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Titolo	Sport and Mental Health : From Research to Everyday Practice // edited by David Baron, Thomas Wenzel, Andreas Ströhle, Todd Stull
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ISBN	3-031-36864-9
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Descrizione fisica	1 online resource (313 pages)
Disciplina	616.890088796
Soggetti	Psychiatry Neurology Clinical psychology Clinical Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Introduction and Overview -- Part 1 General issues -- The working environment of mental health professional in sports -- Working with trainers, and coaches -- Risks and benefits of grass roots and everyday sports - Taking care of amateur athletes -- Part 2 Ethics of Sport Psychiatry -- Challenges in the athletes carrier -- Mental Health in international competitions -- Defining professional tasks and collaboration for mental health professionals in sports -- Psychopharmaca, medication, and alternatives in sports -- Performance enhancement – a task for Sport Psychiatry ? -- Transcultural sport psychiatry -- Working with children and young adults in sports -- Part 3 Specific problems and disorders -- Doping -- Substance abuse and addiction -- Sport specific mental health problems – From overtraining to training athlete -- Stress and stress management -- Trauma -- Sexual abuse -- Coping with injuries -- Eating Disorders, nutrition and mental health -- Sport specific mental health problems -- Newly developing problems- ADHS and further new challenges -- Brain trauma -- Sport addiction in athletes and spectators -- Legal Aspects- what should the mental health expert know ? -- Prevention strategies in sports mental health.

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.

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