Contents

Co	ontributors	xi
Foreword by Steve Peters Foreword by Thomas Newmark		xiv
		xvi
	cknowledgments	xviii
Pr	reface	xix
	ART ONE: MENTAL HEALTH CHALLENGES ACED BY ATHLETES	1
1	Substance Use in Athletes Eric D. Morse	3
	Background and Scope of Problem	3
	Reasons for Use	4
	Traumatic Brain Injury	5
	Recognizing Substance Use	6
	Treatment	7
	College versus Professional	8
	Specific Substances Conclusions	8 11
_		
2	Addiction in Retired Athletes Pavel A. Ponizovskiy	13
	·	
	Background	13
	Athletic Retirement – Always Traumatic? A Model of Adaptation to Athletic Retirement	13 14
	Substance Abuse and Addiction in Retired Athletes	16
	Preretirement Predispositions to Addictions	17
	Painkillers Misuse	17
	Smoking	17
	Drinking	18
	Conclusion	18
3	Doping in Sport	21
	David A. Baron, Claudia L. Reardon, and Steven H. Baron	
	Introduction	21
	History of Doping in Sport	22
	The Current State of Doping in Sports	23
	Controversies of Positive Drug Tests	26
	Financial and Business Implications	26
	Short- and Long-Term Effects of Doping	27

•	~
VI	Contents
• •	Comonio

	Gene Doping	29
	Cultural Issues Associated with Doping	29
	Case Studies	29
	Summary	30
4	Exercise Addiction: The Dark Side of Sports and Exercise	33
	Tamás Kurimay, Mark D. Griffiths, Krisztina Berczik, and Zsolt Demetrovics	
	Definitions, Symptomology, and Classification	33
	Assessment of Exercise Addiction	35
	Epidemiology	35
	Comorbidity	35
	Etiology	37
	Conclusion and Implications	40
	Acknowledgments	40
5	Eating Disorders in Athletes	44
	Antonia L. Baum	
	Introduction	44
	Epidemiology Epidemiology	45
	The Role of Sports in the Genesis of Eating Disorders	4.6
	and Sports-Specific Eating Disorders	46
	Eating Disorders in the Male Athlete The Female Athlete Triad	48 49
	Treatment	49
	Future Research	51
6	Personality and Personality Disorders in Athletes	53
	Heba M. Fakher M. Hendawy and Ezzat Abdelazeem A. Awad	
	Introduction	53
	Personality Traits in Athletes	54
	Perfectionism	56
	Anger and Aggression	57
	Athletic Identity	57
	Personality Disorders in Athletes Case Studies	58 60
	Summary	62
7	•	65
/	Assessing and Treating Depression in Athletes David A. Baron, Steven H. Baron, Joshua Tompkins,	05
	and Aslihan Polat	
	Introduction	65
	Defining Depression	66
	Symptoms and Presentation	66
	Diagnostic Issues	67
	Diagnostic Tools	68
	Treatment	69
	Special Considerations	71
	Conclusion	76

	Con	ntents	vii
8	Suicide in Athletes Antonia L. Baum		79
	Introduction		79
	Etiology		80
	Retirement		81
	Psychological Traits		81
	Substance Abuse/Anabolic Steroid Abuse		82
	Axis I Psychopathology		83
	Pressure to Win		84
	Sexual Abuse		85
	Homosexuality		85
	Firearms		85
	Cultural Influences		85
	Prevention		86
	Sports as Therapy		86
	Future Research		86
Δ	Commenter in County		00
9	Concussion in Sports David A. Baron, Claudia L. Reardon, Jeremy DeFranco, and Steven H. Baron		89
	Introduction		89
	What is Concussion and Traumatic Brain Injury?		90
	Pathophysiology of Concussion		91
	Diagnosis of Concussion		91
	Epidemiology and Etiology of Concussion		93
	Prevention of Concussion		93
	Post-concussion Syndrome		94
	Second Impact Syndrome		94
	Chronic Traumatic Encephalopathy		95
	Future Research		98
10	Posttraumatic Stress in Athletes Thomas Wenzel and Li Jing Zhu		102
	General Aspects		102
	Risk Factors		105
	Other Research on Diagnosis of Posttraumatic Stress Symptoms in Athletes		107
	Further Specific Reactions to Extreme Stress in Sport		107
	Relevance		109
	Clinical Considerations and Interventions		110
	Conclusions		111
	Concrusions		111
	RT TWO: TREATMENT APPROACHES AND THERAPEUTIC SUES WITH ATHLETES		115
11	Psychotherapeutic Treatment of Athletes and Their		117
	Significant Others Mark A. Stillman, Eva C. Ritvo, and Ira D. Glick		117
	Introduction		117

•••	<u> </u>
VIII	Contents

	The Athlete-Patient	118	
	Psychotherapy with the Athlete-Patient: Unique Challenges	121	
	Conclusion	122	
12	Mindfulness, Attention, and Flow in the Treatment of		
	Affective Disorders in Athletes	124	
	Brandon J. Cornejo		
	•	104	
	Introduction	124	
	Mindfulness	125	
	Flow Attention in Sports	126 127	
	Attention in Sports Mindfulness, Exercise, and Mental Health	128	
	Bridging the Gap between Flow and Mindfulness – Developing	120	
	a Treatment Approach	128	
	Conclusions	129	
13	Performance Enhancement and the Sports Psychiatrist	132	
	Michael T. Lardon and Michael W. Fitzgerald		
	Introduction	132	
	Motivation and Goal Setting	133	
	Maximizing Cognition and Emotion in Competitive Environments	136	
	Attentional Focus and Mental Imagery	139	
	Positive Psychology, Peak Performance, and the Athletic Zone	140	
	Summary	145	
14	Applied Sports Psychology in Worldwide Sport:		
	Table Tennis and Tennis	147	
	Kathy Toon, Dora Kurimay, and Tamás Kurimay		
	Introduction	147	
	Tennis and Table Tennis: Examples of Worldwide Sports	148	
	The Game Face Routine	149	
	The Game Face Pyramid	153	
	Recommendations and Conclusions	155	
15	The Use of Psychiatric Medication by Athletes	157	
13	Claudia L. Reardon and Robert M. Factor	137	
	Introduction	157	
	Antidepressants	158	
	Anxiolytics and Sedative-Hypnotics	159	
	Stimulants Mand Stabilizary and Antiquable time	161	
	Mood Stabilizers and Antipsychotics Recommendations and Conclusions	162 162	
	Recommendations and Conclusions	102	
PAI	RT THREE: PSYCHOSOCIAL ISSUES AFFECTING		
ATI	HLETES	167	
16	Sexual Harassment and Abuse in Sport	169	
10	Saul I. Marks	107	
		170	
	What is Sexual Harassment and Abuse in Sport?	169	
	Prevalence of Sexual Harassment and Abuse in Sport	170	

		Contents	ix
	Perpetrators of Sexual Harassment and Abuse in Sport		170
	Risk Factors for Sexual Harassment and Abuse in Sport		170
	Physical and Psychological Consequences of Sexual Harassment		
	and Abuse in Sport		173
	Physical Consequences and Medical Presentations of Sexual		
	Harassment and Abuse in Sport		173
	Psychological Consequences of SHA in Sport		174
	Specific Psychological Consequences and Medical Presentations		
	Seen in Sport in General		175
	Prevention by Understanding the Coach–Athlete Relationship		175
	The Team Doctor's Role in Prevention of SHA Leadership from the International Olympic Committee		176176
	Clinical Approach to Disclosure		176
	Conclusion		177
	Conclusion		1//
17	The Role of Culture in Sport		179
	Claudia L. Reardon, David A. Baron, Steven H. Baron,		
	Bulent Coskun, and Ugur Cakir		
	Multiculturalism		181
	Specific Examples of Important Cultural Issues in Sport		181
	Stigma and Access to Psychiatric Treatment Around the World		182
	Epidemiology of Mental Illness in Athletes Across Different Cultures		183
	Women, Sport, and Culture		184
	Conclusions		186
18	Ethical Issues in Sports Psychiatry		188
	David A. Baron, Joshua Tompkins, Sally Mohamed,		
	and Samir Abolmagd		
	Introduction: The Evolution of Medical Ethics		188
	Modern Medical Ethics		189
	Medical Ethics Around the World		190
	Ethical Issues in Psychiatry		191
	Mental Health in the Athletic Arena		192
	Sports Psychiatry: A Newcomer to the Field		193
	Ethics of other Sports Health-Care Professions		193
	Ethical Challenges for the Sports Psychiatrist		195
	Conclusion		197
PA	RT FOUR: THE FIELD OF SPORTS PSYCHIATRY		201
19	Sports Psychiatrists Working in College Athletic Departments		203
	Eric D. Morse		
	Background		203
	Design		204
	Budget		204
	Who is Being Served		205
	Confidentiality		205
	Boundaries		205
	Improving Utilization with a Team Assistance Program Model		206

x Contents

	To the set I was	200
	Treatment Issues	209
	Part of the Sports Medicine Team	211
	Location	211
	Conclusion	213
20	Sports Psychiatry: Current Status and Challenges	215
	Ira D. Glick, Thomas Newmark, and Claudia L. Reardon	
	Background	215
	Evolution of the Field	216
	Challenges for the Field	216
	The Role of Professional Sports Psychiatry Organizations	217
Inde	ex	219