

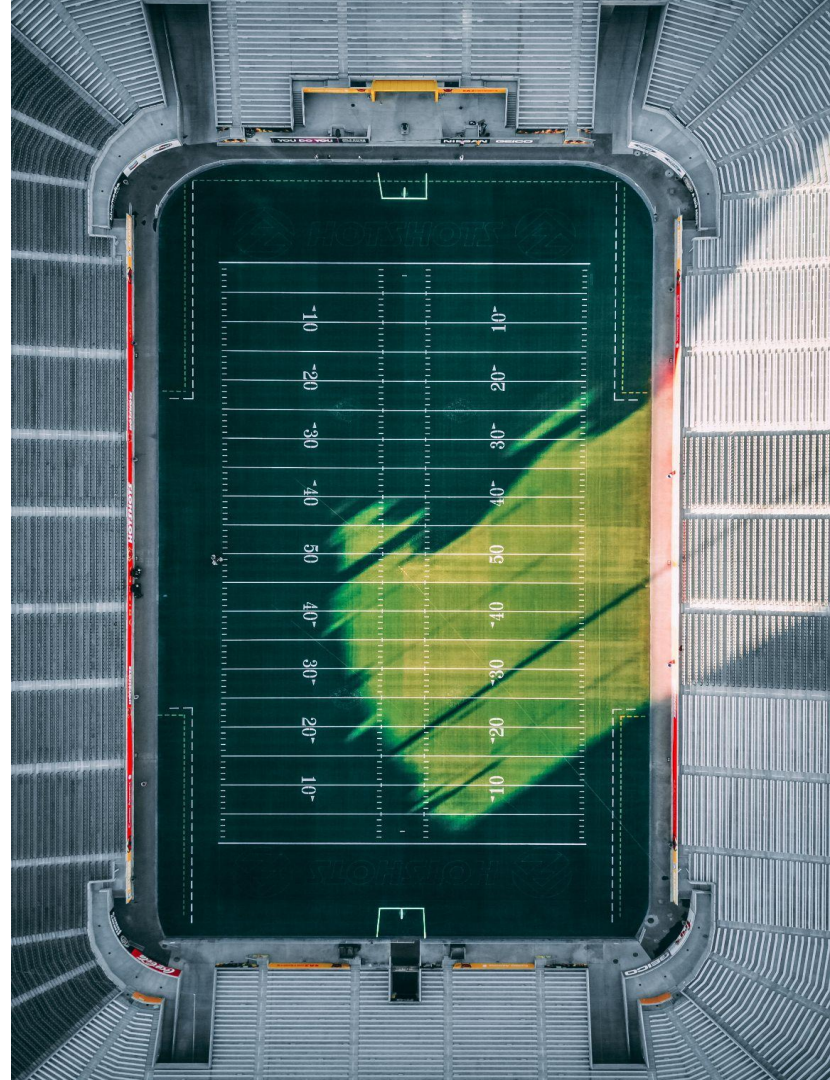
All you need to know about Sports Psychiatry

An overview of the
intersection between
mental health and sports
& how to get involved

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• Chief Resident Physician, Stanford
Medicine Department of Psychiatry and
Behavioral Sciences

• Trainee provider at The Sports Psychiatry
and Sports Psychology Program



Agenda

01 Introduction to Sports Psychiatry

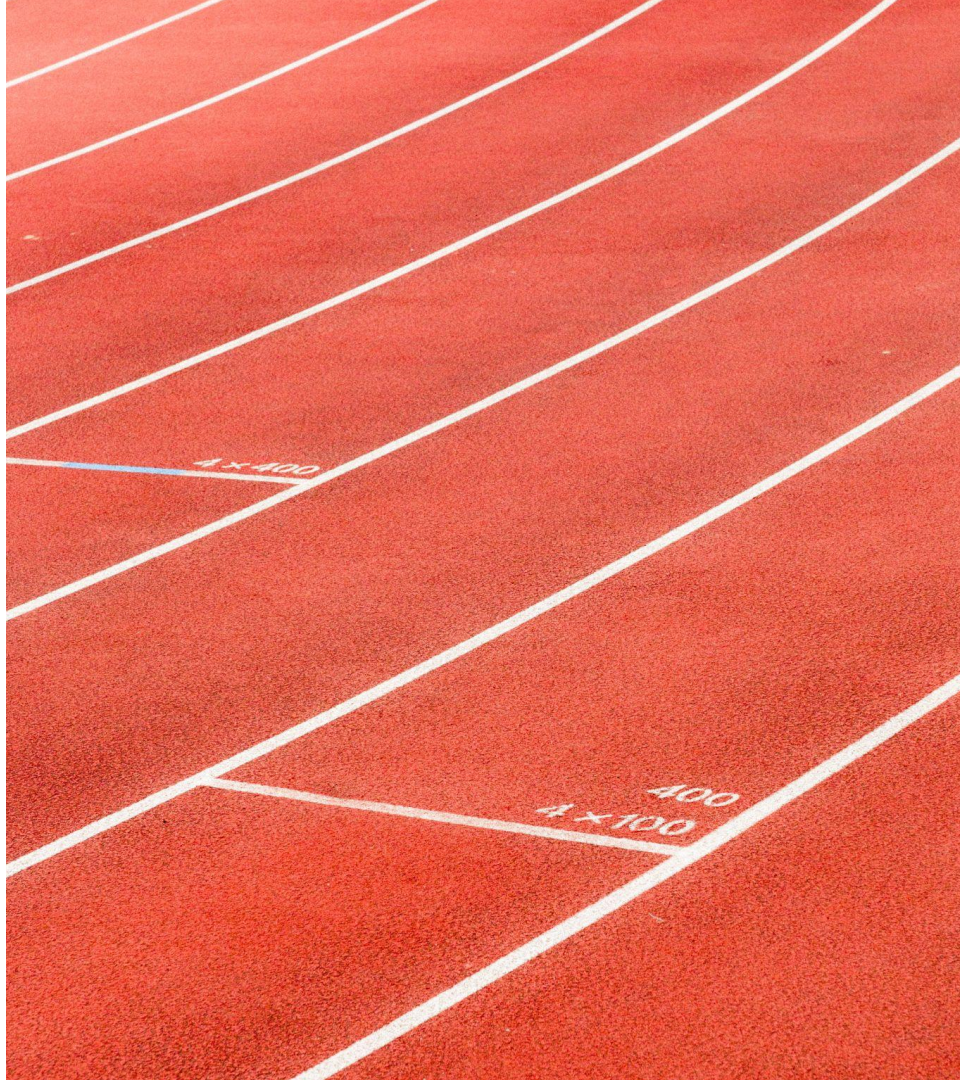
02 Needs for the Practice

03 Common Presentations

04 ISSP

05 Training Opportunities

06 Q & A



01 Introduction

Who am I?

Roy Collins, MD, MPH



Resident Provider

The Sports Psychiatry and Sports Psychology Program provides evaluation and treatment for professional, Olympic, and NCAA athletes from around the San Francisco Bay area



Social Media Manager
International Society for Sports
Psychiatry



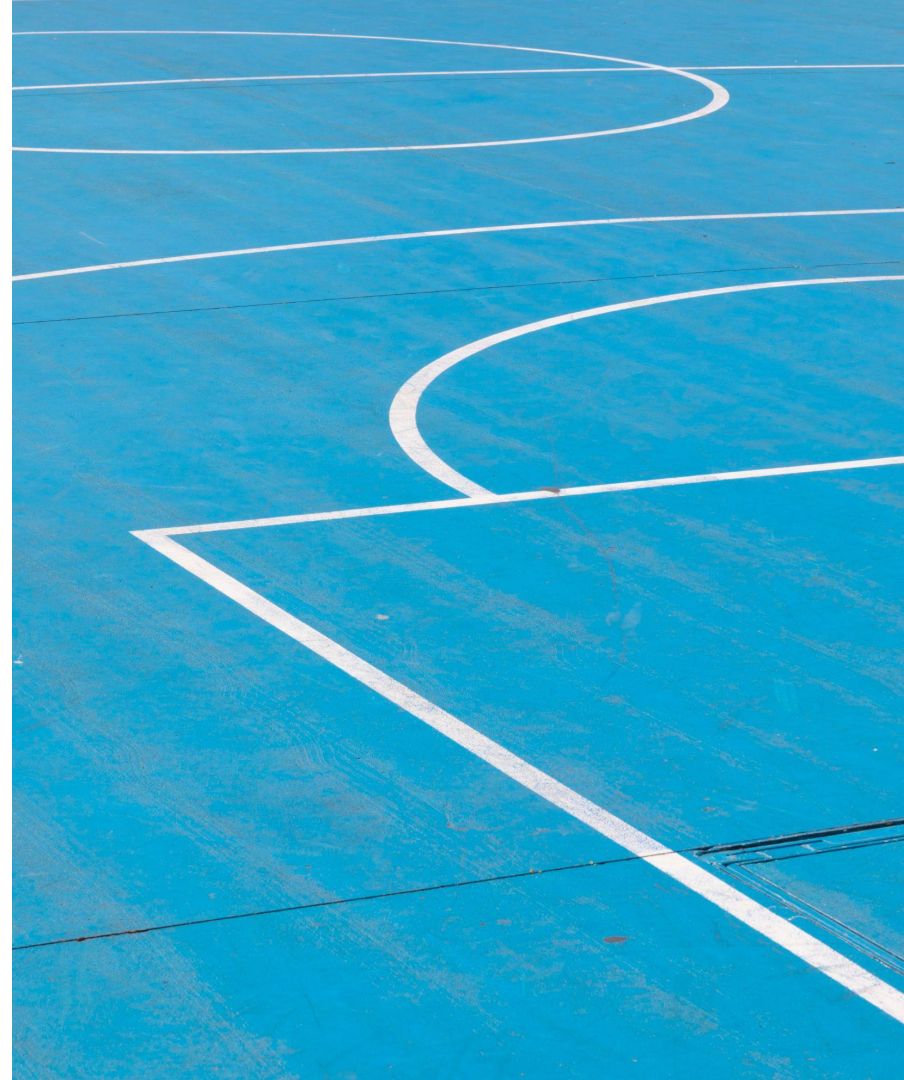
Media Contributor



What is sports psychiatry?

Broadly, it's applied mental health care to athletics.

- 01 *"Sport psychiatry focuses on diagnosis and treatment of psychiatric illness in athletes in addition to utilization of psychological approaches to enhance performance"*
- 02 *"Providing psychiatric consultation to elite athletes presents unique and complex issues. These patients present with multifaceted medical, psychological, and performance concerns"*





Three dimensions of mental health care in sports

01

Severe or primary mental illness

02

Performance struggles or adjustment difficulties related to mental health

03

Performance optimization

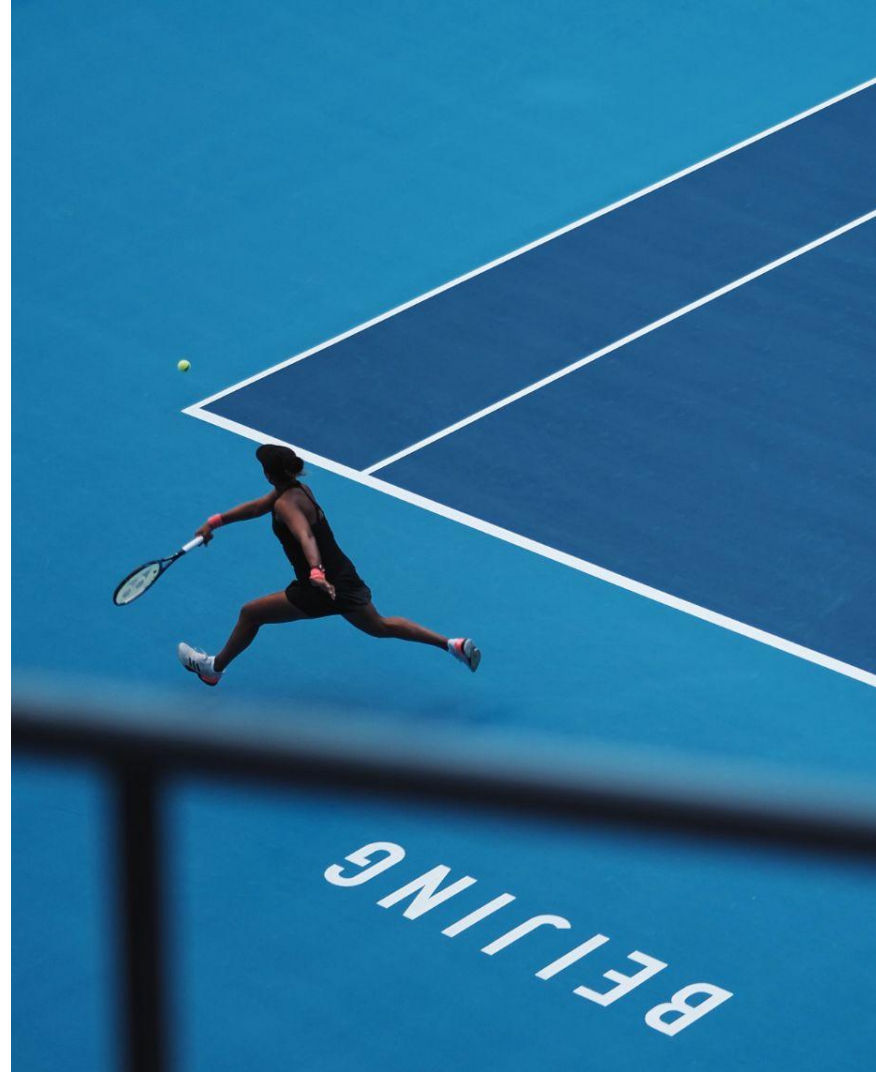
The need for sports psychiatry

Athletes and sports clubs are seeking clinicians who can answer the call.

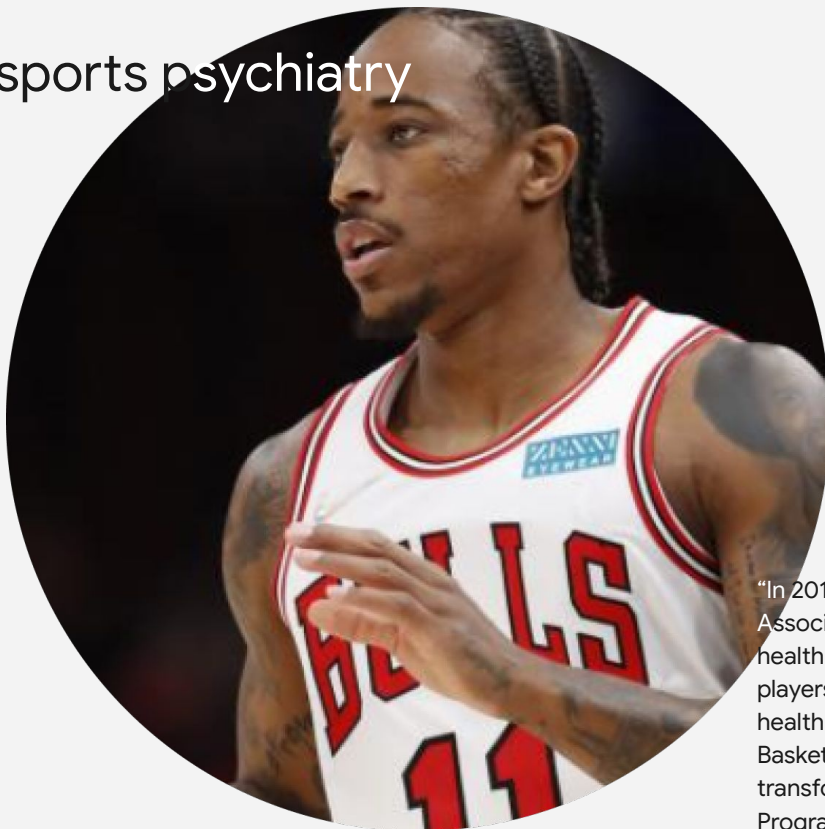
- Assess not only the illness but also the individual and their contexts
- So no athlete will feel compelled to say “My psychiatrist doesn’t understand me”

Advocate for the positive effects of physical activity towards mental health:

- Studies have shown a positive effect on self-esteem, reduction in stress, anxiety, and depression and improved sleep.
- Anxiety, depression, anger, fatigue have been shown to decrease following physical exercise while energy increases.



The need for sports psychiatry



“In 2018 the National Basketball Player’s Association (NBPA) launched a mental health and wellness program to provide players with greater access to mental health counselors; and the National Basketball Association (NBA) has transformed its Rookie Transition Program to place a greater emphasis on mental health education.”

The need for sports psychiatry



"Mental health is a focus for Team USA at Beijing Olympics– With the isolated experience of being at Olympic Village, with having such intense focus on competition ... they're further isolated out of fear of getting COVID-19, it's a very unique experience that can place significant physical and mental strain on the elite athletes."

The need for sports psychiatry



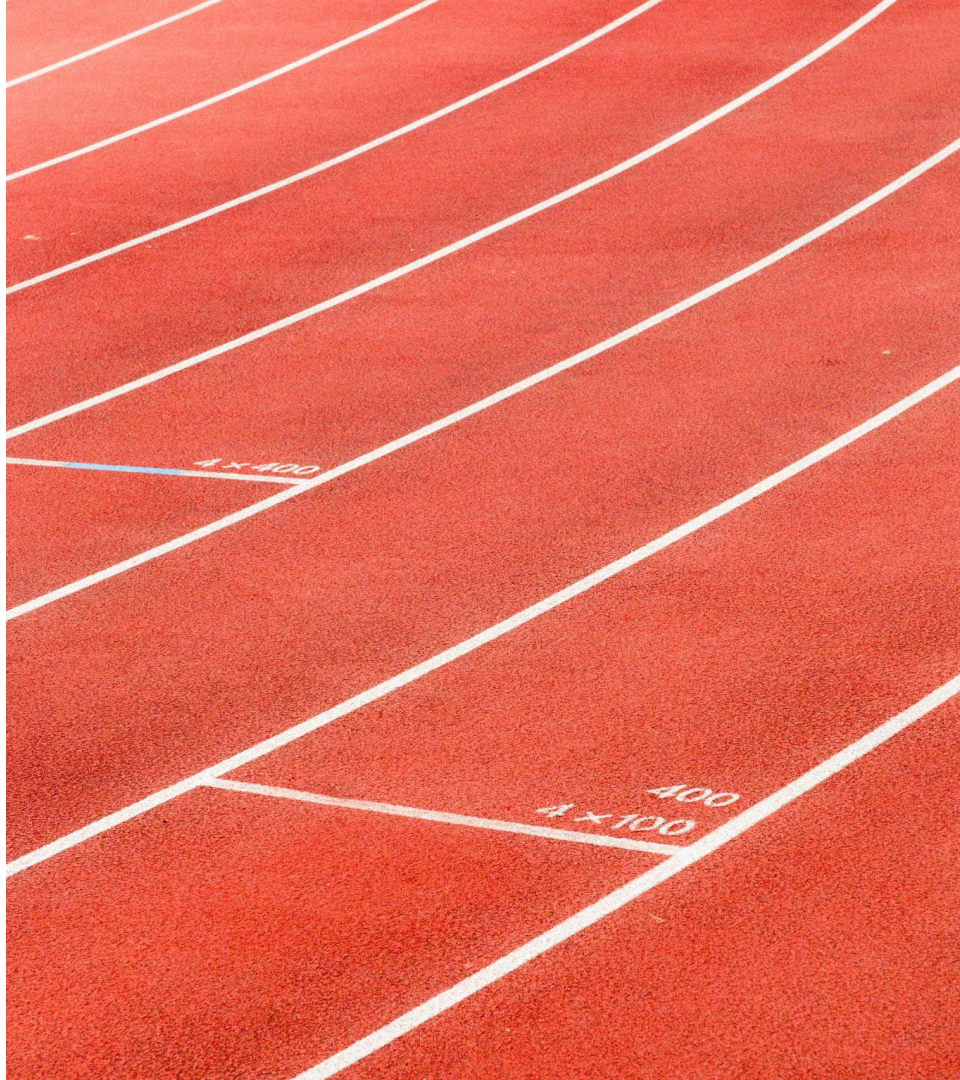
“A mental health crisis is percolating in baseball. One agent with a client who stepped away from the game says he asked the players association how many players were on the restricted list with mental-health-related issues and was told, ‘More than a dozen.’”

Anxiety in sports

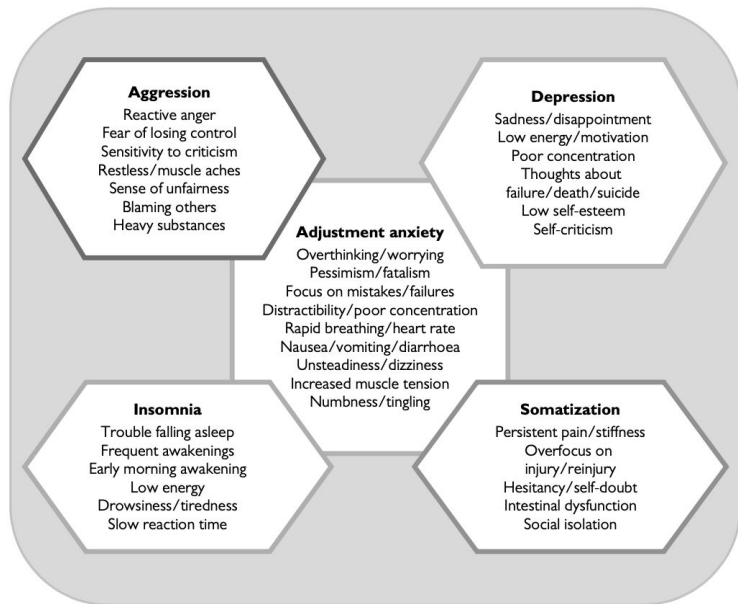
Anxiety disorders are the most common mental disorders seen in sport and occur in two distinct groups— **adjustment anxiety** and **primary anxiety disorders**.

Adjustment anxiety disorders are commonly seen as one of four subtypes with prominent symptoms of insomnia, depression, aggression, or somatization.

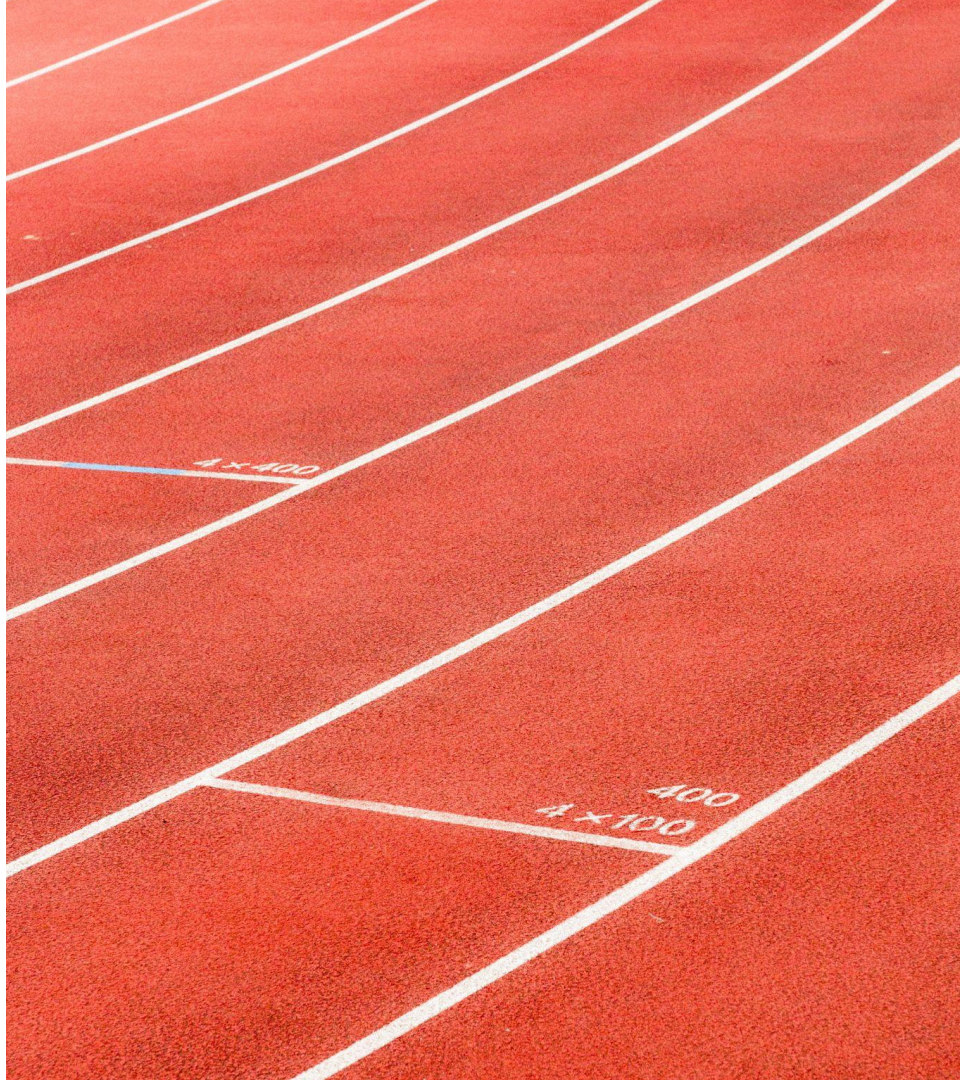
Primary anxiety disorders include specific phobias, social anxiety, generalized anxiety, panic disorder, and obsessive–compulsive disorder.



Anxiety in sports



Currie, A., & Owen, B. (2016). Sports psychiatry. Oxford University Press.



Anxiety in sports

Performance anxiety

- Associated with the perceived threat of performing a task under pressure.
- “Choking”

Treatment

- Cognitive therapy to recognize and replace unhelpful patterns of thinking
- Grounding
- Graded exposure



Mood disorders in sports

High-performance athletes are expected to meet to many physical and psychosocial demands that cause enormous stress.

Fame or material wealth are not protective factors and do not guard against developing depressive disorder.

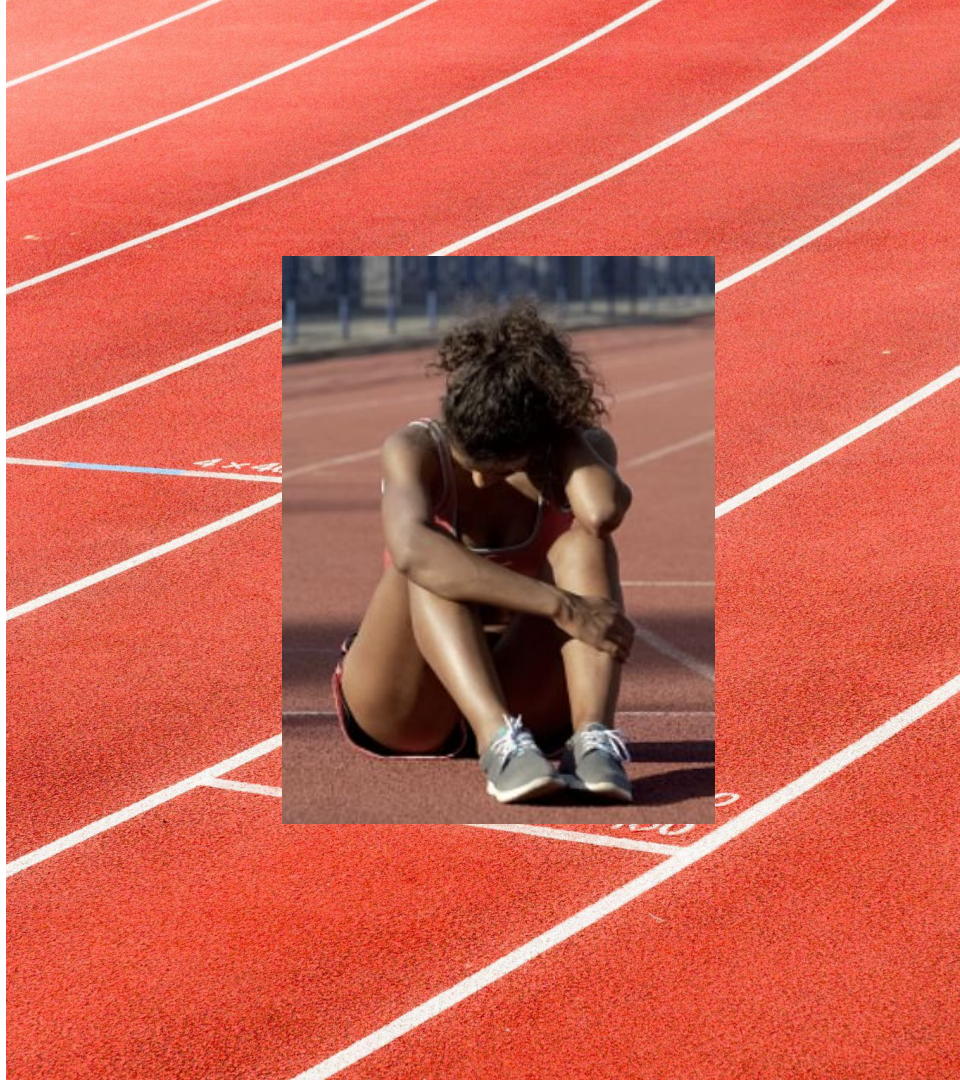
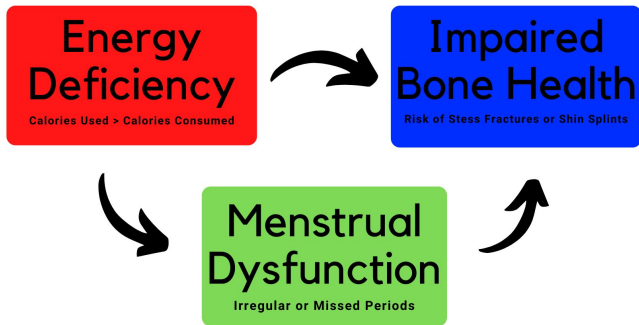
Diagnosing depression

- 5/9 DSM-5 criteria
- Somatic syndromes - early-morning awakening, diurnal mood variation (worse in the morning), weight loss, and diminished appetite and libido



Eating disorders in sports

“Female athlete triad”



Sleep disorders in sports

Interventions

- Relaxation breathing
- Stretching
- Sleep hygiene
- Medications/Aides



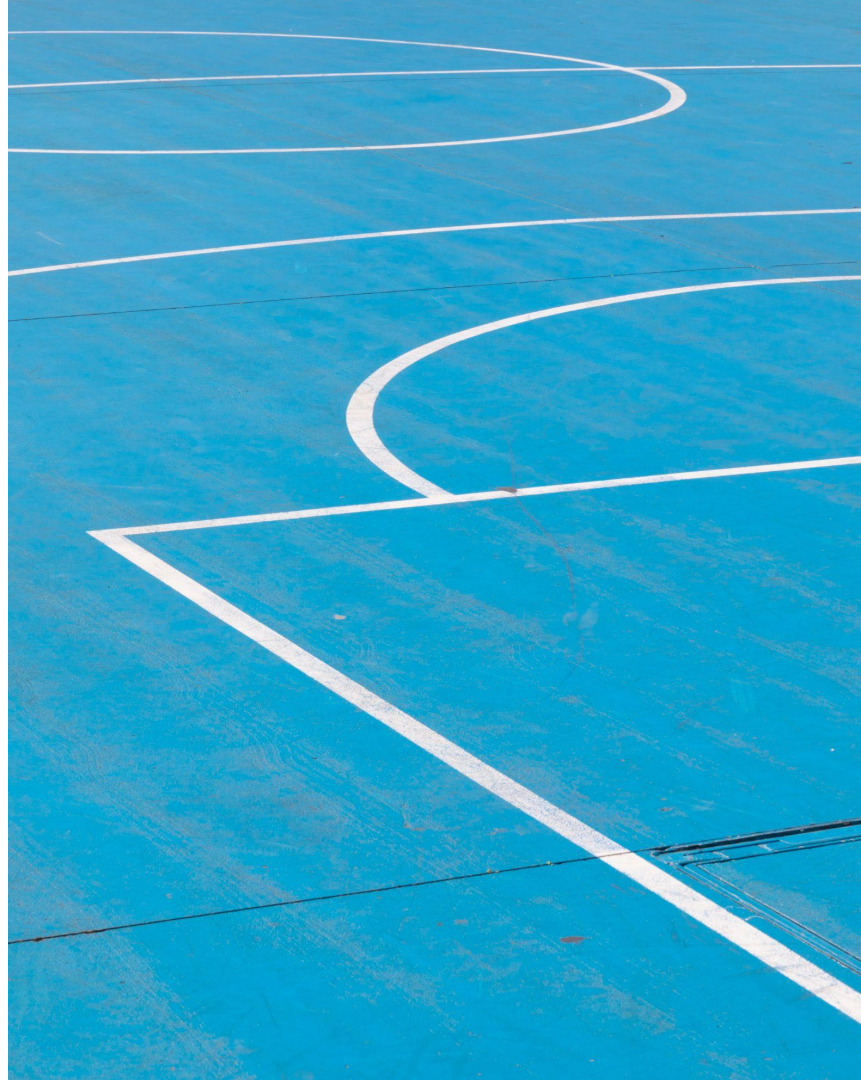
About ISSP



01 The [International Society for Sports Psychiatry \(ISSP\)](#) was founded in 1994 to advance the specialty of sports psychiatry.

02 ISSP believes in these [core values](#):

- Provide psychiatric care for athletes (diagnose and treat psychiatric disorders in athletes)
- De-stigmatize mental illness in sports
- Educate and collaborate with clinicians across disciplines on sports psychiatry
- Advocate for mental health in sports through the lifespan
- Promote fairness in sports
- Integrate and communicate with other fields of medicine
- Promote inclusion and cultural awareness within sports psychiatry and help reduce health disparities within all sports



Race & sports psychiatry

ISSP in Solidarity with Athletes of Color facing Racial Injustices, and Commitment to Action Against Racism

“We continue to advance the science and practice of mental health care for athletes of all types and cultural backgrounds.

In recent months, we have seen the dreadful history of racism come to a head and explode in civil unrest globally. We acknowledge that as a professional society, we have been influenced by the systemic racism that has affected cultures worldwide, and the intrinsic bias against Black People of Color and athletes from other racial backgrounds. Systemic racism is a worldwide enduring problem that undermines the mental health of the athletic community that we serve. We can better understand the mental health of those we serve when we truly understand their life histories, communities, and cultures. We must strongly advocate for respect and opportunity for all athletes. The ISSP is against both overt discrimination as well as systemic cultural practices that traumatize athletes and impair the mental health of the entire athletic community. We acknowledge that the mental health of athletes of color requires an active commitment to learn about the experiences of discrimination. We add our voice to this movement, and we draw upon its momentum to improve who we are and how we serve.”



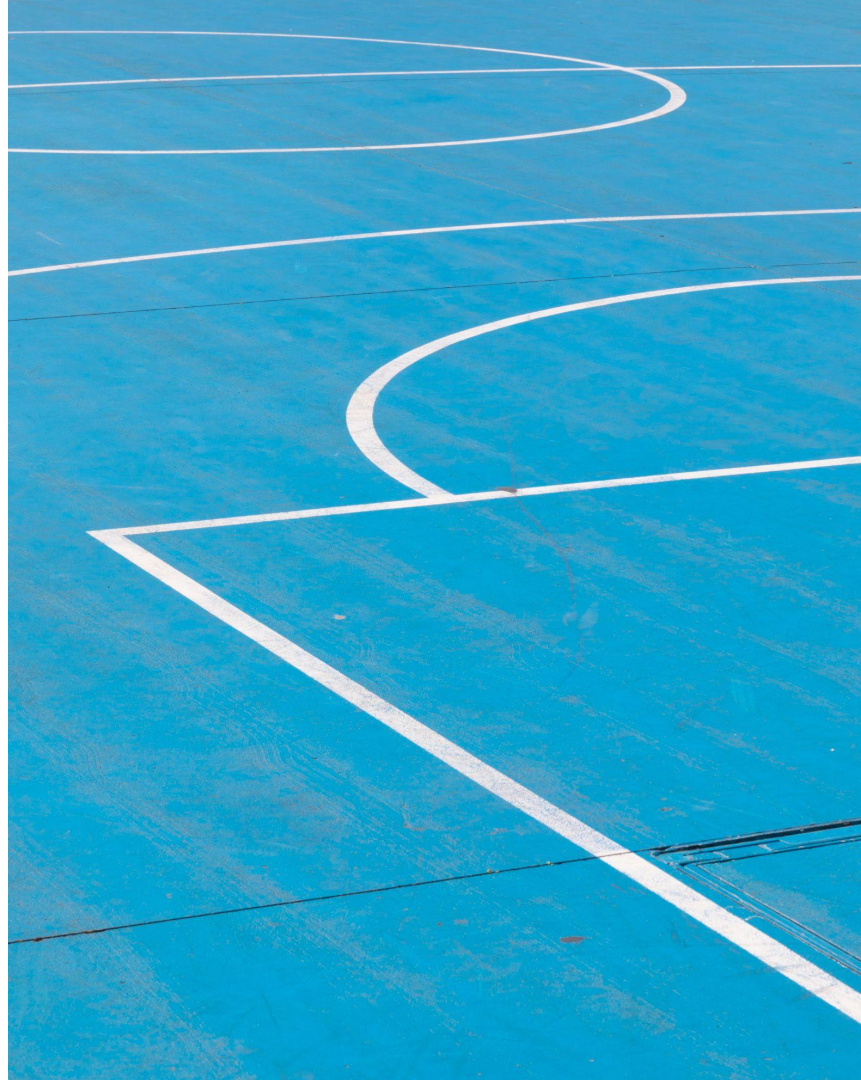
So – how do I get involved?



Fellowship: The UC Riverside School of Medicine's first-in-the-nation sports psychiatry fellowship program (starting in 2022)



Residency & Fellowship: The Sports Psychiatry and Sports Psychology Program



Other notables in academia



Claudia Reardon, MD:

- Co-directs the International Olympic Committee's Diploma Program on Mental Health in Elite Sport
- Fourth-year elective in sports psychiatry that uses the ISSP curriculum



David Baron, DO:

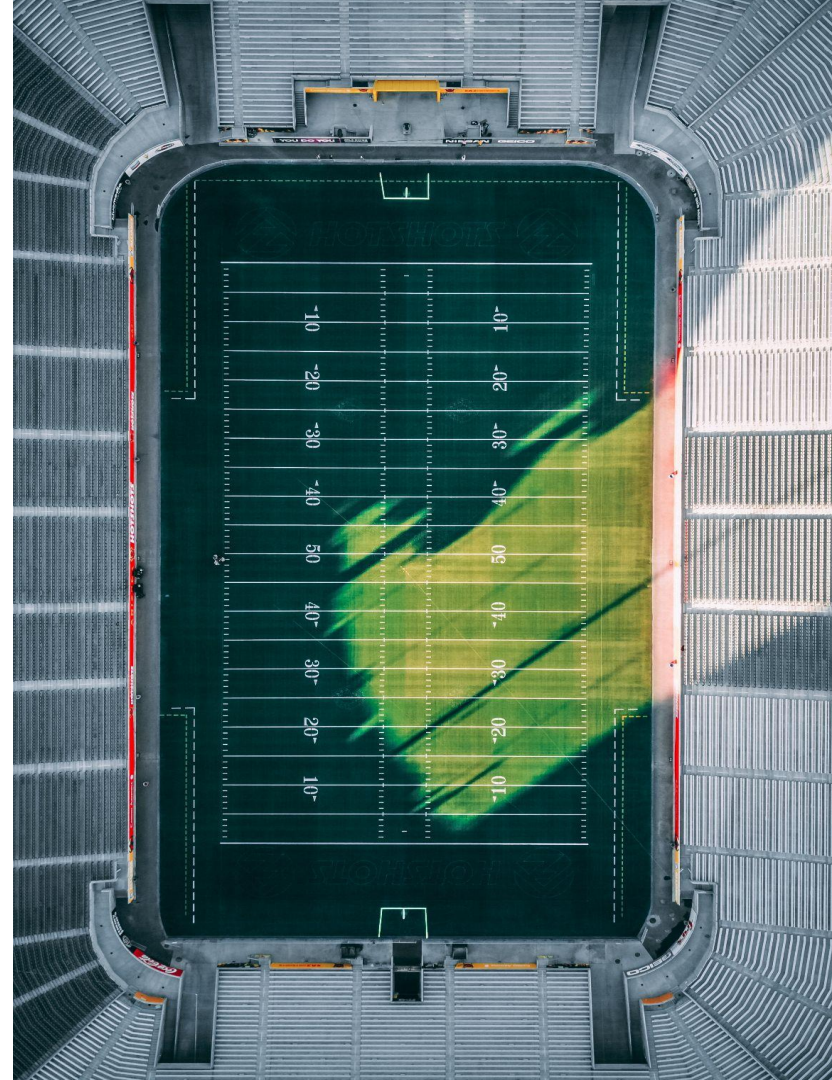
- Founder of WHO/WPA Section on Exercise, Psychiatry and Sport
- Leads ISSP's Concussion Committee



Interested? Join the ISSP!

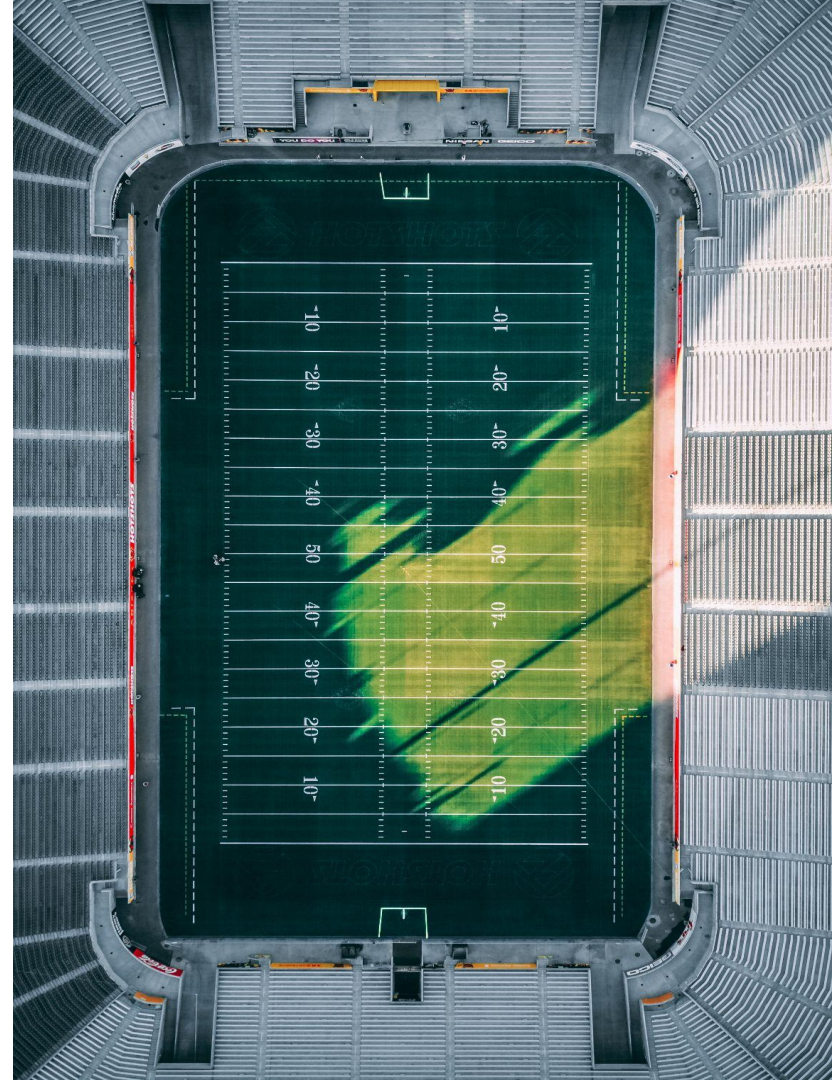


- Curriculum
- Mentorship
- Social Media

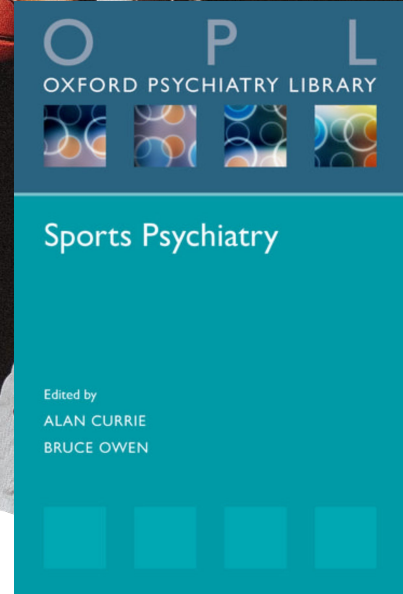
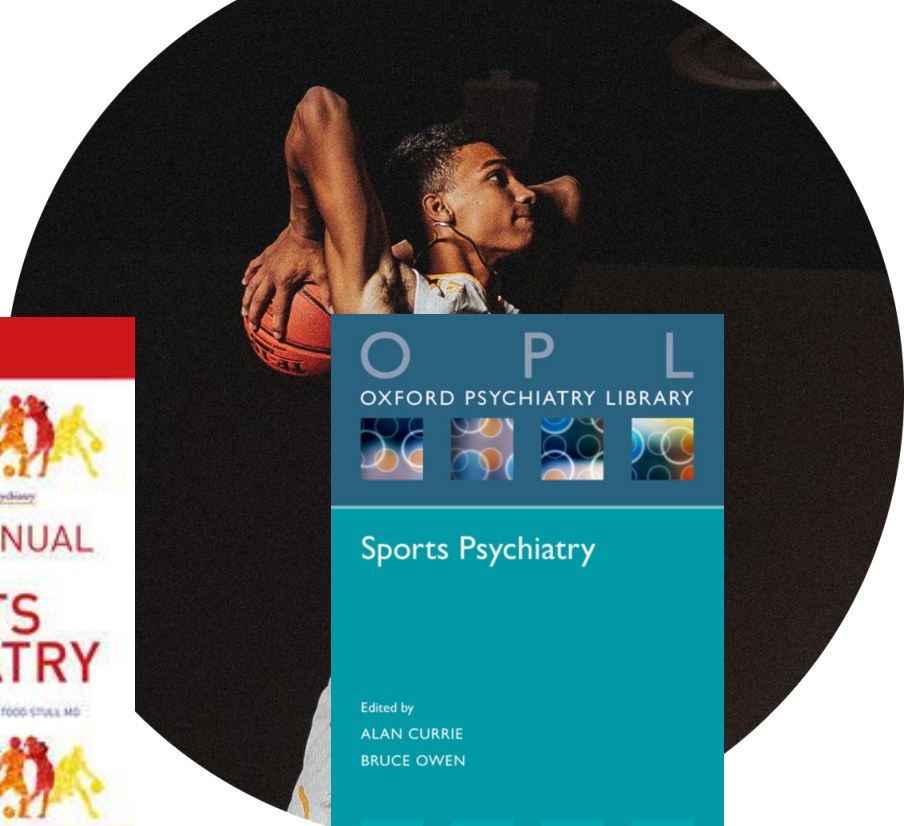
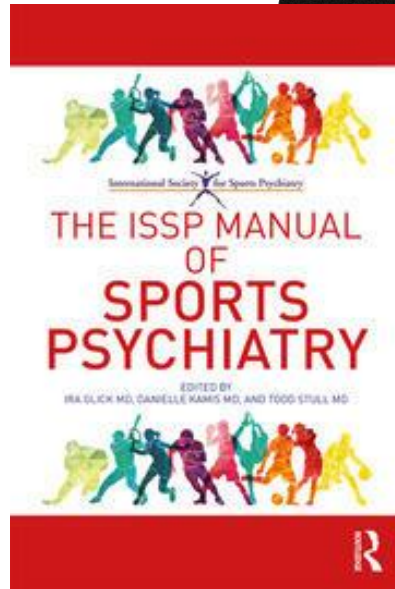
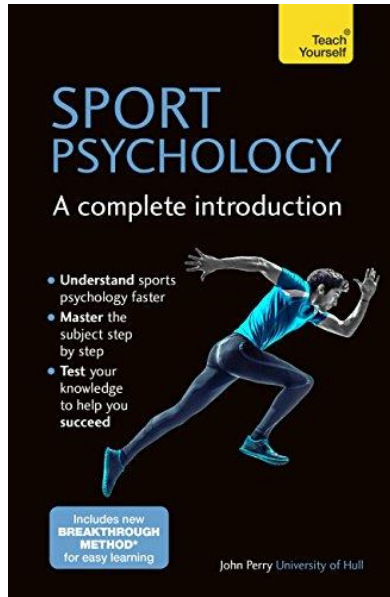


Takeaways & Discussion

- 01 There is growing attention focused on the mental health of athletes and staff.
- 02 Athletic clubs and programs are actively seeking clinicians who work with athletes have the knowledge and expertise necessary to address their specific needs - and look like them!
- 03 Interventions often occur across a spectrum:
 - Severe/primary mental illness
 - Performance concerns/adjustments related to mental health
 - Performance optimization
- 04 The best way to be involved is to be deliberate.

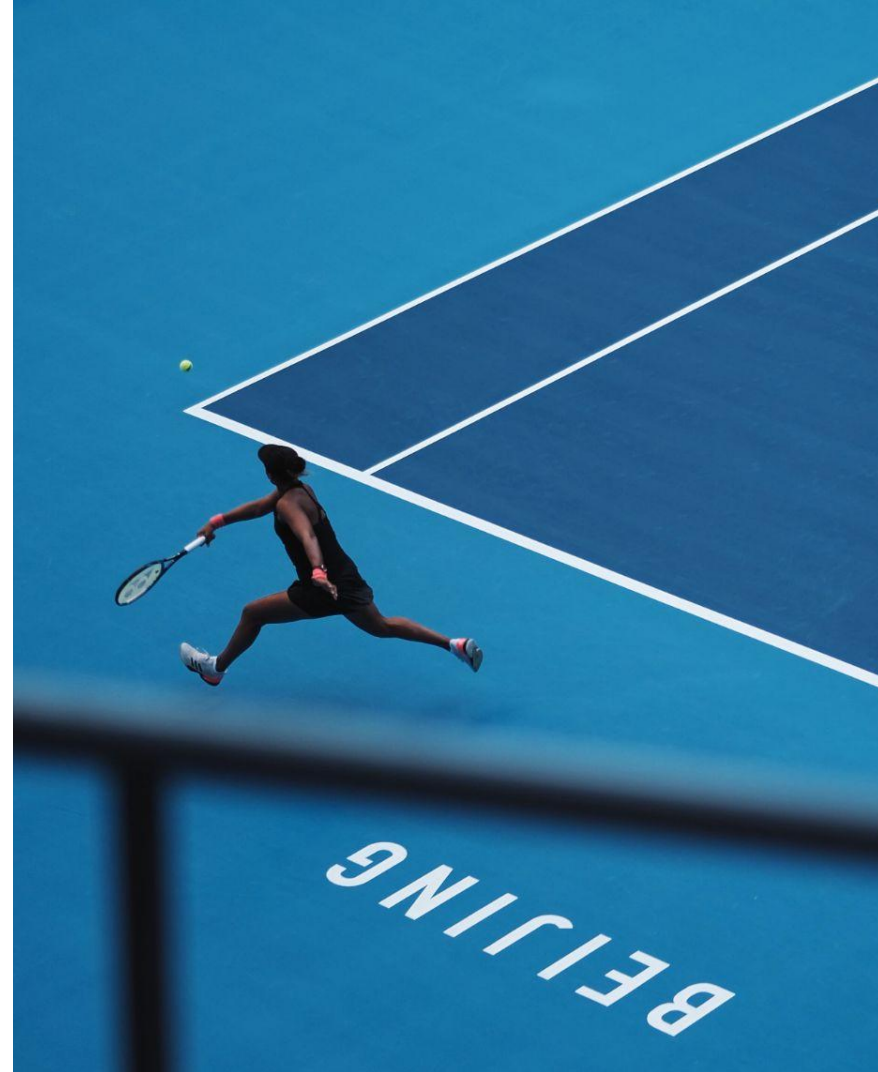


Some resources

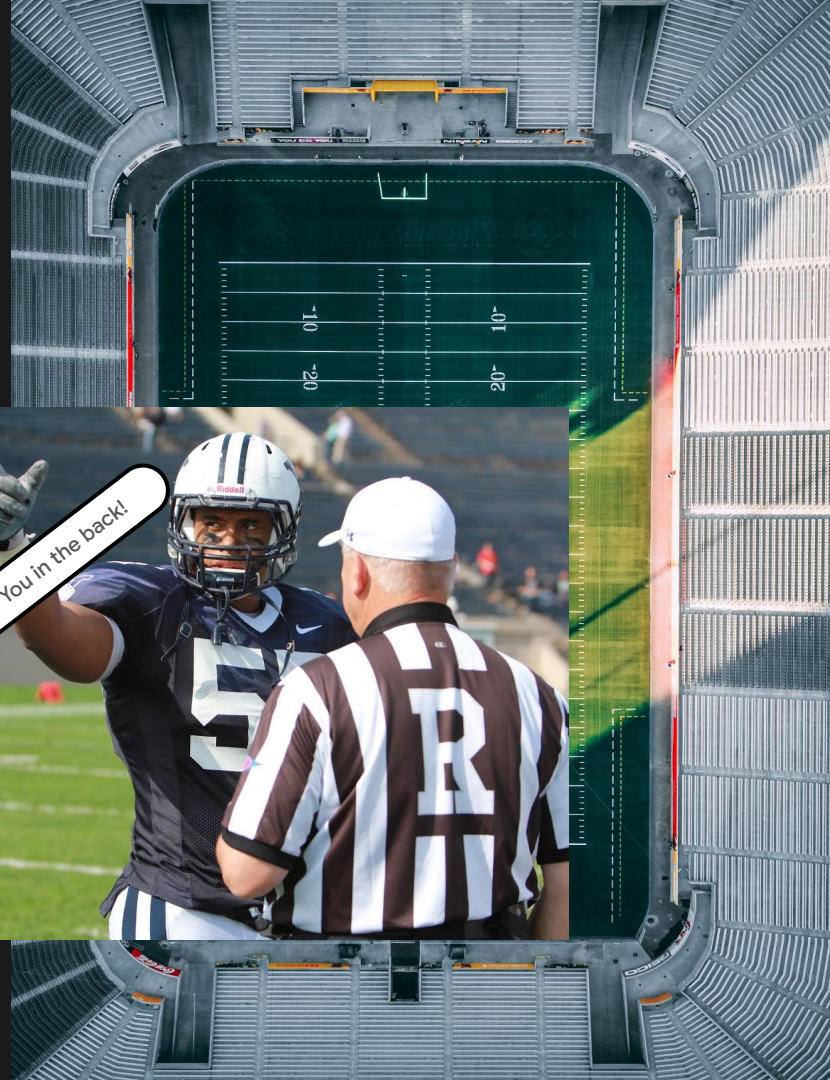


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Q & A



The end

Thanks for listening.
Keep in touch.

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