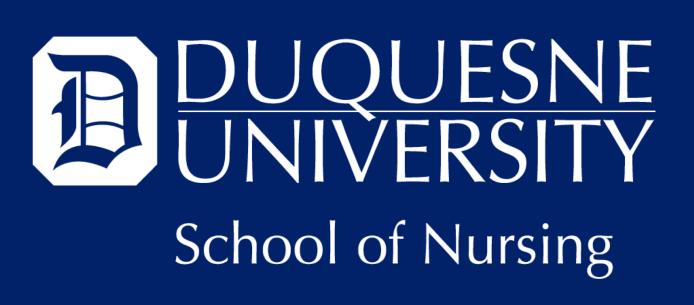
CrossFit and Recovery: A Case for Queering Risk Related Research Ralph J. Klotzbaugh, FNP-BC, PhD



Background

- Need for more research with LGBTQ+ populations
- Identified risk behaviors include over representation SUDs

•Aims

- Demonstrate the importance of SOGI in informing research on various risk behaviors
- Recognize opportunities to move beyond queer research to 'queering' research on various risk behaviors

Methods

- Qualitative study, thematic analysis
- Inclusion:
 - -18 years of age with a SUDs and current or former inpatient
 - –Utilizing high intensity interval training (HIIT) classes offered through the recovery center.
- Semi-structured interviews
- Thematic analysis method to understand what HIIT means to participants as a potential nontraditional aid in recovery support.

• Findings • N=12 •Ages 26-35 = 7, Ages 36-45 = 5 •Female = 5, Males= 7 males •All identified as white and cisgender. •Rural = 5, Micropolitan = 7 • Current MAT for SUDs =2 •Lesbian = 2, Bisexual = 1•Heterosexual = 9 • Three main themes emerged from the data: Mental health with physical benefits. Commonality and community Building a foundation for life Discussion • Need for LGBTQ+ inclusive demographics in all relevant risk related studies Need for participant opportunities to identify beyond finite survey options • Military Appalachian • Economic status

Leadership Defined...

Next steps

- areas of research

References

- doi:10.1037/adb0000517
- doi:10.1108/MHSI-02-2020-0007



• Faculty Development Fund, Duquesne University

 Mixed methods longitudinal study following cohort(s). Bio markers, UDS, existing scales r/t depression and anxiety. Considerate additional site to increase ethnic and racial diversity.

 Encourage colleagues and/or students to include sexual orientation and gender identity in their existing or potential

 Recognize opportunities to move beyond queer research as a focus area, to 'queering' all current and future research on various risk behaviors

 Alessi SM, Rash CJ, Pescatello LS. Reinforcing exercise to improve drug abuse treatment outcomes: A randomized controlled study in a substance use disorder outpatient treatment setting. Psychology of Addictive Behaviors. 2020;34(1):52-64.

• Lautner SC, Patterson MS, Ramirez M, Heinrich K. Can CrossFit aid in addiction recovery? An exploratory media analysis of popular press. *Mental* Health & Social Inclusion. 2020;24(2):97-104.

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