

# DEVELOPMENT OF AN AUDIO & VISUAL TOOLKIT TO SUPPORT MENTAL HEALTH IN ATHLETES



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## INTRODUCTION

Mental health disorders are common in elite athletes (up to 45% for anxiety and depression) and can impact upon their performance and participation.<sup>1</sup> However, only 22.4% of elite athletes seek help in comparison to the general population for their mental health and face significant barriers like team culture, confidentiality and concerns around selection.<sup>2</sup>

In a recent scoping review podcasts were found to be useful for behavioural improvements and average weekly listens.<sup>3</sup>

The aim of this project was to develop a brief, accessible toolkit to support athletes in managing emotional challenges associated with sports performance.

## METHODOLOGY

There were 2 authors of the mental health and wellbeing toolkit (MM) and (CK).

MM provided the script for 4 podcasts, recorded audio files in MP3 format and overlaid an ambient soundtrack from a royalty free music site.

CK added background video and accessibility captions using the software package Descript.

## THE TOOLKIT



SCAN



## References:

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3. ROBINS, B., DELANEY, T., MAHER, C., & SINGH, B. (2024). Podcasts as a tool for promoting health-related behaviours: A scoping review. *Digital health*, 10, 20552076241288630. <https://doi.org/10.1177/20552076241288630>