

## **Training, overtraining and mental health**

### Speakers

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### Abstract

Exercise can be considered on a continuous spectrum with recreational physical activity at one end and overtraining at the other. Positive mental health benefits are seen with a range of recreational sports and physical activities. However, at the other end of the spectrum significant mental health symptoms may be seen. In addition psychosocial factors can contribute to the onset and perpetuation of overtraining syndrome. Athletes often present to their medical team with decreased performance and poor recovery, and it can be a challenge to come up with a clear-cut “diagnosis”. Evaluation includes a thorough history and exam and additional laboratory tests to exclude other aetiologies (e.g., nutritional deficiencies, infectious disease, endocrine abnormalities). Considering psychosocial factors and mental health is essential as features of burnout, depressive disorders and low energy availability are also seen in some overtrained states. Assessment is therefore complicated, and early collaboration between the medical staff and a mental health provider is important. Knowledge of the range of contributory factors and comorbid conditions is necessary for management of the over-trained athlete.