

Supplementary Material

Supplementary material 1 Questionnaire 1. Specific interventions for the LGBTQIAP+ population

What therapeutic interventions do you consider specifically designed for the LGBTQIAP+ population?

Supplementary material 2 Questionnaire 2. Applying specific interventions for LGBTQIAP+ people.

This session presents therapeutic interventions for the LGBTQIAP+ population. For each one, you must answer:

Whether you apply the intervention or not.

Why you do or do not.

- 1) Support the client in the process of coming out as LGBTQIAP+
- 2) Analyze the impact of sexual and gender bias on the behavior of LGBTQIAP+ clients;
- 3) Help LGBTQIAP+ clients identify the impact of sexual and gender bias on their behavior;
- 4) Train an LGBTQIAP+ client about effective strategies for dealing with sexual and gender bias;
- 5) Consult current research on the LGBTQIAP+ population to better assist them;
- 6) Refer clients to LGBTQIAP+ support services;
- 7) Identify my own feelings about my sexual orientation and gender identity, and how this might influence a client;
- 8) Identify how I express my sexual orientation;
- 9) Identify how I express my gender identity;
- 10) Identify specific topics about LGBTQIAP+ care that require training and supervision;
- 11) Recognize when I should refer my LGBTQIAP+ client to another therapist due to my sexual and gender bias;
- 12) Associate the client's drug use to experienced episodes of homophobia;
- 13) Normalize the clients' feelings during the process of coming out as LGBTQIAP+.

Supplementary material 3 Questionnaire 3. Questionnaire to assess sexual and gender prejudice.

In this session, you must answer how much you agree with each statement described below.

Assign 1 to 5 points according to your level of agreement with the following statements about the LGBTQIAP+ population

5 – I totally agree

4 – I agree

3 – I neither agree nor disagree

2 – I disagree

1 – I totally disagree

- 1) I feel comfortable being seen in public with an LGBTQIAP+ person;
- 2) I feel comfortable talking about LGBTQIAP+ in a public place;
- 3) Obviously masculine lesbian women make me uncomfortable;
- 4) LGBTQIAP+ people are morally acceptable;
- 5) I feel comfortable in LGBTQIAP+ bars;
- 6) Obviously effeminate gays make me uncomfortable;
- 7) Homosexuality is as natural as heterosexuality;
- 8) Social situations with LGBTQIAP+ people make me uncomfortable;
- 9) Most people do not discriminate against LGBTQIAP+ people. LGBTQIAP+ people are exaggerating when they say they suffer prejudice;
- 10) Discrimination against LGBTQIAP+ is still common;
- 11) Society still punishes people for being LGBTQIAP+;
- 12) I speak out against it when people joke about LGBTQIAP+ in my presence;
- 13) I am or would be friends with LGBTQIAP+ people;
- 14) LGBTQIAP+ people are not against God's will;
- 15) LGBTQIAP+ people use their status to obtain special privileges;
- 16) LGBTQIAP+ people seem to focus on the ways in which they differ from other people and ignore the ways in which they are the same;

- 17) LGBTQIAP+ people don't have all the rights they need;
- 18) The media devotes too much attention to LGBTQIAP+ issues;
- 19) Celebrations like “LGBTQIAP+ Pride Day” are ridiculous because they presume that this lifestyle should be a source of pride;
- 20) LGBTQIAP+ people still need to protest for equal rights;
- 21) LGBTQIAP+ people should stop shoving their lifestyle down other people's throats;
- 22) If LGBTQIAP+ people want to be treated like everyone else, they need to stop being dramatic about their sexuality/gender identity;
- 23) Just because people are LGBTQIAP+ doesn't mean they have a mental disorder;
- 24) LGBTQIAP+ people should have the same rights as other people;
- 25) LGBTQIAP+ people should not work with children;
- 26) LGBTQIAP+ people are immoral;
- 27) LGBTQIAP+ people who do not come out are doing the right thing;
- 28) LGBTQIAP+ people should stop complaining about the way they are treated in society and just move on with their lives;
- 29) Those who support LGBTQIAP+ rights are probably LGBTQIAP+ themselves;
- 30) In today's tough economic times, tax money should not be used to support LGBTQIAP+ organizations;
- 31) LGBTQIAP+ people should be avoided whenever possible;
- 32) LGBTQIAP+ people may suffer more prejudice in psychotherapy processes than those who are not;
- 33) A homosexual relationship is not as strong or as committed as a relationship between a man and a woman;
- 34) I believe that being discreet about one's sexual orientation is something gay and bisexual clients should strive for;
- 35) I believe that same-sex couples undermine normal, traditional family values;
- 36) It would be better if my homosexual clients followed a heterosexual lifestyle;
- 37) Homosexual clients will benefit most from therapy with a heterosexual therapist with conventional values;
- 38) Personally, I think that being LGBTQIAP+ is a mental disorder or a sin that can be treated through therapy or spiritual help;
- 39) All LGBTQIAP+ clients must be discreet about their lifestyle in relation to children;
- 40) Regarding LGBTQIAP+ people, I agree with the statement: “You must love the sinner, but hate the sin”.
- 41)

Supplementary material 4 Questionnaire 4. Course impact assessment.

For this study, it is very important that you answer this question according to what is most compatible with what you observe in your practice as a therapist, regardless of whether or not it pleases the researcher.

In your perception, has this course changed the way you do psychotherapy?

If yes, what has changed?

Supplementary material 5 Characteristics of the intervention (IG) and control (CG) groups according to gender, age, sexual orientation, and religion.

IG (gender/age/orientation/religion)	CG (gender/age/orientation/religion)
IG1 Male/24 y/homosexual/no religion	CG1 Non-binary/37 y/homosexual/Umbandist
IG2 Female/31 y/homosexual/no religion	CG2 Female/36 y/heterosexual/Catholic
IG3 Female/29 y/bisexual/no religion	CG3 Female/32 y /heterosexual/Spiritist
IG4 Female/31 y/heterosexual/Catholic	CG4 Male/30 y/homosexual/no religion
IG5 Female/36 y/heterosexual/no religion	CG5 Male/30 y /homosexual/no religion
IG6 Female/26 y/pansexual/Umbandist	CG6 Female/23 y /bisexual/no religion
IG7 Male/27 y/homosexual/no religion	CG7 Female/46 y/heterosexual/no religion
IG8 Male/39 y/homosexual/Catholic	CG8 Female/39 y/bisexual/no religion
IG9 Female/25 y/homosexual/no religion	CG9 Female/29 y/homosexual/Catholic

Supplementary material 6 Prejudice against sexual and gender diversity scale.

Please respond to the following statements using the 5-point scale described below. Please answer each question CAREFULLY and HONESTLY. It is important to indicate how you feel NOW and not how you may have felt in the PAST. Some of the situations may be strange to you, but try to think about similar situations you may have experienced. Answer each item and don't worry about your previous answers. There are no right and wrong answers.

5 – I totally agree

4 – I agree

3 – I neither agree nor disagree

2 – I disagree

1 – I totally disagree

- 1) Sex between two men is totally wrong;
- 2) I think gay men are disgusting;
- 3) Male homosexuality is a perversion;
- 4) I would prefer my children to be straight;
- 5) I think lesbian women are disgusting;
- 6) I wouldn't feel comfortable seeing a homosexual doctor;
- 7) Men who behave like women should be ashamed of themselves;
- 8) Marriage between lesbian women should be prohibited;
- 9) Children should play with toys appropriate for their own sex;
- 10) Women who see themselves as men are abnormal;
- 11) I don't trust lesbians;
- 12) Masculine girls should receive treatment;
- 13) Effeminate men make me uncomfortable;
- 14) I would go to a bar frequented by transvestites;
- 15) Masculine women make me uncomfortable;
- 16) Transvestites disgust me;
- 17) I cannot understand why a woman would behave like a man;
- 18) Men and women should be prohibited from changing their sex.