

Mental Health of Elite Athletes

Overview and practical considerations

Présentation

PRENDRE

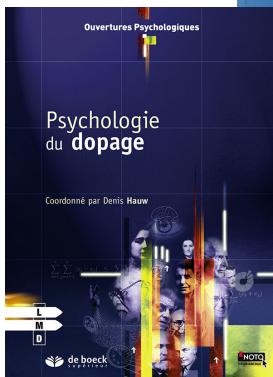


Sous la direction de
MARC DURAND
DENIS HAUW
GERMAIN POIZAT



10 cas pratiques
en psychologie
du sport

DUNOD



L'apprentissage
les techniques
corporelles

Sous la direction de
Roberta Antonini Philippe
et Denis Hauw



- In ISSUL, since 2012 as the first Prof in sport psychology in UNIL
- Academic & Practitioner
- Psychological life of elite athletes..
- Deviant behaviors (substance use - doping- interpersonal violence...)
- Sport psychology services
- Support program for student elite athletes in UNIL



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APPEL GRATUIT ET ANONYME DEPUIS UN POSTE FIXE



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1

Prof. Denis HAUW - ISSUL

The benefits of sport participation

But

The difficulty to maintain a balance sporting life and mental health

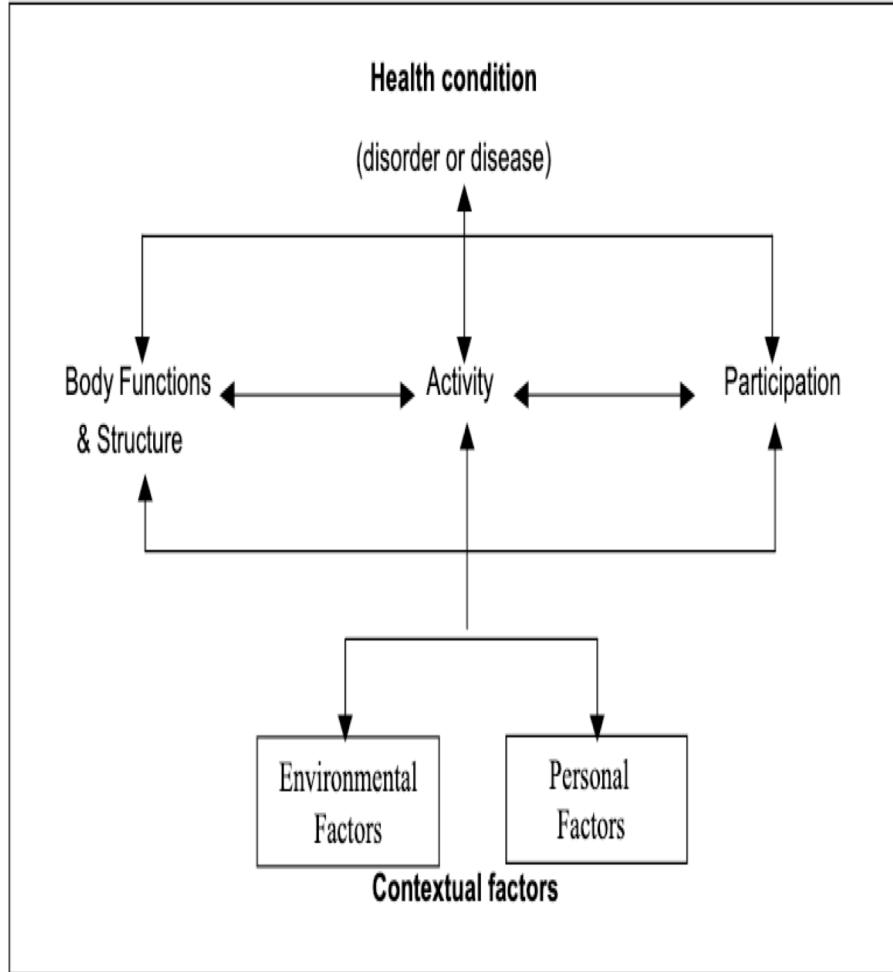
Well-being, Mental health,
satisfaction with life

VS

Mental Health Problems, issues in
mental health, personality difficulty
and disorders



Health «Positive physical, mental,
and social well-being that
contributes to efficient human
functioning (WHO, 2016).»



Introduction: set the question of Mental Health (MH)

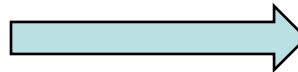
Environmental Challenges

High competition

Career development_ Talent identification and development (super elite/elite/junior elite)

High intensity training

Specificity of the social Relationships



Psychological(mental) dimensions

Personality dispositions
Mental Skills

Well-Being states
Negative Consequences
Mental Health Problems



Pict from England Boxing

Efficient athletes functioning...

Satisfaction with life (Diener, 1985)- Five Items Lickert scale 7 points
Max 35 points (cut-off at 15, 20, and 25 points).

In most ways my life is close to my ideal	1-2-3-4-5-6-7
The conditions of my life are excellent	1-2-3-4-5-6-7
I am satisfied with my life	1-2-3-4-5-6-7
So far I have gotten the important things I want in life	1-2-3-4-5-6-7
If I could live my life over, I would change almost nothing	1-2-3-4-5-6-7

Habe et al., 2019
338 top Slovenian athletes
(mean age 22.4)
Mean score 24.45 (SD= 5.57) = Slightly satisfied



Hauw et al., 2020
118 youth athletes in Canton de Vaud (mean age 14.5)
Mean score 24.5. (SD= 6. 34)
= Slightly satisfied



Mental Health Problem

Impairment in athletes functioning... ICD 11

Self (identity, self esteem, accuracy of self-view...)



Anxiety and Depression

Impulsivity

Eating disorder

Narcissism

Interpersonal relationships



Perceptions of others

Respect contracts and rules

Violence

Types of relation and autonomy

Qualifiers

Negative affectivity

Detachment

Dissociality

Disinhibition

Anankastia

Difficulty

Mild disorder

Moderate disorder

Severe disorder



Does elite sport protect athletes ?

- Prevalence and types Elite athletes = general population
- Females are in general at higher risk.

Prevalence

- **In France**, 17% athletes experienced a psychiatric disorder within the last 6 months (females: 20.2%, males: 15.1%).
- **In Australian**, 46.6% athletes experienced symptoms of a psychiatric disorder (females: 53.4%, males: 38.7%).
- **In the UK**, 47.8% meet the cut-off criteria for symptoms of a depression and/or an anxiety disorder (females: 54.1%, males: 42.9%).
- **In Sweden**, Point prevalence Total 11.7% (female: 13.8%, male: 8.8%), Lifetime prevalence Total 51.7% (female: 58.2%, male: 42.3)

Depression Anxiety



Eating disorder



Drinking and drug use

Interpersonal impairment

Description

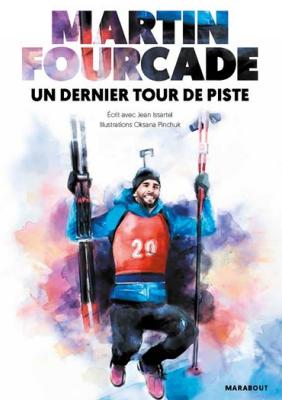
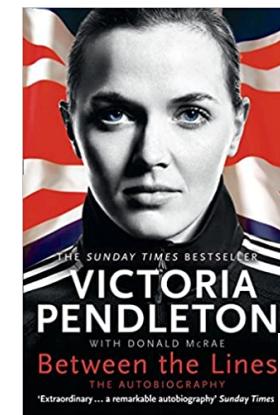
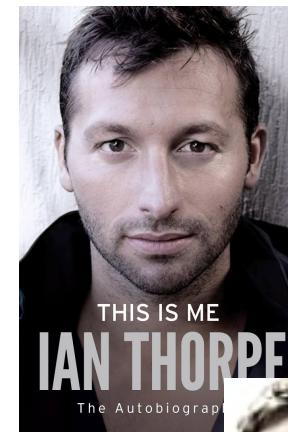
- Physical and emotional exhaustion, sport devaluation and a reduced sense of accomplishment
- Burnout, Overtraining Syndrom (precursor hard traing/unsufficient recovery) - injury
- Linked with high level of Anankastia (Obsessive disorder)

Prevalence

- Hammond et al. (2013). 50 Canadian olympic and world elite swimmers_ 68% life time prevalence Higher female than male
- Nixdorf et al. (2013). German elite athletes – 15% depressive symptom with higher in individual sport than team sport
- Gulliver et al. (2015). Australian elite athletes- 23% male et 30 % Female with depressive symptoms
- Foskett et al. (2018). 143 UK athletes 47.8 signs of anxiety and depression, 26.8 distress

Management

- Early recognition... regular screening: Beck questionnaire and PHQ4-9
- Mental skills and treatment (self-regulation, TCC, ACT)
- Headspace...



Description

Anorexia / Boulimia /restrictive food intake

Perfectionism / Self esteem / body issues

Prevalence

- Prevalence with athletes (13.5%) > general population (4.6%)
- Bratland-Sanda & Sundgot-Borgen (2004; 2013): from 0-19% in male athletes and 6-45% in female athletes
- Male athletes was greater in antigravitation sports (22%) than in endurance sports (9%) and ball game (5%)
- Female athletes competing in aesthetic sports (42%) higher than in endurance (24%), technical (17%), and ball game sports (16%)



Management

- Prevention social-cognitive framework, with a focus on enhancing self-esteem by strengthening self-efficacy.
- Other programs that have shown reduced behaviors of ED include peer-led educational programs, education targeted at coaches, and electronic programs.

Description

- Binge drinking
- Regular use
- Recreational drugs

Prevalence

- Prevalence with athletes > general population
- Grant et al. (2004)- US athletes_ past 2-week binge drinking rates of 57% to 62% and 48% to 50% among male and female college athletes
- 33% female collegiate athletes reported consuming more than four alcoholic drinks in one sitting, 44% of collegiate male athletes reported consuming more than five, and 16% of collegiate male athletes reported consuming over 10 drinks in one sitting (NCAA,2014).

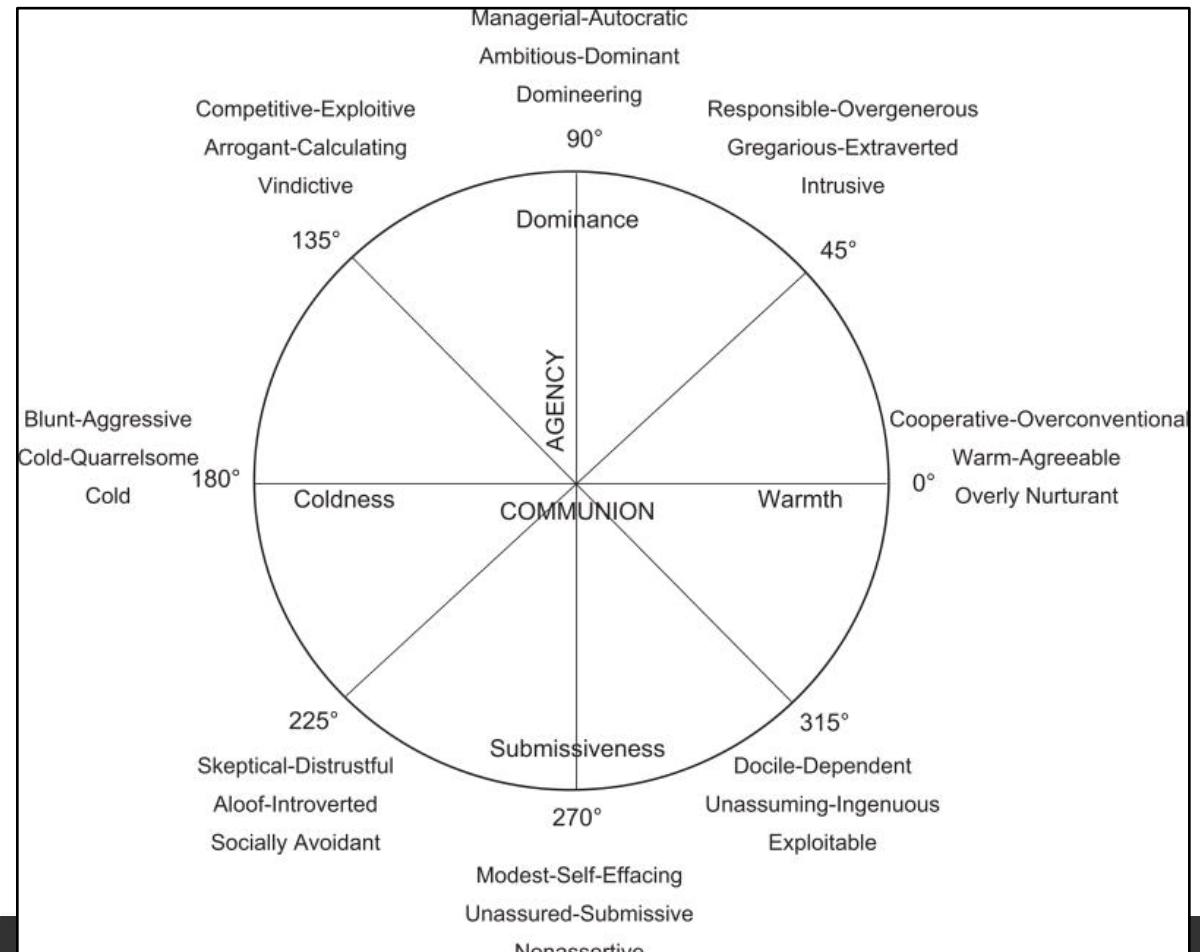
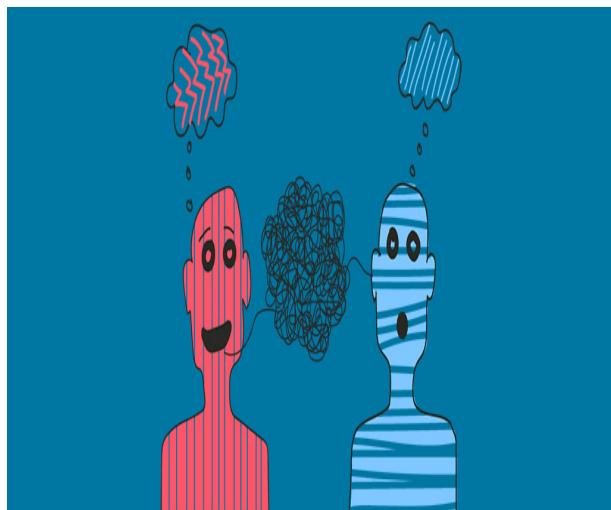


Management

- Brief intervention (feedback + specific motivational interview)
- Prevention social-cognitive framework, with a focus on enhancing self-esteem by strengthening self-efficacy.
- Anti-doping prevention

Interpersonal impairment

Description: Interpersonal disorders which refers to interpersonal situations and relationships, and includes attitudes toward, behaviors in, and goals for relationships; cognitions about the meaning of relationships; affect and behavior in interpersonal interactions; and interpretation of others' interaction behaviors.



Interpersonal impairment

Relevance 1:

- Sport participation prevention (Somerset et Hoare, 2018)

Person centred barriers to participation

External Factors

Bad experience in PE

Peer disapproval

Stereotype

Gender stereotype

Negative appraisal

Competition

Internal Factors

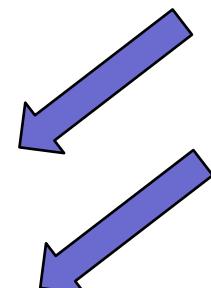
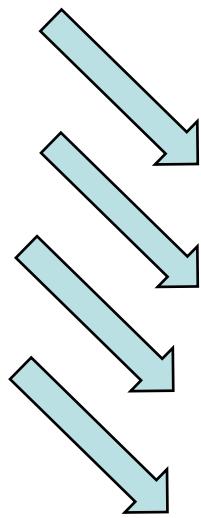
Sporting ability

Self-conscious

Fear of judgement

Conformity

Competition



Interpersonal impairment

Relevance 2

- Kavassanu & al, (2016), Hauw et al., (2020), Rutten & al., (2011)

PAB in Sport Scale:

Antisocial behavior toward opponent > elite athletes and team sports

Moral behavior

Tried to injure an opponent

Tried to wind up an opponent^a

Deliberately fouled an opponent

Intentionally distracted an opponent

Retaliated after a bad foul

Intentionally broke the rules of the game

Physically intimidated an opponent

Criticized an opponent



Interpersonal impairment

Relevance 3

- Jones et al. (2015); Hauw & Rolland (in progress)
- Antisocial trait in personality in elite athlete score at the same high level than narcissism
- Moral disengagement – Impulsivity - Respect of the rules



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Athletes

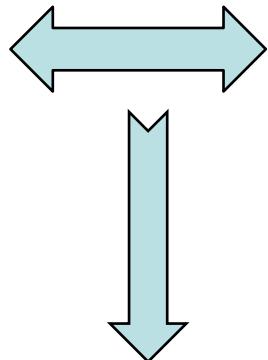
Environment

Protection

- Protective skills
- Feelings of competence, autonomy and affiliation
- Recovery
- Career satisfaction

Risk

- Injury, overtraining
- Risky behavior and inefficient coping
- Female
- Adverse life event
- Poor general health
- Poor life skills (sleep, eat, drink)
- Maladaptive personality
- Negative social relationships



Protection

- Mental health support
- Trusting and mastery climate
- Positive relationships and support
- Support for career adjustment

Risk

- Sport specific stressors
- Individual and aesthetic sports
- Management of career
- Lack of support from social environment
- Stigma towards help-seeking

- The importance of monitoring athletes' mental states
- Akesdotter et al. (2019): less than 30 % of Sweden elite athletes reported seeking help (females: 37.8%, males:16.8)
- **New responses ?** Igen – distance learning – self-development – high quality

Key targets: emotional regulation / interpersonal relationship / development

Personal approach

- Assessment: vulnerability – dysfunctional personality (e.g., TD12) – prevention – monitoring – self assessment
- Internet Treatment Service with various topics (eg., interpersonal relationships, depression, mental skills, how to be flexible ?)

Environmental approach

- Guidelines
- Talent Development Environment (TDEQ) (Martindale et al-. 2018; Gesbert & al. 2020)
- Works with coaches (assessment, Internet treatment service...)

Conclusion



Thank you for attention !
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