

**Adults With Same and Different Sex Parents Have Similar Well-Being in LGBTQIA+
Accepting Places**

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Abstract

Families with same sex parents (SSP) are becoming increasingly common as tolerance and acceptance of LGBTQIA+ individuals grows in various places. There are currently mixed findings in existing research on the psychological well-being (PWB) of offspring raised by SSP, and regarding the impact that discrimination has on PWB. The aim of this study is to contribute to the literature with an empirical exploration of the PWB of adult offspring raised by SSP, to see if it differs significantly from those raised by different sex parents (DSP), and to determine how discrimination may influence PWB. To do this, a cross-sectional, exploratory study was carried out with the use of a survey. The sample consisted of 40 participants raised by SSP and 93 raised by DSP in which the latter were significantly older ($t(74.306) = 2.549, p < .013$). Results showed no significant differences in PWB or perceived discrimination between the groups. It was also found that discrimination is weakly significantly associated with PWB ($r(128) = .36, p < .001$). These findings suggest that, in a situation that is characterized by positive social discourse and no discrimination, offspring of SSP and DSP will not differ in PWB. Future research should be carried out in less LGBTQIA+ accepting communities to explore the ways that discrimination affects PWB, and should include more male SSP to see if this changes the results for their offspring.

Keywords: Same sex parents, psychological well-being, discrimination

Adults with Same and Different Sex Parents Have Similar Well-Being in LGBTQIA+ Accepting Places

As parts of society are moving toward acceptance of LGBTQIA+¹ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual) individuals, the latter are slowly gaining the rights to marry, and to having children in some countries² (Gary & Rubin, 2012). In these places, LGBTQIA+ couples are having children via different methods, such as adoption, past heterosexual marriages, and newly developed assistive reproductive technologies (Moore & Stambolis-Ruhstorfer, 2013). The formation of LGBTQIA+ families creates a new subject to consider when researching diverse family structures. This type of research has become prevalent due to the effects that family structures have on the well-being of their offspring (Ahrons, 2007; Behere et al. 2017; Dissing et al., 2017; Hilton & Devall, 1998; Sohail & Shamama-Tus-Sabah, 2016). As the subject of mental health gains importance in our society, the effects that families have on psychological well-being (PWB) are being explored through various lenses (Brown, 2004; Kok et al., 2011 ; Lu et al., 2021; Mitchell et al. 2015; Mostafa et al., 2018; Rees, 2017). As a result, the study of LGBTQIA+ families is a relevant subject for research, to examine how these family structures impact the offspring's experience of family and well-being. An element that adds to this is that LGBTQIA+ people and their families face a certain amount of discrimination in their day-to-day lives (Flores, 2019; Government of the Netherlands, 2018; Lick et al., 2011; Reid, 2020), which may negatively influence the offspring's well-being.

This article explores the impact that an LGBTQIA+ family structure has on the well-being of their adult offspring, and how discrimination influences this. The scope of this research is on families with same sex parents (SSP), presently defined as families where both parents either identify as male or as female. This definition is used as it is possible that having gender diverse parents influences offspring to a greater extent due to the added burden of transphobia. Additionally, due to the impact that family structures are known to have on it, the focus of the paper is PWB. This is operationalized similarly to Ryff's (2014) measure of well-being. It is made up of the following dimensions depicting positive functioning in life:

¹ LGBTQIA+ is an umbrella term for the community consisting of individuals with a wide range of genders and sexualities. See “UCSF Lesbian, Gay, Bisexual and Transgender Resource Center” for more terminology and information.

² It should be noted that according to The International Lesbian, Gay, Bisexual, Trans and Intersex Association [ILGA]’s (2020) *State-Sponsored Homophobia 2020: Global Legislation Overview Update*, 69 countries still have laws that in some way criminalize same sex relations.

autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance (Ryff, 1989; Ryff, 2014). This article begins with an analysis of the existing research on the subject.

Existing Research on the PWB of SSP Offspring

To date, researchers have obtained mixed findings on whether or not adult offspring of SSP have similar well-being to those of offspring raised by different sex parents (DSP).

Multiple studies have found no differences in the PWB of SSP offspring (Chan et al., 1998; Lick et al., 2011; Patterson, 2006; Patterson, 2009; Tasker & Golombok, 1997; Wainright et al., 2004). Chan et al. (1998) and Patterson (2009) both carried out studies on the adjustment (including PWB) of donor inseminated offspring from lesbian mothers versus DSP. Chan et al. (1998) examined the effect that family structures and processes have on the adjustment of the offspring. Results show that family structure, such as whether or not the parents are same or different sex couples, has no impact on offspring adjustment, but that family processes, such as interparental conflict, do. Patterson (2009) had similar results. They studied the impact of family functioning on offspring with lesbian mothers or DSP, and found that adjustment levels are similar for offspring of both groups. They also found that aspects of family functioning, such as the satisfaction of labor division between parents, influences offspring more than having SSP. In short, donor inseminated offspring raised by lesbian mothers have a similar adjustment and thus well-being, to those raised by DSP (Chan et al., 1998; Patterson, 2009).

Tasker and Golombok (1997) carried out a longitudinal study comparing the adjustment of offspring from lesbian and different sex couples. In this study, all parents were divorced and offspring lived with at least one biological parent. They found that, in adulthood, there is no difference in the rate at which offspring seek mental health help in SSP or DSP families. In line with the aforementioned studies (Chan et al., 1998; Patterson, 2009), Tasker & Golombok (1997) demonstrate that offspring do not differ in PWB when raised by female versus different sex couples.

Wainright et al. (2004) studied the impact of family and relationship variables on offspring adjustment in those raised by male and female SSP versus DSP. This study considered offspring conceived in various manners. Results show no significant differences in self-esteem, depressive or anxiety symptoms in the two groups, further indicating that adjustment of offspring is not impacted solely by having SSP.

Other studies have yielded opposing results. The commonly cited New Family Structures Study by Regnerus (2012) compared how offspring with SSP fared on various

psychosocial variables in contrast to those in other types of family structures. It found that those with SSP have slightly higher depression and occasional drug use rates, and lower overall PWB than those from other families. This study was highly criticized for its methodological limitations, though, as it compared all types of SSP families (e.g., divorced parents, having a single parent) to intact (parents still together) biological families (Amato, 2012; Cheng & Powell, 2015; Rosenfeld, 2015). This is important because extensive research has shown that having non-intact family structures significantly impacts the PWB of offspring (Ahrons, 2007; Behere et al.; 2017; Bowlby, 1969). In addition, disrupted family processes, such as interparental conflict, were found to have significant negative effects on adjustment (Chan et al., 1998; Patterson, 2009). Therefore, in this study, the lower PWB for those with SSP may be attributed to the confounding factor of intact versus non-intact families. All in all, these studies demonstrate the state of mixed findings regarding the PWB of SSP offspring.

The Role of Discrimination in PWB

Another reason why those with SSP may experience lower PWB is due to anti-LGBTQIA+ discrimination (Bos & van Balen, 2008; Gershon et al., 1999; Knight et al., 2017; Lick et al., 2012; Meyer, 2003; Prendergast & MacPhee, 2018). The impact of discrimination on the PWB of SSP offspring has been observed in various studies, some of which are discussed below.

The concept of anti-LGBTQIA+ discrimination impacting PWB is part of the Minority Stress Theory, which claims that minority groups suffer from chronic stress due to discrimination (Meyer, 2003). This has been found to be applicable to LGBTQIA+ individuals and their families (Lick et al., 2011; Meyer, 2003; Prendergast & MacPhee, 2018). In line with the Minority Stress Theory, multiple studies have found that environmental factors, such as discrimination and negative social climate, are likely the reasons for low PWB in those raised by SSP (Bos & van Balen, 2008; Knight et al., 2017; Lick et al., 2012). For example, Gershon et al. (1999) found that stigma regarding ones lesbian mothers is associated with lower self-esteem. Similarly, Lick et al. (2012) found that social climate regarding sexuality, including discrimination and local politics, was a significant factor in predicting well-being in those raised by SSP, whether those offspring identified as homosexual or not. This suggests that discrimination can lower PWB in SSP offspring. Therefore, they may have a lower PWB but this is likely due to discrimination and not the type of parental relationship (SSP or DSP).

Interestingly, however, a more recent article by Prendergast & MacPhee (2018) states that high rates of perceived discrimination may not necessarily be related to lower PWB. Prendergast & MacPhee (2018) suggest a conceptual model of familial resilience. They view

families as units consisting of interrelated dynamics, and claim that offspring of SSP may fare similarly to DSP offspring in PWB because of the resilience that families build together (Prendergast & MacPhee, 2018). In this context, resiliency is defined as the ability to successfully adapt in the face of challenging, disruptive, or threatening situations, such as discrimination (Masten et al., 1990; Prendergast & MacPhee, 2018). Prendergast & MacPhee (2018) claim this is created by the interaction of risk factors (e.g., discrimination), vulnerability factors (e.g., lack of social support), and family-regulatory processes (e.g., emotion regulation). According to this model, familial-regulatory processes act as protective factors that allow SSP offspring to grow resilient to discrimination, leading to a similar well-being as those with DSP (Prendergast & MacPhee, 2018). This is supported by further research indicating that those who face discrimination but do not have lower PWB, learned adaptive coping skills, thus building resilience, and counteracting the negative effect that discrimination has on PWB (Rostosky et al., 2007; Titlestad & Pooley, 2014). In summary, this research suggests that those with SSP are at risk of lower PWB due to discrimination, but that they can overcome this by growing resilient. This further adds to the mixed findings on the PWB of SSP offspring.

Current Study

As demonstrated in the previous sections, existing literature on the PWB of children with SSP is relatively limited and presents conflicting results. Some studies indicate that family processes and interparental relationships are more associated to offspring PWB than whether the parents are same or different sex couples, and vice versa. Furthermore, others have shown that discrimination can put SSP offspring at risk of lower PWB, but that this can be buffered by a supportive social and familial environment. However, these studies lack novel empirical designs, and are slightly dated, so their results may be less relevant to present-day situations. They also often exclude male SSP and are restricted to the USA and UK. This leaves room for further investigation into the topic. Additionally, considering the social and potential legal implications that research on this subject has on the LGBTQIA+ community, gaining more insight into the PWB of SSP offspring, and the way discrimination impacts this, is vital.

The aim of this article is to contribute to the literature by exploring the relationships between having SSP and PWB, as well as between discrimination and PWB. It attempts to address the methodological limitations of past research by considering participants with male and female SSP, in all kinds of family structures (not just intact ones), and raised in places beyond just the USA and UK to increase the generalizability of results. This article explores the following research questions (RQ):

1. Does psychological well-being differ for offspring raised by same sex parents versus different sex parents?
2. Do offspring raised by same and different sex parents experience the same amount of daily perceived discrimination?
3. What is the relationship between psychological well-being and perceived daily discrimination?

These questions are addressed by collecting survey data from adults raised by SSP and DSP, and carrying out an exploratory quantitative comparative analysis of their PWB and perceived daily discrimination.

Based on the mixed findings in the literature regarding the PWB of offspring raised by SSP (e.g., Bos & van Balen, 2008; Chan et al., 1998), RQ #1 will be examined in an exploratory manner and thus no hypothesis is formed. For RQ #2, the following hypothesis is tested: due to the frequency of discrimination faced by LGBTQIA+ individuals and their families (Flores, 2019; Gary & Rubin, 2012; ILGA, 2020; Lick et al., 2011; Reid, 2020), those raised by SSP are expected to score significantly higher in perceived daily discrimination. Finally, for RQ #3, seeing as there are also mixed findings and theoretical insights with regard to how discrimination may influence PWB (e.g., Bos & van Balen, 2008; Prendergast & MacPhee, 2018), no hypothesis is formed either.

This paper begins by describing the method used to collect data and carry out the study. Next, results of comparative and correlational analyses are discussed and integrated into theory and practice. Finally, the implications and limitations are presented.

Method

Design

This study is cross-sectional, exploratory research done via a quantitative analysis of survey responses using the Qualtrics program. The independent variable is being raised by SSP or DSP; the dependent variable is psychological well-being; and the control variable is daily perceived discrimination. Data regarding all variables was collected with a survey described below, which can be found in the Appendix.

Participants

The participants were chosen via convenience and snowball sampling. They were recruited via the author's social media (WhatsApp, Facebook, Instagram, and LinkedIn), thus the convenience aspect. Additionally, to reach as many participants with SSP as possible, the author reached out to individuals with SSP and 1,510 SSP related associations to ask that they

promote the study. This created the snowball aspect. Individuals were given an incentive to participate with a raffle of two €15 vouchers they could win upon completion of the survey.

The prerequisites for participants were that they had to be over 18 years old to give legal informed consent; raised by SSP or DSP; and able to read and write in English, Dutch, or French to complete the survey.

The sample used for this study consists of 133 people, of which 40 (30.1%) were raised by SSP and 93 (69.9%) by DSP. Among the SSP subsample, participants were mainly women (65%), followed by men (25%) and non-binary people (10%). They had an average age of $M = 30.2$ ($SD = 16.27$), and were mainly from the UK, France or multiple countries. This subsample consisted mostly of family structures where the parents were still together (37.5%) or seeing someone new (20%), and most completed the survey in English (82.5%). In the DSP subsample, participants were mostly women (65.6%), followed by men (29%), nonbinary (3.2%), and genderfluid (1.1%) people. Their average age was $M = 38.33$ ($SD = 15.91$), they were mainly from France, the USA, or multiple countries, and more than half had intact family structures (58.1%). Around 60% of the subsample completed the survey in English. An independent samples *t*-test found significant demographic differences between the groups only in age ($t(6.04) = .035$): the participants raised by DSP in this study, were on average eight years older than those raised by SSP.

Materials

To collect data, a survey was created (see Appendix). This began with an introduction to the study and mandatory informed consent. It then asked for demographic information to know more about the sample, including whether participants had suffered from a mental illness. To test the hypotheses, the Psychological Well-Being (Ryff, 1989) and Daily Perceived Discrimination scales (Williams et al., 1997) were incorporated into the survey. Once they were finished, participants received a written debrief of the study. If they wanted a more in-depth debrief or to discuss anything regarding the study, they were given the opportunity to contact the author. The survey was created in English and translated to French and Dutch to maximize the number of eligible participants. Since the author is French-American and living in the Netherlands, using these languages facilitated the snowball effect to recruit participants. These translations were done with the help of fluent French and Dutch speakers.

Psychological Well-Being Scale

To gather reliable data about PWB, Ryff's Psychological Well-Being Scale (1989) was used in the survey. To complete this section, participants indicated the extent to which they agreed with statements on a seven-point Likert scale. This measure is made up of six subscales

(autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance) that have reliable internal consistency. However, there is low discriminant validity so the focus will be on the composite PWB score. The 42-question version was used as the longer one (84-questions) would likely reduce completion of the survey, and the shorter one (18-question) lacks reliability and validity (Ryff, 2014).

Perceived Discrimination Scale

To explore the relationship between discrimination and PWB, the Daily Discrimination Scale – a subscale of the Perceived Discrimination Scale, also called the Everyday Discrimination Scale – by Williams et al. (1997) was used. This measure is made up of nine questions in Likert scale format and has high internal consistency, split-half reliability, and construct and criterion-related validity (Clark et al., 2004). To analyze the data about PWB and discrimination together, the Perceived Discrimination scale was adjusted to match the Psychological Well-Being scale. They were both originally Likert scales, however the latter had seven response options and the former only had four. Thus, the Perceived Discrimination Likert scale response options were altered have seven response options to prevent confusion and incorrect responses among participants.

Analysis

Once the data was collected and inputted to the SPSS (Statistical Package for Social Sciences) program, a preliminary independent samples *t*-test was carried out to determine if participants raised by SSP and DSP had significant demographic differences. Next, composite scores of the overall scales and subscales were calculated to carry out two more independent samples *t*-tests. These examined whether the groups differed in PWB and in discrimination. Finally, a Pearson's correlation was used to determine the relationship between discrimination and PWB. Although the distribution of overall PWB is slightly negatively skewed, the rest of the assumptions for the independent samples *t*-test were met so it is appropriate to use. The assumptions are also met for the Pearson's correlation, allowing for its use in this study.

Results

Comparative Analysis

Independent samples *t*-tests were used to explore whether SSP and DSP participants significantly differ in PWB (RQ #1) and discrimination (RQ #2). As seen in Table 1, participants raised by SSP and DSP do not differ significantly in their presence of mental illness or composite PWB scores, answering RQ #1. There is also no significant difference in the perceived discrimination scores between the two groups. This rejects the hypothesis from RQ #2 stating that those raised by SSP would score significantly higher in discrimination. Overall,

in this sample, SSP and DSP offspring do not have significant differences in well-being or discrimination.

Table 1*Difference Between Being Raised by SSP and DSP in PWB and Discrimination*

	SSP Subsample		DSP Subsample		<i>t</i>	Sig. (2-tailed)
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Composite PWB Scale	151.18	15.16	150.70	13.04	0.18	.856
Presence of Mental Illness	3.75	0.71	3.78	0.65	-0.22	.827
Perceived Discrimination	54.73	12.15	52.27	10.59	1.17	.246

Correlational Analysis

To explore RQ #3 regarding the relationship between discrimination and PWB, a correlational analysis was carried out between those variables. A significant relationship was found: discrimination and PWB have a weak positive correlation for both SSP ($r [38] = .5, p < .001$) and DSP ($r [88] = .29, p < .006$) offspring, with an overall correlation of $r (128) = .36, p < .001$. In this sample, discrimination is weakly but significantly correlated to PWB.

Discussion

This exploratory quantitative study was carried out to address the PWB of those with SSP, an increasingly common family structure. This was done because the way diverse family structures affect the PWB of their offspring, is currently a relevant point of research (Brown, 2004; Kok et al., 2011 ; Lu et al., 2021; Mitchell et al., 2015; Mostafa et al., 2018; Rees, 2017). Past studies have garnered mixed findings about whether or not those with SSP differ in PWB (Amato, 2012; Cheng & Powell, 2015; Goldberg et al., 2011; Gottman, 1989; Knight et al., 2017; Lick et al., 2012; Marks, 2012; Meezan & Rauch, 2005; Moore & Stambolis-Ruhstorfer, 2013; Patterson & Redding, 1996; Regnerus, 2012; Rosenfield, 2015), and about the impact discrimination has on this PWB (Bos & van Balen, 2008; Gershon et al., 1999; Knight et al., 2017; Lick et al., 2012; Meyer, 2003; Prendergast & MacPhee, 2018). With the aim of creating more clarity on this subject, this study explores the relationship between having SSP, and PWB and perceived discrimination measures.

The study's main finding is that those raised by SSP have the same PWB as those raised by DSP. This supports a portion of existing research stating that family processes are more associated to offspring PWB than having SSP or DSP (Chan et al., 1998; Lick et al., 2011;

Patterson, 2006; Patterson, 2009; Tasker & Golombok, 1997; Wainright et al., 2004). It also supports rhetoric regarding sexual minorities that is mostly progressing in favor of LGBTQIA+ families (Gary & Rubin, 2012).

Another major finding of this study is that the SSP subsample did not experience higher discrimination than the DSP subsample, rejecting the hypothesis from RQ #2 stating that they would. Considering discrimination against LGBTQIA+ people and their families is prevalent around the world (Bos & Van Balen, 2008; Flores, 2019; Gary & Rubin, 2012; Government of the Netherlands, 2018; Knight et al., 2017; Meyer, 1995; United Nations Human Rights Office of High Commissioner, n.d.; Reid, 2020), this finding was unexpected. It may, however, be because 95% of the SSP subsample was raised in countries that rank in the top 22 of UCLA's 2014-2017 LGBT Global Acceptance Index (Flores, 2019). This means that they are relatively advanced in LGBTQIA+ rights, suggesting that discrimination is less likely. In accordance with this, 80% of those raised by SSP in this study reported that the communities they grew up in were "a little" to "extremely" accepting. A further possible reason for this finding is that the discrimination scale only measured perceived discrimination and that the threshold for perceiving discrimination may be higher for those within marginalized communities where it is more common. On the other hand, the Williams, et al. (1997) discrimination scale consists of concrete examples which likely reduces such threshold differences.

Lastly, it was found that PWB and discrimination are significantly related. This is in line with research claiming that discrimination may decrease PWB (Bos & van Balen, 2008; Gershon et al., 1999; Knight et al., 2017; Lick et al., 2012; Meyer, 2003; Prendergast & MacPhee, 2018). However, the weakness of this association also supports other research suggesting that, with appropriate familial-regulatory processes or coping strategies, resilience to discrimination can be created to buffer its effect on PWB (Prendergast & MacPhee, 2018; Rostosky et al., 2007; Titlestad & Pooley, 2014). Altogether, despite this SSP subsample not experiencing higher discrimination, the findings indicate that there is a weak significant relationship between discrimination and PWB, and that the strength of this relationship may be a result of resilience and coping strategies.

In conclusion, the results of this study indicate that those raised by SSP seem to develop the same well-being as those with DSP when their environments consist of positive social discourse and no discrimination.

Implications

These results have various theoretical and practical implications relevant to the field of SSP research. Theoretically, this study contributes a contemporary empirical perspective in

favor of SSP which was previously lacking. Additionally, seeing as the findings indicate that having both a mother and father is not necessary for the development of PWB, this could mean that having both a mother and father ‘figure’ is not necessary for other facets of regular offspring development, as had been previously suggested (Deutsch et al., 2001; Flouri & Buchanan, 2003). As a result, previously established gendered parenting roles may not be as important for regular child development either. Other types of LGBTQIA+ family structures (e.g., having parents of non-binary genders, polyamorous parents, etc.) may therefore be just as suitable for offspring as those of SSP families.

The finding that offspring of SSP have similar PWB to those of DSP can also have practical implications for same sex couples. It can provide empirical evidence for lawmakers to use when forming laws about same sex couples having children. Additionally, these results can contribute to shifting social rhetoric regarding SSP to a positive one in areas where this is not yet the case. With these changes, the living conditions of LGBTQIA+ families can improve.

Limitations and Future Research

This study has several limitations that can help shape the direction of future research. Firstly, the SSP subsample was raised in relatively LGBTQIA+ accepting places which likely positively skewed the results. Although this study indicates that SSP offspring may develop PWB in the same way as DSP offspring when they are raised in environments with positive social discourse and no discrimination, many LGBTQIA+ families around the world do not live in environments like this. It is therefore relevant for future research to investigate the subject of PWB in areas where discrimination is present to make more generalizable conclusions. This could help deepen our understanding of the impact that discrimination and negative social discourse regarding SSP have on their offspring, and further determine the mechanisms at play in these situations. Eventually, this may help researchers create tools to dismantle these harmful mechanisms that reinforce anti-LGBTQIA+ family discourse.

Another limitation is that 92.5% of the SSP subsample was made up participants with female SSP, despite the intention to include male SSP in the sample. Knowing the extent to which gender roles influence our society, it is entirely possible that those raised by male SSP have a different (social) experience than those with female SSP. Therefore, future research should replicate this study with male SSP to determine if having two fathers leads to different PWB and discrimination results.

A third limitation is the possible bias in participants who chose to complete the survey. They were mainly contacted via LGBTQIA+ associations so they are likely part of more accepting social groups with similar beliefs and attitudes regarding LGBTQIA+ people,

restricting responses to a limited perspective. Additionally, it is possible that those raised by SSP gave overly positive answers to portray a certain image defending their parents.

The study's design also has some limitations. The survey used was relatively long which could induce response fatigue or lead to participants only completing it if they are interested in the subject. This could influence the results and sample, respectively. However, it can be fixed by using a shorter PWB survey. Finally, this study was merely comparative and correlational, meaning that no concrete causal conclusions can be made. Considering this and the low generalizability of the results, more analyses are needed to make comprehensive conclusions about SSP offspring, the discrimination they face, and their PWB.

In conclusion, this study found no differences in PWB or perceived discrimination between individuals raised by SSP and DSP. Although more research needs to be done in places less accepting of LGBTQIA+ individuals, and with more male SSP, this study suggests that regardless of having parents of the same sex, offspring can develop PWB. These results can contribute to shifting social rhetoric surrounding SSP to help increase their legal rights in creating families, and the social acceptance to do safely.

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Appendix

Qualtrics Survey: Psychological Well-Being in Adults Raised by Different and Same sex Parents

07/02/2022, 14:25 Qualtrics Survey Software English ▾

Survey Introduction

Hi there!

My name is Adele Lavergne and I am a third year international psychology student at Erasmus University Rotterdam. I am currently doing my bachelor's thesis and with this survey I am conducting research on the psychological well-being of adults (18+) that were raised by different and same-sex couples.

This survey will take approximately 15-20 minutes. At the end of the survey, you can indicate if you would like to enter yourself in a raffle to win one of two 15 euro vouchers.

Some of the questions may contain sensitive information regarding your emotional experiences. If you wish to stop answering these, please exit the survey and your answers will not be collected. There are no repercussions for doing so.

Before starting, please enter the date to indicate that by completing this survey you agree to the following:

- You are 18+ years old at the time of completing the survey.
- You consent to the storage and use of your responses in my research.
- You acknowledge that your answers will be collected anonymously.
- You acknowledge that you can withdraw your participation at any point; before, during, or after the collection of your answers. If you leave the survey page while completing it, your answers will be discarded.
- You are made aware beforehand that some questions may contain sensitive emotional questions.
- You consent to the participation of this survey.

If you have any questions, comments, or concerns regarding this study, please email me at 49367al@student.eur.nl.

Please enter the date at which you are taking the survey to indicate that you give consent to the above.

Month Day Year

Introduction

I would first like to know a little bit about you.

Please select your date of birth.

Month Day Year

Please select which gender you most identify with.

Female
 Male
 Non-binary
 Agender
 Genderfluid
 Two-spirit
 Other, namely

07/02/2022, 14:25

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- I prefer not to say

Please name all nationalities that you have.

Please identify which family structure best represents you and your parents.

- Your parents are still together
 Your parents are no longer together
 Your parents are no longer together and are seeing new people
 You were raised by a single parent
 Other, namely

Were you raised by same-sex parents?

- Yes
 No

Questions for those raised by same-sex parents

If you were raised by same-sex parents, please select which category they most fall into.

- Male couple
 Female Couple
 Other combination in which they were NOT a heterosexual couple (ie: if one was non-binary, two spirit, etc.)

In which areas were you mainly raised by your parents? Please name the country(ies), AND city(ies)/region(s).

Were the places you were raised accepting of LGBTQ+ people in general? Please consider acceptance as is written in law (ie: anti-LGBTQ+ discrimination laws, etc.) as well as acceptance of your community despite laws.

- Extremely accepting
 Somewhat accepting
 A little bit accepting
 Neutral
 A little bit unaccepting
 Somewhat unaccepting
 Extremely unaccepting

Were the places you were raised accepting of same-sex parents? Please consider acceptance as is written in laws (ie: same-sex marriage, same-sex adoption, etc.) as well as acceptance of your community despite laws.

- Extremely accepting
 Somewhat accepting

07/02/2022, 14:25

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- A little bit accepting
- Neutral
- A little bit unaccepting
- Somewhat unaccepting
- Extremely unaccepting

Psychological Well-Being

The following set of questions are from Carol D. Ryff's Psychological Wellbeing Scale (2007). Please rate to what degree you generally agree with each statement regarding your own well-being.

I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

In general, I feel I am in charge of the situation in which I live.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I am not interested in activities that will expand my horizons.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

Most people see me as loving and affectionate.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree

07/02/2022, 14:25

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- A little disagree
- Somewhat disagree
- Strongly disagree

I live life one day at a time and don't really think about the future.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

When I look at the story of my life, I am pleased with how things have turned out.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

My decisions are not usually influenced by what everyone else is doing.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

The demands of everyday life often get me down.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I think it is important to have new experiences that challenge how you think about yourself and the world.

- Strongly agree
-

07/02/2022, 14:25

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Somewhat agree

- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

Maintaining close relationships has been difficult and frustrating for me.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I have a sense of direction and purpose in life.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

In general, I feel confident and positive about myself.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I tend to worry about what other people think of me.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

07/02/2022, 14:25

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I do not fit very well with the people and the community around me.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

When I think about it, I haven't really improved much as a person over the years.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I often feel lonely because I have few close friends with whom to share my concerns.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

My daily activities often seem trivial and unimportant to me.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I feel like many of the people I know have gotten more out of life than I have.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree

07/02/2022, 14:25

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- Somewhat disagree
- Strongly disagree

I tend to be influenced by people with strong opinions.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I am quite good at managing the many responsibilities of my daily life.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I have the sense that I have developed a lot as a person over time.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I enjoy personal and mutual conversations with family members and friends.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I don't have a good sense of what it is I'm trying to accomplish in life.

- Strongly agree
- Somewhat agree
-

07/02/2022, 14:25

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A little agree

- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I like most parts of my personality.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I have confidence in my opinions, even if they are contrary to the general consensus.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I often feel overwhelmed by my responsibilities.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I do not enjoy being in new situations that require me to change my old familiar ways of doing things.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

07/02/2022, 14:25

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People would describe me as a giving person, willing to share my time with others.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I enjoy making plans for the future and working to make them a reality.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

In many ways I feel disappointed about my achievements in life.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

It's difficult for me to voice my own opinions on controversial matters

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I have difficulty arranging my life in a way that is satisfying to me.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree

07/02/2022, 14:25

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- Somewhat disagree
- Strongly disagree

For me, life has been a continuous process of learning, changing, and growth.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I have not experienced many warm and trusting relationships with others.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

Some people wander aimlessly through life, but I am not one of them.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

My attitude about myself is probably not as positive as most people feel about themselves.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I judge myself by what I think is important, not by the values of what others think is important.

- Strongly agree
- Somewhat agree
-

07/02/2022, 14:25

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A little agree

- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I have been able to build a home and a lifestyle for myself that is much to my liking.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I gave up trying to make big improvements or changes in my life a long time ago.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I know that I can trust my friends, and they know they can trust me.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

I sometimes feel as if I've done all there is to do in life.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

07/02/2022, 14:25

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When I compare myself to friends and acquaintances, it makes me feel good about who I am.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

Have you suffered from a mental illness?

Note: for the purpose of this research, please only answer 'yes' if you have had a depressive, anxiety, schizophrenic, obsessive-compulsive, trauma-related, dissociative, bipolar, or eating disorder.

- Yes
- No
- I'm not sure

If you have suffered from mental illness

These questions are regarding your experience with mental illness.

To what extent has this influenced/impaired you at any point in the past?

- Extremely
- Moderately
- Somewhat
- A little bit
- Barely
- Not at all

To what extent does this influence/impair you at this period in time?

- Extremely
- Moderately
- Somewhat
- A little bit
- Barely
- Not at all

Perceived Daily Discrimination

The following questions are about the discrimination you may or may not face on a daily basis. Please rate to what extent each statement takes place in your life on a *daily basis*.

For reference, strongly agree = always; neither agree nor disagree = neutral; strongly disagree = never.

You are treated with less courtesy than other people.

-

07/02/2022, 14:25

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Strongly agree

- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

You are treated with less respect than other people.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

You receive poorer service than other people at restaurants or stores.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

People act as if they think you are not smart.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

People act as if they are afraid of you.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

People act as if they think you are dishonest.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

People act as if they think you are not as good as they are.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

You are called names or insulted.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

You are threatened or harassed.

- Strongly agree
- Somewhat agree
- A little agree
- Neither agree or disagree
- A little disagree
- Somewhat disagree
- Strongly disagree

Conclusion**Conclusion of Survey**

In order to receive your unbiased answers, I did not reveal the full extent of my research to you before taking the survey. Now that you have completed it, I can tell you more about what will be done with your answers. With this data, I will be comparing the psychological well-being of adults (18+) raised by different

07/02/2022, 14:25

Qualtrics Survey Software

or same-sex parents in order to determine whether there is a correlation between low well-being and having same-sex parents, as is claimed by various entities. I will also be examining the possible relationship between the discrimination that those raised by same-sex parents face and their psychological well-being. In other words, I will be attempting to determine if those with same-sex parents fare worst off mentally, and if the discrimination they face is a possible reason for this.

If you have any questions or comments regarding my research, the survey or anything else, you are very welcome to email me at 493671al@student.eur.nl.

If you would like to receive the final product of my research, feel free to write your email here (your email address will not be linked to the responses you produced).

If you would like to enter yourself into a raffle to win one of two 15 euro voucher, please enter your email address here again. The winners will be notified when the research is complete. (Your email will not be linked to the responses you produced.)

Thank you so much for your contribution to my bachelor's thesis, I really appreciate it!

Please press the next button to register your responses and have a lovely day!

The 'Questions for those raised by same-sex parents' were only presented to those who answered 'yes' to the previous question: "Were you raised by same-sex parents?"