

Cambridge University Press
978-1-108-72055-7 — Case Studies in Sports Psychiatry
Edited by Amit D. Mistry , Thomas McCabe , Alan Currie
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A fascinating, accessible and much needed guide to this important and emerging sub-speciality. This book feels fresh, relevant and gives an in-depth understanding while providing the reader with the tools they need to really get to grips with the subject. This book is a trailblazer, and destined to become a definitive classic in the area. I hate sport and even I loved this book.

Dr Max Pemberton, Psychiatrist and Daily Mail Columnist

Case Studies in Sports Psychiatry has several unique features that make it an invaluable resource for those interested in the rapidly evolving field of athlete mental health. The comprehensive yet concise case studies provide practical insight into the presentation, assessment and management of common mental health problems across a variety of high-profile sports. Readers benefit from authorship by expert practitioners working at the athlete health front-line, with the detailed answers to the questions tabled at the end of each chapter demonstrating that effective mental health support requires an inter-disciplinary approach – making this a book for everyone involved in athlete care.

Dr Craig Ranson, Director of Athlete, English Institute of Sport

Case Studies in Sports Psychiatry is a must-read for those who care for the mental health of elite athletes. The authors make a substantial thought provoking contribution to the science of how psychiatric support can be provided to athletes who experience mental illness. Authors achieve this through comprehensive case reviews of athletes from various sports, levels of performance, ages, and genders. This book is the first of its kind with a focus on mental illness, and I have no doubt it will make an excellent contribution to psychiatry training, as well as trigger interest from colleagues in Sports Medicine, Sport and Exercise Psychology, sport science and coaching. The book contributes to increasing knowledge of the dangers of mental health stigma in sport culture and will inevitably contribute to training Sport Psychiatrists, which in turn will improve the lives of our elite sports people.

Dr Gavin Breslin, Senior Lecturer in Sport and Exercise Psychology,
School of Psychology, Ulster University, Northern Ireland and Chief
Assessor for the Qualification in Sport and Exercise Psychology,
British Psychological Society

An informative, enlightening and attention grabbing read in an emerging field where the evidence base is developing fast. The use of real-life scenarios developed from the lived experience of athletes brings the subject alive in an educationally stimulating way.

We like to think that athletes are superhuman, but they struggle and become ill like the rest of us. Fortunately effective, evidence-based treatments are available. The editors and contributors are at the forefront of this endeavour and have thankfully shared their knowledge and expertise in this book. The causes and presentation of mental illness in athletes brings unique challenges and treatments are often constrained by the complex environments inhabited by elite sports people.

The reader is taken on a journey accompanied by the athlete and clinician and is led through examples of how mental illness presents and invited by means of probing questions to engage in the exploration of care and treatment. I thoroughly recommend this book to all those engaged with the mental health of athletes but to psychiatrists generally and to all those interested in sports science.

Dr Adrian James, President, Royal College of Psychiatrists

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Editors



Amit D Mistry (@DrAMistryPsych)

General Adult and Old Age Psychiatrist,
IANLP, BSc, MB ChB, MRCPsych

Dr Amit D Mistry is dual trained in general adult and old age psychiatry based in north London and Chair of the Royal College of Psychiatrists' (RCPsych) Sports and Exercise Psychiatry Special Interest Group (SEPSIG). He is an honorary clinical lecturer in Sports and Exercise Medicine (SEM) at the Queen Mary University of London.

His published research is related to exercise, exercise addiction, eating disorders and wellbeing within the sport, leisure and fitness industry. He is an expert panel member for Mind charity's physical activity programme and is on the NHS clinical entrepreneurship programme. Amit is an ex-county rugby union player and represented Team GB at the International Rugby Tag Federation World Cup.

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Thomas McCabe (@Dr_t_mccabe)

Old Age Psychiatrist, MB ChB, MRCPsych

Dr Thomas McCabe is a psychiatrist based in Glasgow. Following graduating from the University of Aberdeen, he initially trained in general practice before choosing psychiatry as a career and was shortlisted for Royal College of Psychiatry trainee of the year in 2017. Dr McCabe has published articles in various leading journals including the British Journal of Sports Medicine on mental health and sport. He is an honorary clinical lecturer at the University of Glasgow. Dr McCabe is a researcher and author with the landmark FIELD study (Football's Influence on Lifelong health and Dementia risk). He has presented at national events on the topic and plays a central role in the Royal College of Psychiatrists' SEPSIG with particular interest

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in students and trainee psychiatrists. Dr McCabe was the first psychiatrist to devise a mental health strategy for an elite level football team. Dr McCabe also has psychiatric expertise in rugby, cricket, suicidality in athletes and longer-term cognitive outcomes in contact sport athletes.



Alan Currie
Consultant Psychiatrist, MB ChB, MPhil,
FRCPsych

Professor Alan Currie is a consultant psychiatrist in Newcastle and a visiting professor at the University of Sunderland in the department of sport and exercise sciences. His research interests include recovery, social inclusion, mood disorders, movement disorders and sport and exercise psychiatry. He has published in all these areas and edited a highly commended handbook of sports psychiatry in 2016.

He was founder and inaugural chair of SEPSIG of the Royal College of Psychiatrists and a member of the International Society for Sports Psychiatry (ISSP). He joined the International Olympic Committee mental health working group in 2018. In 2019, he was appointed to the Mental Health Expert Panel of the English Institute of Sport (EIS).

Contributors

Dr Marwan Al-Dawoud is a sport and exercise medicine physician and primary care physician based in West Yorkshire. He has worked in elite sport since 2007 across rugby league, rugby union, football, athletics and ballet at national and international levels. He is heavily involved across NHS musculoskeletal services across the United Kingdom. He is a reviewer for the *British Medical Journal* and is actively involved in research and education.

Dr Richard Budgett has been medical and scientific director of the International Olympic Committee (IOC) since November 2012. Before that he was chief medical officer for the London 2012 Olympic and Paralympic Games from 2007 to 2012. He was director of medical services for the British Olympic Association from 1994 to 2007 and has been chief medical officer with Team GB at the summer and winter Olympic Games in Atlanta, Nagano, Sydney, Salt Lake City, Athens and Turin. He won an Olympic Gold medal in rowing in the Olympic Games Los Angeles 1984.

Naomi Cavaday is a former professional British tennis player whose highest British Women's ranking was that of number three. She has won individual International Tennis Federation titles and has performed coaching roles with the Lawn Tennis Association (LTA). Naomi remains a mental health ambassador for British tennis, co-hosts the @tennispodcast1 podcast and commentates for BBC Radio 5 Live's Wimbledon coverage.

Dr Robin Chatterjee is a consultant in sports and exercise medicine. He is the lead academy doctor at West Ham United

Football Club; medical officer at London Broncos Rugby Football League Club; co-founder of Panacea Health and works at St George's NHS Foundation Trust.

David Cotterill is an ex-international, Welsh professional footballer and has gained 20 international caps for this country. He started his footballing career at Bristol City and made his Premier League debut for Wigan Athletic in 2006. He has played for other high-profile clubs and is now a proud ambassador for mental health and addictions awareness within professional football.

Dr Shane Creado is a sports psychiatrist, and is double board-certified in psychiatry and sleep medicine. He is a published author, and focuses on sleep optimisation in elite athletes, integrative psychiatry and brain SPECT imaging. He has been on the board of directors of the ISSP, as its chairman of memberships and mentoring.

Dr James Dove is a general adult psychiatrist working in north London. He is in his final year of higher training and is pursuing a career as a consultant liaison psychiatrist. In 2018, he completed his postgraduate certificate in leadership in health (Darzi Fellowship) at London Southbank University, sponsored by Camden and Islington NHS Foundation Trust.

Dr Emily Dudgeon competed over 800m, coming 6th at the World Juniors in 2012 and narrowly missing out on the final of the Commonwealth Games in 2014. Since then, she has qualified as a doctor and is passionate about raising awareness of RED-S and eating disorders in sport, having seen these

issues affect the athletic potential, mental and physical health of friends in the sport.

Patrick Foster is a former professional cricketer whose life was torn to shreds by his pathological gambling addiction. Patrick's life became monopolised by gambling from his university days onwards as he found making the transition from playing sport and into the real world a huge challenge. He is now the head of education at EPIC risk management, leading harm-minimisation and awareness experts related to gambling and gaming addiction.

Dr Phil Hopley is a former London Wasps semi-professional rugby player who also represented England students and the Barbarians in the 1990s. He is a Consultant Psychiatrist and MD at Cognacity where he runs the Sport Mental Health team looking after 15 UK individual and team sports. In 2012, Phil ran the Cognacity Mental Health Team covering the 10,000 athletes at the London Olympic and Paralympic Games.

Marsha Hull is a professional golfer and a Professional Golfers' Association (PGA) teacher. She has supported medical services for the European Tour Performance Institute and has caddied on professional tours.

Dr Allan Johnston is a consultant psychiatrist specialising in sports psychiatry via Synergy Medicine Ltd, an independent sports medicine service in Leeds. He is the current finance officer for the Royal College of Psychiatrists' SEPSIG. Dr Johnston is employed by the EIS as sports psychiatrist to the mental health expert panel supporting Great Britain Olympic and Paralympic athletes in preparation for the Tokyo Olympic Games in 2020. Also, he works as a consultant performance psychiatrist to the League Managers Association in a role to guide and shape the mental health and

wellbeing programme for Premier League and football league managers.

Joe Kasper is a US-based American football coach and currently works with Duke University's team. He has previously worked with National Football League (NFL) outfits such as the Cleveland Browns and has former collegiate-level playing experience with Baldwin Wallace University.

Dr Simon Kemp is a specialist in sports and exercise medicine and the medical services director of the Rugby Football Union, responsible for their clinical services, player welfare, anti-doping and research functions across the elite, community and age-group games.

Dr Jo Larkin is a consultant in sports and exercise medicine. She is the current chief medical officer for the LTA and works with British elite tennis players and future aspiring junior players. She has worked in military medicine and been involved with two Olympic Games and one Paralympic Games.

Dr Catherine Lester is a sports and exercise medicine consultant. She is the team doctor for Northampton Saints Rugby Football Club and works in private practice. Also, Catherine works with Moving Medicine®, an initiative designed to promote physical activity for both medical and mental health conditions.

Dr Hassan Mahmood is a consultant psychiatrist based in Birmingham. He has a special interest in the mental health of sportsmen, particularly elite cricketers.

Renee McGregor is a leading sports and eating disorder specialist dietitian with 20 years' experience working in clinical and performance nutrition. She is the

co-founder of #TRAINBRAVE, one of the most successful campaigns raising the awareness of eating disorders in sport and dance. She is on the RED-S advisory board for the British Association of Sport and Exercise Science and sits on the international task force for orthorexia.

Adrian Moorhouse is a former Olympic swimmer who won Gold in the 100m breaststroke at the Seoul Olympic Games in 1988. He co-founded performance consultancy Lane4 in 1995, which uses insight from business, psychology and elite sport to help businesses develop their people skills to become winning organisations.

Dr Andrew Murray is chief medical officer of the PGA European Tour, responsible for its worldwide medical operations, its advisory board and the research programme. He is a member of the medical commission of the International Golf Federation. His PhD funded by the World Golf Foundation looks at golf and health.

Dr Caz Nahman is a child and adolescent psychiatrist specialising in eating disorders and has an interest in athletes, compulsive exercise and eating disorders. She is a previous executive committee member of the Royal College of Psychiatrist's Eating Disorders faculty and is co-editor of the book *New to Eating Disorders* (Cambridge University Press).

Dr Mayur Pandya is a US board-certified psychiatrist with expertise working with elite athletes and professional sports organisations in the National Basketball Association, Major League Baseball, NFL/NFL Players Association and collegiate athletics. He completed his psychiatry residency training at Cleveland Clinic and is the director of ACE Sports Psychiatry in Cleveland, Ohio (US).

Cyrus Pattinson is a Northumberland boxer representing Team GB with

aspirations to compete at the Tokyo 2020 Olympic Games before pursuing a professional career. Alongside his boxing career, Cyrus is a strong mental health advocate.

Professor Steve Peters is a UK-based psychiatrist who has worked in elite sport covering over 20 national teams and has attended four Olympic Games. He has acted as an expert witness to the World Anti-Doping Agency (WADA) and was a member of the UK Therapeutic Use Exemption (TUE) panel for over a decade. As an author, he has published the highly acclaimed book *The Chimp Paradox*.

Dr Carolyn Plateau is based at Loughborough University as a lecturer in psychology. Carolyn's area of research expertise is focused around understanding the risks and consequences of disordered eating and exercise among athletes. Her research has led to the development of screening tools, educational materials and resources to support sports professionals in the prevention, identification and management of disordered eating among athletes.

Dr Rebecca Robinson is a consultant in sports and exercise medicine, working with elite and amateur athletes to optimise mental and physical health. She possesses a special interest in managing aspects of relative energy deficiency that can impact both athletes' wellbeing and performance and crucially longer-term health.

Dr Tim Rogers is a consultant sports psychiatrist and applied sport and exercise psychology graduate working at Cognacity, London. Tim sits on the Sport Resolutions National Anti-Doping Panel and is an executive member of the Royal College of Psychiatrists' SEPSIG. In 2019, Dr Rogers was appointed clinical director of Big White Wall, the UK's leading digital mental health service, which provides a service to all UK

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Sport/EIS coaches and athletes competing at the Tokyo 2020 Olympic Games.

Luke Rowe is a professional Welsh cyclist for Team Ineos and has been with them for over seven years. He has been part of the winning Tour de France squad for the last four seasons, specialises in classic cycling and is considered a rouleur within his field.

Steve Sanders is a former professional NFL player and has played for the Cleveland Browns, Detroit Lions and Arizona Cardinals. Since retiring from the NFL in 2012, he has published *Training Camp For Life: Developing Champions In Sports and In Life* and has worked as an ambassador for the NFL college outreach programme. During the NFL season he hosts a weekly TV Show *Straight From The Pros* on NBC-WKYC as the on-air sports analyst.

Dr Willie Stewart is a consultant neuro-pathologist at the Queen Elizabeth University Hospital, Glasgow, and holds honorary associate professor status at the universities of Glasgow (Institute of

Neuroscience and Psychology) and Pennsylvania (Department of Neurosurgery). He leads an internationally regarded research laboratory engaged in multiple programmes investigating the pathologies of acute and long-term survival from sports-related head injury. Also, Dr Stewart directs the FIELD study, which aims to describe lifelong health and dementia risk in former soccer players.

Rob Vickerman is a former professional English rugby union player and ex-captain of the England rugby sevens team. Following retirement he has worked as a broadcaster for various channels such as the BBC, Radio 5 Live, Channel 5, Sky Sports and World Rugby. Rob regularly commentates on both the rugby sevens and fifteens games. He has covered events such as the Rugby World Cup (2015 and 2019), Olympic Games (Rio, 2016) and the rugby sevens world series. Also, he is the founder of Work Athlete UK, an organisation that focuses on employee performance and productivity within the workplace.

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Foreword

Mental health disorders are common in elite athletes and mental health is now recognised as a crucial component of athlete health, relating closely to both physical health and performance. Mental health symptoms and disorders increase the risk of injury and delay recovery of athletes.

Those caring for the athlete (the athlete entourage) are often poorly educated in the diagnosis and management of mental health disorders, which frequently present in a complex and atypical manner in athletes compared to the general population. Those caring for athletes need to differentiate character traits unique to elite athletes from psychosocial maladaptation and then need to consider the unique biopsychosocial factors relevant to athletes in order to address all the factors contributing to mental health symptoms. The environment in which athletes compete and train needs to be assessed and managed, as well as treating the individual athlete appropriately using mental health tools and specialist help where needed. The realisation of these important challenges in the prevention, diagnosis and management of elite athletes led to the IOC holding a consensus meeting on athlete mental health in 2018 which led to the publication of the 2019 IOC consensus statement on mental health disorders in elite athletes along with sub-specialty papers, and a toolkit for athletes and their entourage based on the consensus.

Internationally, no published book has focused on athlete mental health issues using in-depth case-based discussions. This textbook takes a novel approach through in-depth case studies, and is designed to map onto the latest ISSP educational curriculum. Each chapter focuses on an elite/professional athlete with a mental health condition that is relevant to their sporting discipline. In addition, reader knowledge is assessed through Multiple Choice Questionnaires and True or False questions.

This academic book also educates allied sports healthcare professionals on how sports psychiatrists can help athletes experiencing psychiatric morbidity. It will help readers gain a better understanding of the unique risk factors, and identification and manifestations of psychiatric disorders within each sporting discipline. It also outlines potential ethical challenges in patient care and how to provide evidence-based, tailored psychiatric support incorporating holistic, biopsychosocial principles.

This textbook of sports psychiatry is a useful resource for all members of the multidisciplinary team caring for athletes who are interested in mental health as well as psychiatrists wishing to venture into this exciting, growing field. The book is aimed at all healthcare professionals in the field of sports and exercise medicine particularly consultants in sports and exercise medicine, team doctors, psychiatrists and psychologists. It should be a useful resource for key allied healthcare professionals, coaches, career advisors and counsellors involved in elite sport, too.

The editors are executive members of the Royal College of Psychiatrist's SEPSIG group and ISSP. Chapter co-authors include sports psychiatrists, sports and exercise medicine clinicians, allied health professionals and former professional/elite athletes.

There have been welcome developments in recent years to reduce the stigma attached to mental health problems in sport and improve the support that athletes receive. This textbook will contribute to continued progress in mental health treatment and care in the world of sport.

Richard Budgett
OBE MA MBBS FRCP FFSEM FISM Dip Sports Med

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Preface

Amit Mistry, Thomas McCabe and Alan Currie

Scepticism of psychiatry's place in the world of sport was clearly articulated in Dan Begel's 1992 description of the foundations and framework of sports psychiatry practice (1). Since then the move to acceptance has been gradual and perhaps begins with the establishment of the International Society for Sports Psychiatry (ISSP) in 1994. Twenty-five years later there is widespread acknowledgement of the mental health symptoms and disorders that can develop in sport as evidenced by the IOC's consensus statement on athlete mental health (2) and an entire issue of the *British Journal of Sports Medicine* devoted to mental health in June 2019. There have also been a series of theory- and practice-based textbooks and manuals including *Sport Psychiatry* (3), *Sports Psychiatry: Strategies for Life Balance and Peak Performance* (4), *Clinical Sports Psychiatry* (5), a *Sports Psychiatry* handbook (6) and *The ISSP Manual of Sports Psychiatry* (7). A curriculum has been developed by the ISSP to support training in sports psychiatry and the role of the psychiatrist in the assessment, treatment and rehabilitation of athletes with mental health problems has been described (8). Despite this there is a paucity of sports-specific research on treatments (9,10,11), clinicians must extrapolate from treatment evidence in general populations and practise thoughtful and safe 'individualised prescribing' (12) and clinical opinion still exceeds experimental evidence (13).

Athletes experience mental health problems through a combination of generic and sports-specific factors (2,9). Indeed, 640 different stressors have been described across all sports (14) although the key stressors would appear to be musculoskeletal problems, frequent surgeries, problems with sporting performance and maladaptive perfectionism (2). Coincidence may also be a factor with the peak age of sporting performance coinciding with the age of onset of conditions such as bipolar and psychotic disorders (15,16). Although mental health problems may be as common in sporting populations as in the general population (and in some cases more common) (17) their presentation may be unusual when the disorder emerges in the world of sport (17), and diagnosing anxiety disorders, eating disorders, depression and hypomania may pose special problems in the world of high-performance sport (18). Psychiatric care is 'often delivered without a full understanding of the diagnostic and therapeutic issues unique to this population' (10).

To deliver good psychiatric treatment and care to athletes requires an approach that is comprehensive, integrative and athlete centred (2). Emotional, physical, social and environmental factors need consideration (2) and the biopsychosocial model that prevails in psychiatric practice lends itself to this (8). Clinicians who work in sport need to be flexible to accommodate the busy schedules of sportsmen and women (19) and reach out to them (8,20) yet not succumb to vicarious gratification in counter-transference (1,21) by offering special treatment to the elite athlete (19). The practice of a sports psychiatrist will also include taking a comprehensive sport and exercise history (20) alongside a more traditional personal and developmental history and is likely to require working with the athlete's coach and others in the support team who are key members of the athlete's 'surrogate family' (20). Like other practitioners who work in sport the psychiatrist will undertake an assessment process and develop a treatment plan that understands not only the nature of the illness or

condition but also the affected individual and the context or environment in which disorder has developed.

Psychiatric practice in the sporting environment has limited specific evidence on which to base treatment and therapy. Clinicians must use existing evidence from general populations and apply this in an unusual and often extreme set of circumstances. It is for these reasons that we have collected a series of case studies to illustrate the range of mental health problems and disorders that present in sport and to guide the clinician in ways of approaching assessment and treatment in support of the athlete's health and performance. Following case-study learning theory we have strived to demonstrate how psychiatric consultations can be structured and review some of the latest evidence base for managing mental illness within different sporting disciplines. Sports psychiatry is still in its relative infancy and as the evidence base continues to grow, we hope over time to provide more definitive guidance on how to recognise and treat mental health problems within the elite sport setting. Currently, proposed treatment plans may vary dependent on a psychiatrist's own clinical expertise with different assessment tools, psychotropic medication and psychotherapeutic treatment modalities. Despite this potential variance in practice, all agreed plans should follow a patient-centred, comprehensive biopsychosocial approach.

At the first consultation, patients may be reluctant to disclose sensitive personal information and the clinician may have a limited time frame to complete the initial assessment. Therefore, a diagnostic formulation is unlikely to be through following a one-off consultation, particularly as the clinician–patient therapeutic relationship takes time to develop. Also, insights from alternative information sources such as family and team members and previous mental health records will add to the developing understanding of the athlete's problems and predicament. We also acknowledge that for all mental health conditions there is not a single 'right answer' nor even universality of approach. By using case studies we aim to illustrate common clinical problems and suggested management but recognise that experienced clinicians bring their own wisdom and a variety of management strategies to each individual patient.

The project has been a joint endeavour between experts from many disciplines and athletes who are experts by experience. We aim to raise awareness and create stigma-free, parity of esteem for mental health treatment in the elite sport setting and we hope this book will also stimulate the reader to research and learn more about sports psychiatry.

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