

Sports Psychiatry

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**Journal of Sports
and Exercise Psychology**

Special Section:
Sports Psychology and Sports Psychiatry

Sports Psychiatry

David R. McDuff



Sports Psychiatry:

Sports Psychiatry David R. McDuff, 2012 Sports competition from the student to the elite professional level is a specialized world. Its players face singular challenges in overcoming the stress, anxiety and fear of failure and success that characterize that environment. As the team psychiatrist for the Baltimore Orioles and the Baltimore Ravens since 1996, the author of *Sports Psychiatry: Strategies for Life Balance and Peak Performance* is uniquely aware of the knowledge and skills mental health practitioners require to work effectively with athletes as they strive to play better, heal better and feel better. The book is grounded in evidence-based psychiatry but is written in a style that will engage and inform not only mental health professionals but also primary care and sports medicine physicians, athletic trainers, team owners and managers interested laypeople and, of course, athletes themselves. Absorbing narratives exemplify the themes and issues covered in each chapter, including how to recognize and conquer stress, how to prepare mentally for competition, how to manage pain and how to tune out the myriad distractions of the athlete's life and focus on performance. The strategies that Dr. McDuff offers are down to earth, insightful and informed by his many years of experience treating players at the highest level. Practical and compassionate *Sports Psychiatry: Strategies for Life Balance and Peak Performance* will be of enormous help to readers inside and outside the sports arena.

The ISSP Manual of Sports Psychiatry Ira D. Glick, Stull Todd, Danielle Kamis, 2018-01-19 *The ISSP Manual of Sports Psychiatry* is the first text describing the role of a sports psychiatrist. Covering both individual as well as team sports, contact and non-contact from childhood through late adulthood, the manual describes the role of sports in our culture and details the psychiatric interventions associated with players and their teams. The editors take a broad focus covering topics from neuroscience, psychiatric and psychological aspects, performance enhancement, team chemistry and dynamics, organizational issues to working with medical, orthopedic, surgical and neurologic colleagues to provide comprehensive prevention and treatment to enhance well-being and performance. This text will be invaluable to medical and psychiatric physicians, psychologists and other mental health professionals as well as athletes, trainers, leagues and their commissioners, sports writers and even fans anxious to understand what is going on with their teams. **Sports**

Psychiatry Alan Currie, Bruce Owen, 2016 Psychiatric conditions of all kinds can present in sporting populations due to the high intensity physical effort, competition and anxiety associated with competitive sports. Mental illness is not just a health concern but is likely to have a significant impact on sporting performance and achievement. Part of the Oxford Psychiatry Library series, this concise and practical pocketbook covers the breadth of psychiatric conditions that can present in sportsmen and sportswomen. It provides practical and up-to-date guidance which is invaluable for all health professionals working within sporting communities. There are a variety of topics covered from eating disorders to psychotropic drug prescribing and it is based on the latest research to help health professionals working within sport better assess mental health problems and support those in need. **Clinical Sports Psychiatry** David A. Baron, Claudia L. Reardon, Steven H.

Baron,2013-04-12 This book has it all written by national and international experts and edited by world authorities it is the first book on sport psychiatry in over a decade Dealing with psychopathology mental health problems and clinical management it differs markedly from sports psychology books that focus on performance issues Eating disorders exercise addiction drug abuse are all problems that are seen in everyday athletes not just elite performers This book shows how to help This text covers the most important topics in contemporary sports psychiatry psychology from an international perspective Chapter authors are experts in the field and global leaders in the related professional organizations including current and past Presidents Chairs of the International Society for Sports Psychiatry and of the World Psychiatric Association Section on Exercise and Sports Psychiatry Authors are mainly psychiatrists the rest are PhD sport psychologists The book comprises representative chapter authors from around the world to an extent unprecedented in this topic The authors and editors are well informed in global perspectives e g having served as consultants to numerous Olympic teams in addition to service on the International Society for Sports Psychiatry s Board of Directors Specifically this book covers four main categories of topics 1 mental health challenges faced by athletes including substance use disorders exercise addiction eating disorders depression suicide and concussion 2 treatment approaches and therapeutic issues with athletes including different types of psychotherapy for psychiatric disorders psychotherapeutic performance enhancement approaches transference and countertransference issues achievement by proxy psychotherapeutic issues as applied to a couple of sports that are played around the world and use of psychiatric medications in athletes 3 psychosocial issues affecting athletes including sexual harassment and abuse cultural issues and ethics issues and 4 the field of sports psychiatry including work within one common sports psychiatry practice setting and current status of and challenges in the field of sports psychiatry There is a growing need for this book Performance enhancing drugs use of psychotropics in impaired athletes head trauma sexual abuse eating disorders ethics and depression and suicide in athletes are just a few of the timely subjects addressed in this text This is the only comprehensive reference available for those working in the field or merely interested in it to consult for current information on these topics The existing sports psychology texts all focus on performance issues with little if any attention paid to these areas of clinical significance The book addresses the core differences between sports psychiatry and sports psychology as well as the areas of overlap Emphasis is placed on how the disciplines should work together in diagnosing and treating athletes dealing with emotional stress and psychopathology Chapters include case examples and specific goals listed at the beginning along with tables and graphs to highlight key concepts *Case Studies in Sports Psychiatry* Amit D. Mistry,Thomas McCabe,Alan Currie,2020-08-06 The first ever sports psychiatry case study book blending athletes experience with evidence based expert clinical guidance **Sport Psychiatry: Maximizing Performance, An Issue of Psychiatric Clinics of North America, E-Book** Silvana Riggio,Andy Jagoda,2021-08-11 In this issue of Psychiatric Clinics Guest Editors Silvana Riggio and Andy Jagoda bring their considerable expertise to the topic of Sport Psychiatry

Maximizing Performance Top experts in the field cover key topics such as defining the role of the sport psychiatrist achieving peak performance the pathophysiology of brain injury and behavior and more Provides in depth clinical reviews on maximizing performance from a Sports Psychiatry perspective providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews Contains 13 relevant practice oriented topics including motivation and burnout in sports nutrition eating disorders and behavior sleep disturbances selection and interview criteria for drafting players and more *Sport Psychiatry* Daniel Begel,Robert Burton,2000 For professionals and others involved in sports who want to better understand the innermost lives of athletes and to treat the complex problems that can arise from competition this book provides both invaluable guiding principles and treatment specifics **Sport Psychiatry: Maximizing Performance, an Issue of Psychiatric Clinics of North America, 44** Silvana Riggio,Andy Jagoda,2021-08-19 This issue of Psychiatric Clinics guest edited by Drs Andy Jagoda and Silvana Riggio will discuss a number of important topics surrounding Sports Psychiatry This issue is one of four each year selected by our series consulting editor Dr Harsh Trivedi of Sheppard Pratt Health System Topics in this issue include Defining the Role of the Sport Psychiatrist Achieving Peak Performance The pathophysiology of brain injury and behavior Traumatic Brain Injury and its Behavioral Sequelae Anxiety Substance abuse and its impact on performance Sports Psychiatry and its Research Agenda Motivation and burnout in sports Nutrition Eating Disorders and Behavior in the Athlete Approach to Sleep Disturbances in the Athletes Depression Assessment Challenges and Treatment Strategies in the Athlete Selection Interview Criteria for Drafting Players and Concussion in Youth **Handbook of Sports Medicine and Science** Margo Mountjoy,2014-10-06 This new International Olympic Committee IOC handbook covers the science medicine and psycho social aspects of females in sports at all levels of competition Each chapter focuses on the specific issues that female athletes confront both on and off the field such as bone health nutritional recommendations exercise competition during menstruation and pregnancy and much more Fully endorsed by the IOC and drawing upon the experience of an international team of expert contributors no other publication deals with the topic in such a concise and complete manner The Female Athlete is recommended for all health care providers for women and girl athletes internationally for all sports and all levels of competition It is a valuable resource for medical doctors physical and occupational therapists nutritionists and sports scientists as well as coaches personal trainers and athletes Understanding Sport Psychology Gavin Breslin,John Kremer,Aidan Moran,Cathy Craig,Stephen Shannon,2021-10-13 Sports Psychology is a popular area that has grown dramatically over the past few decades due to an increasing emphasis on the importance of psychology for athletic performance engagement in exercise and in the business and industry of sport This text is a concise focussed overview of all the core concepts in sports psychology at both undergraduate and postgraduate level Using key studies and evidence this

book explains and develops key topics and acts as a springboard for further reading and debate This is a stimulating and practical resource for sport and exercise students sport coaches and athletes alike covering new developments within the field including Social Identity Theory Mental Health Awareness in Sport Resilience and Mindfulness With additional pedagogy including further reading figures and diagrams to help visualise key theories and case studies Understanding Sport Psychology is essential reading for any student of sport psychology Mental Health Care for Elite Athletes Claudia L. Reardon, 2022-10-05 This book examines the nuances and specifications of mental health in elite athletes It meets the market need for a reference that utilizes a narrow scope to focus on the unique nature of this demographic s mental health It enriches the understanding and appreciation of mental health symptoms and disorders in elite athletes and thus the ability to appropriately address those issues The book first addresses the essential topics necessary for an authoritative resource on mental health such as general mental health disorder symptoms diagnoses and treatment Subsequent chapters then dive into the very specific issues affecting elite athletes including the adverse effects of overtraining sports related concussions behavioral addictions and psychological responses to injury and illness Closing chapters then analyze mental health disorders and issues specific to diverse demographics such as youth athletes Paralympic athletes and athletes of various ethnic and religious backgrounds Timely and essential Mental Health Care for Elite Athletes is an invaluable reference for a variety of healthcare professionals who work with elite athletes and interested non medical members of the athlete entourage such as coaches and family **Handbook of Sports Medicine and Science, The Female Athlete** Margo Mountjoy, 2014-12-03 Each chapter focuses on the specific issues that female athletes confront both on and off the field such as bone health nutritional recommendations exercise competition during menstruation and pregnancy and much more Fully endorsed by the IOC and drawing upon the experience of an international team of expert contributors no other publication deals with the topic in such a concise and complete manner Sport and Mental Health David Baron, Thomas Wenzel, Andreas Ströhle, Todd Stull, 2023-09-12 This user friendly comprehensive and highly relevant book allows readers to gain a better understanding of mental health issues in sport and exercise The field of sports psychiatry continues to grow globally at a rapid pace This in part can be explained by the changing culture of sport leading to an appreciation of the role of psychiatric symptoms and syndromes in the world of sport but also the increasing spread of both highly performance oriented and grass roots basic sports and the associated risks in large sections of the population The long standing stigma attached to mental health problems such as depression anxiety ADHD suicide brain injuries substance abuse is being challenged not only by high profile athletes but also in public health and general mental health services The book utilizes an innovative case based and structured didactical format to provide short summaries of recent research by leading experts in the respective fields as well as up to date prevention and clinical guidelines for all relevant disorders in a way that is easily accessible to the large and growing groups interested and active in sports This work is relevant for all mental health professionals and can also be

used by a wider readership including medical doctors psychologists athletes and coaches A second volume covers the role of exercise as an effective treatment for a number of common psychiatric conditions such as depression anxiety eating disorders and substance abuse The Routledge Handbook of Clinical Sport Psychology Donald R. Marks, Andrew T. Wolanin, Kendahl M. Shortway, 2021-07-29

Clinical sport psychology is a rapidly growing field that brings together research and clinical interventions from both clinical psychology and sport and performance psychology Complementary to sports medicine and clinical sport psychiatry clinical sport psychology addresses the mental health needs and psychological well being of athletes coaches and other members of the sport community It offers scientifically informed conceptualizations of psychological distress as it manifests in sport settings as well as empirically supported clinical interventions tailored to the needs of sport populations This volume addresses the latest research findings regarding mental health among athletes and other sport professionals including epidemiological research concerning depression anxiety eating disorders and conduct and interpersonal problems In addition it explores the unique etiology of mental health problems among athletes including psychological sequelae of injury and trauma as well as concise practice guidelines for conceptualizing and treating psychological distress in sport populations Strategies for thorough yet efficient psychological assessment of athletes coaches and other sport professionals are also provided A compendium of relevant empirical research and clinical best practices for assessment and treatment this handbook charts the course that clinical sport psychology has taken since its inception as a distinct clinical specialty and highlights future directions for this rapidly growing practice domain It offers essential reading for psychologists and other mental health professionals who provide clinical services in sport and performance settings

Fundamentals of Sport and Exercise Psychology Alan Kornspan, 2009-03-18 The e book for Fundamentals of Sport and Exercise Psychology is available at a reduced price and allows students to highlight take notes throughout the text When purchased through the Human Kinetics site access to the e book is immediately granted when the order is received Fundamentals of Sport and Exercise Psychology provides a preparatory look at the opportunities and goals in the field of sport and exercise psychology Rather than focus on theory and concepts this text answers basic questions for newcomers to the field by providing information on what sport and exercise psychology is and what it has to offer It integrates applied and career information to show the basic principles of the field contains information on where sport and exercise psychology professionals work the types of jobs they hold the services they provide and the opportunities available to those thinking of entering the field Engaging for readers of all levels this book provides a clear and motivating vision of the future of the field and an update of the various career opportunities available Throughout the resource many features bring the practical aspects of sport and exercise psychology to life for those wondering what sport and exercise psychology is all about Success Stories highlight influential practicing sport psychologists and mental training consultants to give readers an idea of how researchers and professionals are applying their knowledge in jobs and the many possible career paths available

Psychological Insights pull readers into the text with quirky or surprising Did you know facts Numerous quotes emphasize what sport and exercise psychologists practitioners and athletes in the real world have to say about the topic at hand Real life examples introduce readers to the possibilities ahead and get them excited about where further study can lead The appendixes contain additional resources that students can consult as they continue their career journey and provide tips for applying the principles of sport and exercise psychology in various professions

Fundamentals of Sport and Exercise Psychology

examines what sport and exercise psychologists do what they study and how these factors relate to the real world

Part I of the text presents an overview of exercise and sport psychology its current status within kinesiology and the various career paths available Part II explores the key objectives for people actually working in the field Each of the seven chapters in part II covers an area commonly discussed in sport and exercise psychology giving readers a better understanding of the main directions and visions for the field Readers will briefly look at how sport psychology professionals and educators enhance the performance of individual athletes and teams teach others how to create a positive sport environment assess the mental skills of athletes care for injured athletes and encourage involvement in exercise and fitness The emerging areas of counseling athletes regarding life skills and clinical issues are also discussed This text is the first in the new Human Kinetics Fundamentals of Sport and Exercise Science series The series helps students and professionals understand the basic topics goals and applications of the many subdisciplines in kinesiology This and other books in the series provide a solid grounding that readers can use as a jumping off point for further study

Fundamentals of Sport and Exercise Psychology

will leave students with a clear understanding of what sport and exercise psychology professionals do and where they work Just as important the book will motivate them to continue their exploration of the many rewarding career paths the field has to offer

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Mental Health of Athletes Christine L. B. Selby, 2025-09-04

Sports can boost mood reduce stress and build confidence but pressure to win and injuries can also lead to anxiety eating disorders and depression among athletes

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Mental Health of Athletes

is divided into three sections Part I explores different aspects of the complex relationship between athletics and mental health This includes both the positive and negative mental health impacts sports can have on athletes as well as how different biological

and social factors can influence an athlete's health. This section also examines the role that age has on mental health from youth sports to senior athletes as well as the unique mental health challenges faced by disenfranchised groups such as disabled and LGBTQ athletes. Part II features coverage of several high interest issues in this field including the risk of suicide among athletes and the impact of the Covid 19 pandemic on athlete mental health. Part III provides a variety of useful materials including illuminating case studies, a glossary and a directory of resources.

Primary Care Sports Medicine: Updates and Advances, An Issue of Clinics in Sports Medicine Dilaawar J. Mistry, John M. MacKnight, 2011-07-28 In this issue of Clinics in Sports Medicine guest editors Dilaawar Mistry and John MacKnight have developed a team of experts to review updates and advances in Primary Care Sports Medicine focusing on those areas that are recently and/or rapidly changing in the sports medicine world. Topics in this issue include common infectious conditions, pulmonary disorders, cardiac screening, pros and cons, pharmacy, neuropsychiatric considerations, recent advances in the management of eating disorders and female athlete triad, iron and nutritional issues, sickle cell, the international athlete and Attention Deficit Disorder in athletes.

Wellbeing and quality of life in elite sports: Towards evidence-based approaches for psychological health promotion and proactive support Carolina Lundqvist, Abbe Brady, Nick Galli, 2023-03-01

Sports Medicine, An Issue of Primary Care Clinics in Office Practice Vincent Morelli, Andrew Gregory, 2013-06-28 This issue of Primary Care Clinics in Office Practice features expert clinical reviews on Sports Medicine which includes current information on updates, advances and controversies on topics such as the evaluation and treatment of head injuries, neck injuries, back injuries in the adult and pediatric athletic population, foot and ankle injuries, knee injuries, hip and groin injuries, shoulder injuries, elbow injuries, hand and wrist injuries, overuse injuries, sports nutrition and ergogenic aids.

The Routledge International Encyclopedia of Sport and Exercise Psychology Dieter Hackfort, Robert J. Schinke, 2020-04-14 The Routledge International Encyclopedia of Sport and Exercise Psychology integrates the topics of motor control, physical education, exercise, adventure, performance in sports and the performing arts in several important ways and contexts drawing upon diverse cultural perspectives. More than 90 overarching topics have been systematically developed by internationally renowned experts in theory, research and practice. Each contribution delves into a thematic area with more nuanced vocabulary. The terminology drawn upon integrates traditional discourse and emerging topic matter into a state of the art two volume set. Volume 1: Theoretical and Methodological Concepts is comprised of theoretical topic matter spanning theories and terminology from psychology contextualized to sport and physical activity, sport psychology focused theories and expansive discussions related to philosophy of science and methodology. Volume 2: Applied and Practical Measures draws upon practical concepts that bridge theory and research and practice. Broader issues that extend beyond sport and physical activity participants are embedded within the entries intended to augment physical, mental and social well-being. This expansive encyclopedia is a must-have resource for all professionals, scholars and students in the fields of sport psychology and sport science.

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