STEP 1: UNIVERSAL SCREENING FOR MENTAL HEALTH SYMPTOMS AND DISORDERS

1

Action Have the athlete complete the screening 1-7 in the Athlete form 1 exploring 7 key mental health symptom clusters via 7 questionnaires (in total 45 items).

Action Calculate the total score for each key mental health symptom cluster and related questionnaire by summing up the athlete responses. Note the scores in the following table and tick the appropriate box(es).

	Total score	Under threshold	At or above threshold	Action
Anxiety (screening 1)		0-9 ☐	≥10 ☐	Step 2 and Step 3
Depression (screening 2)		0-9 ☐	≥10 ☐	Step 2 and Step 3
Depression item 9 (screening 2)		0 ☐	≥1 ☐	ACTION NEEDED
Cannabis use (screening 3)		0 ☐	1 ☐	Step 2 and Step 3
Nicotine/Tobacco use (screening 4)		0 ☐	1 ☐	Step 2 and Step 3
Sleep disturbance (screening 5)		0-7 ☐	≥8 ☐	Step 3
Disordered eating (screening 6)		0-14 ☐	≥15 ☐	Step 3
Alcohol misuse (screening 7)		0-7 ☐	≥8 ☐	Step 3

Anxiety:
score 5-9 = mild;
score 10-14 = moderate;
score ≥15 = severe

Depression:
score 5-9 = mild;
score 10-14 = moderate;
score 15-19 = moderate/severe;
score ≥20= severe

Sleep disturbance:
score 5-7 = mild;
score 8-10 = moderate;
score ≥11 = severe

Alcohol misuse:
score 1-7 = low-risk consumption;
score 8-14 = hazardous or harmful consumption;
score ≥15 = moderate-severe alcohol use disorder

Box ticked for depression item 9 (screening 2)	>	Take immediate action (according to mental health emergency plan)
All screening scores under threshold	>	No action needed
Screening scores for Anxiety (screening 1) and/or Depression (screening 2) at or above threshold	>	Proceed to Step 2 (conditional screening) and subsequently to Step 3 (clinical assessment)
Screening scores for Cannabis use (screening 3) and/or Nicotine/Tobacco use (screening 4) at or above threshold	>	Proceed to Step 2 (conditional screening) and subsequently to Step 3 (clinical assessment)
Screening scores for Sleep disturbance (screening 5), Disordered eating (screening 6) and/or Alcohol misuse (screening 7) at or above threshold	>	Proceed to Step 3 (clinical assessment)

STEP 2: CONDITIONAL SCREENING TOOLS FOR MENTAL HEALTH SYMPTOMS AND DISORDERS

2

Action If screening scores for Anxiety (screening 1) and/or Depression (screening 2) are at or above threshold, have the athlete complete screening 8 (Post-traumatic stress) in the Athlete form 2.

Action If screening scores for Cannabis use (screening 3) and/or Nicotine/Tobacco use (screening 4) are at or above threshold, have the athlete complete screening 9 (Substance misuse) in the Athlete form 2.

Action Calculate the total score for each mental health symptoms cluster and related questionnaire by summing up the answers of the items. Note the scores in the following table and tick the appropriate box(es).

	Total score	Under threshold	At or above threshold	Action
Post-traumatic stress (screening 8)		0-2 ☐	≥3 ☐	Step 3
Substance misuse (screening 9)		0-1 ☐	≥2 ☐	Step 3

Regardless of the screening scores for Post-traumatic stress (screening 8) or Substance misuse (screening 9)	>	Proceed to Step 3 (clinical assessment)

Gouttebarge V, *et al*. *Br J Sports Med* 2026; 60:1131–1142. doi: 10.1136/bjsports-2025-111408

STEP 3: CLINICAL ASSESSMENT AND TREATMENT

3

This step must be completed by a sports medicine physician or a licensed/registered mental health professional. The objective of this step is to conduct a comprehensive clinical assessment in order to evaluate the athlete's mental health, diagnose a disorder (if applicable), identify important contributing factors and create a relevant treatment plan. During this comprehensive clinical assessment, particular focus on severity, complexity, diagnostic uncertainty, and treatment response is recommended. Evaluation of the athlete's past medical/psychiatric history (if available) can be informative.

Action Read the following.

Severity

Severity refers to an identified clinical problem significantly compromising the athlete's health, safety or wellbeing. This can mean severe functional impairments, markedly disturbed behaviours and/or risk to self or others (e.g., suicidal/homicidal intent, significant self-neglect or electrolyte abnormalities in eating disorders would be considered high severity).

Complexity

Complexity refers to comorbid mental health and other medical conditions in which multiple conditions interact to make it challenging to diagnose and/or treat. Complexity might also include the interaction of significant sport (e.g., performance concerns, career dissatisfaction) or non-sport (e.g., relationship or financial problems, bereavement) stressors.

Diagnostic uncertainty

Diagnostic uncertainty refers to any doubt about diagnosis. Examples include differentiating a high level of sports related physical activity from over-activity found in hypomania and ADHD, functional performance-related eating from eating disorders, or depression from bipolar disorder.

Treatment non-response

Treatment non-response refers to one or more treatment cycles with no response or a partial response.

Action Review and interpret the screening scores (Step 1 and/or Step 2) and conduct a clinical assessment in order to obtain additional information. Inquire about a present or past history of harassment/abuse (interpersonal violence) within or outside of sport.

Action Complete the following table by ticking the appropriate box(es) and note your treatment recommendations for all relevant mental health symptoms clusters.

Problem	Severity	Complexity	Diagnostic uncertainty	Treatment non-response	Treatment recommendations
Anxiety	☐	☐	☐	☐	
Depression	☐	☐	☐	☐	
Sleep disturbance	☐	☐	☐	☐	
Disordered eating	☐	☐	☐	☐	
Alcohol misuse	☐	☐	☐	☐	
Post-traumatic stress	☐	☐	☐	☐	
Substance misuse	☐	☐	☐	☐	
	☐	☐	☐	☐	
	☐	☐	☐	☐	

In cases that are neither severe, complex, diagnostically uncertain nor non-responsive to treatment	>	Treatment/support can be provided by a sports medicine/primary care physician, referring then to the International Olympic Committee consensus statement on mental health in elite athletes (2026) for clinical guidance for treatment.
In cases of diagnostic uncertainty or when further information might be useful	>	Consider whether one or more additional screening tools should be completed by the athlete. If relevant, use the Athlete form 3: screening 10 for Attention-deficit/hyperactivity disorder, screening 11 for Bipolar disorder, screening 12 for Gambling, screening 13 for Prolonged grief, screening 14 for Obsessive-compulsive disorder and screening 15 for Psychosis. For the calculation of total score(s) and related interpretation of the Athlete form 3, please refer to the last section of this medical form.
In cases that are severe, complex, diagnostically uncertain even after any appropriate additional screening and/or non-responsive to treatment	>	Athletes should be referred to a licensed/registered mental health professional (e.g., clinical psychologist or psychiatrist) or to the most qualified support provider available.

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Optional screening **3**

Action According to your clinical assessment, consider having the athlete complete the relevant screening(s) in the Athlete form 3.

Action Calculate the total score for the relevant screening(s) by summing up the answers of the items and complete the following (if applicable).

Screening 10: Attention-deficit/hyperactivity disorder

	Total score
Calculate the total score by summing up the answers on the 6 items	

score ≥4 = symptoms highly consistent with ADHD

Screening 11: Bipolar disorder

	Total score
Calculate the total score by summing up the answers on item 1	
Note the score of item 2	
Note the score of item 3	

possible bipolar disorder if total score ≥7 AND item 2 = 1 AND item 3 = 1

Screening 12: Gambling

	Total score
Calculate the total score by summing up the answers on the 9 items	

score 0 = non-problem gambling;
score 1-2 = low level of problems with few or no identified negative consequences;
score 3-7 = moderate level of problems leading to some negative consequences;
score ≥8 = problem gambling with negative consequences and a possible loss of control

Screening 13: Prolonged grief

	Total score
Calculate the total score by summing up the answers on the 10 symptom items	

score ≥30 = prolonged grief disorder

Screening 14: Obsessive-compulsive disorder

	Total score
Calculate the total score by summing up the answers on the 18 items	

score ≥21 = likely presence of obsessive-compulsive disorder

Screening 15: Psychosis

	Total score
Calculate the total score by summing up the answers on the 16 items	

score ≥6 = at risk for psychosis