

LGBTQ+ ATHLETIC TRAINER & ATHLETE MENTAL HEALTH

Despite strides towards inclusivity and acceptance, stigma, discrimination, and marginalization continue to impact the psychological well-being of LGBTQ+ individuals, including athletes and athletic trainers alike. Athletic trainers play a crucial role in promoting the holistic health of athletes including the well-being of LGBTQ+ athletes. Additionally, as providers, LGBTQ+ ATs may also face discrimination from their staff, athletes, and other stakeholders.

RESOURCES

NATA: [Safe Space Ally Training for the Athletic Trainer](#)

NATA: [LGBTQ+ Advisory Committee Resources](#)

Legal Protection Landscape: [LGBTQ-related laws and policies within the United States](#)

Safe Zone Project: [Resources for LGBTQ+ awareness and ally training](#)

Human Rights Campaign: [Mental Health Resources in the LGBTQ+ Community](#)

Athlete Ally: [Champions of Inclusion Courses](#)

NCAA: [Guidance on Inclusive Language](#)

TransAthlete.Com: [Take action with scripts and templates to contact lawmakers](#)

LGBTQ+ individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights. LGBTQ+ individuals are 2.5x more likely to experience depression, anxiety, and substance misuse compared to heterosexual individuals.¹



ALLYSHIP

from RECENT ARTICLES

“Workplace Climate for Sexual and Gender Minorities in Athletic Training” *Eberman et al, 2023*. Less than half (~45%) of ATs felt their workplace was inclusive. Overall, these ATs also felt their workplace organizations were not engaged in equity efforts or were unsure of what changes were being made to address LGBTQIA+ issues in the workplace. There has been an increase in anti-LGBTQIA+ legislation which requires organizations overtly signal and develop policies to protect their employees.

“Treble or Trouble: Mental Health Experiences of Gender Diverse Collegiate Marching Band Artists” *Uriegas et al, 2023*. The risk of anxiety and depression was similar between marching band artists and college student-athletes in the overall sample. For gender diverse individuals participating in marching band, there were higher rates of depression and anxiety, above normative values for cisgender individuals. Lack of time was a reported barrier to seeking care for their mental health. Medical oversight from athletic trainers for marching bands could improve this barrier.

“LGBTQIA+ Education in Athletic Training Programs: Special Series” *Decker et al, 2023*. ATs who are women and/or those that have a close friend or relative in the LGBTQ+ community have more positive attitudes of LGBTQ+ patients. Athletic training education programs should foster support and advocacy to improve widespread positive attitudes in the profession.

highlights NATA FOUNDATION FREE COMMUNICATIONS PROGRAM

Graduate Professional Athletic Training Students’ Levels of Comfort, Competence, and Perception of LGBTQIA+ Curriculum (*Dudley et al, 2023*) S-141

There is a gap in curriculum on the LGBTQIA+ community in AT education programs. Continuing education can help bridge this gap to improve AT competence in providing care for members of the LGBTQIA+ community.

References

1. Lesbian, gay, bisexual, transgender and Queer/questioning. Psychiatry.org - Lesbian, Gay, Bisexual, Transgender and Queer/Questioning. <https://www.psychiatry.org/psychiatrists/diversity/education/lgbtq-patients>.
2. Eberman LE, Nye EA, Edler Nye JR. Workplace climate for sexual and gender minorities in athletic training. *Journal of Athletic Training*. Published online September 1, 2023. doi:10.4085/1062-6050-0139.23.

Secondary School Athletic Trainers’ Perceptions of Providing Care to Lesbian, Gay, Bisexual, Transgender, and Queer Patients (*Daniels et al, 2023*) S-282

ATs need formal education on the unique healthcare needs of LGBTQ+ patients, specifically transgender patients.

