

SEPSIG Business Meeting

Friday 21st September 2018. ISEH, London, W1T 7HA

1. Carried forward from the last meeting

SEM doctor Rebecca Robinson is part of an 'embryonic' expert group on female athlete health that meets every 4 months. The group is lacking psychiatry and psychology input at present. For more details contact Alan Currie or Rebecca.

alan.currie@ntw.nhs.uk

rjprobinson@doctors.org.uk

An NHS clinic specific to female athlete health in Manchester. Led by Dr John Rogers – a senior sports medicine specialist. The clinic would benefit from psychiatric input. It may suit a senior trainee with sessions to offer. For more details contact:-

alan.currie@ntw.nhs.uk

jrogers7@nhs.net

2. Updates from dance medicine (Dr Lekka)

Dr Lekka summarised her work in liaison with One Dance UK. She has been attending meetings, conferences and supporting panels. At the May 2018 meeting a constructive discussion on mental health was included. Dr Lekka has also created a 12-page information leaflet on mental health and pathways to seeking professional help which is due for publication soon.

3. Physical activity survey (Dr Taylor)

The Physical Activity Survey is a key development area for Public Health England. Dr Taylor's Trust is sponsoring the cost of survey via Survey Monkey. There was discussion on how to improve the completion rates of the survey and it was agreed that a link will be shared to all members who can then propagate this to all psychiatrists in their Trust. This would include all non-training grades (Consultants and SAS).

<http://surveys.derbyshcft.nhs.uk/s/exercise-survey/>

4. ISSP sports psychiatry curriculum (Alan Currie)

Alan Currie and Amit Mistry have seen a sports psychiatry training curriculum produced for psychiatric residents in the USA. It is comprehensive but has no official status yet and may not translate to other health-care systems and psychiatry training programmes.

Nonetheless it may prove helpful alongside earlier work by Tim Rogers and Phil Hopley on sports psychiatry competencies. Perhaps more details could be discussed at the Spring 2019 meeting.

7. Other updates

ETN Conference Leeds 18th October

Places are still available on the second annual Mental Health of Athletes conference run by the Education and Training Network (ETN).

<http://www.educationandtrainingnetwork.co.uk/Topics/The-Mental-Health-of-Athletes-who-cares>

<https://vimeo.com/276925135>

Allan Johnston:

BASM Conference Leeds 4th/5th October

Tim Rogers:

Ongoing work linking with BPS and Psychologists interested in sport. Tim has attended several meetings and liaises with their Division of Sport and Exercise Psychology.

<https://www1.bps.org.uk/networks-and-communities/member-microsite/division-sport-exercise-psychology>

Amit Mistry and Catherine Lester:

Update that Moving Medicine Website will be launch shortly.

<https://www.movingmedicine.ac.uk/>

8. Forthcoming events – including date, time and suggestions for spring meeting

Suggestions were made for the Spring 2019 meeting with provisional date for a Friday in March. Attendees volunteered to explore facilities in Nottingham, Chesterfield, Loughborough and Manchester. It was hoped that we could then hold our Autumn 2019 meeting at the ISEH once more. Members are encouraged to Tweet about the excellent facilities and great support we have been receiving from ISEH. Spring 2020 - a possible meeting in Glasgow or Edinburgh?

9. Any other business

Finance Report the Treasurer funds £5,201 but with expenses for the Autumn meeting still to be paid. It was agreed that the £95 fee for today's conference was appropriate and remained good value.

Consensus statement on mental health awareness in sport

This is being developed by Dr Gavin Breslin who is a leading sports and exercise psychologist at Ulster University. He has sent this message. If you are interested please complete the survey as soon as you can.

Together with colleagues at Ulster University, UK (Breslin), Edgehill University, UK (Smith), University of Limerick, Ireland (MacIntyre), Sport Northern Ireland, UK (Donnelly) and the British Psychological Society Division of Sport and Exercise Psychology (Cotterill) I have been asked to contribute to the development of an international Consensus Statement on Mental Health Awareness in Sport, including by encouraging key partners to comment on a draft summary statement before a formal process of consultation and development takes place. Below are some of the reasons why it is thought a consensus statement is required beyond existing ones already available in elite sport. Dr Breslin shared these with attendees at the European College of Sport Science annual conference in Dublin in July and hope to follow this up again in Belfast in December. Between now and December we are seeking views on a summary statement (included in the link below) and its content that we feel you are well placed to contribute. Here are seven reasons for the need for a consensus statement:

Seven reasons why a Consensus Statement on Mental Health Awareness in Sport is required

1. There has been increasing recognition of mental health issues in sport
2. Growth of sport-based mental health awareness programmes
3. Variation in programme content, design, theory and evaluation.
4. Uncertain what outcomes or impact programmes are having!
5. Variations in measurement tools selected- validation and reliability of these tools
6. What is the minimal training for sport and exercise psychologists or club officers in supporting or guiding programme content development?
7. What recommendations can we provide policy makers?

So far the proposed summary statement has received a lot of interest by researchers and organisations in Europe, Australia and the USA. One thing I have added is the need to broaden the scope of the above.

It would be great if you would spare five minutes to read and comment on the statement (being led by Ulster) which can be read at:

<https://www.surveymonkey.co.uk/r/MHAIConsensusStatement>

If you decide to complete it and would like to remain involved in its development, please indicate this in the final box on the survey and indicate that I have referred you to it. It would be great if our collective organisations and existing partnerships could help feed into and shape this and use it as a vehicle for promoting your excellent work in mental health and sport, so please share the link with your colleagues and networks.

The survey will close on Friday 5th October.