

**Methodological analysis of empirical articles**

Empirical articles were analyzed for their theoretical framework, experimental design, data collection procedures, recruitment strategy, participant demographics, and discussion of limitations. Of the 111 empirical articles, a theoretical framework was articulated for approximately half (n=59, 53%) of these articles. In terms of experimental design, 69 (62%) reported on a survey/correlational analogue design, 29 (26%) reported on a qualitative study, 6 (5%) reported on an experimental analogue/analogue design, 6 (5%) reported on a field experiment and 3 (3%) reported on an archival/correlational field study.

In terms of data collection procedures, paper and pencil or web self-report measures were the most common with 73 (66%) articles reporting on its use. Forty (36%) articles employed personal interviews and eight (7%) used phone interviews. Five (5%)

employed participant observation and two (2%) used physiological measures. Finally, five articles (5%) described analyses of literature content.

Of the 111 empirical articles, 106 recruited human subjects with 5 additional articles garnering their data from written sources ranging from message boards (Terry, 2006) to application data (Bidell, Turner & Casas, 2002). Of these, 102 (92%) described their recruitment strategy or strategies with 92 (90%) of these articles employing convenience sampling, 20 (19%) employing snowballing, and 11 (11%) using random sampling. Twenty (20%) of those articles that articulated a strategy employed multiple strategies. For instance, 16 (80%) employed convenience and snowballing and 4 (20%) employed convenience and random sampling.

Location of recruitment was also examined with 105 (95%) of the articles providing some description of the place/s or source/s by which recruitment of participants or gathering of data occurred. The internet and e-mail listservs were used by 47 (45%), LGBT bars or other primarily social venues were used by 33 (31%), academic courses or campuses were used by 26 (25%), and community services and health/professional organizations were used by 12 (11%). Twenty (19%) of the articles were coded as using "other" locations for recruitment of participants. Examples include: magazines, newspapers or other publications (e.g. Erwin, 2006), LGBT bookstores (e.g. Frost & Meyer, 2009), known street hangouts (e.g. Milburn, Ayala, Rice, Batterham, & Rotheram-Borus, 2006), and faith-based organizations (e.g. Lease, Horne, and Noffsinger-Frazier, 2005). Twenty-three (22%) of the articles that articulated a

recruitment location type employed more than one location with 10 (10%) of articles employing three distinct types of locations.

In terms of participant demographics (Table 5), five articles did not employ human subjects, therefore they are not included in the following results. Of the remaining 106 articles, all of them reported participants' genders. Sixty-nine (65%) articles included data for both men and women, with 23 (22%) including men only and 14 (13%) including women only. Ten articles included transsexual individuals in their samples with one article (>1%) including only women who identified as male to female transsexual. No articles included only men who identified as female to male transsexual only. Additionally, no articles identified any participants who identified as transgender distinct from transsexual.

Sexual orientation was assessed in 87 (82%) of those empirical articles that employed human subjects. Ten (9%) articles reported a sexuality for the subjects but did not indicate how or if sexual orientation was assessed and nine (8%) articles did not report participant sexual orientation. Of those that reported orientation/s of their participants, 70 (72%) included gay men, 61 (63%) included lesbian women, 59 (61%) included bisexual men and/or women, 37 (38%) included individuals who identified or were identified as queer, men who have sex with men or some other non-heterosexual sexual orientation. Questioning individuals were also included in 14 (14%) articles and heterosexuals were included in 36 (37%). In many cases, individuals with heterogenous sexual orientations were included in the same article either in one sample or as comparison or control groups. However, 24 (25%) articles included participants from a

single distinct sexual orientation group/label. Within these articles, gay men (n=8, 33%) and heterosexuals (n=6, 25%) were the most commonly-represented group, followed by queer/MSM/others (n=5, 21%). Lesbian women made up the entire participant population in 4 (17%) of these and bisexuals were the sole participant group in just one (4%) study. Questioning individuals were never examined distinctly.

In regard to age, 94 (88%) articles reported some data to describe the age of their participants. These varied from participants' actual ages, age ranges for samples, to measures of central tendency. This current study reports on averages for range and average age for those studies that provided an average (n=79, 71%). Participant age ranged from 14 to 89, with the averages for the low end being 19 and 57 on the high end. For those articles that reported an average, the average age across all participants was 35. Thirteen (16%) of these articles employed participants whose average age fell in the adolescent/emerging adulthood range (younger than 25). Fifty-six (71%) employed participants whose average age fell roughly in the young adult range (25-44) and 10 (13%), fell in the middle adulthood range (45-64). No article's average participant was 65 or older.

In terms of race and ethnicity, 97 (91%) of articles reported participants' race and/or ethnicity using a wide range of labels. Given the variability in language used to report race and/or ethnicity, groups were collapsed into binary categories. These were chosen to reflect majority or minority racial or ethnic status in the United States, i.e. White or Caucasian or non-White or -Caucasian. Of the articles reporting a race or ethnicity, 67 (71%) had an average sample that was majority (>60%) White or Caucasian

and 21 (22%) had an average sample that was majority (>60%) non-White or -Caucasian. Seven (7%) articles were determined to have an average sample that was diverse in that Whites and non-Whites were roughly equally represented.

Other demographic variables collected include socio-economic status (SES) or class, geographic location, religion and ability/disability. SES/class was reported in 66 (59%) of the articles. Of these, 43 (65%) of the articles used education as a measure of class, 31 (47%) used income, 13 (20%) used self-reported or assigned social class and seven (11%) used employment or job type as an indicator. Geographic location of samples was reported in 67 (60%) articles and religion was reported in 17 (15%) of articles. However, ability/disability was reported in only one (>1%) article.

Of the 111 empirical articles, 94 (85%) described limitations of the research described within. Of these, 77 (82%) described limitations due to sampling and 62 (66%) described limitations to generalizing their findings to other populations or situations. Additionally, 73 (78%) described limitations due to a variety of other reasons. Some examples include limitations inherent in measurement (e.g. Balsam, Rothblum, & Beauchaine, 2005), especially self-report measures (Lehavot, Walters, & Simoni, 2009), limitations when using working definitions of socially constructed identities (e.g. Milburn, Ayala, Rice, Batterham, & Rotheram-Borus, 2006), and limitations in inferring causality from cross-sectional designs (e.g. Zea, Reisen, Poppen, Bianchi, & Echeverry, 2007).

**Content analysis for all articles**

Across all articles, 47 unique themes were observed (Table 2). Only two topics (changing biphobic attitudes, and midlife issues) theorized to be present were not found in any articles. Additionally, 43 (25%) articles were coded as having "other" topics within them. Based upon the categories proposed at the time of each article's individual coding, eight new topics emerged: athletics/sports, communities and support, heterosexual/ally identity, domestic violence, heterosexism/heterosexual privilege, homelessness, internalized heterosexism/homophobia/stigma, and women's issues. For those topics that had been previously observed in the prior analysis (Phillips et al., 2003), frequencies from this current study were compared with those from the prior decade and the percent of change was examined (Table 4). Conversion therapy, psychological adjustment/mental health concerns, and spiritual issues saw the largest growth over the last decade while topics like homophobia, HIV/AIDS, and attitudes towards LGB people experienced the greatest reduction in related research.

A specific focus of this content analysis was to examine several topics that have been poorly researched within the LGB counseling literature. Only 3 (2%) of articles focused on issues related to ability or disability. None of these were empirical in nature. Furthermore, only one (>1%) empirical article (Borgman, 2009) described participants' ability alongside other demographics (e.g. gender, race) or aspects of identity (e.g. sexual orientation). Only 3 (2%) articles focused on issues related to transsexuality or transgender issues. None of these were empirical in nature. However, ten (9%) of the empirical articles did include transsexual individuals in their sample. Finally, a total of 22 articles (13%) addressed issues related to age or stage of life. The topics within these

articles included: childhood and adolescent issues (n=9, 5%), young adult issues, (n=12, 7%), and older adult issues (n=1, >1%). As noted above, there were no articles focused on midlife issues (n=0, 0%).

**Content analysis by article type**

All themes are presented in Table 3 alphabetically by article type. For empirical articles, the most frequently explored topic was psychological adjustment/mental health outcomes (n=44, 40%). This was followed by identity development and coming out (n=25, 23%), attitudes toward LGB people (n=21, 19%) and issues related to people of color (n=20, 18%). Homophobia, internalized heterosexism, bias in diagnosis/assessment/psychotherapy, young adult issues and/or HIV/AIDS were addressed in 10% or more of the articles.

For comments, reactions, intros and rejoinders, the most frequently explored topic was conversion therapy (n=10, 42%). This was followed by research agenda (n=9, 38%) and ethics (29%). Spiritual issues, methodological issues in research, internalized heterosexism, changing homophobic attitudes, and issues related to people of color were also addressed in 10% or more of the articles.

For literature reviews, the most frequently explored topic was counseling techniques and strategies (n=11, 48%). This was followed by conversion therapy (n=6, 26%). Ethics, spiritual issues, issues related to people of color, bias in diagnosis/assessment/psychotherapy, training issues, and psychological adjustment/mental health concerns were also addressed in 10% or more of the articles.

For theoretical articles, the most frequently explored topic was identity development and coming out (n=7, 50%). This was followed by counseling techniques and strategies (n=5, 36%), spiritual issues (n=4, 29%), bias in diagnosis/assessment/psychotherapy (n=3, 21%) and training issues (n=3, 21%). Homophobia, methodological issues in research, and diversity were also addressed in 10% or more of the articles. Examples of specific theoretical/conceptual approaches or topics included: partnering constructivism and queer theory (Abes, 2009), sampling implications for LGB populations (Meyer & Wilson, 2009), the application of a social empowerment model for LG clients (Savage, Harley, & Nowak, 2005), and a proposed model of heterosexual identity development (Mohr, 2002).

There were a small number of program descriptions (n=3) and "other" article types (n=2). The following topics were present in a majority (n=2, 67%) of program descriptions articles: attitudes toward LGB people, training issues, changing homophobic attitudes, university climate, perceptions of counselors, and identity development and coming out. Of the two "other" articles that were determined not to appropriately fit within the existing article type categories, both included descriptions or discussions of legal case law and implications for practice with LGB individuals including challenges related to advanced planning for medical crises (Riggle & Rostosky, 2005) and the consequences of clinicians refusing to counsel homosexual clients (Hermann & Herlihy, 2006).

# Chapter V

## Overview of discussion

The findings from this content and methodological analysis of the counseling psychology literature from 2000-2009 point to several areas of progress for LGBT counseling research. Discussed at length in this section, these include: modest growth of the LGBT literature base, improvements in recruitment, increased integration of diverse individuals in LGBT samples, a maintained focus on issues most relevant to LGBT psychological health and experience, increased diversity within these topics, and an emphasis on exploring privilege and bias. These findings suggest that counseling research has become somewhat more inclusive of LGBT issues and LGBT research has become more inclusive of diverse individuals and issues within the LGBT counseling subfield. There are, however, several areas where bias still exists within the counseling field. There is still a dearth of research on LGBT issues. Unique sub-populations are often lumped into general LGBT research. Little is written about older adults, transsexual and transgender issues and ability and disability. Additionally, a growing emphasis on conversion therapy seems to detract from other potential areas of exploration including several topics that have only just emerged in the last decade. This section will examine these findings in relation to prior content analyses by examining trends in publication data, methodology and content.

## Trends in publication data.

Between the years 2000 and 2009, 6251 articles were published by the journals reviewed for this study. Of those articles, the team identified 173 (2.77%) that focused on

LGBT issues. This included 51 (30%) articles from 5 special issues on LGBT issues. These numbers indicate some modest growth in the research base but also expose the scarcity of literature on LGBT issues in counseling. Still, despite repeated calls for more research, less than 3% of all articles contain significant content on related topics.

Before analyzing trends in publication data further, it is important to note the inclusion of two new journals in this analysis. *Cultural Diversity and Ethnic Minority Psychology (CDEMP)* and *Psychotherapy Theory, Research, Practice, Training (PTRPT)* accounted for 868 articles overall and 32 LGBT-specific ones. With 5%, its overall articles from the last decade containing LGBT content, *CDEMP* made a large contribution to the content of this analysis. Only the *Journal of Counseling Psychology* with 7% and *The Counseling Psychologist* with 6% had a greater percentage of LGBT content. By comparison, with 3% of its overall articles from the last decade containing LGBT content, *PTRPT* made an average contribution to the field's understanding of LGBT issues.

For the sake of direct comparison, with articles from these newly added journals removed, the team identified 141 LGBT-specific articles out of 5383 or 2.62%. A content analysis from the prior decade (Phillips et al., 2003) reviewed 5,628 articles and found that 119 (2.11%) contained a significant focus on LGB issues. Thus, when directly comparing only those journals examined in the prior analysis, LGBT research grew by 18% in the last decade. Given this growth and a general decline in research productivity demonstrated by these same journals, the overall amount of LGBT research in

comparison to all research also grew by 51%. This increase is a positive indication of a slowly growing emphasis on LGBT issues within the field.

However, it is also important to examine the percent of research accounted for by special issues in comparison to free-standing articles, as this has implications for the manner in which this growth occurred. Authors from a prior content analysis cautioned editors to be intentional and balanced in their use of special issues noting that while intensive focus is important, special issues may also marginalize LGBT topics if they are not well integrated in non-LGBT specific issues as free-standing articles (Phillips et al., 2003). Phillips et al. (2003) found that special issues accounted for 28% (n = 33) of all LGB-related articles identified, compared to the current study's 30% (n=51). Even after removing articles from those journals that were new to this study, the percentage (30%, n= 42) remained the same, indicating a 2% increase in articles accounted for by special issues.

Although this observed increase in representation of LGBT issues in special issues is small, it appears to be a stable trend. Therefore, the concerns expressed by Phillips et al. (2003) continue to remain in the current analysis. Publishing a special issue does not necessarily guarantee an integration of LGBT issues overall and may actually result in the marginalization of these topics in the event they are relegated to special issues only. As an example, the *Journal of Vocational Behavior* which had previously published 12 articles in 1990-1999 (ten of which were contained in a special issue) had only one LGBT-focused publication over the last decade, a decrease in free-standing publications. While there is no way of knowing why certain journals saw decreases or

increases in their unique publication statistics, publishers are encouraged to strike a balance between focusing on LGBT special issues and integrating related issues.

Also related to the integration of LGBT issues in overall research is the integration of LGBT participants in non-LGBT research. When conducting the keyword search, over 200 articles were initially identified. Approximately 30 were excluded from analysis because they were false positives for LGBT content. Though data was not collected on false positives as part of the formal analysis, authors with the last name Gay and research on sexual functioning distinct from sexual orientation were anecdotally observed as commonly occurring causes for unrelated search results. It was surprising that sexual orientation as a demographic descriptor of samples rarely if ever resulted in a false positive in the way one might expect participant gender or race to trigger a false positive for a keyword search on related identities. It is likely that LGBT participants were included in general samples, even if their sexuality was not assessed. However, measurable gains in integrating sexuality into the research have come largely through sexuality-specific research and not through intentional inclusion of LGBT populations in non-sexuality-specific research.

While findings suggest that, despite overall growth, LGBT issues are at times still viewed as a "special topic," it is important to note that over 300 authors contributed to this body of research over the last decade. Though comparisons are not available from prior research, this number is not insignificant and, thus, may be interpreted as evidence that stigma surrounding LGBT research (Clark & Serovich, 1997) has lessened. At the same time, a small group of authors carried a disproportionate weight of overall

publications. The majority of researchers (67%, n=277) published only a single article included in the analysis. For the sake of this analysis, researchers who published more than five articles over the ten-year period were considered to be highly productive. Thirty-one articles were published by these five highly productive researchers (Susan Kashubeck-West, Jonathan Mohr, Dawn Szymanski, Roger Worthington, Mark Yarhouse) meaning that 1.4% of authors in the study were involved in 18% of the research. Authors who published 4 or 5 articles (n=8) were considered to be moderately productive and the combined work of moderately and highly productive authors accounted for a total of 56 articles. Thus, thirteen individuals (3.9%) contributed to 32% percent of all articles published. It is possible that given the competitive nature of the journals included in this review, seasoned researchers may have had more compelling research or more publications submitted. Future content analyses are needed to further document this trend.

**Trends in methodology.**

**Methodological design.** In regards to the rigor of empirical research on LGBT topics, a host of variables were examined, many of which provide mixed results or demonstrate little change. One such area that has seen some progress is in sampling and measurement. The socially-constructed and fluid nature of sexual orientation provides unique challenges when sampling populations clustered around sexuality and in measuring sexual orientation itself. Recommendations for addressing sampling have encouraged researchers to strike a balance between being sensitive to sampling concerns while maintaining realistic methods (Worthington & Navarro, 2003) appropriate for the

intent of the research (Moradi et al., 2009). However, the results from this study do not indicate that these guidelines have been implemented fully. There have been mixed results in regards to recruitment and poor results in relation to the measurement of sexual orientation.

The analysis conducted by Phillips et al. (2003) found that convenience sampling was the most common sampling strategy with the majority of articles employing convenience sampling alone (60%) or a combination of convenience sampling and some other method (18%). The current analysis also found that a growing majority of articles (n=92, 96%) employed convenience sampling with 75% (n=76) using convenience only and 16% (n=16) using convenience sampling alongside an additional method of sampling. Across all articles, random sampling was used by 19% (n=19) and snowball sampling was used by 11% (n=11).

Much of the increased use of convenience sampling was attributed to the adoption of web-based recruitment procedures. Indeed, websites and e-mail listservs were the most popular (n=46, 44%) source for recruitment. While this may have had a negative impact on the diversity of sampling methods, it may be part of a diverse repertoire of recruitment locations, and thus a strength of the last decade of research. LGBT bars and social venues were largely represented as was expected, with 31% (n=33) of articles reporting on recruitment in those venues. Similarly, university courses and school campuses were also well represented (n=26, 25%). Other locations (n=20, 19%) ranging from religious organizations to bookstores were also used for recruitment. Finally, community services and professional organizations were the least represented venue (n=12, 11%).

Once participants were recruited, researchers did face challenges in assessing their sexuality. The use of more sophisticated measures of sexuality has been recommended to assist in promoting sensitivity towards research participants (Fassinger & Arseneau, 2007). Increased sophistication is also essential to better address aims of research (Moradi et al., 2009; R. L. Sell, 2007), especially explorations of within-group differences (Worthington & Reynolds, 2009). First and foremost, 8% (n=9) of articles that employed human subjects did not report a sexual orientation for their participants and 9% (n=10) did report one but did not describe how it was assessed. Though this is an area of growth that can easily be addressed, it also represents an improvement from the prior decade when 29% of studies did not report participant sexual orientation and 19% did report them but did not indicate the method of assessment (Phillips et al., 2003).

Less promising is that, despite the existence of multi-dimensional measures of sexuality, only 4 (5%) articles in this study reported on the use of these scales. Even one-dimensional measures like the Kinsey scale (Kinsey et al., 1948) were poorly represented (n=14, 16%). The vast majority of articles that reported participant sexual orientation (n=65, 75%) relied on participant self-label. While this is certainly a convenient and often appropriate form of sexual assessment, it provides researchers with the least amount of data on the various aspects of sexual orientation (e.g. attraction, experience, fantasy, group affiliation). These findings are in keeping with those from the prior content analysis (Phillips et al., 2003), which also found that self-identification was the most common method of assessing sexual orientation, followed by a single-dimension bipolar measure. As such, while authors are more likely to report the sexuality of their

participants they are just as likely to rely on the least sophisticated measure to do so. Although data was not collected on the rationale behind the decision to assess or not assess orientation, or to use one method over another there is significant area for improvement around better articulating the methods used and the intent behind those decisions.

To better inform intent, it is important to turn to theory. Past research (Buhrke et al., 1992; Phillips et al., 2003; Watters, 1986) has identified a need for increased theoretical foundations for empirical articles. Phillips et al. (2003) found in their earlier content analysis that 48% of empirical studies did not articulate a theoretical framework. In comparison 46% (n=52) of articles in this study did not articulate a theoretical framework. While this is a slight improvement, these findings suggests that nearly half of the articles in the current study were not guided by theory. Given the previously discussed theoretical challenges surrounding sampling and measurement, authors are encouraged to integrate the large body of theory on LGBT issues within and outside of the counseling field. Indeed, this analysis alone identified 13 theoretical articles, 3 program descriptions, and 2 descriptions of legal issues upon which to draw.

Also useful for generating theory is qualitative research. Of the 111 empirical articles in this study, 29 (26%) of them were qualitative in nature. These ranged widely in topic from the experience of LG Latino youth's experience of discrimination and career development (Adams, Cahill, & Ackerlind, 2005) to the application of queer theory to lesbian college student identity development (Abes & Kasch, 2007). The versatility of the qualitative research in this study duplicates findings from another recent content analysis

exploring the use of qualitative research across a broad range of LGBT counseling topics (Singh & Shelton, 2010). The presence of this research also represents an increase from the prior analysis where only 8 (12%) of the empirical studies were qualitative in nature.

Though this increase came at the expense of experimental analogue/analogue research (previously 12%, now 5%) and, to some extent, survey/correlational analogue studies (previously 71%, now 62%), this is a promising trend since qualitative methodologies work not only to inform the field but also promote social justice aims (Yeh & Inman, 2007). First, since qualitative research often employs interviews, researchers can literally use the participant's own words. Second, since qualitative research requires fewer participants it is possible to address topics or populations that were unable to be explored with quantitative methodologies given the rarity of a group or the difficulty identifying or recruiting participants. Third, qualitative methodologies often force researchers to note their own biases, opening doors for discussions of privilege, systems of power and social justice within research. As such, this approach to investigation should be seen as a powerful tool for conducting research on sexuality.

**Participant demographics.** Since certain groups are often marginalized even within the larger LGBT umbrella, it has been important to examine the cultural characteristics of participants included in the last decade of LGBT research. Prior analyses have focused on women (Buhrke et al., 1992), bisexuality (Phillips et al., 2003), and ethnic or racial identity (Huang et al., 2010). An examination of both participant demographics of empirical articles and content of all articles revealed that a majority of empirical articles (n=69, 65%) included both men and women in their samples. However,

in articles that focused on one gender alone, men were more often represented (n=23, 22%) than women (n=14, 13%).

While the percent of articles that included both genders has only risen slightly in comparison to prior analysis (62%) the percent of articles that focused on women only has more than tripled compared to prior findings (n=3, 4%; Phillips et al., 2003). From the increased inclusion of women in mixed gender samples as well as in articles specifically focusing on women, it is possible to infer that a reduction in gendered-bias within the LGBT research has occurred.

Positive changes were also evident in relation to the inclusion of non-cisgendered participants (i.e. those whose gender identity is discordant with sex or gender assigned at birth). Specifically, 10 (9%) articles included transsexual individuals with one article (1%) including only male to female transsexual individuals. There is no prior data on the percent of articles with participants who may have identified as transsexual or who may have changed sex. The authors from the last analysis specifically note that this was not addressed by their study (Phillips et al., 2003). However, if it is assumed that all the men and women in the articles Phillips et al.'s analysis reported on were cisgender, the very inclusion of any transsexual individuals in the current study represents significant progress. Genderqueer-labeling individuals and individuals with a disorder of sex development or who may identify as intersex were not represented by any articles in the current study and represent additional areas of growth.

In addition to gender, sexual orientation was examined and similar trends were found. Of the 97 articles that reported a sexual orientation for their participants, most of

them included gay men (n=70, 72%) in their sample. Lesbian women (n=61, 63%) and bisexuals (n=59, 61%) were also well represented, and the majority of articles included participants of multiple sexual orientations (n=73, 75%). New to this analysis, is the observance of MSM and queer populations in counseling psychology research. Thirty-seven (38%) articles identified participants as MSM, queer or some other label that did not fit within the dominant sexual continuum. This reflects growing complexity in sexual labels. Per the prior discussion, while this should not be interpreted as a reflection of more complex measurements of sexual orientation, it would appear that researchers are embracing sophisticated understandings of sexuality.

Also, while Phillips et al.'s (2003) prior analysis noted that heterosexuals were often used as controls, figures for the number of samples that included heterosexuals were not given. In the current analysis, 36 (37%) articles included heterosexual participants, participants who functioned not only as controls but also as the population of interest in some instances. For example, there were 24 (25%) articles that focused specifically on participants of a single sexual orientation and, of these, six (25%) focused on heterosexuals. By comparison, eight (33%) focused on gay men, 5 (21%) focused on queer/MSM or other sexual labels, and four (17%) focused on lesbian women. This shows evidence that there is an interest in exploring heterosexual identities and/or related heterosexual privilege and bias. Furthermore, this finding suggests that an important shift has occurred. Namely, that the onus to help researchers better understand LGBT issues is no longer the sole responsibility of marginalized individuals. Those in the sexual majority

can also provide valuable information about themselves and their understanding of LGBT issues.

While not as dramatic an increase as that of research on heterosexuality, it is also important to note that one article (4%) did focus solely on bisexual participants. Given the complete lack of bisexual-only samples from the prior decade (Phillips et al., 2003) this is a promising start in understanding the unique challenges, experiences, needs and processes of bisexual individuals. Akin to recommendations for other sub-populations under the LGBT umbrella, researchers are encouraged to meaningfully integrate bisexuals and issues of bisexuality into their research while also providing increased opportunities for specific focus for this distinct population.

While bisexuality was a primary focus of the previous content analysis (Phillips, 2003), age and cohort issues was an area of focus of the current study and data surrounding the representation of distinct age groups within the LGBT populations were collected. Specifically, 93 articles (88%) reported on participant age. When compared to the prior analysis (Phillips et al., 2003), participant samples from the last decade had similar age ranges, currently, 14-89 as compared to 15-87. Whereas Phillips et al.'s (2003) analysis found that the average age of samples was younger than 25 years in 26% of their studies, between 25 and 34 years in 40%, and 35 years or older in (34%) of the studies, the current analysis saw a decrease in adolescent/emerging adulthood participation in articles from the last decade (n=13, 16%). However, the present analysis similarly found that the vast majority of respondents were young adults (age 25-44, n=56, 71%) and middle-aged adults (age 45-64, n=10, 13%). Older adults (age >64, n=0, 0%)

were poorly represented or not represented at all. Estimates for the 1990s suggested that there were at least 3.5 million lesbians and gay people over age 60 (Dawson, 1982). With more and more baby-boomers entering their 60's that number should increase. Additionally, our current aging population may present with different needs in comparison to prior generations, reflecting both characteristics unique to their cohort as well as societal changes in regard to sexuality. However, similar to bisexuals, older participants may be included in samples but are rarely focused on distinctly, and this lack of unique representation is a growing deficit in light of the growing number of LGBT older adults.

In terms of racial and ethnic diversity, results from the prior content analysis (Phillips et al., 2003) found a majority (82%) of studies were composed predominately (75% or more) of Whites/European Americans. Only two (4%) studies had more than half of participants of color. The current study used a somewhat lower threshold in establishing majority (i.e. more than 60%) to better represent current racial demographics of the United States (Humes, Jones, & Ramirez, 2010) and still found that a smaller percentage (n=67, 71%) employed predominately White/Caucasian participants. Additionally, the percent of studies (n=21, 22%) with a majority of participants who were people of color was more than five times the amount from the prior analysis, indicating that representations of diverse individuals within LGBT samples is increasing.

However, 10% (n=11) of empirical articles that employed human subjects did not report race for their participants. Similarly, 38% (n=40) of articles did not indicate a geographic location of their participants. Thirty-eight percent (n=40) also did not provide

any data on socio-economic status or social class. Participant religion (n=17, 16%) and ability or disability (n=1,>1%) were even more poorly described. As this relates to future research, investigators are encouraged to be intentional in the collection of demographic data, recognizing that, in some instances, collecting identifying information may be insensitive or irrelevant. However, these finding suggests that there are still significant gaps in regard to collecting participant demographic information (e.g. SES, religion, and ability or disability). Addressing these gaps is especially important considering the current study's observation of trends related to content areas of need, specifically ability or disability.

**Trends in content**

**Previously-identified areas of need.** This analysis has focused on several areas that are poorly represented even within the LGBT counseling literature, namely ability/disability, aging and age-related cohort issues, and transsexuality and transgenderism. Methodological findings from the current study suggest mixed findings for disabled, transsexual/transgender and older individuals. The former were either not reported on or not included in samples. Further, although transsexual and older individuals were included in samples, they were rarely the only demographic researched. Results for topical content related to these groups and topics are equally mixed.

Literature reviews (Moradi et al., 2009; Perez, 2007) have identified ability/disability as an area where more research is required. Based upon the findings of this study, this area is one that still requires more research. Of the 173 articles identified by this analysis, only three (2%) of the articles meaningfully addressed issues related to

ability or disability. Furthermore, none of these were empirical or theoretical in nature. Two were reactions to the prior content analysis (Phillips, 2003) and served mainly to emphasize the invisibility of disabled individuals within the LGB literature (Bowman, 2003; Morrow, 2003). The third was a literature review that broadly discussed strategies for working around classism, ableism and heterosexism as well as each one's intersection with racial identities (Smith, Foley, & Chanet, 2008). While it did discuss all three –isms and their connections to multiculturalism and social justice, it failed to fully discuss intersections between ableism and heterosexism.

As such, despite repeated calls for increased empirical research on sexuality and ability/disability, no article in this study successfully met this need. While body ideals within the overall LGB community are largely ableist in nature, this points to a large degree of ableism even within the counseling community. Thankfully, recommendations for topics related to disability and sexuality are numerous. These include the manner by which individuals with a disability or chronic illness (Harley et al., 2000) navigate such ideals within the community or how they may be at greater risk of marginalization in terms of both sexuality and disability outside of the community (Hunt et al., 2006). Similarly, multicultural counseling competencies like the ones discussed above could be tailored to address the intersections of disability and sexuality. They can be further enriched through qualitative research with LGB individuals with a disability, and examined in analogue studies with counselors and in their application with client outcomes.

In regard to aging and cohort issues, 18 (10%) of the articles identified in this review focused on some topic related to age. Fourteen (78%) of those were empirical in nature, including one article on a Safe-Zone intervention for young adults that was double-coded as a program description (Evans, 2002). Other examples of empirical research on age or age-specific populations included suicide attempts among sexual-minority youth (Savin-Williams, 2000), homelessness in adolescents (Milburn, Ayala, Rice, Batterham & Rotheram-Borus, 2006) and LGBT student leadership and queer activism (Renn, 2007). Empirical articles like these are making significant strides in providing culturally-competent treatment for LG youth and young adults who have unique needs and ways of being (Friedman et al., 2004; Savin-Williams, 2005; Gingold et al., 2006).

However, no empirical articles focused on issues related to middle adulthood or older adult populations. In fact, regardless of type, no articles targeted topics related to middle-adulthood and only one, a literature review on same-sex domestic violence included issues relevant to elderly individuals (Peterman & Dixon, 2003). In terms of sample composition, individuals in middle adulthood were somewhat represented in the research, with samples in 13% of articles having an average age of 45 or above. However, it is important to note that having a voice in the general research is not a substitute for having intensive focus, and vice versa.

Unfortunately, apart from one article, LGBT older adults had neither inclusion in general LGBT research nor intensive focus on their own. This represents a decrease from the amount of research on older adults reported on in the prior analysis (Phillips et al.,

2003). Since it is clear that some older adults did participate in research over the last decade, even if it was non-older adult specific, one may infer that this population can be sampled. Recommendations already exist to examine generational differences and challenges faced by older adults (Bersoff, 2008; Garnets & Kimmel, 2003; Moradi et al., 2009), using previously developed models of LG aging (Friend, 1990). In addition, the one article (Peterman & Dixon, 2003) that did address older adult issues provides several directions for exploring LGBT older adult needs and risk and protective factors, not only for domestic violence but other potential outcomes. Areas identified include independence and isolation as a response to bias, coming-out as an older adult (either for the first time or in seeking out new supports and services around aging), navigating retirement and shared assets with same-sex partners, and difficulty dating and finding partners as an LGB older adult.

Finally, this review also included transsexuality and transgender issues in its analysis. This topic was intentionally excluded from the prior analysis (Phillips et al., 2003), so any inferences about trends are hard to make. However, as noted, nearly a tenth of empirical articles did include transsexual individuals in their samples. Yet only three articles specifically focused on issues related to transsexual experience and needs. Of these, one (Morrow, 2003) was a reaction to the prior analysis and emphasizes its recommendations to include transsexuality in LGB research found in it (Phillips et al., 2003).

Another article described implications for counselors working with transsexual clients, included a description of a case and provided some theoretical essential elements

of therapy with transgender clients including: listening, empathy, the assumption of an "informed not knowing" stance, and the provision of a safe zone (Carroll, Gilroy, & Ryan, 2002). The final article to address transsexual and transgender issues, surveyed self-identified male-to-female transsexuals and explored the manner in which feelings about the transsexual community and fears regarding the impact of a transsexual identity impacted psychological distress (Sanchez & Vilain, 2009). These two latter articles explored systemic bias of transsexual individuals and the impact of this marginalization on mental health. They both also provided implications for clinicians and are examples of the type of research that is needed alongside what describe as increased inclusion of transsexual individuals in general sexuality research.

**Overall content.** In exploring bias inherent in the counseling literature, three decades of content analyses have documented a shift from a focus on pathology and causes of homosexuality to an affirmative focus on the needs of and outcomes for sexual minorities. This includes an emphasis on finding multiculturally appropriate interventions and examining attitudes towards LGBT people. The current study finds that, for the most part, these trends are continuing and incorporate an increased emphasis on the role of systemic marginalization. This also includes an examination of privilege and stratification within the larger LGBT community and how that influences interventions and outcomes. There are however, some mixed results, especially for specific topics (e.g. ability and disability) or sub-topics (e.g. within age and cohort issues, middle-aged and older adult individuals), and around increased attention to conversion or reparative therapies.

That being said, the most common topics within the last decade of research were psychological adjustment/mental health concerns (n=52, 30%) and identity development and coming out (n=37, 21%), both of which were also within the top five most frequently research topics two decades ago (Phillips et al., 2003). These were also the two most frequently researched topics within the empirical subset of this study's articles. This suggests that the field's greatest emphasis and the focus of the most rigorous research has been to serve the mental health needs and better understand the experiences of LGBT individuals. These topics were also addressed using a variety of approaches. Examples included two articles discussing the development of scales (Murphy, Rawlings & Howe, 2002; Pachankis, Goldfried, and Ramrattan, 2008), qualitative studies on topics ranging from family member experiences of anti-LGBT policy (Arm, Horne, & Levitt, 2009) to sexual abuse in minority LGB men, (Fields, Malebranche, & Feist-Price, 2008) and a field experiment on anxiety reduction in HIV-infected men (Antoni, Cruess, Cruess, et al. 2000). These studies are all evidence of growing complexity and sophistication in research being conducted on sexual-minorities and around sexual-minority issues.

Also, within the top five articles of the current study was a topic that reflects the increasing emphasis on non-LGBT individuals within sexuality research, i.e. attitudes toward LGB people (n=24, 14%). Similarly, counseling techniques and strategies (n=25, 14%), bias in diagnosis/assessment/psychotherapy (n=20, 12%), training issues (n=18, 10%) were all popular topics, implying that the responsibility is now clearly on the clinician to provide culturally-competent care to clients. This is an important shift in focus, ownership, and burden. Specifically, heterosexuals/allies have pivotal roles to play

not only in providing multiculturally competent care and support but also in serving as study participants and advancing the field's understanding of sexuality-based privilege.

Additionally, this analysis found eight emerging categories, two of which spoke directly to issues of heterosexual privilege: heterosexual/ally identity, and heterosexism/heterosexual privilege. Heterosexual/ally identity spoke to the manner by which heterosexuals develop their understanding of their sexual orientation and/or their identity of being an ally to sexual minority individuals. Heterosexism/heterosexual privilege described the societal privilege afforded to heterosexual individuals and the societal discrimination against non-heterosexuals. A third, internalized heterosexism/homophobia/stigma spoke to the processes by which heterosexual bias, homophobia or societal stigma, is internalized in non-heterosexual individuals. These categories are evidence of the field's sophisticated examination of the connections between the negative beliefs sexual minorities may hold about themselves, as well as the role heterosexuals may play in reinforcing these beliefs intentionally through homophobia or unintentionally through their own un-examined heterosexual privilege.

Within the LGBT community there exist hierarchies of privilege based on gender, race/ethnicity, ability, age and other aspects of identity or social stratification. This analysis has already identified areas in which such bias still exists and has not been well addressed. However, some areas have fared better than others. For example, another top 5 topic from the last decade was issues related to people of color (n=28, 16%). This amount of research was not present in the prior analysis (Phillips et al., 2003). In combination

with the increased representation of people of color in samples, this is a positive step towards addressing racial and ethnic bias within the subfield.

Additionally, this analysis added women's issues (n=2, 1%) to its taxonomy of topics. When combined with the previously discussed reduction in gendered-bias in terms of sampling, it appears that women are being more accurately represented in the current literature. This trend continues from the prior analysis (Phillips et al., 2003). Therefore, despite a lack of research on issues relevant to middle-aged adults, older adults and those with a disability, bias within the LGBT literature itself has reduced. It is hoped that those areas that still remain poorly addressed will have positive gains in the next decade just as this decade has seen improvement for transsexual individuals, women, and racial and ethnic minorities.

Two areas that were surprising were HIV/AIDS and conversion therapy. HIV/AIDS was one of the most common topics in the LGB counseling literature from 1990-1999 (Phillips et al., 2003), discussed in nearly 30% of articles. Yet, it was represented in just 7% (n=12) of this study's articles. Reparative or conversion therapy on the other hand, which was present in only 2 articles in the prior analysis (Phillips et al., 2003), both of which were critiques of the practice, was included as a topic in twenty (12%) of the articles included in this analysis. Although Phillips et al. (2003) recommended increasing the empirical research on individuals' experience in conversion therapy, it was expected that the topic to would remain stable or decline in keeping with other trends observed over the last three decades, namely that research on causes and cures for homosexuality had fallen out of favor (Morin, 1977; Buhrke et al., 1992;

Phillips et al., 2003). While some studies did effectively increase the available empirical research on sexual conversion therapy (e.g. by examining its effectiveness; Shidlo & Schroeder, 2002; by identifying individual factors that lead people to seek conversion, Tozer & Hayes, 2003), 10 were comments and 6 were literature reviews. Thus, the bulk of the publications on conversion therapy were still critiques or ethical debate, and not empirical in nature.

It is concerning that such debate must be placed on a practice that is at odds with guidelines for affirmative practice with LGB clients adopted by the American Psychological Association in 2000. The association recently examined 83 peer-reviewed journal articles from 1960 to 2007 and came to a resolution that "there is insufficient evidence to support the use of psychological interventions to change sexual orientation" and "that the benefits reported by participants in sexual orientation change efforts can be gained through approaches that do not attempt to change sexual orientation" (p. 121, APA Task Force on Appropriate Therapeutic Responses to Sexual Orientation, 2009). As such, it is an aspirational goal that there be less need to focus on either supporting or refutes interventions that attempt to change sexuality.

Additionally, since conversion therapies are often religion-based or may employ religious value systems, it is important to note that 11 articles (10%) within the current analysis meaningful discussed religion in a context outside of conversion therapy. Topics ranged from faith and psychological health for LGB individuals (Lease, Horne, & Noffsinger-Frazier, 2005) to resolving conflicts around Christian and LGB allied identities (Borgman, 2009). With more than half of these (n=7) empirical in nature,

researchers are encouraged to continue addressing the spiritual needs of LGBT individuals through thoughtful and rigorous research.

**Limitations**

Akin to prior content analyses, this current study is not without its limitations. First, given the non-experimental nature of content analysis, this study is only able to report on trends in content and methodology and is unable to draw definitive conclusions about the reasons behind their evolution. There is also a great deal of information that is lost between a research study's inception and the publication of its results, the latter being the time point upon which this content analysis' data collection focused. For example, there is potential that many more studies were submitted for publication but were rejected (Clark & Serovich, 1997). Similarly, the current study cannot possibly reflect studies with null results or other considerations which may have lead authors to decide not to publish, shelved protocols that called for more complex measures, or more diverse sampling efforts that were employed yet did not yield diverse samples.

Also outside of the scope of this study were journals focused specifically on LGBT literature, which were excluded as they were not deemed to reflect counseling psychology literature as a whole. However, it is important to note that journals like the *Journal of LGBT Issues in Counseling* and, *Journal of Gay & Lesbian Mental Health* have been providing research on counseling around LGBT populations and issues and reflect considerable progress in the field. As such, the inability to document this progress in the content analysis itself is a limitation of the current study. It is possible that some of the challenges surrounding research on LGBT individuals, especially sampling and the

measurement of sexuality, may be better addressed in articles specifically targeting LGBT-interested readers. Similarly, it is possible that more diverse sub-topics and populations are represented in LGBT-specific journals (e.g. bisexual, ethnic minority women; Brooks, Inman, Malouf, Klinger, & Kaduvettoor, 2008). Yet, one must not assume that LGBT-specific journals are impervious to the same methodological limitations and biases that have influenced the bodies of work described in this analysis. Until a future content analysis examines this body of literature, any comparison to the current study is mere speculation.

Additionally, though building upon prior work, this study does not exactly replicate the most recent analysis (Phillips et al., 2003). By including *Cultural Diversity and Ethnic Minority Psychology* and *Psychotherapy Theory, Research, Practice, Training* in its analysis it makes a direct comparison impossible and is a limitation of the study. As previously discussed, the addition of these journals impacted the overall number of articles identified. Where possible and when deemed essential (e.g. publication statistics) this was controlled for to allow for direct comparison, though it may have also influenced other areas (e.g. content).

Also unique to this study, since each article was treated as an individual sampling unit, multiple studies or samples within a single article were not treated as distinct units themselves. In some cases, this meant that articles may have been double coded for certain variables to fully capture their data (e.g. articles employing distinct study approaches would be coded twice under study design). However, in other instances it is possible a certain amount of data may have been lost (e.g. articles describing two studies

with the same design would only be coded once). Similarly, samples with different characteristics in a single article would appear more heterogeneous. For example, had a study compared elderly individuals to adolescents, the average age represented in the study would not fully capture the diversity within its participants. Since demographic data was sometimes provided separately by sample (e.g. experimental vs. control) or by participant demographic (e.g. gender), it was not possible to accurately calculate weighted averages for all studies. Given the variability in reporting, averages for all participants are provided. Similarly, even within single samples, the broad range of responses and variability of reporting of race and/or ethnicity necessitated collapsing racial and ethnic groups into binary categories which do not fully reflect the diversity present within the samples.

Another limitation of this content analysis is the potential for researcher/rater bias. In the construction of the coding schedule and the identification of LGBT articles, the research team is subject to the same theoretical and linguistic challenges that this article identifies. Just as other researchers struggle with finding inclusive working definitions to describe sexuality, balancing too vague a definition with the accidental (or intentional) exclusion of groups of people, it is possible that this analysis may omit articles that do describe sexuality but are not present in my search results. Similarly, though the study employs a standard coding schedule, the interpretation of the language in the schedule and in the articles being reviewed remains subjective. Also specific to the research team, while kappa values indicated overall near perfect agreement, some items had less agreement than others. Specifically, one item, limitations to generalizability, proved

harder to agree upon than others, resulting in only moderate agreement. Though this is still better than chance, results regarding the reporting of generalizability should be interpreted with some caution.

Furthermore, in choosing to focus on ability/disability, age and cohort differences and transsexuality/transgender issues, the scope of the current study excludes other potential areas of focus. Same-sex family and parenting issues have also been identified by American Psychological Association guidelines (Bersoff, 2008; Garnets & Kimmel, 2003) as an area where psychologists must increase knowledge. They have also been identified by several content analyses (Clark & Serovich, 1997; Phillips et al., 2003) as an area where more research is needed. However, at the inception of this study, this topic was viewed as categorically different from others addressed in this study (i.e. ability/disability, transsexuality/transgenderism, and age). Specifically, family issues involve multiple individuals and refer to processes and dynamics between individuals as opposed to one individual's independent demographic label or internal identity process. While individuals might still identify as a spouse, parent or a child, research on these identities may be better explored in a larger discussion of the counseling literature on same-sex families, parenting and related processes. As such, it is a limitation of this study and will remain a recommendation for future investigation, both in the literature base and in future content analyses of said literature.

Similarly, the processes by which individuals negotiate the intersections of multiple identities are intentionally excluded from the current study in that, as a process, it is categorically different than the topics focused on in this research. Indeed, Huang et

al. (2010)'s recent content analysis noted the exploration of intersections between identities as a growing area of need. While the current study did examine topics that may include other identities (e.g. ability/disability) that could intersect with sexual identity, it does not fully address the intersections between these areas.

**Recommendations.**

The current study highlights both methodological trends and trends in content with suggestions for improving both. Additionally, although the current study also explores specific topics not addressed in previous literature, it is unable to document trends in them. What follows is a summation of recommendations for the next decade of LBGT counseling research based upon these findings. These include general recommendations to address heterosexist bias within the field, recommendations for those topics or groups that were the special focus of the current study, methodological recommendations and recommendations for content.

**General recommendations.** In general, both publishers and researchers must be accountable for increasing the inclusion of research relevant to sexual minorities in mainstream journals. Less than 3% of the counseling research from the last decade has been inclusive of LGBT issues and much of that has been through special issues, which, while important, limit the potential for casual journal readers to be exposed to LGBT content. Therefore journal editors are strongly urged to strike a balance between focusing on LGBT special issues and integrating related issues into general journal issues with no more than one quarter of LGBT-related content accounted for by special issues. Future research should also follow up on this study's observations about the large number of

authors who published just one article in the analysis and the very small number of authors who published 6 or more articles, as this may provide insight into challenges authors face in conducting research on LGBT issues.

Furthermore, just as LGBT research is a subtopic within the larger counseling research, so too is research on women, racial and ethnic minorities, disabled individuals and other marginalized groups subtopics within the larger body of LGBT counseling research. Just as publishers are encouraged to balance an intensive focus on LGBT-issues with an integration of LGBT-topics, it behooves those conducting LGBT research to continue to provide both representation of sub-groups in general samples and intensive focus on issues unique to those groups. For example, although bisexuals are seeing increased representation in the research, there is still need for bi-only samples and bi-specific topics.

Since this analysis is unable to infer causation, there were several questions about the state of the field that remain unanswered. For example, what factors lead publishers to make decisions regarding LGBT inclusion through stand-alone articles or specific focus through special issues? Are LGBT individuals not found in non-LGBT counseling research because researchers are intentionally or systemically excluded or because sexuality is determined to be irrelevant? Why did the field see such a reduction in work around homophobia, attitudes towards LGBT people, and HIV/AIDS?

**Recommendations for topics/groups of focus of the current study.** In regards to age and cohort issues, two distinct groups or topics were underrepresented in the literature. While middle-aged LGBT individuals were represented in samples, no content

specifically addressed their need. Similarly, LGBT older adults had little content tailored towards them and no articles reported participants where the majority was 65 or older. As such, authors are recommended to research topics for both middle-aged sexual minority individuals and sexual minority older adults. Additionally, older adults must at the same time be better integrated into samples and have samples that predominately represent them.

Researchers are also encouraged to consider noting whether or not their participants identify as disabled or able-bodied, regardless of the intent of the research. Inclusion was an initial first step for women and people of color within the LGBT literature and is also an important step for individuals with a disability. Thus, it is recommended that counseling competencies for working with disabled sexual minority individuals be developed, informed by qualitative research and examined in their implementation and outcome.

For issues related to transsexual and transgender individuals, it is important to increase use of samples representative of this community. During recruitment, authors must be sensitive to differences in identity between transsexual- and transgender-identified individuals as well as those who label as FTM, MTF and individuals who may identify as male or female and no longer describe themselves as transsexual. Articles are needed to better understand the complexity of transsexual identity for female-to-male transsexuals, as well as how clinicians might better connect all genderqueer individuals to communities or other sources of support.

**Methodological recommendations.** First and foremost, articles examining issues of sexuality should ideally report a sexual orientation for their participants. When this is not possible, a rationale should be provided. Additionally, both researchers and journal editors should consider including sexuality as a demographic variable even for non-LGBT specific samples, just as they would include age, gender or race/ethnicity. When reporting data on participants' sexual orientation, it is also important to note how sexual orientation was measured. There are a wide variety of measurement tools at authors' disposal to do so. Furthermore, it is easy for readers to mistakenly assume that individuals self-identified or that a behavioral label (e.g. MSM) and an identity label (e.g. gay) are interchangeable in ways that may impact the meaning or application of results. For example, the same intervention for a gay man may become culturally insensitive or irrelevant if an MSM-identified man does not label as such.

Similarly, there was a lack of consistency in the reporting of religion. Both the large range in possible responses (i.e. religious identifications) and the lack of data from prior analysis made the interpretation of this variable challenging. Given the number of articles exploring topics related to spirituality, researchers should include data on participant religion and hope future content analyses will be better able to explore this topic.

In general, when working around issues of identity, having a theoretical model can be helpful in providing common language with measurable working definitions and in planning statistical models. This is especially important around issues of scale development and identity measurement, two areas which are desperately needed in

sexuality research. Given that nearly half of the articles from this study did not articulate a theoretical basis for their research, authors are urged to better incorporate theory into their research or better articulate their theoretical foundation in their written descriptions of their work. To assist in theory development, the continued use of qualitative research is strongly recommended.

**Content recommendations.** This study was limited in scope in some ways and was unable to focus on the many possible sub-topics within LGBT research. Additional topics that remain unexamined and most salient at the time of this writing include: the impact of class and socio-economic status among LGBT individuals, heterosexual identity and heterosexism, intersections of identity, legal and policy issues, and topics relevant to couples, families and parenting. Similarly, as newly emerging categories, some topics warrant further investigation, namely: communities and support, domestic violence, hetero/ally identity, heterosexism/hetero privilege, homelessness, internalized heterosexism, sports/athletics, women's issues. While research on specific topics is critical to understanding unique topics and client populations, further examination of the field as a whole is equally important for assessing progress and providing areas for growth. As such, future content analyses may have interest in following-up on the current work and examining some of the new directions laid out within.

Table 1: Publication statistics from 2000-2009 by journal and overall

| | CDEMP | | JCSD | | JCCP | | JCD | | JCP | | JMCD | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | # LGBT/ALL | % | # LGBT/ALL | % | # LGBT/ALL | % | # LGBT/ALL | % | # LGBT/ALL | % | # LGBT/ALL | % |
| **2009** | 3/44 | 7% | 2/40 | 5% | 3/169 | 2% | 1/59 | 2% | 18/53 | 34% | 0/15 | 0% |
| **2008** | 2/48 | 4% | 0/56 | 0% | 2/153 | 1% | 1/58 | 2% | 1/46 | 2% | 0/20 | 0% |
| **2007** | 1/45 | 2% | 4/42 | 10% | 2/150 | 1% | 0/54 | 0% | 2/45 | 4% | 0/20 | 0% |
| **2006** | 1/53 | 2% | 0/48 | 0% | 0/174 | 0% | 2/52 | 4% | 3/50 | 6% | 0/20 | 0% |
| **2005** | 0/24 | 0% | 3/42 | 7% | 2/180 | 1% | 5/58 | 9% | 3/66 | 5% | 0/19 | 0% |
| **2004** | 9/28 | 32% | 4/43 | 9% | 0/160 | 0% | 0/57 | 0% | 1/44 | 2% | 0/34 | 0% |
| **2003** | 0/26 | 0% | 1/50 | 2% | 1/170 | 1% | 2/53 | 4% | 2/43 | 5% | 6/20 | 30% |
| **2002** | 1/34 | 3% | 1/56 | 2% | 1/159 | 1% | 1/59 | 2% | 1/46 | 2% | 1/18 | 6% |
| **2001** | 1/30 | 3% | 1/32 | 3% | 3/171 | 2% | 0/51 | 0% | 1/54 | 2% | 0/18 | 0% |
| **2000** | 0/33 | 0% | 2/44 | 5% | 3/174 | 2% | 1/53 | 2% | 2/45 | 4% | 0/17 | 0% |
| **TOTAL** | 18/365 | 4.9% | 18/453 | 4.0% | 17/1660 | 1.0% | 13/554 | 2.3% | 34/492 | 6.9% | 7/201 | 3.5% |

| | JVB | | PPRP | | PTRPT | | TCP | | All Journals | |
|---|---|---|---|---|---|---|---|---|---|---|
| | # LGBT/ALL | % | # LGBT/ALL | % | # LGBT/ALL | % | # LGBT/ALL | % | # LGBT/ALL | % |
| **2009** | 0/67 | 0% | 2/88 | 2% | 0/57 | 0% | 0/52 | 0% | 29/644 | 5% |
| **2008** | 0/80 | 0% | 4/92 | 4% | 0/49 | 0% | 10/46 | 22% | 20/648 | 3% |
| **2007** | 0/61 | 0% | 1/89 | 1% | 1/62 | 2% | 0/40 | 0% | 11/608 | 2% |
| **2006** | 0/73 | 0% | 1/97 | 1% | 1/56 | 2% | 0/40 | 0% | 8/663 | 1% |
| **2005** | 1/59 | 2% | 4/90 | 4% | 3/53 | 6% | 0/56 | 0% | 21/647 | 3% |
| **2004** | 0/59 | 0% | 1/87 | 1% | 1/44 | 2% | 9/52 | 17% | 25/608 | 4% |
| **2003** | 0/63 | 0% | 2/94 | 2% | 1/32 | 3% | 5/49 | 10% | 20/600 | 3% |
| **2002** | 0/48 | 0% | 8/86 | 9% | 5/42 | 12% | 3/48 | 6% | 22/596 | 4% |
| **2001** | 0/62 | 0% | 0/96 | 0% | 2/63 | 3% | 1/40 | 3% | 9/617 | 1% |
| **2000** | 0/47 | 0% | 0/120 | 0% | 0/45 | 0% | 0/42 | 0% | 8/620 | 1% |
| **TOTAL** | 1/619 | 0.2% | 23/939 | 2.4% | 14/503 | 2.8% | 28/465 | 6.0% | 173/6251 | 2.8% |

Table 2: Topics presented by frequency across all articles (themes unique to this analysis in italics)

| Topic | # of Articles | % of Articles |
|---|---|---|
| Psychological adjustment/mental health concerns | 52 | 30% |
| Identity development and coming out | 37 | 21% |
| Issues related to people of color | 28 | 16% |
| Counseling techniques and strategies | 25 | 14% |
| Attitudes toward LGB people | 24 | 14% |
| Bias in diagnosis/assessment/psychotherapy | 20 | 12% |
| Conversion therapy | 20 | 12% |
| Spiritual issues | 20 | 12% |
| *Internalized Heterosexism/Homophobia/Stigma* | *19* | *11%* |
| Training issues | 18 | 10% |
| Homophobia | 17 | 10% |
| Ethics | 13 | 8% |
| Research agenda | 13 | 8% |
| HIV/AIDS | 12 | 7% |
| Verbal, physical, and/or sexual victimization | 12 | 7% |
| Young adult issues | 12 | 7% |
| Changing homophobic attitudes | 11 | 6% |
| Legal/civil liberty issues | 11 | 6% |
| Methodological issues in research | 11 | 6% |
| Counseling process | 10 | 6% |
| Sexual behaviors/practices | 10 | 6% |
| Substance abuse | 10 | 6% |
| University climate | 10 | 6% |
| Career-related issues | 9 | 5% |
| Childhood/adolescent issues | 9 | 5% |
| *Heterosexism/heterosexual privilege* | *9* | *5%* |
| Diversity | 7 | 4% |
| Perceptions of counselors | 7 | 4% |
| Scale development | 7 | 4% |
| Biphobia | 5 | 3% |
| *Communities/support* | *5* | *3%* |
| Gender role/identity issues | 5 | 3% |
| Parenting/family issues | 5 | 3% |
| Couples | 4 | 2% |
| Ability/disability issues | 3 | 2% |

| | | |
|---|---|---|
| *Hetero/ally identity* | *3* | *2%* |
| Transgender issues | 3 | 2% |
| Eating disorders and body image | 2 | 1% |
| Etiology of homosexuality/bisexuality | 2 | 1% |
| *Women's issues* | *2* | *1%* |
| *Domestic violence* | *1* | *1%* |
| Older adult issues | 1 | 1% |
| Existential issues | 1 | 1% |
| Gay/lesbian speaker panels | 1 | 1% |
| Grief/bereavement | 1 | 1% |
| *Homelessness* | *1* | *1%* |
| *Sports/athletics* | *1* | *1%* |
| Changing biphobic attitudes | *0* | *0%* |
| Midlife issues | *0* | *0%* |

Table 3: Topics presented alphabetically by article type (themes unique to this analysis in italics)

| | Theoretical (n=13) | | Empirical (n=111) | | Comments (n=24) | | Lit. Review (n=13) | | Prog. Desc. (n=3) | | Other (n=2) | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Topic** | **f** | **%** | **f** | **%** | **f** | **%** | **F** | **%** | **f** | **%** | **f** | **%** |
| Ability/disability issues | 0 | 0% | 0 | 0% | 2 | 8% | 1 | 4% | 0 | 0% | 0 | 0% |
| Attitudes toward LGB people | 1 | 7% | 21 | 19% | 1 | 4% | 1 | 4% | 2 | 67% | 1 | 50% |
| Bias in diagnosis/assessment/psychotherapy | 3 | 21% | 11 | 10% | 2 | 8% | 4 | 17% | 0 | 0% | 0 | 0% |
| Biphobia | 0 | 0% | 3 | 3% | 1 | 4% | 1 | 4% | 0 | 0% | 2 | 100% |
| Career-related issues | 1 | 7% | 7 | 6% | 0 | 0% | 1 | 4% | 0 | 0% | 0 | 0% |
| Changing biphobic attitudes | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Changing homophobic attitudes | 0 | 0% | 7 | 6% | 4 | 17% | 0 | 0% | 2 | 67% | 0 | 0% |
| Childhood/adolescent issues | 1 | 7% | 5 | 5% | 1 | 4% | 2 | 9% | 0 | 0% | 0 | 0% |
| *Communities/support* | *0* | 0% | *5* | 5% | *0* | 0% | *0* | *0%* | *0* | 0% | 0 | 0% |
| Conversion therapy | 1 | 7% | 3 | 3% | 10 | 42% | 6 | 26% | 0 | 0% | 0 | 0% |
| Counseling process | 1 | 7% | 6 | 5% | 1 | 4% | 2 | 9% | 0 | 0% | 0 | 0% |
| Counseling techniques and strategies | 5 | 36% | 8 | 7% | 1 | 4% | 11 | 48% | 0 | 0% | 0 | 0% |
| Couples | 0 | 0% | 1 | 1% | 1 | 4% | 1 | 4% | 0 | 0% | 0 | 0% |
| Diversity | 2 | 14% | 3 | 3% | 0 | 0% | 2 | 9% | 0 | 0% | 0 | 0% |
| *Domestic violence* | *0* | 0% | *0* | 0% | *0* | 0% | *1* | *4%* | *0* | 0% | 0 | 0% |
| Eating disorders and body image | 0 | 0% | 2 | 2% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Older adult issues | 0 | 0% | 0 | 0% | 0 | 0% | 1 | 4% | 0 | 0% | 0 | 0% |
| Ethics | 0 | 0% | 1 | 1% | 7 | 29% | 4 | 17% | 0 | 0% | 0 | 0% |
| Etiology of homosexuality/bisexuality | 1 | 7% | 0 | 0% | 0 | 0% | 1 | 4% | 0 | 0% | 0 | 0% |
| Existential issues | 1 | 7% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Gay/lesbian speaker panels | 0 | 0% | 1 | 1% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Gender role/identity issues | 1 | 7% | 3 | 3% | 1 | 4% | 0 | 0% | 0 | 0% | 0 | 0% |
| Grief/bereavement | 0 | 0% | 0 | 0% | 0 | 0% | 1 | 4% | 0 | 0% | 0 | 0% |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *Hetero/ally identity* | *1* | 7% | *2* | 2% | *0* | 0% | *0* | *0%* | *0* | 0% | 0 | 0% |
| *Heterosexism/hetero privilege* | *1* | 7% | *5* | 5% | *0* | 0% | *3* | *13%* | *0* | 0% | 0 | 0% |
| HIV/AIDS | 0 | 0% | 11 | 10% | 0 | 0% | 1 | 4% | 0 | 0% | 0 | 0% |
| *Homelessness* | *0* | 0% | *1* | 1% | *0* | 0% | *0* | *0%* | *0* | 0% | 0 | 0% |
| Homophobia | 2 | 14% | 13 | 12% | 1 | 4% | 2 | 9% | 1 | 33% | 0 | 0% |
| Identity development and coming out | 7 | 50% | 25 | 23% | 1 | 4% | 3 | 13% | 2 | 67% | 0 | 0% |
| *Internalized Hetero* | *0* | 0% | *12* | 11% | *4* | 17% | *3* | *13%* | *0* | 0% | 1 | 50% |
| Issues related to people of color | 1 | 7% | 20 | 18% | 3 | 13% | 4 | 17% | 0 | 0% | 0 | 0% |
| Legal/civil liberty issues | 1 | 7% | 5 | 5% | 1 | 4% | 2 | 9% | 0 | 0% | 0 | 0% |
| Methodological issues in research | 2 | 14% | 4 | 4% | 4 | 17% | 2 | 9% | 0 | 0% | 0 | 0% |
| Midlife issues | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Parenting/family issues | 0 | 0% | 4 | 4% | 0 | 0% | 1 | 4% | 0 | 0% | 1 | 50% |
| Perceptions of counselors | 0 | 0% | 6 | 5% | 0 | 0% | 0 | 0% | 2 | 67% | 0 | 0% |
| Psych. adjustment/mental health concerns | 1 | 7% | 44 | 40% | 2 | 8% | 4 | 17% | 0 | 0% | 0 | 0% |
| Research agenda | 1 | 7% | 1 | 1% | 9 | 38% | 2 | 9% | 0 | 0% | 0 | 0% |
| Scale development | 0 | 0% | 6 | 5% | 1 | 4% | 0 | 0% | 0 | 0% | 0 | 0% |
| Sexual behaviors/practices | 0 | 0% | 10 | 9% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Spiritual issues | 4 | 29% | 9 | 8% | 4 | 17% | 4 | 17% | 0 | 0% | 1 | 50% |
| *Sports/athletics* | *0* | 0% | *1* | 1% | *0* | 0% | *0* | *0%* | *0* | 0% | 0 | 0% |
| Substance abuse | 0 | 0% | 10 | 9% | 0 | 0% | 0 | 0% | 0 | 0% | 0 | 0% |
| Training issues | 3 | 21% | 8 | 7% | 2 | 8% | 4 | 17% | 2 | 67% | 0 | 0% |
| Transgender issues | 1 | 7% | 1 | 1% | 1 | 4% | 0 | 0% | 0 | 0% | 0 | 0% |
| University climate | 1 | 7% | 9 | 8% | 0 | 0% | 0 | 0% | 2 | 67% | 0 | 0% |
| Verbal, physical, and/or sexual victimization | 0 | 0% | 10 | 9% | 1 | 4% | 1 | 4% | 0 | 0% | 0 | 0% |
| *Women's issues* | *0* | 0% | *1* | 1% | *1* | 4% | *0* | *0%* | *0* | 0% | 0 | 0% |
| Young adult issues | 1 | 7% | 11 | 10% | 0 | 0% | 0 | 0% | 1 | 33% | 0 | 0% |

Table 4: Change in frequency of topics over the last decade for articles other than comments/reactions/rejoinders.

| Topic | 1990-1999 | 2000-2009 | Change in f |
|---|---|---|---|
| Conversion therapy | 2% | 11% | 9% |
| Psychological adjustment/mental health concerns | 21% | 30% | 9% |
| Spiritual issues | 3% | 11% | 8% |
| Methodological issues in research | 1% | 6% | 5% |
| Changing biphobic attitudes | 2% | 6% | 4% |
| Issues related to people of color | 12% | 16% | 4% |
| Sexual behaviors/practices | 1% | 5% | 4% |
| Young adult issues | 3% | 6% | 3% |
| Perceptions of counselors | 1% | 4% | 3% |
| Ethics | 4% | 7% | 3% |
| Substance abuse | 3% | 5% | 2% |
| Scale development | 2% | 4% | 2% |
| Bias in diagnosis/assessment/psychotherapy | 9% | 11% | 2% |
| Ability/disability issues | 0% | 1% | 1% |
| Etiology of homosexuality/bisexuality | 0% | 1% | 1% |
| Transgender issues | 0% | 1% | 1% |
| Legal/civil liberty issues | 5% | 6% | 1% |
| Verbal, physical, and/or sexual victimization | 5% | 6% | 1% |
| Eating disorders and body image | 1% | 1% | 0% |
| Existential issues | 1% | 1% | 0% |
| Gay/lesbian speaker panels | 1% | 1% | 0% |
| Biphobia | 3% | 2% | -1% |
| Older adult issues | 3% | 1% | -2% |
| Midlife issues | 2% | 0% | -2% |
| Couples | 4% | 2% | -2% |
| Parenting/family issues | 4% | 2% | -2% |
| Counseling process | 8% | 5% | -3% |
| Grief/bereavement | 4% | 1% | -3% |
| Counseling techniques and strategies | 18% | 14% | -4% |
| Childhood/adolescent issues | 6% | 2% | -4% |
| Changing homophobic attitudes | 9% | 5% | -4% |
| Gender role/identity issues | 7% | 2% | -5% |
| Diversity | 11% | 4% | -7% |
| Identity development and coming out | 29% | 21% | -8% |
| Research agenda | 16% | 7% | -9% |
| University climate | 14% | 5% | -9% |
| Career-related issues | 17% | 5% | -12% |
| Training issues | 23% | 10% | -13% |
| Attitudes toward LGB people | 27% | 13% | -14% |
| HIV/AIDS | 28% | 6% | -22% |
| Homophobia | 35% | 9% | -26% |

Table 5: Participant demographics

| Demographics | f | % |
|---|---|---|
| **Gender reported (note: 5 empirical articles did not use human participants)** | **106** | **100%** |
| Both men and women included | 69 | 65% |
| Women only | 14 | 13% |
| Men only | 23 | 22% |
| Trans individuals included | 10 | 9% |
| Trans MTF only | 1 | 1% |
| Trans FTM only | 0 | 0% |
| | | |
| **Sexual orientation assessed** | **88** | **83%** |
| **Sexual orientation reported but not assessed** | **9** | **8%** |
| **Sexual orientation not reported** | **9** | **8%** |
| Gay men included | 70 | 72% |
| lesbian included | 61 | 63% |
| Bisexual Included | 59 | 61% |
| Queer/MSM/other included | 37 | 38% |
| Questioning included | 14 | 14% |
| Heterosexuals included | 36 | 37% |
| | | |
| **Articles with single sexual orientation participants** | 24 | 25% |
| Gay men only | 8 | 33% |
| Lesbian only | 4 | 17% |
| Bisexual only | 1 | 4% |
| Queer/MSM/other only | 5 | 21% |
| Questioning only | 0 | 0% |
| Heterosexuals only | 6 | 25% |
| | | |
| **Age (average or range) reported** | **93** | **88%** |
| Average age: Adolescent/emerging adulthood (Age 15-24) | 13 | 16% |
| Average age: Young adult (Age 25-44) | 56 | 71% |
| Average age: Middle adulthood (Age 45-64) | 10 | 13% |
| Average age: Older adults (Age 65+) | 0 | 0% |
| | | |
| **Race/Ethnicity reported in articles** | **97** | **90%** |
| >60% White/Caucasian | 67 | 71% |
| Diverse (roughly equal White and non-White) | 7 | 7% |
| >60% Non-White/non-Caucasian | 21 | 22% |

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Appendix A: Working definitions of common sexuality, gender and related terms and abbreviations

*Sexuality* – how people experience and interpret attraction and desire and express themselves as sexual beings

*Sexual orientation* – a label used (by self or others) to describe the gender/s to which one is sexually and/or romantically attracted (an internal or external label or both)

*Heterosexism* - negative attitudes, bias and discrimination in favor of opposite-sex sexuality

*Sex (biological)* – a cluster of related biological traits (specifically: karyotype, gonads, external genitalia, secondary sex characteristics); assigned designations include male, female (other sexes may be present dependent upon culture)

*Gender* – a social representation of sex; man, woman (other genders may be present dependent upon culture)

*Gender identity* – how one self-identifies their gender

*Gender role* – a set of social/behavioral norms associated with a gender

*Transsexuality* – when one's gender identity (e.g. male) does not match their assigned sex (e.g. female)

*Transgender* – when one's gender role does not match their perceived sex.

*LG* – an acronym describing common homosexual sexual orientations; lesbian, gay

*LGB* – an acronym adding bisexuality to LG

*LGBT* – an acronym adding transsexuality or transgender to LGB

*Disability* – a physical, cognitive, sensory, emotional or developmental impairment or difference from the societal norm

*Individual with a disability* – someone affected by a disability; using a social model of ability

*Ableism*– negative attitudes, bias and discrimination based upon someone's level of ability/disability

*Race* – a cluster of phenotypic traits (e.g. skin color) used to categorize people into social categories

*Ethnicity* - an aspect of identity referring to a shared cultural background (e.g. ancestry, language, religion

*Race/Ethnicity* – a term used to acknowledge the connection and sometimes interchangeability of racial and ethnic backgrounds and categories

Appendix B: Morin's (1977) taxonomy and number of articles in each category

| Major emphasis of research | | N of studies with questions reflecting this emphasis |
|---|---|---|
| *Assessment* | | |
| • Projective techniques | | 10 |
| • Pencil-and-paper measures | | 10 |
| • Behavioral measures | | 7 |
| | Total | 27 |
| *Causes* | | |
| • Parental background | | 15 |
| • Biochemical models | | 12 |
| • Learning models | | 8 |
| • Family constellations | | 8 |
| • Other psychoanalytic models | | 3 |
| • Pornography | | 2 |
| • Ethological model | | 2 |
| | Total | 50 |
| *Adjustment* | | |
| • Psychological measures | | 33 |
| • Behavioral measures | | 7 |
| • Cognitive measures | | 6 |
| | Total | 46 |
| *Special topics* | | |
| • General surveys | | 6 |
| • Gender identity | | 4 |
| • Heterosexually married | | 4 |
| • Prison behavior | | 3 |
| • Coming out | | 2 |
| • Aging | | 2 |
| • Male prostitutes | | 2 |
| • Pedophiles | | 2 |
| • Relationships | | 2 |
| • Insertees versus insertors | | 2 |
| • Social interaction | | 2 |
| • Identity and commitment | | 1 |
| • Language | | 1 |
| • Military | | 1 |
| | Total | 34 |
| *Attitudes toward homosexuality* | | |
| • General survey | | 5 |
| • Personality characteristics | | 7 |
| • Methods of attitude change | | 1 |
| | Total | 13 |
| Total number of studies | | 139 |
| Total number of research questions | | 170 |

Appendix C: Watters' (1986) taxonomy and number of articles in each category

| Topic | # studies |
|---|---|
| *Assessment/Diagnosis* | |
| • Projective techniques | 0 |
| • Pencil and paper measures | 1 |
| • Behavioral measures | 1 |
| Total | 2 |
| *Causes* | |
| • Parental background | 7 |
| • Biochemical models | 2 |
| • Learning models | 0 |
| • Family constellations | 2 |
| • Other psychoanalytic models | 1 |
| • Pornography | 0 |
| • Ethological model | 0 |
| • Quasi-causal precursors | |
| – Childhood play behavior | 7 |
| – Gender role in childhood | 2 |
| – Family related | 5 |
| • Influences | |
| – Childhood sexual identity, religiosity, homophobia | 1 |
| • Sex role theories vs. sexual orientation | 1 |
| Total | 28 |
| *Adjustment* | |
| • Psychological measures | 15 |
| • Behavioral measures | 1 |
| • Cognitive measures | 0 |
| Total | 16 |
| *Special Topics* | |
| • Personality | |
| – Gender role | 5 |
| – Gender identity | 4 |
| – Gay identity | 6 |
| – Sexual behavior and practices | 2 |
| – Sexual adjustment | 2 |
| – General personality characteristics | 1 |
| – Heterosexual arousal | 1 |
| – Emotionality vs interpersonal attractiveness | 1 |
| • Relationships | 12 |
| • Parenting | 9 |
| • Coming out | 6 |
| • Aging | 6 |
| • Legal system or civil rights | 5 |
| • Personal ads | 4 |

| | |
|---|---|
| • Homosexuals' attitudes toward various issues | 4 |
| • Heterosexually married | 3 |
| • Body build | 2 |
| • Social interaction | 1 |
| • Perception | 1 |
| • Lifestyle | 1 |
| • Education | 1 |
| • Problems | |
| – Alcohol or drug abuse | 5 |
| ○ Amyl nitrate use only | 2 |
| • Prison behavior | 2 |
| • Pedophiles | 2 |
| • Racial | 1 |
| • Incest | 1 |
| • Sexual harassment | 1 |
| • Male prostitutes | 1 |
| • Rape | 1 |
| • Factors concerning research on homosexuality | 1 |
| – Retrospective distortion | 1 |
| – Scales or measuring devices | 3 |
| Total | 103 |

*Attitudes towards homosexuality*

| | |
|---|---|
| • General survey | 16 |
| • Personality characteristics | 5 |
| • Methods of attitude change | 2 |
| • Special Topics (with reference to:) | |
| – Mental health professionals | 3 |
| – Legal related | 3 |
| – Textbooks | 2 |
| – City size | 1 |
| – Gender-related manners, "butch" vs. "femme" | 1 |
| – Judeo-Christian values and social cohesion | 1 |
| – Helping behavior | 1 |
| – Male sexual schemata | 1 |
| Total | 36 |

| | |
|---|---|
| Total number of studies | 166 |
| Total number of research questions | 185 |

Appendix D: Clark and Serovich's (1997) taxonomy and frequencies

Using Morin's Original Categories

| | |
|---|---|
| Assessment | 18% |
| Causes | 0% |
| Adjustment | 21% |
| Special topics | 35% |
| Attitudes toward homosexuality | 26% |

Using Morin's Categories for Future Research

| | |
|---|---|
| Dynamics of gay/lesbian relationships | 28.6% |
| Development of positive identity | 15.6% |
| Variables associated with coming out | 10% |
| Degree of identity and commitment | 2% |
| Children/adolescent issues | 13% |
| Civil liberties | 0% |
| Aging | 1% |
| Attitudinal change | 16.8% |
| Nature and meaning of homosexuality | 13% |

Second Sort Categories (categories developed unique to this study, sorted by frequency)

| | |
|---|---|
| Treatment of homosexuality/Attempts to "change" or "cure" | 16.8% |
| AIDS-related | 11.6% |
| Parenting issues | 10.4% |
| Therapy with gay/lesbian/bisexual clients | 10.4% |
| Other | 10.4% |
| Dynamics of gay/lesbian/bisexual relationships-theoretical | 9% |
| Relationship quality/satisfaction-empirically measured | 9% |
| Attitudes about homosexuality-therapist and family members | 6.5% |
| Gay/lesbian/bisexual identity | 5.2% |
| Positive/negative aspects of coming out | 3.9% |
| Family of origin issues | 3.9% |
| Sexual function/dysfunction | 1.2% |
| Relationship issues (straight women/gay men) | 1.2% |

Appendix E: Phillips et al.'s (2003) taxonomy, numbers and frequencies for each topic category.

| | *Articles Other Than Comments/ Reactions /Introductions* (n = *106)* | | *Comments/ Reactions/Introductions* (n = *13)* | |
|---|---|---|---|---|
| *Topic* | f | % | f | % |
| Homophobia | 40 | 38 | 2 | 15 |
| Identity development and coming out | 33 | 31 | 2 | 15 |
| HIV/AIDS | 31 | 29 | 2 | 15 |
| Attitudes toward LGB people | 28 | 26 | 4 | 31 |
| Psychological adjustment | 25 | 24 | 0 | 0 |
| Career-related issues | 19 | 18 | 1 | 8 |
| Counseling techniques and strategies | 18 | 17 | 3 | 23 |
| Training issues | 18 | 17 | 9 | 69 |
| University climate | 16 | 15 | 1 | 8 |
| Research agenda | 15 | 14 | 4 | 31 |
| Issues related to people of color | 12 | 11 | 2 | 15 |
| Bias in diagnosis/assessment/psychotherapy | 11 | 10 | 0 | 0 |
| Diversity | 10 | 9 | 3 | 23 |
| Counseling process | 9 | 9 | 0 | 0 |
| Changing homophobic attitudes | 8 | 8 | 3 | 23 |
| Gender role/identity issues | 8 | 8 | 0 | 0 |
| Childhood/adolescent issues | 7 | 7 | 0 | 0 |
| Verbal, physical, and/or sexual victimization | 6 | 6 | 0 | 0 |
| Couples | 5 | 5 | 0 | 0 |
| Ethics | 5 | 5 | 0 | 0 |
| Grief/bereavement | 5 | 5 | 0 | 0 |
| Legal/civil liberty issues | 5 | 5 | 1 | 8 |
| Parenting/family issues | 5 | 5 | 0 | 0 |
| Biphobia | 3 | 3 | 1 | 8 |
| Elderly issues | 3 | 3 | 0 | 0 |
| Spiritual issues | 3 | 3 | 0 | 0 |
| Substance abuse | 3 | 3 | 0 | 0 |
| Young adult issues | 3 | 3 | 0 | 0 |
| Conversion therapy | 2 | 2 | 0 | 0 |
| Midlife issues | 2 | 2 | 0 | 0 |
| Scale development | 2 | 2 | 0 | 0 |
| Changing biphobic attitudes | 1 | 1 | 1 | 8 |
| Eating disorders and body image | 1 | 1 | 0 | 0 |
| Existential issues | 1 | 1 | 0 | 0 |
| Gay/lesbian speaker panels | 1 | 1 | 0 | 0 |
| Methodological issues in research | 1 | 1 | 0 | 0 |
| Perceptions of counselors | 1 | 1 | 0 | 0 |
| Sexual behaviors/practices | 1 | 1 | 0 | 0 |
| Ability/disability issues | 0 | 0 | 0 | 0 |
| Etiology of homosexuality/bisexuality | 0 | 0 | 0 | 0 |
| Transgender issues | 0 | 0 | 0 | 0 |

NOTES: Phillips et al. presented their frequency findings using two groupings, articles that are typically peer reviewed (e.g. original research, theoretical articles) and articles that are not typically peer-reviewed (e.g. comments, reactions). Percentages add up to more than 100% because many articles included multiple topics.

Appendix F: List of keyword search terms

Homosexual

Homosexuality

Bisexuality

Gay

Lesbian

Bisexual

LGB

LGBT

LGBTQ

GLB

GLBT

GLBTQ

Queer

Two-spirit

Same-sex

Same-gender-loving

Down low

DL

SGL

MSM

WSW

Sexual minority

Transsexual

Transsexuality

Transgender

Gender Identity

MTF

M2F

FTM

F2M

Transgender

Trans

Heterosexism

Heterophobia

Biphobia

Transphobia

Appendix G: Coding schedule for the current study

| |
|---|
| **ID** |
| **Special issue** Yes/No: |

| Type of article | Yes/no | Comments |
|---|---|---|
| **Empirical (including brief reports)** | | |
| **Theoretical/conceptual** | Topic: | |
| **Literature review** | | |
| **Comments/reactions/intros/rejoinders** | | |
| **Program descriptions** | | |

| Empirical Articles | Yes/no | Comments |
|---|---|---|
| **Survey/correlational analogue** | | |
| **Experimental analogue/analogue** | | |
| **Qualitative** | | |
| **Field Experiment** | | |
| **Archival/correlational field** | | |
| **Recruitment strategy** | | |
| **Recruitment location** | | |
| **Theoretical framework articulated** | | |
| **Limitations to generalizability** | | |
| **Limitations due to sampling** | | |
| **Limitations due to other characteristics** | | |

| Empirical Data Collection Procedure | Yes/no | Comments |
|---|---|---|
| **Paper and Pencil self-report** | | |
| **Personal interviews** | | |
| **Phone interviews** | | |
| **Journal entries** | | |
| **Participant observation** | | |
| **Physiological measures** | | |

| Participant Demographics | Yes/no | Comments |
|---|---|---|
| **Women included** | | |
| **Men included** | | |
| **Trans individuals included** | | |
| **Intersex individuals included** | | |

| | |
|---|---|
| **Age reported** | |
| **Race/Ethnicity reported** | |
| **Religion** | |
| **SES/class reported** | |
| **Ability reported** | |
| **Sexual orientation assessed** | |
| - **Self report** | |
| - **Scale/measure** | Which? |
| **Gay or lesbian included** | |
| **Bisexuals included** | |
| **Queer/other included** | |
| **Heterosexuals included** | |

| Topic | Yes/no | Comments |
|---|---|---|
| **Ability/disability issues** | | |
| **Attitudes toward LGB people** | | |
| **Bias in diagnosis/assessment/psychotherapy** | | |
| **Biphobia** | | |
| **Career-related issues** | | |
| **Changing biphobic attitudes** | | |
| **Changing homophobic attitudes** | | |
| **Childhood/adolescent issues** | | |
| **Conversion therapy** | | |
| **Counseling process** | | |
| **Counseling techniques and strategies** | | |
| **Couples** | | |
| **Diversity** | | |
| **Eating disorders and body image** | | |
| **Elderly (older adult) issues** | | |
| **Ethics** | | |
| **Etiology of homosexuality/bisexuality** | | |
| **Existential issues** | | |
| **Gay/lesbian speaker panels** | | |
| **Gender role/identity issues** | | |
| **Grief/bereavement** | | |
| **HIV/AIDS** | | |
| **Homophobia** | | |
| **Identity development and coming out** | | |
| **Issues related to people of color** | | |
| **Legal/civil liberty issues** | | |
| **Methodological issues in research** | | |
| **Midlife issues** | | |
| **Parenting/family issues** | | |
| **Perceptions of counselors** | | |

| |
|---|
| **Psychological adjustment** |
| **Research agenda** |
| **Scale development** |
| **Sexual behaviors/practices** |
| **Spiritual issues** |
| **Substance abuse** |
| **Training issues** |
| **Transgender issues** |
| **University climate** |
| **Verbal, physical, and/or sexual victimization** |
| **Young adult issues** |

Vita

Matthew Malouf

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| | |
|---|---|
| Ph.D. | Counseling Psychology, Lehigh University, Current |
| M.Ed. | Counseling and Human Services, Lehigh University, May 2008 |
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## Clinical Training

| | |
|---|---|
| 2011 to current | Internship (APA Accredited): Counseling and Testing Center<br>Georgia State University, Atlanta, GA<br>Supervisors: Melissa Alves, Psy.D., Sandrine Bosshardt, Ph.D. & Kensa Gunter, Psy.D. |
| 2008 to 2009 | Practicum Counselor: MAPS Outpatient Services<br>Community Services Group, Lancaster, PA<br>Supervisor: Jeff Willard, Ph.D. |
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## Professional Experience

| | |
|---|---|
| 2011 to Current | Training Consultant: Technical Assistance Partnership<br>American Institutes for Research, Washington, DC<br>Supervisor: Jeffrey Poirier, M.A. |
| 2009 to 2011 | Project Associate: Education, Human Development & Work Force<br>American Institutes for Research, Baltimore, MD<br>Supervisor: Jeanne Poduska, Sc.D. |
| 2006 to 2009 | Graduate Coordinator: COE Multicultural Resource Center<br>Lehigh University, Bethlehem, PA<br>Supervisors: M.J. Bishop, Ed.D., Arpana Inman, Ph.D., & Iveta Silova, Ph.D. |

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| 2008 to 2009 | Mobile Therapist and Behavioral Specialist Consultant: BHRS<br>T.W. Ponessa and Associates, Lancaster, PA<br>Supervisor: Kristin Ressler, M.A. |
| 2005 to 2006 | Graduate Assistant: LGBTQA Programs and Outreach<br>Lehigh University, Bethlehem, PA<br>Supervisor: Holly Slotterback, M.A. |
| 2004 to 2005 | Senior Research Technician: Pediatric Endocrinology<br>Johns Hopkins University, Baltimore, MD<br>Supervisors: Claude Migeon, M.D. & Amy Wisniewski, Ph.D. |
| 2003 to 2004 | Research Assistant: Cognitive Neurology<br>Johns Hopkins University, Baltimore, MD<br>Supervisor: Katarina Boser, Ph.D. |
| 2002 to 2003 | Data Consultant: North American Task Force on Intersexuality<br>South Carolina Medical University, Charleston, NC<br>Supervisor: Claude Migeon, M.D. |

Teaching and Training

*Georgia State University, Atlanta GA*

*Guest Lectures*

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| March 2012 | "Sexual Assault"<br>GSU McNair Achievement Program |
| Nov 2011 | "Mental Health 101"<br>GSU 1010: Freshman Learning Community |
| Sept 2011 | "Study Skills and Test Taking"<br>GSU 1010: Exploring Careers in Science and Mathematics |

*Lehigh University, College of Education, Bethlehem PA*

*Co-teaching Apprenticeship*

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| Fall 2008 | 471-11: Diversity and Multicultural Perspectives, Section 2 |

*Guest Lectures*

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| February 2012 | "Ethics of Individual and Family Therapy Work Around Disorders of Sex Development" 466-10: Current Issues: Introduction to Working with LGBTQI Populations |
| July 2009 | "Counseling Intersex/DSD Populations"<br>466-10: Current Issues: Introduction to Working with LGBTQI Populations |
| March 2009 | "Sexuality in Counseling and Education"<br>471-11: Diversity and Multicultural Perspectives, Section 2 |
| October 2008 | "Gender Issues in Counseling and Education" |

471-10: Diversity and Multicultural Perspectives, Section 1

*Workshops Facilitated*

August 2006 "Intersecting Identities: Queer Ethnic Minorities as Portrayed in the Media"
Summer Excel: Pre-College Program for Ethnic Minorities

August 2006 "Intersecting Identities: Queer Ethnic Minorities as Portrayed in the Media"
Gryphon Training: Residential Life RA Workshop Series

*TW Ponessa and Associates, Lancaster PA*

*Workshops Facilitated*

December 2008 "Understanding DSM Diagnoses"
Therapeutic Support Staff Training

December 2008 "Applied Multiculturalism: Class and SES"
Therapeutic Support Staff Training

Book Chapters

3. Malouf, M. A., & Baratz, A. (in press). Youth and families affected by disorders of sex development. In S. K. Fisher, C. Ryan, & G. M. Blau (Eds.), Addressing the Needs of Youth Who Are LGBT and Their Families: A System of Care Approach. Baltimore, MD: Brookes Publishing Co., Inc.

2. Ladany, N., & Malouf, M. A. (2010). Understanding and conducting supervision research. In L. J. Bradley & N. Ladany (Eds.), Counselor Supervision: Principles, Process, & Practice (4th Edition). Philadelphia: Brunner-Routledge.

1. Malouf, M. A., Brooks L., Inman, A. G. (2009). Sexual identity development. In American Counseling Association (Ed.), The ACA Encyclopedia of Counseling (485-488). Alexandria VA: American Counseling Association.

Peer-Reviewed Journals

6. Malouf, M. A., Inman, A. G., Carr, A. G., Franco, J. and Brooks, L. M. (2010). Health-related quality of life, mental health and psychotherapeutic considerations for women diagnosed with a disorder of sexual development: Congenital Adrenal Hyperplasia. International Journal of Pediatric Endocrinology, vol. 2010, Article ID 253465, 11 pages.

5. Brooks, L., Inman, A. G., Klinger, B., Malouf, M. A., & Kaduvettoor, A. (2010). In Her Own Words: Ethnic-Minority Bisexual Women's Self-Reported Counseling Needs. Journal of Bisexuality, 10, 253-267.

4. Brooks, L., Inman, A. G., Malouf, M. A., Klinger, B., & Kaduvettoor, A. (2008). Ethnic-Minority Bisexual Women: Understanding the Invisible Population. Journal of LGBT Issues in Counseling, 2, 260-184.
3. Malouf, M. A., Migeon, C. J., Carson, K. A., Petrucci, L., Wisniewski, A. B. (2006). Cognitive outcome in adult women affected by congenital adrenal hyperplasia due to 21-hydroxylase deficiency. Hormone Research, 65, 142-150.
2. Wisniewski, A. B., Migeon, C. J., Malouf, M. A., Gearhart, J. P. (2004). Psychosexual outcome in women affected by congenital adrenal hyperplasia due to 21-hydroxylase deficiency. Journal of Urology, 171, 2497-2501.
1. Malouf, M. A., Wisniewski, A. B., Migeon, C. J. (2003). Gender and reproduction in women with congenital adrenal Hyperplasia. Pediatric Research, 53, 828.

Motion Picture

1. Bertsch, K. (Producer), Ballinger, E., (Director), Malouf, M. A. & Kaduvetoor, A. (Writers), Malouf M. A. (Narrator) (2010). Did you just say what I think you said? Addressing multicultural microaggressions in academia. [Motion picture]. (DVDs available from Lehigh University, 29 Trembley Drive, Bethlehem, PA or online via http://vimeo.com/11868773).

Refereed Conferences

6. Malouf, M. A., Inman, A. G., Carr, A. G., Franco, J. I., & Brooks, L. M. (August 2009). Understanding quality of life outcomes and mental health needs of women diagnosed with a disorder of sex development. Poster presented at the 117th American Psychological Association Convention, Toronto, ON.
5. Brooks, L., Inman, A. G., Klinger, R., Malouf, M. A, & Kaduvetoor, A. (August 2007). Bisexual Women: Understanding the Invisible Population. Poster presented at the 115th American Psychological Association Convention, San Francisco, CA.
4. Brooks, L., Inman, A.G., Malouf, M. A, Klinger, R., & Kaduvetoor, A. (August 2007). Asian Bisexual Women: Understanding the Invisible Population. Poster presented at the Asian American Psychological Association Conference, San Francisco, CA.
3. Inman, A. G., Malouf, M. A. (August 2006). What's all the talk about culture in counseling and supervision? Roundtable presented at the 114th American Psychological Association Convention, New Orleans, LA.
2. Malouf, M. A., Migeon, C. J. (Oct 2005). Psychological health outcomes in women affected by congenital adrenal hyperplasia due to 21-hydroxylase deficiency. Presented at: Mid-Atlantic Regional Group Meeting of the Society for Psychotherapy Research.

1. Wisniewski, A. B., Malouf, M. A., Migeon, C. J. (July 2003) Gender-related neuropsychological traits in 46,XX CAH. Presented at: International Academy of Sex Research Annual Meeting.

Speaking Invitations

3. Malouf, M. A. (November 2011). Intersexuality: Disorders, Differences and Identities. GSU Alliance Meeting, Nov 17th, Atlanta, GA.
2. Malouf, M. A. (October 2008). Why Hopkins Stopped Sex Reassignment: The Battle over Intersexuality. University's LGBTQQIA History Month, Bethlehem, PA.
1. Malouf, M. A. (October 2007). I is for Intersex: Q & A. Lecture given at Lehigh University's LGBTQIA History Month, Bethlehem, PA.

Service

*To the program/department*

2006-2009 College of Education Diversity Committee, Member, Lehigh University

2005-2006 Dean's Committee for Improving Student Life, Member, Lehigh University

*To the university campus*

2005-2007 Graduate Student Senate, Representative, Lehigh University

2005-2006 LGBTQA Steering Committee, Member, Lehigh University

1997-1999 Students for Environmental Action, President/VP, Johns Hopkins University

*To the community*

2004/2005 Moveable Feast/Dining Out for Life: Baltimore, Volunteer

*To the profession*

2012 APA Graduate Students Committee on Lesbian, Gay, Bisexual, and Transgender Concerns, Mentor

2011 Child Neuropsychology, Peer Reviewer

2010 APA Div 17: Supervision and Training Poster Session, Peer Reviewer

2004 Polyethnic Web Portal (Illume Communications), Content Developer

Awards & Honors

2010 SPOT Award for Contribution to Research and Proposals
American Institutes for Research, Washington, DC

2008/2009 Graduate Life Leadership Award
Lehigh University, Bethlehem, PA

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| 2008/2009 | Graduate Student Leadership and Service Award<br>Lehigh College of Education, Bethlehem, PA |
| 2009 | Martin Luther King Award for Dedication and Commitment to Service<br>Lehigh University, Bethlehem, PA |
| 2006, 2008 | Travel Award<br>Lehigh University College of Education, Bethlehem, PA |
| 2006, 2008 | Graduate Travel Award<br>Lehigh University Graduate Student Senate, Bethlehem, PA |