

QUESTIONS

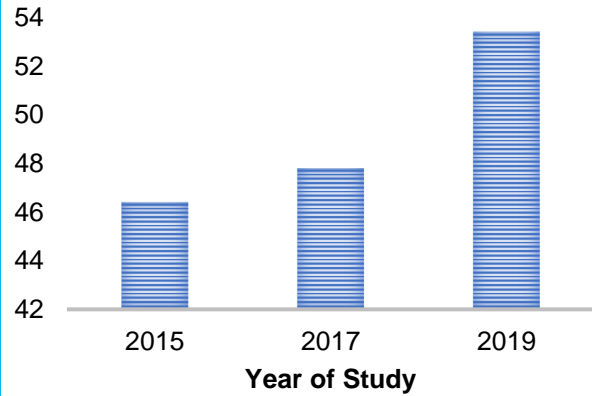
1. What is the prevalence and experience of mental health disorders in elite athletes?
2. Is there a link between mental health and elite sporting performance?
3. What role does mental toughness play in the mental health of elite athletes?

Collin (2019): Close to half the sample in the current project showed signs of general psychological distress **53.4%**

Concurrent with previous literature investigating prevalence of mental health disorders in elite athletes:

- Foskett and Longstaff (2017) **47.8%**
- Gulliver et al. (2015) **46.4%**

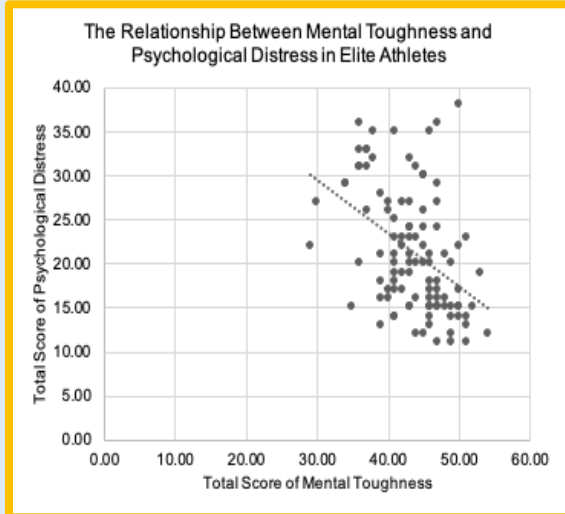
**PREVALENCE OF MENTAL HEALTH DISORDER SYMPTOMS IN A SAMPLE OF ELITE ATHLETES**



PERFORMANCE



A reciprocal link has been found between performance outcome and athlete well-being. Poor mental health not only has negative implications for performance accomplishment, but performance failure can intensify mental disorder symptoms, creating a link between the two.



A graph to show the moderately negative correlation ( $r=-0.44$ ) between Mental Toughness Score and Psychological Distress Score. Mental toughness scores are skewed to the right, displaying athletes' high levels of mental toughness.

RECOMMENDATION

**Prevalence**

1. A culture should be created in high-performance environments so athletes feel well-supported to seek help for symptoms of mental health disorders

**Performance**

2. Mental health assessment and management in elite athletes should be commonplace and accessible

**Relationship to Mental Toughness**

3. Mental toughness is a valuable resource for a successful athletic performance and interventions that target developing mental toughness could be used to attract athletes, coaches and practitioners into discussions about the importance of sound mental health in elite sport.

PREVALENCE

MENTAL TOUGHNESS