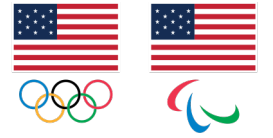




ASSESSMENT MENTAL HEALTH IN THE ATHLETE

JONATHAN FINNOFF, DO, FAMSSM, FACSM
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Outline

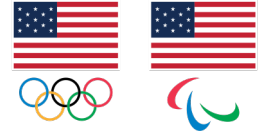
- Introduction
- Infrastructure
- Sport Mental Health Assessment Tool
- Practical Application: The Games Experience
- Conclusions





01

Introduction

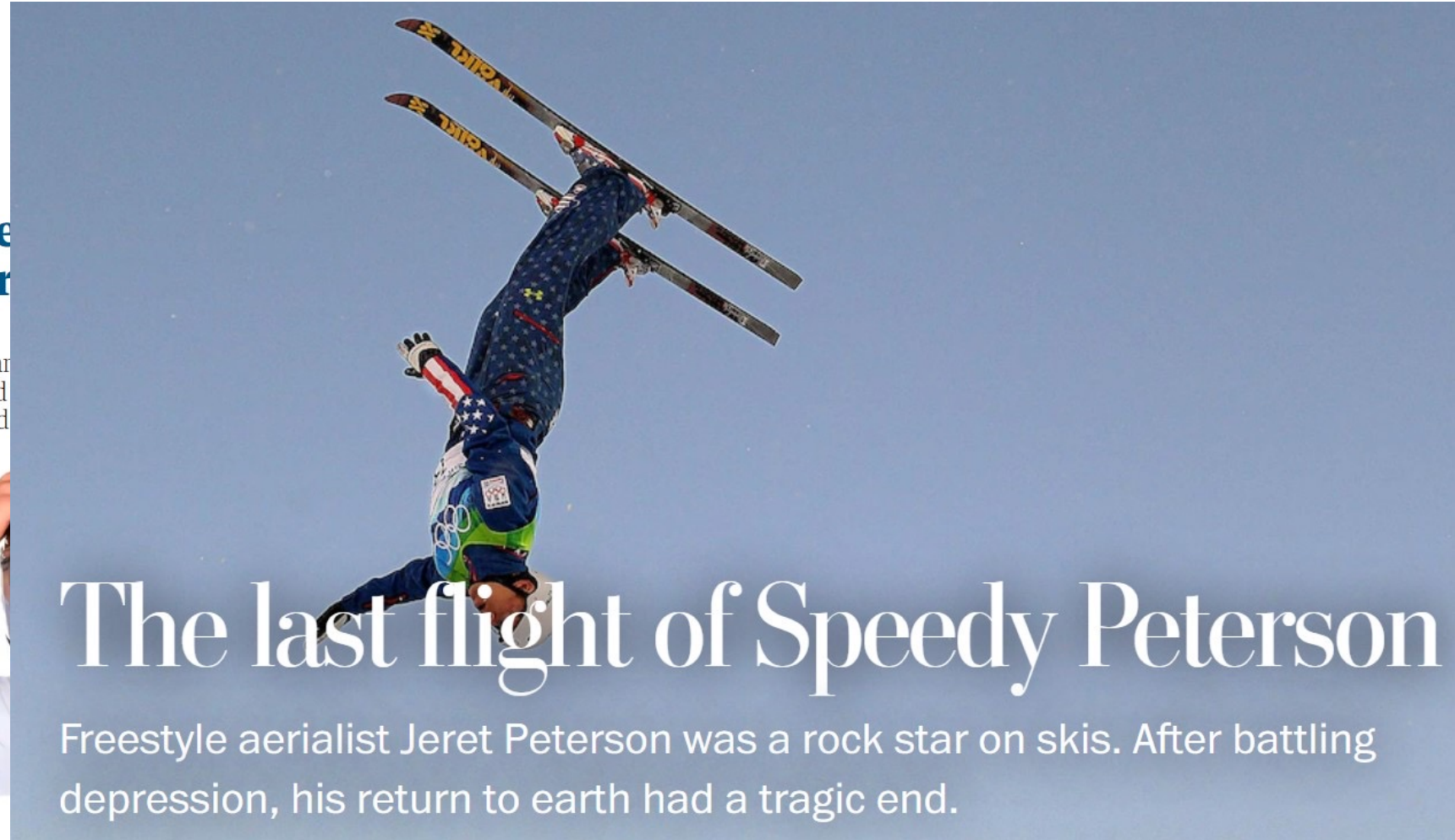


Introduction

- Speedy

Bobsleigh
The life
forever

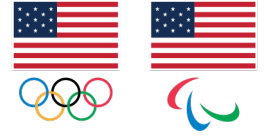
The American
Olympic gold
much missed



The last flight of Speedy Peterson

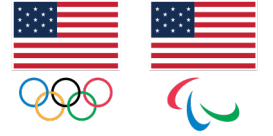
Freestyle aerialist Jeret Peterson was a rock star on skis. After battling depression, his return to earth had a tragic end.

Introduction



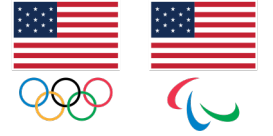
- Mental health disorders are common in elite athletes^{1,2}
 - 5-35% of athletes over 12-month period
 - *Data varies due to risk factors and protective factors.*
 - 19% alcohol misuse
 - 34% anxiety/depression

Introduction

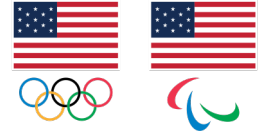


- Mental Health Risk Factors for Elite Athletes ^{3,4}
 - Injury, Surgery
 - Financial Stress
 - Pressures of Elite Competition
 - Travel/Time away from Family/Friends/Experiences
 - Cancellations, Postponements of Competition
 - LGBTQ, Gender Identity and Gender Expression
 - Ending of Career/Retirement (e.g., college/professional, due to injury)
 - Underlying Mental Illness

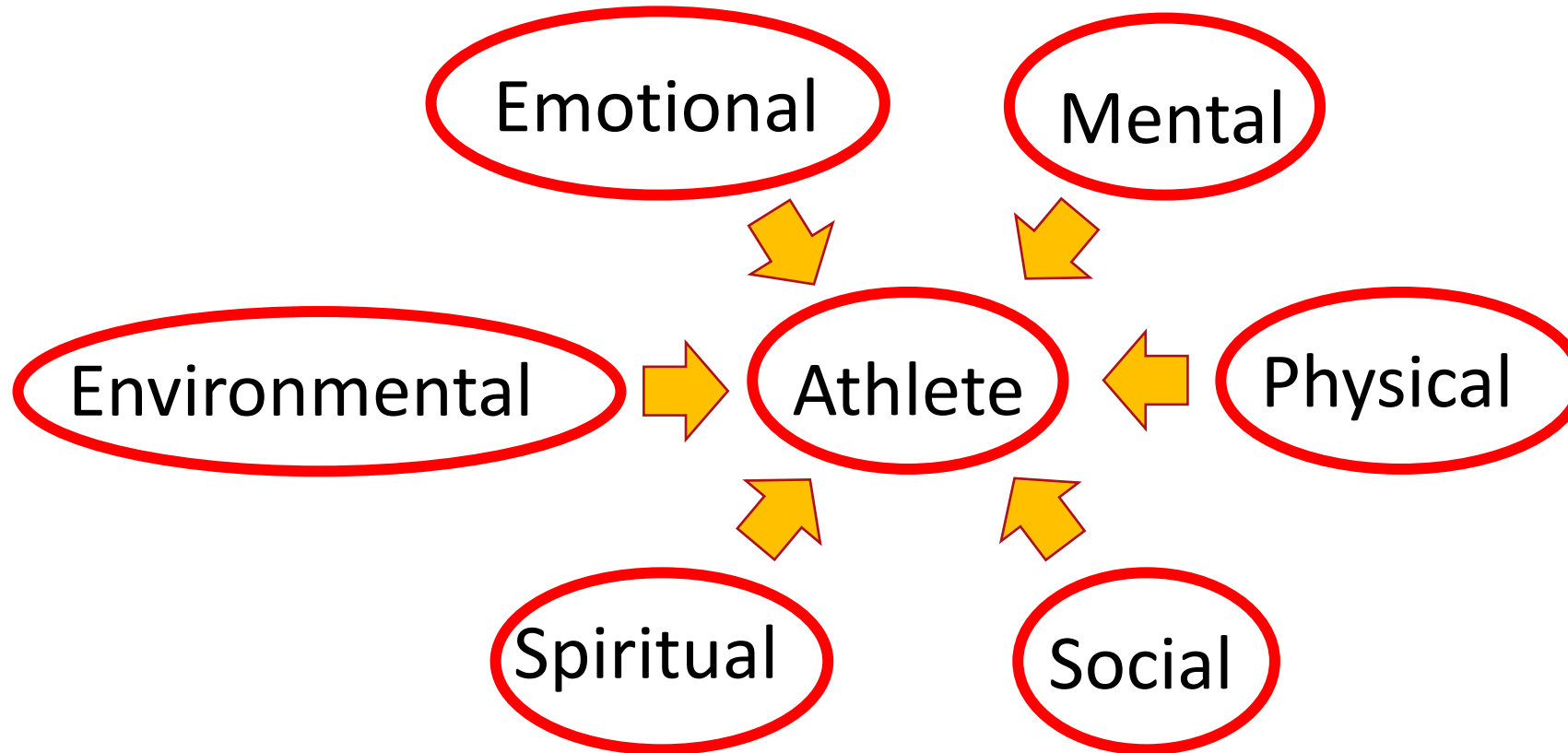
Introduction



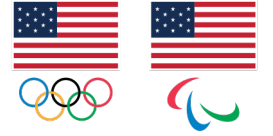
- In 2018, the International Olympic Committee (IOC) convened international expert panel on mental health (23 individuals from 13 nations).
- Published IOC Consensus Statement on Mental Health in Elite Athletes²
 - These experts systematically reviewed 20 topics related to elite athlete mental health including risk factors, mental health disorders and treatments.



Introduction



Introduction

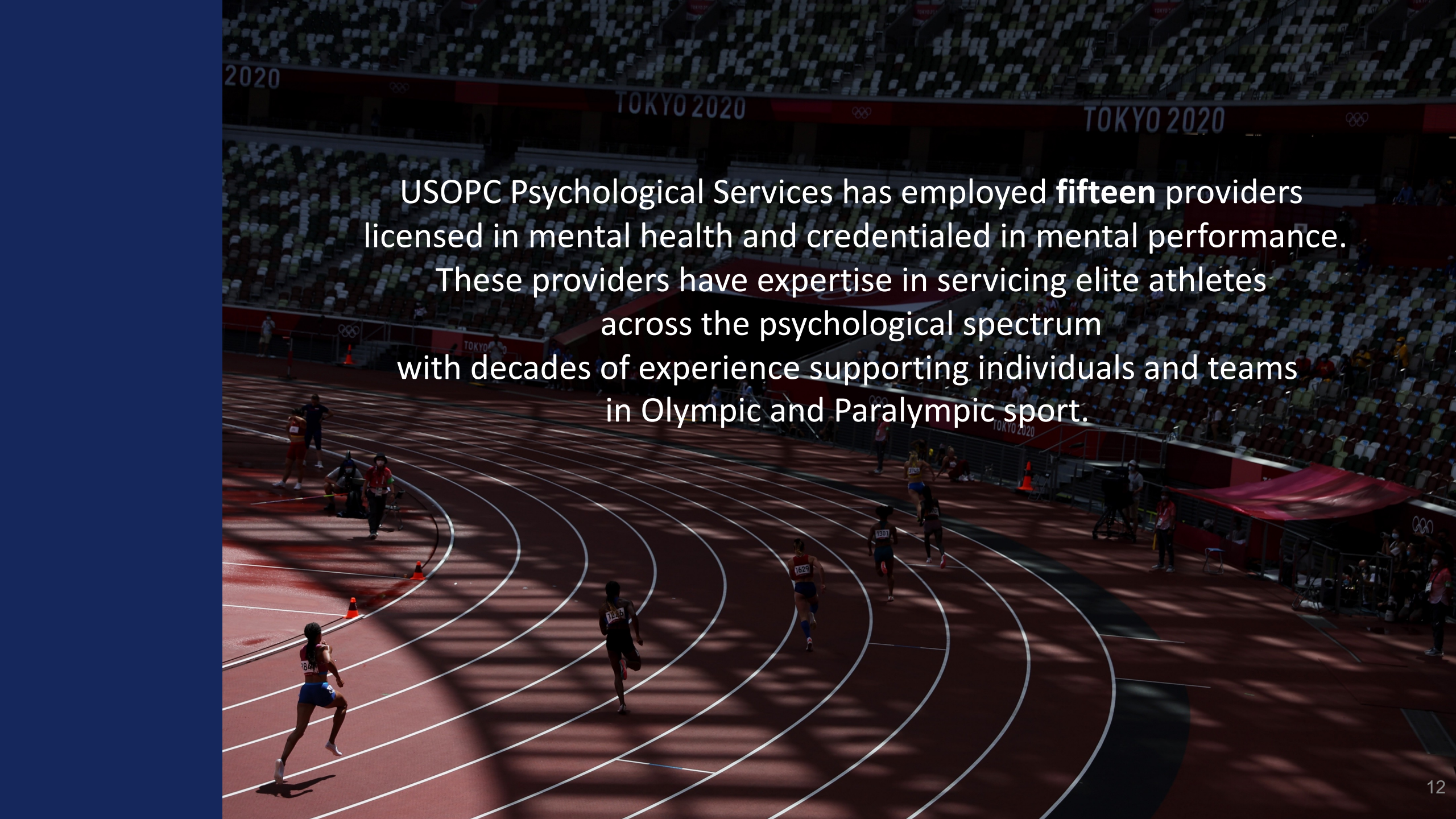


- Conclusions
 - Mental health can be severe and disabling
 - Should be viewed/normalized like other MSK and medical illnesses
 - Can be treated if identified and managed properly
 - Assessment should be commonplace and accessible
- Need to develop a mental health screening tool for elite athletes*

02

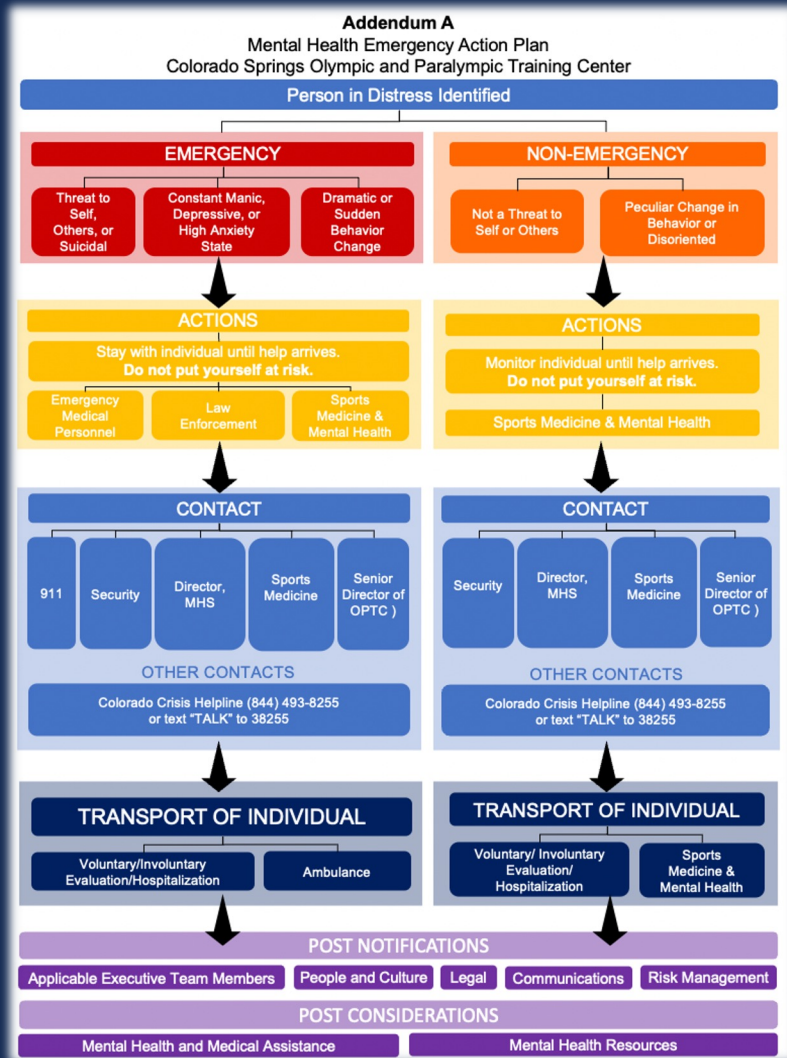
Infrastructure





USOPC Psychological Services has employed **fifteen** providers licensed in mental health and credentialed in mental performance. These providers have expertise in servicing elite athletes across the psychological spectrum with decades of experience supporting individuals and teams in Olympic and Paralympic sport.

USOPC Mental Health Emergency Action Plan (MH EAP)



USOPC Psychological Services created a 60-page Mental Health Emergency Action Plan (MH EAP) to help direct mental health problems, crises, and emergencies occurring at USOPC-sanctioned events with Team USA stakeholders.

Team USA Psychological Services Support Line

+1 719-866-CALL (2255)

The USOPC has contracted with a nationwide call center to create a confidential psychological services support line that is available to Team USA domestically and internationally 24 hours a day, 7 days a week.

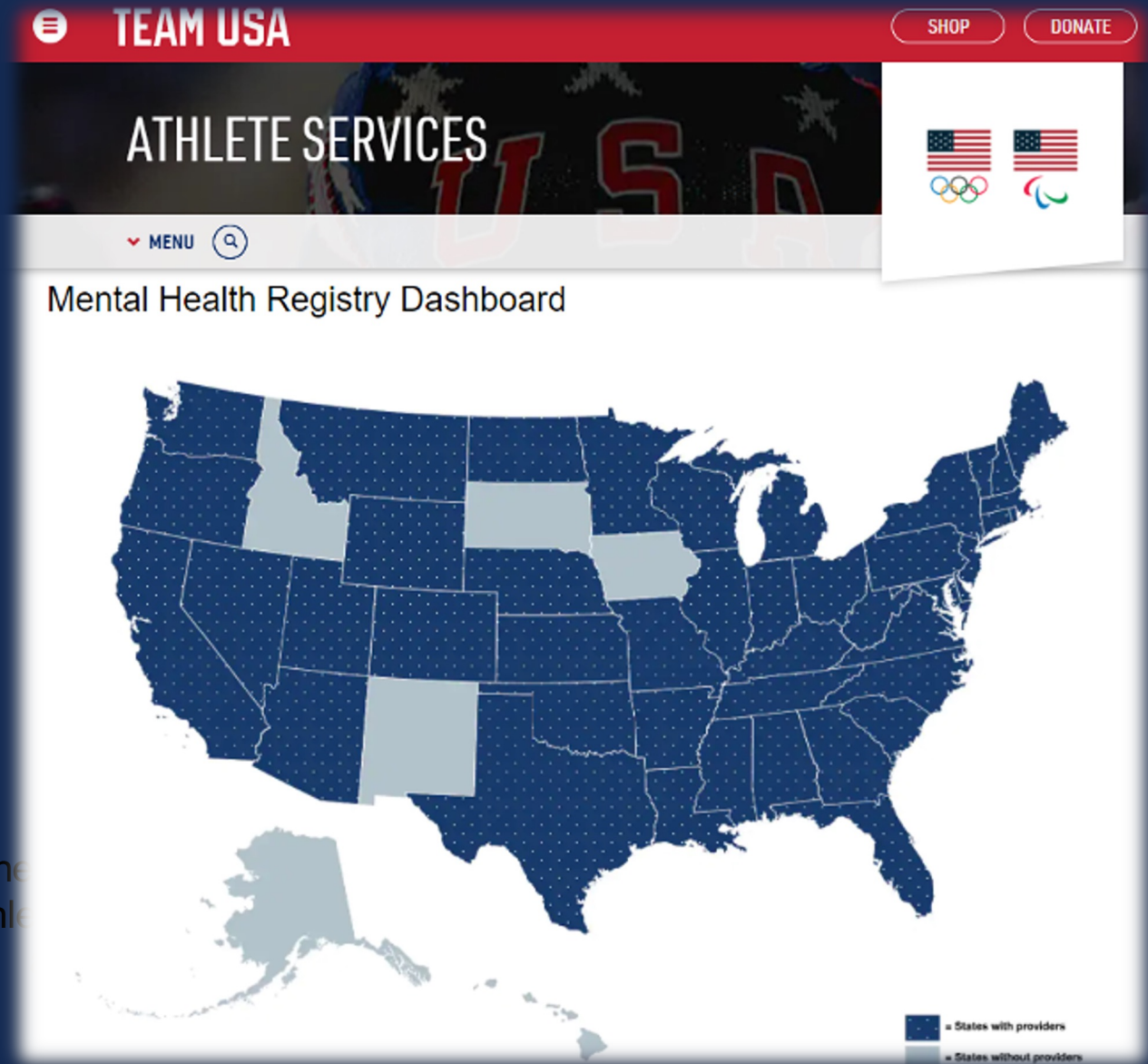


USOPC Mental Health Registry

TeamUSA.org/mentalhealthregistry

The USOPC Mental Health Registry allows Team USA athletes to search for highly qualified, licensed mental health providers – including social workers, professional counselors, marriage and family therapists, psychologists, and psychiatrists – who have experience working with elite athletes.

1. The Athlete





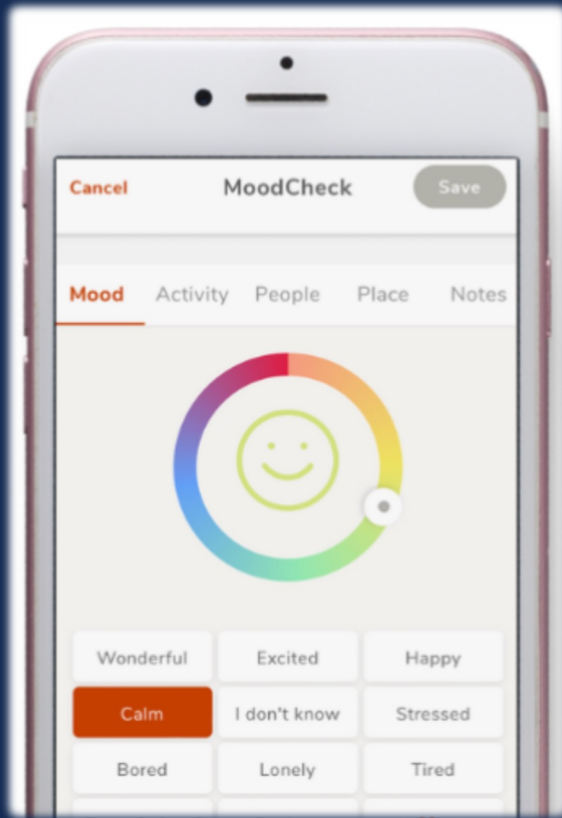
eHome Counseling Group

eHome Counseling Group is a premier, nationwide tele-therapy company, providing virtual mental health services.

eHome Counseling Group provide Team USA athletes with:

- confidential resources;
- measurable results;
 - costs covered;
- exceptional counselors; and
 - convenient care.

Welltrack Boost is a self-guided, clinically supported, CBT-based, set of tools that help individuals assess, understand, and work on their own behavioral health and wellness.



Welltrack Boost can help you get better and maintain your mental health in five easy steps: wellness assessment, self-therapy therapy, boost tools, track your progress, and connect with resources.



Mindfulness Programming

Mindfulness Practice Sessions:

USOPC Psychological Services providers are leading weekly mindfulness training sessions throughout the year for athletes interested in learning to be aware, curious and open to their present experiences.



Headspace Plus:

Headspace Plus provides empirically-based online tools to teach and/or continue to train mindfulness and meditation practices to support mental health and mental performance.



Elite Athlete Health Insurance Mental Health Coverage

- 100% coverage for therapy/counseling by licensed mental health care provider in or out of network
- If athlete pays out of pocket, athlete can apply for reimbursement from USOPC





Mental Health Assistance Fund (MHAF)

Athlete mental health expenses eligible to be covered by the MHAF include:

- Payment for mental health treatment
- Deductibles and copayments for mental health services
- Psychiatric prescription medication costs
- Mental health related travel and accommodations

Eligibility Criteria:

1. All existing EAHI, MNM, and USOPC mental health resources have been accessed and exhausted or deemed inappropriate.
2. Athletes who are training and have either been selected or are in contention to represent the US at the next Olympic or Paralympic Summer or Winter Games.
3. Athletes who represented the US in the past 2 years at an elite competition in an event or discipline included on the programs at the next Olympic or Paralympic Summer or Winter Games, and/or have been selected to represent the US at a similar event in the current or next calendar year.

USOPC Psychological Services: Education and Training

Our Psychological Services providers regularly educate and train Team USA athletes, coaches, and other stakeholders around mental performance and mental health.



Our Psychological Services providers are also certified in Mental Health First Aid, a course that teaches attendees how to help someone who may be experiencing a mental health or substance use challenge.





03

Sport Mental Health Assessment Tool (SMHAT)

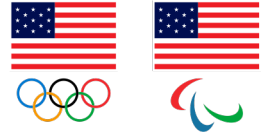


Sport Mental Health Assessment Tool[®]

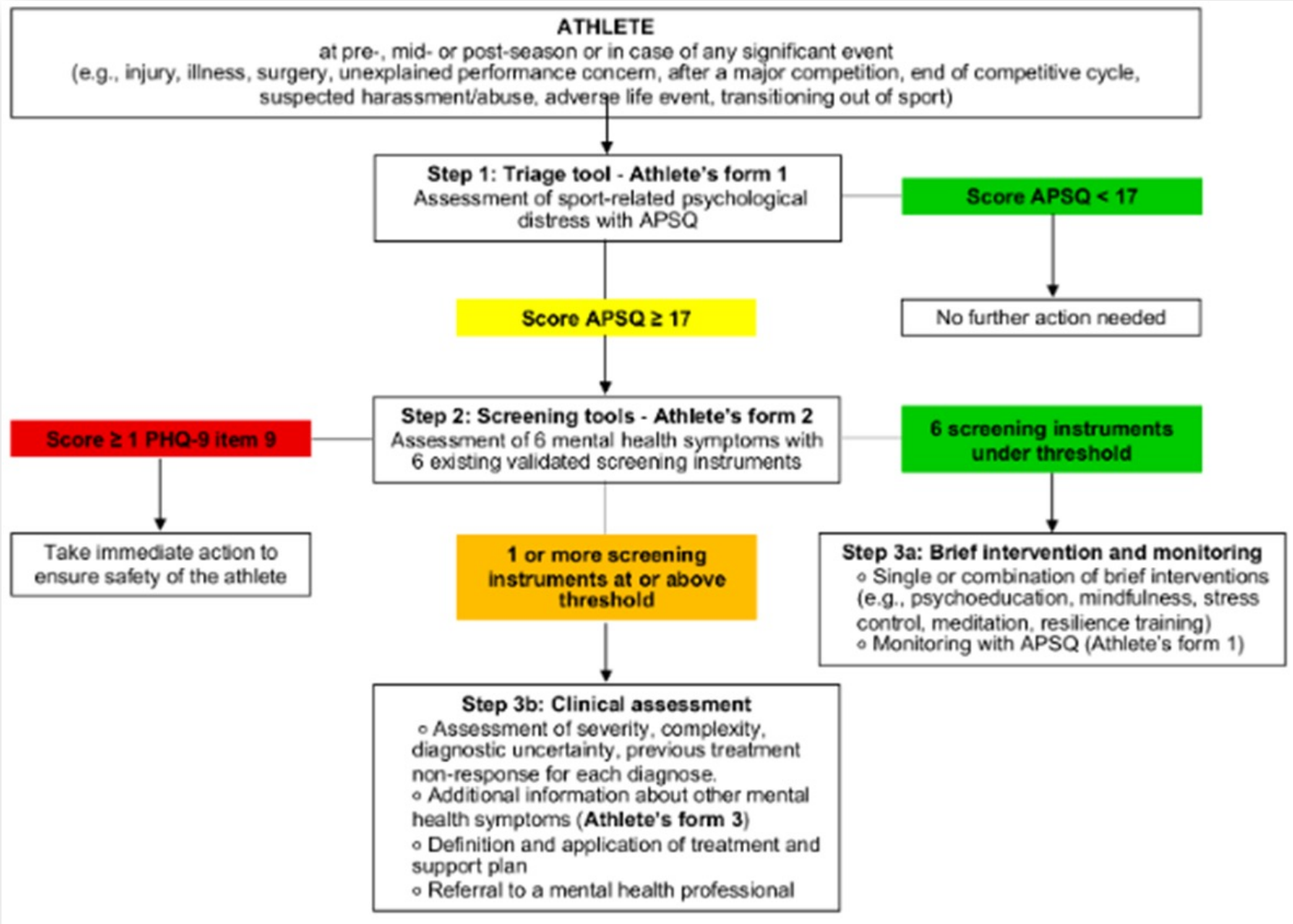
SMHAT developed by the IOC Mental Health Working Group (MHWG)⁵

- Athlete Psychological Strain Questionnaire (APSQ)
- If beyond threshold, complete 6 additional symptom-specific questionnaires
 - General Anxiety Disorder – 7 (GAD-7)
 - Patient Health Questionnaire – 9 (PHQ-9)
 - Athlete Sleep Screening Questionnaire (ASSQ)
 - Alcohol Use Disorders Identification Test Consumption (AUDIT-C)
 - Cutting Down, Annoyance by Criticism, Guilty Feeling, and Eye Openers Adapted to Include Drugs (CAGE-AID)
 - Brief Eating Disorder in Athletes Questionnaire (BEDA-Q)





Sport Mental Health Assessment Tool[©]



SMHAT Research

- First 120 athletes who took the SMHAT completed the APSQ and 6 sub-tests
 - FNR = 14% (17/120)
- Subsequent study with 1059 Oly/Para, Winter/Summer athletes from 49 sports
 - FNR for a positive score on any of the subscales following negative APSQ = 66.6%
 - FNR for PHQ-9 Q9 = 6.7%
- Recommend deploying APSQ and 6 sub-tests OR APSQ and PHQ-9 Q9



Team USA Psychological Services at the Games

04



Success... and Tragedy

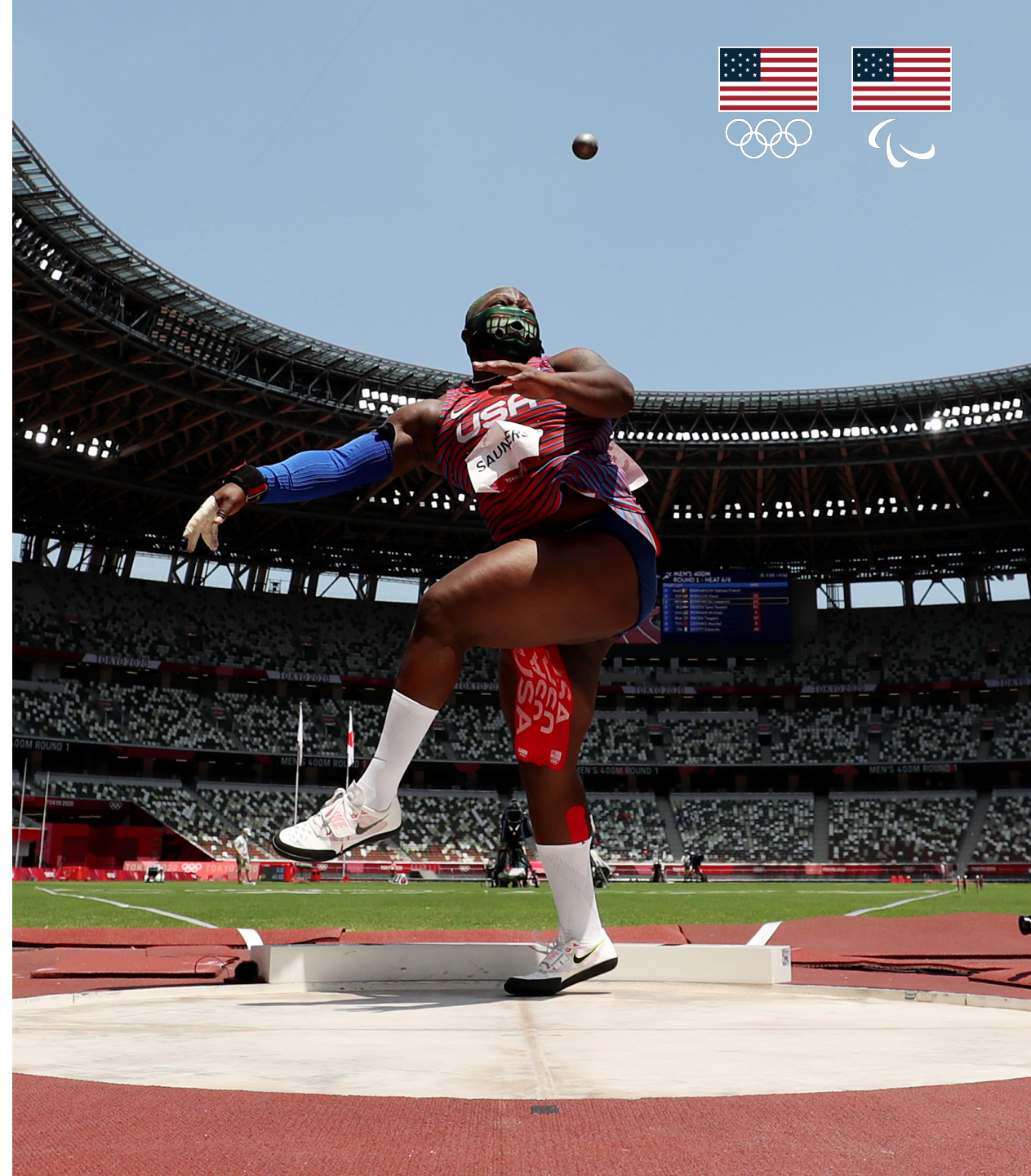
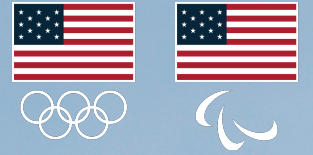
What would you do?

The New York Times

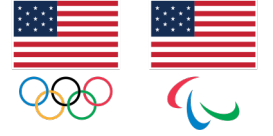
See more from our live coverage: [Tokyo Olympics Updates](#)

The mother of Raven Saunders, shot-put silver medalist, dies.

Clarissa Saunders had been in Orlando, Fla., for a watch party for her daughter's competition in the Tokyo Games, NBC reported.

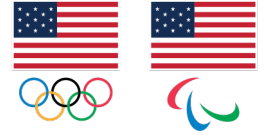


Pre-Games Preparation

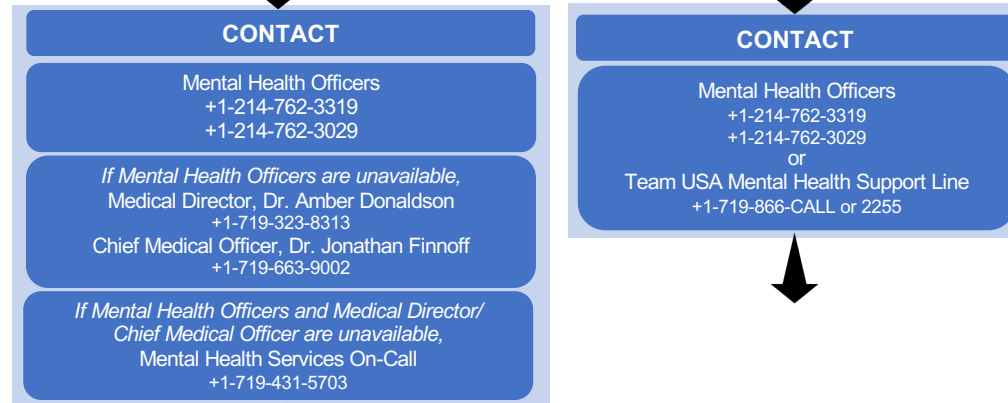
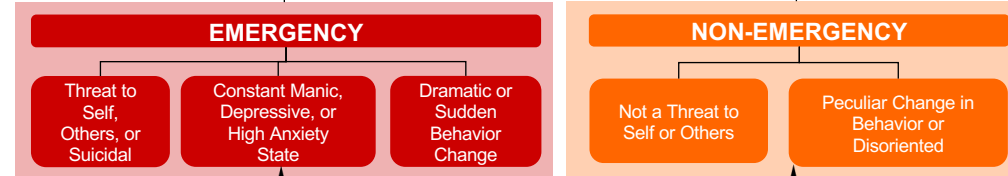


- All standard USOPC mental health resources available
- Created mental health support groups for athletes not selected for the Games
- Developed Games Mental Health Emergency Action Plan
- Incorporate the Sports Mental Health Assessment Tool (SMHAT) into the Pre-Games health histories

Olympic & Paralympic Games Tokyo 2020 Mental Health Emergency Action Plan



Athlete/Staff Experiencing Mental Health Distress



POST NOTIFICATIONS as appropriate

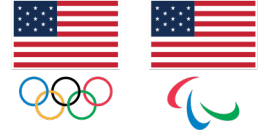


POST CONSIDERATIONS

Mental Health and Medical Assistance

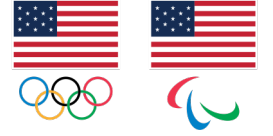
Mental Health Resources

Sport Mental Health Assessment Tool (SMHAT)



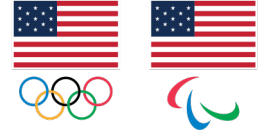
- USOPC deployed SMHAT as part of pre-Games Health Histories for Tokyo 2020 (and Beijing 2022)
 - *Had all athletes complete APSQ and 6 screening tests due to pilot data indicating a 14% (17/120) false negative rate*
- If *positive*, PHQ-9 item 9, athlete called by psychological services team within 30 minutes 24/7
- If *positive*, on APSQ or any disorder-specific screen, athlete called by psychological services team within 48 hours

Sport Mental Health Assessment Tool (SMHAT)

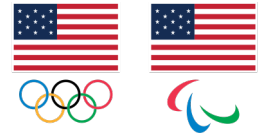


- All health histories and SMHAT screens also reviewed by NGB lead medical provider and USOPC head team physician.
 - *Coordinate care with mental health team*
- One NGB completed health histories and SMHAT at Olympic Trials.
 - Each athlete reviewed HH/SMHAT with team physician and, if SMHAT flag was present, with mental health services team.

Tokyo Games: Flags

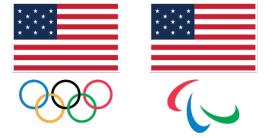


- Total number of athletes who had at least one flag on the APSQ or a disorder-specific questionnaire:
 - *Tokyo*
 - *Olympic = 210 out of 796 (26.38%)*
 - *Paralympic = 34 out of 229 (14.84%)*
 - *Beijing*
 - *Olympic = 104 out of 223 (46.63%)*
 - *Paralympic = 32 out of 67 (47/76%)*



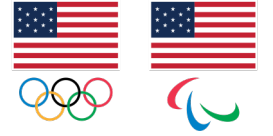
Tokyo Games: Athlete Psychological Strain Questionnaire (APSQ)

SMHAT - Athlete Psychological Strain Questionnaire (APSQ)	Olympic	Paralympic
Total	18.84%	14.41%
Prevalence by Sport	CYC (33.71%)	TRIP (23.53%)
	SWI (28.75%)	SWIP (20.83%)
	FEN (28.57%)	VOLP (20%)
	RUG (21.62%)	CYCP (18.75%)
	GYM (20%)	BSKP (15.38%)



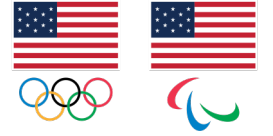
Tokyo Games: Generalized Anxiety Disorder - 7 (GAD-7)

SMHAT - Anxiety (GAD-7)	Olympic	Paralympic
Total	10.67%	21.21%
Prevalence by Sport	FEN (8.6%)	TRIP (11.8%)
	CYC (7.1%)	VOLP (6.7%)
	WRE (7.1%)	CYCP (6.3%)
	SWI (4.4%)	BSKP (3.8%)
	ROW (3.1%)	ATHP (1.8%)



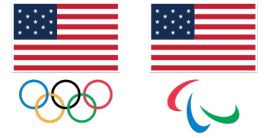
Tokyo Games: Patient Health Questionnaire - 9 (PHQ-9)

SMHAT - Depression (PHQ-9)	Olympic	Paralympic
Total	5.33%	12.12%
Prevalence by Sport	CYC (7.14%)	TRIP (17.65%)
	FEN (5.71%)	ATHP (1.82%)
	ROW (3.13%)	
	SWI (1.88%)	



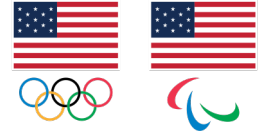
Tokyo Games: Athlete Sleep Screening Questionnaire (ASSQ)

SMHAT - Sleep (ASSQ)	Olympic	Paralympic
Total	43.33%	51.52%
Prevalence by Sport	SWI (16.25%)	CYCP (18.75%)
	SAI (15.38%)	TRIP (11.76%)
	SOF (15%)	SWIP (4.17%)
	CYC (14.29%)	BSKP (3.85%)
	FEN (14.29%)	ATHP (3.64%)



Tokyo Games: Alcohol Use Disorders Identification Test Consumption (AUDIT-C)

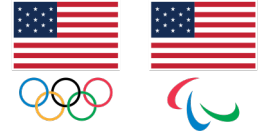
SMHAT - Alcohol Use (AUDIT-C)	Olympic	Paralympic
Total	30%	12.22%
Prevalence by Sport	SWI (16.25%)	VOLP (13.33%)
	SAI (15.38%)	GBLP (7.69%)
	SOF (15%)	CYCP (6.25%)
	CYC (14.29%)	
	FEN (14.29%)	



Tokyo Games: Brief Eating Disorder in Athletes Questionnaire (BEDA-Q)

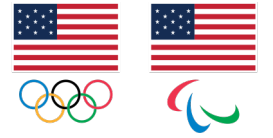
SMHAT - Eating Disorders (BEDA-Q)	Olympic	Paralympic
Total	43.33%	51.52%
Prevalence by Sport	SWI (27.5%)	TRIP (17.65%)
	FEN (25.71%)	VOLP (13.33%)
	CYC (21.43%)	CYCP (12.50%)
	BOX (15.38%)	ATHP (9.09%)
	SOF (15.00%)	SWIP (8.33%)

2020 Games Mental Health Services



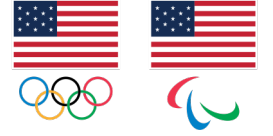
Delegation Size	Olympic	Paralympic
Male Athletes	341	119
Female Athletes	285	122
Total Athletes	626	241
Total Delegation	1645	597

2020 Games Mental Health Services



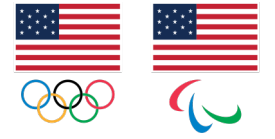
Medical Staff	Olympic	Paralympic
Physicians	37	6
Athletic Trainers	46	12
Physical Therapists	18	9
Chiropractors	15	6
Massage Therapists	14	3
Mental Health Providers	11	3
Physicians Assistants	3	
Veterinarians	3	
Equine Physiotherapists	1	
Total	148	39

2020 Games Mental Health Services



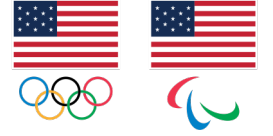
- Team USA mental health personnel
 - 2 USOPC Mental Health Officers
 - *1 Psychiatrist*
 - *1 Clinical Psychologist*
 - 9 [Olympic], 1 [Paralympic] sport psychologists (majority were clinically trained)
- USOPC virtual mental health resources (e.g., Headspace, eHome, mental health hotline, etc.)
- IOC Mentally Fit Helpline
- Psychologists and psychiatrists in Village Polyclinic

Tokyo Games: Patient Encounters



Medical Encounters	Olympic	Paralympic
New Injury	158 (IR, 14.1 [11.9, 16.3] per 1,000 AD)	46 (IR, 11.7 [8.3, 15.0] per 1,000 AD)
New Illness	51 (IR, 4.6 [3.3, 5.8] per 1,000 AD)	25 (IR, 6.3 [3.9, 8.8] per 1,000 AD)
Follow-up Medical Care	1090	348
Performance Treatments	3892	617
Mental Health Encounters	152	115
Total	5889	1364

Post-Games



- All standard USOPC mental health resources available
- Pivot Program and post-Games ‘blues’ support groups

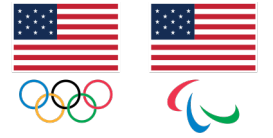
06

Conclusion





Conclusion



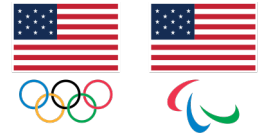
- Mental health is a common and important problem in elite athletes
- Early identification and management is important
- Important to have a multi-faceted mental health program that can be deployed before, during, and after the season
- The SMHAT was developed as a screening test for athletes

Conclusion

- Significant number of Team USA athletes had mental health flags on SMHAT prior to the 2020 Games
 - *Differences in mental health profiles between Olympic and Paralympic athletes*
- Significant number of mental health encounters during the Olympic and Paralympic Games
 - *Don't forget the Team Behind the Team*



Conclusion



- Mental health care is critical for the health, well-being, and performance of your teams
 - Team USA can serve as a resource when creating your mental health team

A large stadium at night, illuminated with blue and white lights. A massive, glowing sphere composed of many small lights hangs in the dark sky above the stadium. The stadium's seating area is filled with spectators, and the field is brightly lit. The overall atmosphere is festive and grand.

Jonathan Finnoff, DO, FAMSSM, FACS

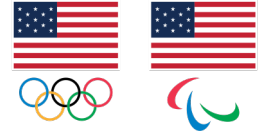
Chief Medical Officer

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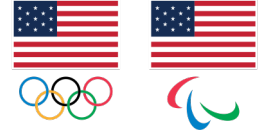
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