

## Supplemental File 1

### **Interview Questions**

1. Tell me about how you were you introduced to purity culture?
2. What, if anything, was beneficial, or positive, about purity culture, for you?
3. What, if anything, was detrimental, or negative, about purity culture, for you?
4. Tell me about a time when your own beliefs were at odds with purity culture or with your spiritual community.
  - a. How was that conflict resolved?
5. Tell me about your religious or spiritual practices now. And/or: Tell me about how you came to your current religious beliefs?
  - a. How are your religious or spiritual practices different or the same as when you were part of purity culture?
6. Tell me about the process of discovering your sexual orientation?
7. How is purity culture impacting your sexuality or gender expression today?
8. What else should I ask you that I have not covered? Is there anything else you'd like to add?

## Supplemental Table

*Summary of Themes from the Cross-Analysis of 12 Interviews with Persons Who Experienced Purity culture*

Domain, Category, Subcategory	Frequency	Count
<b>Embodied Female Experience</b>		
Experienced purity culture teachings as only applying to girls and women.	Variant	n = 5
Believed their bodies were to blame for men's sexual thoughts.	Typical	n = 8
<i>Parents required them to dress "modestly"</i>	Typical	n = 7
<i>Taught they must always protect themselves from men's sexual desire.</i>	Variant	n = 5
<i>Taught that women's actions provoke men's sexual behavior.</i>	Variant	n = 4
<i>Attributed disordered eating to purity culture pressure to hide their body's sexual appeal.</i>	Variant	n = 3
Experience on-going intrusive purity culture thoughts about "immodest" clothing.	Typical	n = 8
<b>Sexual Oppression</b>		
Pledged sexual abstinence before marriage/wore a purity ring.	Variant	n = 6
Experienced a lack of sexual education.	Typical	n = 9
Taught that sex is dangerous and physical affection is "a slippery slope."	Typical	n = 9
Felt guilt or shame for experiencing sexual desire or engaging in sexual activity.	Typical	n = 9
Experienced a lack of sexual agency.	Typical	n = 8
Believed masturbation to be dirty and sinful.	Typical	n = 7
Conversations about women's sexual experience and pleasure were silenced.	Variant	n = 6
Taught to prioritize men's sexual pleasure over their own/were not taught about consent.	Variant	n = 6
Struggle to allow themselves sexual pleasure without guilt, shame, or distress.	Typical	n = 7
<b>Interpersonal Power Dynamics</b>		
Believed that romantic or sexual activity with someone required the intention of marriage.	Variant	n = 4
Unquestioned compliance to men's authority was required.	Typical	n = 7
Disclosed having experienced sexual assault.	Variant	n = 2
Embraced traditional complementarian models of dating and marriage.	Typical	n = 8
Have experienced, or are currently in, a conflicted marriage.	Variant	n = 5
In ongoing conflict with parents about purity culture.	Variant	n = 4
<b>Sexual Minority Specific Stressors</b>		
Attribute their delayed insight about sexuality or gender to purity culture.	Typical	n = 9
Experienced enforced heteronormativity.	Typical	n = 9
Internalized negative beliefs about being a sexual or gender minority.	Typical	n = 9
<i>Believed that being a sexual minority was wrong and would lead to eternal damnation.</i>	Typical	n = 8
<i>Experienced shame as a result of being a sexual or gender minority.</i>	Variant	n = 5
<i>Were taught that sexual minorities are dangerous.</i>	Variant	n = 4

<i>Attempted to change or deny sexual orientation by engaging in heterosexual sexual activity.</i>	Variant	n = 5
Felt afraid or that it was unsafe to come out in their youth.	Typical	n = 6
Experience concerns about potential consequences of coming out now.	Variant	n = 3
<b>Current Healing and Resistance</b>		
Wear clothes based on their preferences.	Variant	n = 5
Have taken ownership of their bodies and practice acceptance of self.	Typical	n = 9
Often enjoy sex as a natural expression of self, without shame.	Typical	n = 8
Try to teach their children about sex without shame & judgment.	Variant	n = 6
Reframe their purity culture experience to recognize some protective factors.	Variant	n = 5
Actively taught themselves about sexuality.	Typical	n = 9
<i>Learned about sexuality through experience.</i>	Typical	n = 8
<i>Used mental health resources to resolve distress &amp; shame about sexuality.</i>	Typical	n = 7
<i>Educated themselves using online or print resources.</i>	Variant	n = 4
Have found therapy to be a helpful part of their healing journey.	Typical	n = 9
Were or are in a non-monogamous/polyamorous relationship.	Variant	n = 5
Are partnered with someone who supports their healing journey.	Variant	n = 6
Practice relational power and exercise boundaries with friends & family.	Variant	n = 5
Only maintain relationships with people who are affirming of their sexual or gender identity.	Variant	n = 4
<i>Note: General categories applied to 11 or 12 cases. Typical categories applied to 7-10 cases. Variant categories applied to 2-6 cases. Categories which only included 1 participant are not shown.</i>		