Table 1

Participant Age Distribution

<table>
<thead>
<tr>
<th>Age</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 24</td>
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</tr>
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<td>25 to 34</td>
<td>210</td>
</tr>
<tr>
<td>35 to 44</td>
<td>100</td>
</tr>
<tr>
<td>45 to 54</td>
<td>50</td>
</tr>
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<td>55 to 64</td>
<td>20</td>
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<tr>
<td>65 to 74</td>
<td>5</td>
</tr>
<tr>
<td>75 or older</td>
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</table>
Table 2

<table>
<thead>
<tr>
<th>Religion Exited</th>
<th>n</th>
<th>(M) Current Age</th>
<th>(M) Age at Exit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic</td>
<td>120</td>
<td>29</td>
<td>19</td>
</tr>
<tr>
<td>Jehovah’s Witness</td>
<td>85</td>
<td>34</td>
<td>26</td>
</tr>
<tr>
<td>Protestant</td>
<td>80</td>
<td>31</td>
<td>23</td>
</tr>
<tr>
<td>Other Christian</td>
<td>73</td>
<td>29</td>
<td>21</td>
</tr>
<tr>
<td>Mormon</td>
<td>62</td>
<td>34</td>
<td>30</td>
</tr>
<tr>
<td>Baptist</td>
<td>60</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td>Muslim</td>
<td>23</td>
<td>21</td>
<td>18</td>
</tr>
<tr>
<td>Seventh Day Adventist</td>
<td>20</td>
<td>36</td>
<td>23</td>
</tr>
<tr>
<td>Lutheran</td>
<td>14</td>
<td>34</td>
<td>20</td>
</tr>
<tr>
<td>Christian Science</td>
<td>13</td>
<td>44</td>
<td>32</td>
</tr>
<tr>
<td>Methodist</td>
<td>12</td>
<td>36</td>
<td>25</td>
</tr>
<tr>
<td>Orthodox Judaism</td>
<td>9</td>
<td>24</td>
<td>18</td>
</tr>
<tr>
<td>Jewish</td>
<td>8</td>
<td>35</td>
<td>18</td>
</tr>
<tr>
<td>Evangelical</td>
<td>5</td>
<td>28</td>
<td>25</td>
</tr>
<tr>
<td>Pentecostal</td>
<td>4</td>
<td>30</td>
<td>23</td>
</tr>
<tr>
<td>Baha’i</td>
<td>3</td>
<td>24</td>
<td>15</td>
</tr>
<tr>
<td>Hindu</td>
<td>3</td>
<td>24</td>
<td>18</td>
</tr>
<tr>
<td>Episcopalian</td>
<td>3</td>
<td>33</td>
<td>19</td>
</tr>
<tr>
<td>Greek/ Russ. Orthodox</td>
<td>3</td>
<td>50</td>
<td>34</td>
</tr>
<tr>
<td>Scientology</td>
<td>2</td>
<td>35</td>
<td>21</td>
</tr>
<tr>
<td>Buddhist</td>
<td>2</td>
<td>40</td>
<td>23</td>
</tr>
<tr>
<td>Atheism</td>
<td>2</td>
<td>40</td>
<td>25</td>
</tr>
<tr>
<td>Sikh</td>
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<td>21</td>
</tr>
<tr>
<td>Total</td>
<td>607</td>
<td>32</td>
<td>23</td>
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### Table 3

#### Demographics of Interview Participants

<table>
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<tr>
<th>Religion Exited</th>
<th>n</th>
<th>Age (M)</th>
<th>Currently religious</th>
</tr>
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<tbody>
<tr>
<td>Other Christianity</td>
<td>2</td>
<td>28</td>
<td>1</td>
</tr>
<tr>
<td>Catholicism</td>
<td>3</td>
<td>35</td>
<td>0</td>
</tr>
<tr>
<td>Judaism</td>
<td>2</td>
<td>56</td>
<td>0</td>
</tr>
<tr>
<td>Seventh Day Adventism</td>
<td>2</td>
<td>66</td>
<td>0</td>
</tr>
<tr>
<td>Baptist</td>
<td>1</td>
<td>21</td>
<td>0</td>
</tr>
<tr>
<td>Christian Science</td>
<td>1</td>
<td>47</td>
<td>0</td>
</tr>
<tr>
<td>Protestantism</td>
<td>2</td>
<td>27</td>
<td>1</td>
</tr>
<tr>
<td>Lutheran</td>
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<tr>
<td>Mormon</td>
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<tr>
<td>Pentecostal</td>
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<td><strong>Total</strong></td>
<td><strong>17</strong></td>
<td><strong>35</strong></td>
<td><strong>2</strong></td>
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### Table 4

<table>
<thead>
<tr>
<th>Religion Exited</th>
<th>American Indian/Alaska Native</th>
<th>Black or African American</th>
<th>Native Hawaiian/Pacific Islander</th>
<th>White</th>
<th>Hispanic or Latino/a</th>
<th>Prefer not to State</th>
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<tbody>
<tr>
<td>Catholic (n=120)</td>
<td>3</td>
<td>5</td>
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<td>1</td>
<td>103</td>
<td>20</td>
</tr>
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<td>Jehovah’s Witness (n=85)</td>
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<td>3</td>
<td>6</td>
<td>0</td>
<td>73</td>
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<td>Other Christian (n=73)</td>
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<td>5</td>
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<td>Muslim (n=23)</td>
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<td>Methodist (n=12)</td>
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<td>12</td>
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<td>Orthodox Judaism (n=9)</td>
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<td>0</td>
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<td>Jewish (n=8)</td>
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<td>Baha’i (n=3)</td>
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<td>0</td>
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<td>0</td>
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<td>0</td>
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</tr>
<tr>
<td>Episcopal (n=3)</td>
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<td>0</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Greek/ Russian Orthodox (n=3)</td>
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<td>0</td>
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<td>0</td>
<td>3</td>
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<td>1</td>
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<tr>
<td>Buddhist (n=2)</td>
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<td>0</td>
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<tr>
<td>Atheism (n=2)</td>
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<td>0</td>
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<td>0</td>
</tr>
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<td>Sikh (n=1)</td>
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<td>0</td>
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<td><strong>% of Total</strong></td>
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<td>7</td>
<td>3</td>
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*Participants chose as many racial categories as needed for their identity
### Current Religious Affiliation by Percent of Total

<table>
<thead>
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<th>Current Affiliation</th>
<th>Percent of Total</th>
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<tr>
<td>Atheist or agnostic</td>
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<tr>
<td>Nothing in particular</td>
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<tr>
<td>Other</td>
<td>7.40</td>
</tr>
<tr>
<td>Pagan /Earth Based</td>
<td>5.20</td>
</tr>
<tr>
<td>Buddhist</td>
<td>2.00</td>
</tr>
<tr>
<td>Catholic</td>
<td>1.30</td>
</tr>
<tr>
<td>Other Christian</td>
<td>1.30</td>
</tr>
<tr>
<td>Jewish</td>
<td>1.00</td>
</tr>
<tr>
<td>Protestant</td>
<td>0.50</td>
</tr>
<tr>
<td>Greek or Russian Orthodox</td>
<td>0.30</td>
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<tr>
<td>Methodist</td>
<td>0.20</td>
</tr>
<tr>
<td>Hindu</td>
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</table>
## Table 6

### Top 5 Factors That Led to First Doubts by the Top 7 Religions of Exit

<table>
<thead>
<tr>
<th>Religion Exited</th>
<th>1st Factor</th>
<th>2nd Factor</th>
<th>3rd Factor</th>
<th>4th Factor</th>
<th>5th Factor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic (n=120)</td>
<td>Logic</td>
<td>Change in Values</td>
<td>Religious Rules</td>
<td>Lost Faith</td>
<td>Bigotry</td>
</tr>
<tr>
<td>Jehovah’s Witness (n=85)</td>
<td>Change in Values</td>
<td>Logic</td>
<td>Religious Rules</td>
<td>Psychological distress</td>
<td>Church Politics</td>
</tr>
<tr>
<td>Protestant (n=80)</td>
<td>Logic</td>
<td>Change in Values</td>
<td>Religious Rules</td>
<td>Science</td>
<td>Research</td>
</tr>
<tr>
<td>Other Christian (n=73)</td>
<td>Logic</td>
<td>Change in Values</td>
<td>Religious Rules</td>
<td>Truth</td>
<td>Research</td>
</tr>
<tr>
<td>Mormon (n=62)</td>
<td>Research</td>
<td>Logic</td>
<td>Change in Values</td>
<td>Truth</td>
<td>Church Politics</td>
</tr>
<tr>
<td>Baptist (n=60)</td>
<td>Logic</td>
<td>Change in Values</td>
<td>Religious Rules</td>
<td>Bigotry</td>
<td>Lost Faith</td>
</tr>
<tr>
<td>Muslim (n=23)</td>
<td>Logic</td>
<td>Change in Values</td>
<td>Religious Rules</td>
<td>Science</td>
<td>Truth</td>
</tr>
</tbody>
</table>
Appendix A

Interview Protocols

The following is a list of questions that were used as guidelines for the interviews, not every question was answered in each interview, and this list is not exhaustive of the questions that were asked.

1. Which religion did you exit from?
   How old were you when you decided to leave?
2. What would look different about your life if you didn’t leave?
3. What is your current religious affiliation?
   If “none,” What are your beliefs regarding God(s) or a “higher power”?
4. Walk me through your decision to leave.
5. What was the biggest factor(s) that influenced your decision?
6. What was the hardest part about leaving?
8. How did your family factor into your decision?
9. What is your current relationship like with your family?
   How would you describe your family member's religious affiliations?
   How did your exit impact your relationship?
10. How many children do you have?
    What is the religious affiliation of your children?
    How do you/ would you talk to them about religion?
    In what ways does this conversation arise?
11. How would you describe your friends religious affiliations?
    Romantic partner(s)?
12. Describe a time in which your past religious life (or exit?) made your current life Easier? Harder?
Appendix B

Survey Protocols

1. What is your age?
   - 18-24
   - 25-34
   - 35-44
   - 45-54
   - 55-64
   - 65-74
   - 75+

2. What is your gender?
   - Male
   - Female
   - Transgender Male/Transgender Man
   - Transgender Female/Transgender Woman
   - Genderqueer/Gender Non-conforming
   - Preferred Identity (in addition to or not listed above) ______________
   - Prefer not to state

3. What is your race?
   - American Indian or Alaska Native
   - Asian
   - Black or African American
   - Native Hawaiian or Other Pacific Islander
   - White
   - Prefer not to state

4. What is your sexual orientation?
   - Heterosexual or straight
   - Gay or lesbian
   - Bisexual
   - Queer
   - Questioning or unsure
   - Other ______________
   - Prefer not to state

5. What is the highest level of education you have completed?
   - Less than high school
   - Graduated from high school
   - Some college
   - Graduated from college
   - Some graduate school (or post-secondary)
   - Completed Graduate School (or post-secondary)

6. Which of the following best describes your current relationship status?
   - Married
   - Divorced
   - Cohabiting with intimate partner(s)
   - In a relationship with intimate partner(s)
   - Single

7. Do you have any children?
   - Yes, all 18 or older
   - Yes, one or more under 18
   - No

Religious Experience

8. How many religions have you exited?

9. Which religion did you exit from? (If you have exited from multiple, select the FIRST religion you exited from)
   - Baptist
   - Protestant
   - Methodist
   - Lutheran
   - Mormon
   - Fundamental Church of Jesus Christ of Latter-Day Saints
   - Jehovah's Witness
   - Other Christian
   - Catholic
   - Greek or Russian Orthodox
   - Orthodox Judaism
   - Jewish
   - Muslim
   - Buddhist
   - Hindu
   - Sikh
   - Pagan/Earth Based
   - Other__________

10. How old were you when you left the religion?
    - 0-9
    - 10-14
    - 15-17
    - 18-24
    - 25-34
    - 35-44
    - 45-54
    - 55-64
    - 65-74
    - 75+

11. Was this religious exit from the religion you were raised in as a child?
    - Yes
    - No

12. What is your current religion, if any?
    - Baptist
    - Protestant
    - Methodist
    - Lutheran
    - Mormon
    - Fundamental Church of Jesus Christ of Latter-Day Saints
    - Jehovah's Witness
    - Other Christian
    - Catholic
    - Greek or Russian Orthodox
    - Orthodox Judaism
    - Jewish
    - Muslim
    - Buddhist
    - Hindu
    - Sikh
13. What was the biggest factor(s) that influenced your decision to leave? ____________________
14. Thinking about the moment you decided to leave, what was the hardest part about leaving, or what made you hesitate? ____________________
15. What have you enjoyed most about not remaining in your past religion? ________________
16. If you left multiple religions, select all other religions you have exited from.
   - Baptist
   - Protestant
   - Methodist
   - Lutheran
   - Mormon
   - Fundamental Church of Jesus Christ of Latter-Day Saints
   - Jehovah's Witness
   - Other Christian
   - Catholic
   - Greek or Russian Orthodox
   - Orthodox Judaism
   - Jewish
   - Muslim
   - Buddhist
   - Hindu
   - Sikh
   - Pagan/ Earth Based
   - I have only left 1 religion/ does not apply
   - Other __________
17. What is your immediate family’s current religious affiliation?
   - Baptist
   - Protestant
   - Methodist
   - Lutheran
   - Mormon
   - Fundamental Church of Jesus Christ of Latter-Day Saints
   - Jehovah's Witness
   - Other Christian
   - Catholic
   - Greek or Russian Orthodox
   - Orthodox Judaism
   - Jewish
   - Muslim
   - Buddhist
   - Hindu
   - Sikh
   - Pagan/ Earth Based
   - Atheist or agnostic
   - Nothing in particular
   - Other __________
18. If you have an intimate partner(s), what is their current religious affiliation?
   - Baptist
   - Protestant
   - Methodist
   - Lutheran
   - Mormon
Fundamental Church of Jesus Christ of Latter-Day Saints
Jehovah's Witness
Other Christian
Catholic
Greek or Russian Orthodox
Orthodox Judaism
Jewish
Muslim
Buddhist
Hindu
Sikh
Pagan/ Earth Based
Atheist or agnostic
Nothing in particular
Other__________

Personal Feelings
Please answer the following questions with the option that best fits your experience.

19. I do not consider religious affiliation when choosing an intimate partner.
   Strongly disagree
disagree
unsure
agree
strongly agree

20. My family was ___________ toward my religious exit.
   Supportive
   Indifferent
   Discouraging
   My family does not know/ This does not apply

21. I currently have a strained relationship with my parents/guardians because of my religious exit.
   Strongly disagree
   Disagree
   Unsure
   Agree
   Strongly agree

22. While in my past religion I had friends or family who did not practice the religion.
   Strongly disagree
   Disagree
   Unsure
   Agree
   Strongly agree

23. The 3 biggest challenges I faced after leaving my religion include_____(rank your top 3, with 1 being the most challenging)
   Sense of Community
   Housing
   Employment
   Education
   Intimate Relationships
   Beauty Standards/ Fashion
   Physical Health
   Sexual Health
   Emotional Health
   Alcohol or Drug Use
   Other__________

24. If you selected “other” above, please explain.________________________________

25. I maintained a belief in God(s) or higher power after my religious exit.

26. My religious exit did not impact my self-identity
   - Strongly disagree
   - Disagree
   - Unsure
   - Agree
   - Strongly agree

27. I had a hard time making new friends after exiting my past religion.
   - Strongly disagree
   - Disagree
   - Unsure
   - Agree
   - Strongly agree

28. I do not have contact with members of my past religion (excluding family).
   - Strongly disagree
   - Disagree
   - Unsure
   - Agree
   - Strongly agree

29. My religious exit took many years of consideration.
   - Strongly disagree
   - Disagree
   - Unsure
   - Agree
   - Strongly agree

30. My religious exit was a defining event in my life.
   - Strongly disagree
   - Disagree
   - Unsure
   - Agree
   - Strongly agree

31. I regret my decision to leave my past religion.
   - Strongly disagree
   - Disagree
   - Unsure
   - Agree
   - Strongly agree

32. Is there anything else you’d like to share about your experience?

33. Please indicate your interest in receiving a PDF of the results of the study in January 2018
   - I am NOT interested in receiving the results
   - I am interested in receiving the results

34. At what email address would you like to be contacted if you win the $20 Amazon gift card and have the results sent to if you chose to receive them?

35. Are you near the San Francisco Bay Area and willing to be interviewed in person about this topic sometime between May and October 2017?
   - Yes, I am willing and able to be interviewed
   - No, I am not willing or able to be interviewed
   - No, but I may know someone who is [please provide their contact information or email leavingreligionresearch@gmail.com]

End of Survey