

The International Olympic Committee Sport Mental Health Assessment Tool 2 (IOC SMHAT2)
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Mental health symptoms and disorders, including those involving anxiety, depression, substance misuse and disordered eating, are common problems among elite athletes, with prevalence rates similar to or greater than those in the general population. In 2019, following the recommendations made in the International Olympic Committee (IOC) consensus statement on mental health in elite athletes, the IOC Mental Health Working Group (MHWG) developed the IOC Sport Mental Health Assessment Tool 1 (SMHAT-1). Since its development, the IOC SMHAT-1 has been used in various research and clinical settings. This has led to scientific and practice-related directions for further development and potential improvements to enhance feasibility, reliability and validity. Therefore, the IOC Sport Mental Health Assessment Tool 2 (IOC SMHAT2) was developed for sports medicine physicians and other licensed/registered health professionals with the objective of identifying elite athletes (defined as professional, Olympic, Paralympic or collegiate level; 16 years of age and older) potentially experiencing mental health symptoms and disorders. The IOC SMHAT2 is comprised of a three-step approach, namely: (1) mandatory screening as Step 1 including 5 disorder-specific screening questionnaires and 2 single questions; (2) conditional screening as Step 2 including 2 disorder-specific screening questionnaires; (3) an aid to clinical assessment and treatment as Step 3 that should be conducted by sports medicine physicians or licensed/registered mental health professionals. The IOC SMHAT2 will be presented.