

Mental Health in Motion: Screening and Surveillance Strategies for Optimal Athlete Wellbeing

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Mental health symptoms and disorders are common among elite athletes, may be induced by sport-related and/or environmental factors, and may impair performance. In June 2019, the International Olympic Committee (IOC) published its first consensus statement on mental health in elite athletes. One of the main recommendations embedded in the IOC consensus statement was the need to screen for and monitor mental health symptoms and disorders in elite athletes throughout their career as a key component of prevention and early referral to support and treatment. The IOC Mental Health Working Group developed several mental health screening and surveillance tools. The Sport Mental Health Assessment Tool 1 (SMHAT-1) was developed for sports medicine physicians and other licensed/registered health professionals to assess elite athletes potentially at risk for or already experiencing mental health symptoms and disorders. The IOC surveillance forms were adapted from the IOC consensus statement on injury and illness surveillance to improve the monitoring of athlete mental health data. These screening and surveillance tools will be presented.