



Sports Psychiatry: Development of a Trainee Curriculum Rooted in Consultation-Liaison Psychiatry Practice Models

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Background

- **Sports psychiatry continues to grow as a global discipline** focused on serving the mental and physical health needs of athletes. Consultation-liaison psychiatry has been identified as a potential subspecialty anchor and educational home for the field.
- With the increasing demand and recognition of the importance of mental health in athletics, **further educational initiatives will be critical to maintaining momentum** and cementing the connection between C-L and sports psychiatry.
- **Residency and fellowship didactic and experiential learning** is one of the primary methods of driving education in this field, and further awareness and implementation could make progress in accomplishing this goal.

Methods

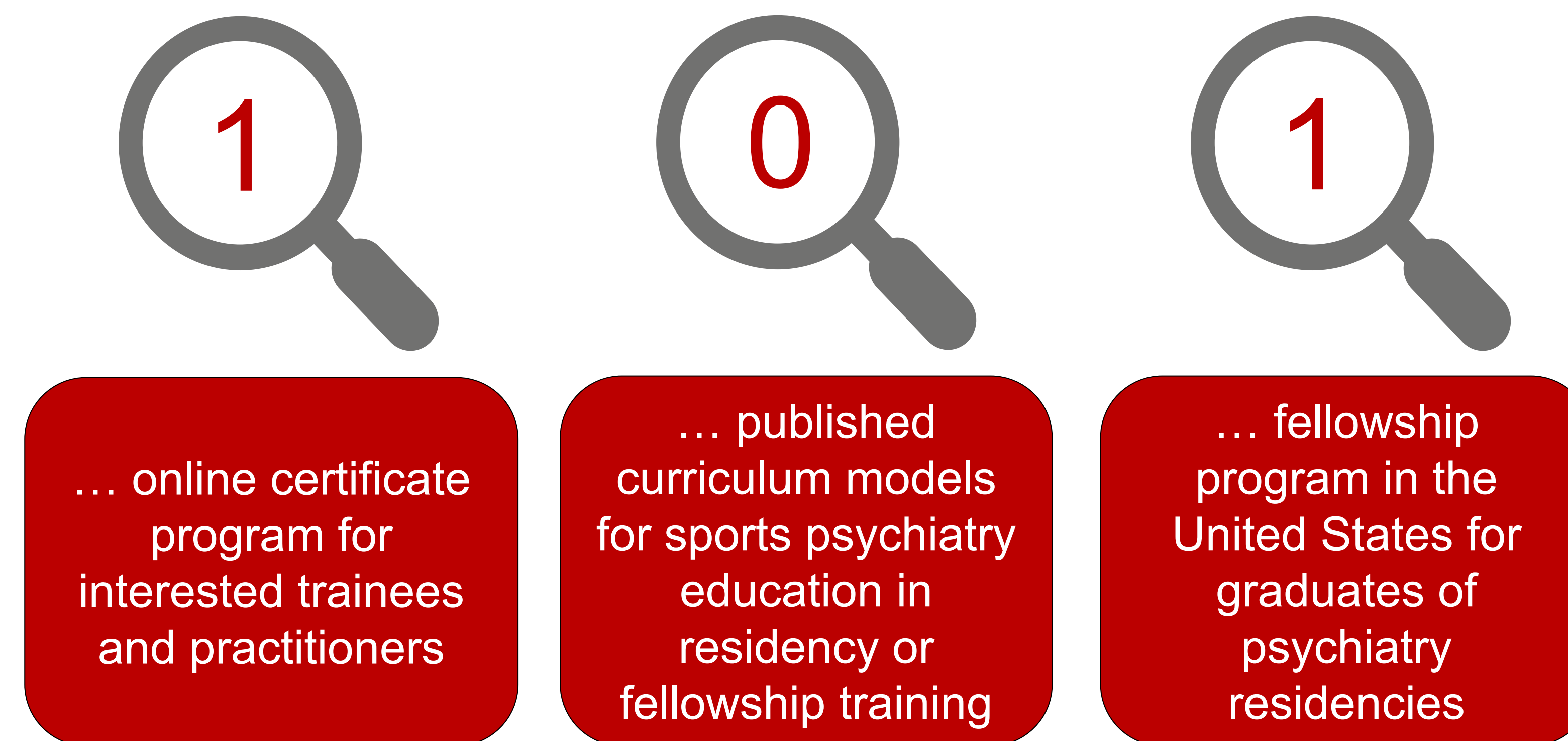
Literature review and evaluation of evidence for the following questions

What is the current educational programming available for residents, fellows, and attending psychiatrists interested in sports psychiatry training?

What potential exists for C-L physicians and practice models to serve as leaders in curriculum development?

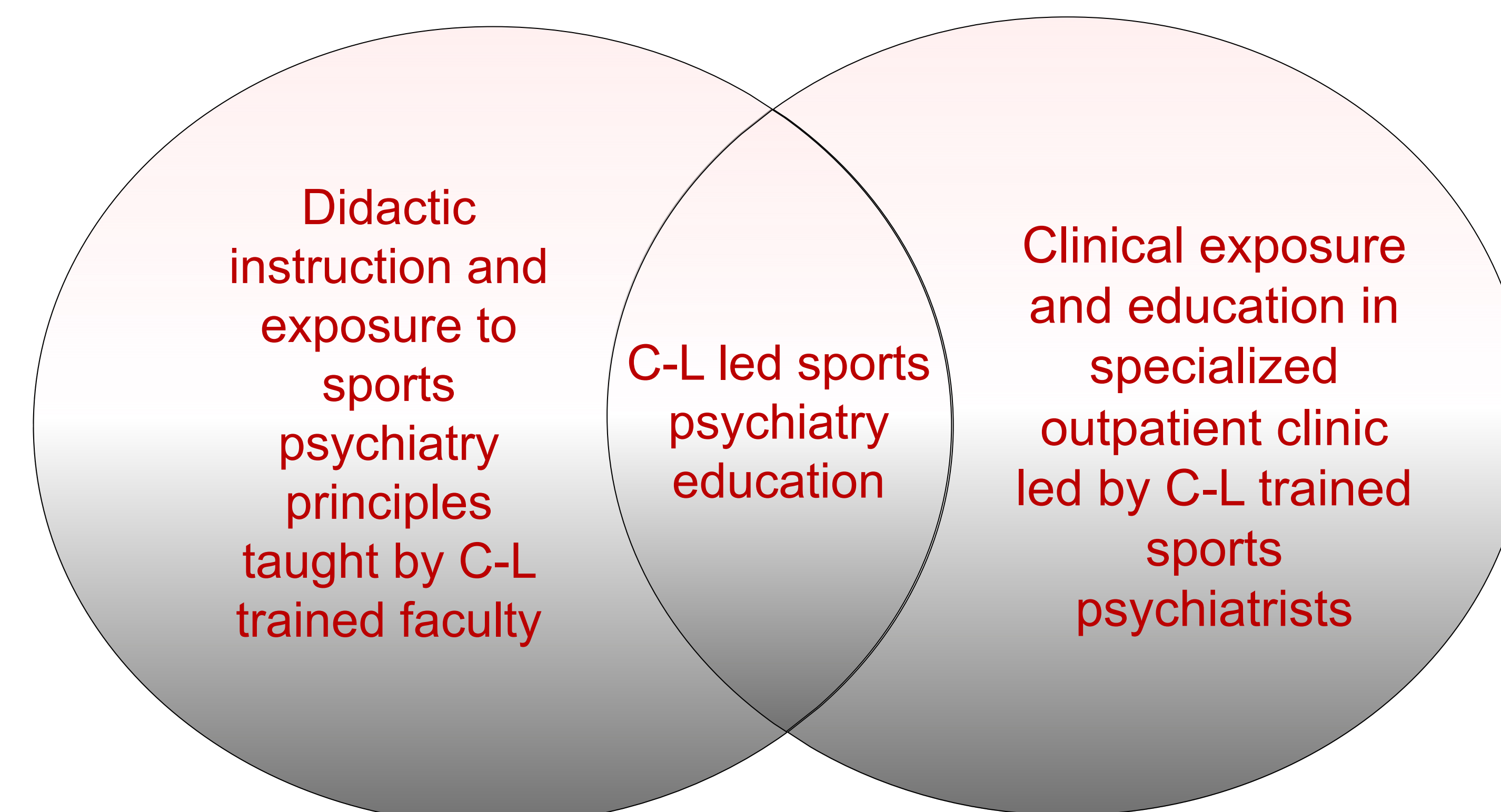
What is the initial feedback from an exploratory pilot of residency and fellowship C-L sport psychiatry curricular elements?

Results



OSU Sports Psychiatry Pilot: Core Curricular Themes

<u>History and Integration of Sport Psychiatry</u> <ul style="list-style-type: none"> • Interprofessional Care Models • Clinical Systems, Cultural Aspects, and Liaison Dynamics • Crisis Intervention and Confidentiality 	<u>Psychopharmacology</u> <ul style="list-style-type: none"> • Drug Safety Principles in Active People • Application of Regulatory/Competition Guidelines • Syndrome Patterns in Sport Subpopulations
<u>Common Issues Faced by Student-Athletes</u> <ul style="list-style-type: none"> • ADHD and Academic Eligibility • Competition, Performance, and Nutrition • Adjustment to Post-Competition Life 	<u>Cognition and Resilience</u> <ul style="list-style-type: none"> • Sport Trauma and Injury Recovery <ul style="list-style-type: none"> • Concussion and TBI • Addiction



Discussion

- C-L psychiatry is ideally positioned to **formalize educational training through the development of a standardized trainee curriculum** and elective experiences.
- C-L psychiatrists have the unique perspective of offering a **dynamic and systems-based approach** to educational development and clinical application models. As the subspecialty anchor for sports psychiatry, C-L has the potential to utilize this advantage and become the home for educational advancement for sports psychiatry.
- Incorporation of sports psychiatry elements into C-L training may also have a positive impact on **awareness of the breadth of our subspecialty and recruitment into our field.**

Conclusions

- Initial steps in the **development of a standardized, evidence-based sports psychiatry curriculum** include opportunities for collaboration among professionals in the field, including those affiliated with a proposed Sports Psychiatry ACLP Special Interest Group, existing ACLP educational subcommittees, and other academic psychiatric organizations.
- Further review of literature, existing educational programs, and development of curricular planning resources will emerge as a product of collaboration.

References

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