**Sport and Exercise Psychiatry Special Interest Group**

Business Meeting 2nd March 2018

Attendees (19)

Amit Anand, Sandeep Bdesha, Anthony Brown, Patrick Chance, Alan Currie, Sanam Farman, James Hickmott, Philip Hopley, Allan Johnston, Calum Laird, Nicoletta Lekka, Hassan Mahmood, Reshad Malik, Amit Mistry, Caz Nahman, Tim Rogers, Carolina Schneider. Pamela Walters, Attila Yetkil.

**1. Feedback from meetings**

*BPS-DSEM, Glasgow (Tim Rogers). December 2017.*

Tim reported favourably on his presentation at the British Psychological Society Division of Sport and Exercise meeting in Glasgow in December. His talk was well received and opens the way for collaborative work. Much of this was reflected in his excellent joint presentation with Dr Stewart Cotterrill at the SEPSIG meeting earlier in the day.

*Sports Medcon, Delhi (Amit Mistry), December 2017.*

Amit’s presentation was also well received although many of those attending thought he was a sports psychologist! Despite previous resource limitations to implement comprehensive sport mental-health related services, the Sport Authority of India (SAI) is now significantly investing in the elite sport setting to compete on the global sporting stage.

*World Psychiatric Association, Berlin (Alan Currie). October 2017.*

Alan joined colleagues from the International Society for Sports Psychiatry (ISSP) in a 3-speaker symposium. He presented on working with psychological stressors and ‘hot-spots’ for elite performers. There were also sessions on gender issues in sport. The WPA has a sport and exercise section. Details here

<http://www.wpanet.org/detail.php?section_id=11&category_id=104&content_id=469>

**2. Physical Advice (PA) survey**

SEPSIG member Simon Taylor has approval from college to survey members on their knowledge and confidence in offering physical activity advice. He is looking for others to assist. It would be a very useful project for a trainee with some research time. Anyone interested can contact Simon directly at [Simon.Taylor@derbyshcft.nhs.uk](mailto:Simon.Taylor@derbyshcft.nhs.uk)

**3. Trainee mentorship**

Alan Currie has produced an information for trainees who enquire about how to get started in sports psychiatry. This includes selected reading and the ‘top 10 tips’ of David McDuff (a leading sports psychiatrist from Baltimore, USA). It was noted that there are few if any opportunities for direct clinical experience in the UK. The International Society for Sports Psychiatry (ISSP) is also trialling a trainee mentorship programme for members.

**4. UKAD register – for TUE applications** (AC)

UK anti-doping holds a list of experts in ADHD who can be consulted in the event of an equivocal TUE application. This list is made available to athletes who need an expert medical report, often at short notice. They key attributes needed are experience in diagnosis and assessment of ADHD including rating scales and diagnostic schedules. If any members are interested and want to be included on the register Alan Currie has more details.

[alan.currie@ntw.nhs.uk](mailto:alan.currie@ntw.nhs.uk)

**5. Sports medicine liaison opportunities**

-BASEM conference. Allan Johnston will be presenting at their October conference in Leeds

-Alan Currie has been contacted by SEM doctor Rebecca Robinson who is part of an expert group on female athlete health that meets every 4 months. The group is described as ‘embryonic’ and lacking psychiatry and psychology input. Such input would be welcome. For more details contact Alan or Rebecca

[alan.currie@ntw.nhs.uk](mailto:alan.currie@ntw.nhs.uk)

[rjprobinson@doctors.org.uk](mailto:rjprobinson@doctors.org.uk)

-An NHS clinic specific to female athlete health will shortly be launched in Manchester. This initiative is led by Dr John Rogers – a senior sports medicine specialist who will be known to some SEPSIG members. The clinic would benefit from psychiatric input and this is currently lacking. It may suit a senior trainee with sessions to offer.

For more details contact

[alan.currie@ntw.nhs.uk](mailto:alan.currie@ntw.nhs.uk)

[jrogers7@nhs.net](mailto:jrogers7@nhs.net)

Date, time venue for next meeting.

Friday 21st September 2018

Institute of Sport Exercise and Health

170 Tottenham Court Road

London, W1T 7HA

Programme suggestions include:-

A session on addictions (Pamela Walters will lead on developing this). This would cover exercise addictions, substance misuse and gambling and possibly performance enhancing drugs.

Psychopharmacology for athletes (Alan Currie will contact the BAP).

A sport and exercise medicine perspective on psychiatric input (Allan Johnston has a contact).

An athlete describing his/her issues (Phil Hopley has someone in mind).