



Tomasz Bednarowicz and  
Vice-President  
Polish Psychologists' Association

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## Open letter regarding the input of misinformation about the LGBT+ community

**Tomasz Bednarowicz**  
**Vice-President – Polish Psychologists' Association**

Dear colleagues,

We are writing in support of your expressed concern over increasing unrest directed against LGBT+ persons in Poland.

In accordance with its [Meta-Code of Ethics](#), the European Federation of Psychologists' Associations supports psychologists' efforts in helping the public develop informed judgements regarding human behavior and to improve the conditions for individuals and society. EFPA opposes discrimination and strongly encourages psychologists showing of respect to a person's rights and dignity.

The stigma of mental illness and other misinformation associated with sexual orientation has been a long-standing issue of concern in the psychological community. Despite the elimination of sexual orientation from diagnostic tools, LGBT+ people continue to suffer as a result of discriminatory behaviours including acts of violence perpetrated against them.

Years of psychological research has provided substantial support to the normality of diverse sexual identities as part of human sexuality, sexual orientation's disconnect from psychopathology, and the importance of relationships to a person's well-being. It is of particular importance to note that when individuals are denied their right to live their life according to their true self, other human rights can be violated also (e.g., to security, to equality, to work) due to fearing further negative consequences. To this effect, research has found that prejudice, social discrimination, and violence against LGBT+ persons can pose a great threat to their psychological well-being, particularly in cases where there is a need to conceal one's identity. In support of the above, please see the [American Psychological Association's LGBT page](#) and the [British Psychological Society's Guidelines](#).

Considering the aforementioned scientific evidence base, we support the Polish Psychologists' Association's efforts in improving societal understanding surrounding sexual orientation, and their urging of society to take positive action to safeguard LGBT+ persons' human rights and well-being.

Yours sincerely,

Prof. dr. Christoph Steinebach  
EFPA President