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Research Result Summaries

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### Viewpoints on the #MeToo Movement: A Q-Methods Study

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“Me Too” originated with civil rights activist Tarana Burke, who coined the term in 2006 to express her solidarity with survivors of sexual violence (Garcia, 2017). In October 2017, “Me Too” entered the public consciousness when shared as a Twitter hashtag by actress Alyssa Milano in support of the women accusing film producer Harvey Weinstein of sexual assault. This study sought to examine different viewpoints held by the public, women reporting unwanted sexual experiences, and mental health professionals regarding their opinions regarding the #MeToo Movement. This study recruited 61 participants who did not endorse an unwanted sexual experience, 72 women who reported at least one unwanted sexual experience, and 65 mental health professionals. The study was conducted via an online, open-ended narrative questionnaire. Thematic analysis was used to analyze participants responses. Overall, the three participant groups were aligned in their description of the #MeToo as providing greater awareness about sexual assault, increased support for survivors, and changes to cultural norms. However, participants expressed differences of perspective regarding the presence of inclusivity in #MeToo Movement for survivors from racialized and 2SLGBTQ+ communities. Regarding participants who did not report an unwanted sexual experience, most described #MeToo as positive for both society and survivors as well as significantly increasing in their awareness of issues related to sexual assault as a direct result of #MeToo. Regarding women who reported an unwanted sexual experience, many expressed concerns about backlash and continued stigma for survivors who share their stories. Regarding mental health professionals, many described the #MeToo Movement as directly impacting their clinical work by increasing their client’s comfort with discussing sexual assault, more opportunities for psychoeducation about sexual assault, and changing the language used by both clinicians and clients when discussing sexual assault. Results suggest a diversity of opinions within participant groups. A second study will be conducted using the present results to analyze the same participant group’s viewpoints using Q-methodology.