



***Lana Trotter***

Dissertation Defense  
College of Education  
Department of Counselor  
Education  
PhD, Counselor Education

**The Person Under the Pads: An Interpretive  
Phenomenological Analysis of the Mental Health  
Experiences of NFL Athletes**

Athlete mental health is mainly reported by the rates of mental health conditions and barriers to help-seeking. Current research lacks an exploration of the experiences of athlete mental health during their careers. This qualitative study explored and described the experiences of NFL athletes during their time in the league. This study resulted in five themes that demonstrate the essence of the participants' experiences. The researcher provided implications for counselors and discussed recommendations for future research.

Event Information

Date: March 27, 2024

Time: 2:00pm

Location: The  
Woodlands Center  
Room 109

Committee Members

Dr. Seth Olson

Dr. Maribeth Jorgensen

Dr. Yvonne Garza-Chaves



**Sam Houston State University**

**PUBLIC DEFENSE ANNOUNCEMENT**