

•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 non-traditional 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

•Next steps

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

•References

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- 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. doi:[10.1108/MHSI-02-2020-0007](https://doi.org/10.1108/MHSI-02-2020-0007)

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