Sperm donation has historically operated under the assumption that donor and offspring would never meet, which reduced the scope of psychosocial considerations for donor selection. Sperm donors have traditionally been medically but not psychologically evaluated by mental health professionals (MHPs) as part of the donor application process in major sperm banks. Legislation and social norms have gradually shifted to advancing openness and disclosure surrounding sperm donor identity (1,2). As the field of sperm donation adapts to this increasing transparency, psychological evaluation is mutually beneficial to the donors by providing an opportunity for donors to directly think through their donation and families. Psychological evaluation led a number of donors to be disqualified, primarily due to abnormal psychological testing and clinical interviews. These results highlight the utility of psychological screening as legislation and social norms shift toward non-anonymous donation, making psychosocial factors increasingly relevant. Sperm donors have never before been systematically screened or counseled for psychological concerns as part of the donation process. Thus, research into this relatively unstudied population can help define new norms for the evaluation process of sperm donors.

As anonymity in gamete donation becomes increasingly improbable, it is critical for candidate donors to better understand the process and be able to manage contact with DCPs. Psychological assessment and psychoeducation in the donor evaluation process are crucial to help address heritability concerns for DCPs, promote the donor’s own positive emotional health, and overall improve outcomes for donors, DCPs, and families.