

Mental Health in LGBTQIA+ Athletes

Workshop

Monday, August 17, 2026, 14:00-15:00

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There are many challenges LGBTQIA+ athletes face to receiving mental health support within elite sporting environments. Unfortunately, limited available evidence concerning the mental health of LGBTQIA+ elite athletes continues to shape and influence the care they can access. From an epidemiological perspective, limited descriptive research restricts analytic possibilities. Without knowing the “who”, “what”, “where”, and “when” of mental health symptoms and disorders amongst LGBTQIA+ elite athletes, the ability to understand the “why” and “how” such symptoms and disorders is compromised. Data collection and reporting is vital to helping improve health and performance inequities amongst LGBTQIA+ elite athletes. Through processes of exclusion or misclassification of data during the research process, the lived experiences of LGBTQIA+ elite athletes are slowly made invisible. Additionally, policies that limit participation in elite sport also contribute to the disappearance of data. Such policies and research practices not only shape the lives of LGBTQIA+ elite athletes, but all LGBTQIA+ people who engage in sport. The purpose of this interactive workshop is to:

- Understand the consequences of policies and research practices within elite sport and non-elite sport settings
- Examine descriptive data collection methods
- Explore inclusive strategies to data reporting