

"Comparing Harmful Behaviors among Dancers Utilizing the RISQ and According to Sexual Orientation and Gender Identity"

PRACTICAL SIGNIFICANCE

Athletic trainers should be aware of potential harmful behaviors that dancers may participate in so as to facilitate safe return-to-dance and optimize mental wellness and associated health behaviors.

STUDY BACKGROUND

Athletic trainers play a vital role in identifying dancers who are at increased risk of harmful behaviors in order to provide strategies which increase coping skills, as well as provide referrals to appropriate allied health care professionals. There is a dearth of information on whether lesbian, gay, bisexual, transgender, queer/questioning (LGBTQ+) dancers, who often experience increased psychosocial risk factors, are at increased risk of engaging in harmful behaviors compared to their heterosexual cisgender counterparts. The utilization of a harmful behavior questionnaire within a dancer population will help indicate which harmful behaviors dancers are at greater risk of taking part in.

OBJECTIVE

This study explores harmful behaviors dancers participate in according to the validated Risky, Impulsive, and Self-Destructive Behavior Questionnaire (RISQ) and from self-reported sexual orientation and gender identity.

DESIGN & STUDY

Participants completed an on-line survey including demographic information and the RISQ.

SUBJECTS

66 university and professional dancers completed the study.

MEASUREMENTS

Chi-squared, independent t-test

and ANOVA were utilized to assess statistical difference among RISQ outcomes in four SOGI groups: Cisgender Heterosexual Female; Cisgender Heterosexual Male; LGBTQ+ Female; and LGBTQ+ Male.

RESULTS

SOGI groups differed statistically in total RISQ score for behaviors: difficulty stopping eating ($p=0.50$); gambling illegally ($p=0.036$); betting on sports, horses or other animals ($p=0.036$); buying expensive items that cannot be afforded at the spur of the moment ($p=0.019$); and drinking 5 or more alcoholic drinks in 3 hours or less ($p=0.013$). Between-group frequency comparison revealed: LGBTQ+ Male group were 92% more likely to have unprotected sex with someone they just met or did not know well ($p < 0.001$) and 83% more likely to use hallucinogens, LSD, or mushrooms ($p=0.018$); LGBTQ+ Female and LGBTQ+ Male groups were 4.4 times more likely to buy drugs ($p=0.01$) and 4.88 times more likely to think about killing themselves ($p=0.023$); and both male groups were 12.8 times more likely to steal money ($p=0.006$).

CONCLUSIONS

This study found significant difference in RISQ scores based on a dancer's SOGI. Harmful behaviors should be taken into consideration to improve dancer patient outcomes and quality of life.

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PRINCIPAL INVESTIGATOR



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