

# Affirmative Family and Individual Psychotherapy for Sexual and Gender Minority Adults and Their Nonaccepting Parents

NCT05766592

---

Status	RECRUITING
Phase	Phase 3
Sponsor	Yale University
Enrollment	124 participants

## Key Eligibility Criteria

---

### Inclusion (7)

- be 20 and older
  - be fluent in English
  - self-identify as lesbian, bisexual, queer, pansexual, or other non-heterosexual identity
  - currently experience elevated depressive or anxiety symptoms (screened initially using a cutoff of e 2.5 on the Brief Symptom Inventory-4 and further confirmed by the BDI and BAI).
  - report at least moderate levels of parental rejection or low levels of parental acceptance, as measured using the PARSOS.
- ... and 2 more (see full listing online)

### Exclusion (7)

- report current mental health treatment e1 day/month (except for medication management d1 day/week)
  - report beginning a new medication within the past 30 days
  - exhibit active psychosis or active mania, as assessed by the SCID-Psych Screen.
  - exhibit active suicidality or active homicidality, as assessed by the SIDAS
  - be currently legally mandated to attend treatment
- ... and 2 more (see full listing online)

## Locations (2 total)

---

Yale LGBTQ Mental Health Initiative with the Yale School of Public Health Office, New York, New York, United States  
Ben-Gurion University Psychotherapy Research Lab, Beersheba, Israel