

Sexual Identity Development Cheat Sheet | Xinye Hu and Kelvin Rutledge | Seminar in Student Development Theories (Oct 2016)

MODEL	CONTEXT FACTORS / KEY INFO	THEORY CONSTRUCTS	KEY TAKEAWAYS	IMLPICATIONS	LIMITATIONS
Cass's Model of Sexual Orientation Formation (1979)	-Study intended to solely evaluate homosexual identity formation among gays and lesbians in Australia. -The intent of the study was to understand identity from a clinical perspective	6 Stages that include cognitive development, reflection, and perception. Prestage 1: Perceives as heterosexual; Stage 1: Identity Confusion; Stage 2: Identity Comparison; Stage 3: Identity Tolerance; Stage 4: Identity Acceptance; Stage 5: Identity Pride; Stage 6: Identity Synthesis	-Although stage do appear linear, an individual does not have to engage in all six stages consecutively. A person experiences each stage (if at all) differently. -	-This model serves as a foundational model for sexual identity development. Components of the stages can be seen through foundational and emergent theories.	The original study was conducted on homosexual identity within Australia. Thus, the population was heavily Eurocentric and based on white men with some women included into the study.
Fassinger's Model of Gay and Lesbian Identity Development (1996)	Theory hypothesized two parallel process of identity development: (1) individual sexual identity and (2) group membership identity	Both parallel processes have a 4-phase sequence: 1) Awareness; 2) Exploration; 3) deepening/commitment; and 4) internalization/synthesis	-Identity Development within this model allows to view sexuality from internal/external perspective	-Recognition of various LGBTQ+ community members being at different levels of comfort in terms of identity	The original study was focused on thirty-eight lesbians diversifying in age, education, race, ethnicity, and occupation and was then later verified for men.
D'Augelli's Model of Lesbian, Gay, and Bisexual Development (1994)	-This model introduced a lifespan sexual identity development in social environment. -Three core concepts interact within the theory: A) Personal/Subjective Actions; B) Interactive Intimacies; C) sociohistorical connections	-Six sexual identity development processes: 1)existing heterosexual identity; 2)developing personal LGB identity; 3) developing LGB social identity; 4)becoming LGB offspring; 5)developing LGB intimacy status; 6)entering LGB community	-The model suggests environmental factors play a major role in LGB identity development.	-Campus Climates and environment that are perceived to be more welcoming, and inviting will allow for more positive LGB development over time.	-The theory is limiting in terms of allowing multiple identities to interact and engage together and presents problems in terms of lifespaces application.
Worthington et al. Heterosexual Identity Development Theory (2002)	Defined heterosexuality identity development as "the individual and social processes by which heterosexually identified persons acknowledge and define their sexual needs, values sexual expression, and characteristics of sexual partners.	Development echoes Fassinger's Model with both internal and external development across the following five domains: 1) Unexplored Commitment; 2) Active Exploration; 3) Diffusion; 4) Deeping and Commitment; and 5) Synthesis	-Comprehensive model that incorporates the concepts of power, privilege, and oppression in regards to majority and minority groups within communities. -Allows for many domains of experience to be incorporated and not just psychosocial.	--Original study developed two instruments to understand heterosexuality identity development: LGB Knowledge and Attitudes for Heterosexuals and the Measure of social Identity Exploration & Commitment. Both still need testing. -LGB Individuals are more likely to be well received when individuals have engaged in their own sexual identity reflection.	Little research has been done to validate the core information of theory
Dillion's Model of Sexual Identity Development (2011)	Based on Fassinger's parallel model & Macia's ego identity model, this synthesis model describes determinations and status of sexual identity development	Three determinations of sexual identity development (Biopsychosocial process, Individual identity, & Social identity); and five stages identity development status (Compulsory Heterosexuality, Active Exploration, Diffusion, Deepening and Commitment, & Synthesis)	-The five status are not linear, but have some orders - The Compulsory Heterosexuality is not completely reversible -The Deepening and Commitment is the only way to synthesis	This model can be applied to all individuals (heterosexual persons & LGBQ) -Sexual identity is not from heterosexual identity, it occurs on every individual and it is changeable	-The whole model is still lacking empirical experiments to fully support it -How other social identities (like race, ethnicity, gender and religion) interact with sexual identity remains unclear

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