

Exploring the hidden link: High-performance athletes, health and abuse

High-performance athletes inspire us with their skill and determination, but the pressure to perform at the highest level often comes at a cost. This study explored how past year self-reported health problems and experiences of abuse affect international adult athletes.

Sample

562
Elite adult athletes

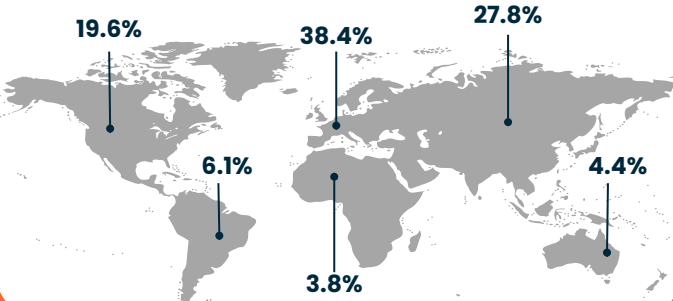


281 **females**
281 **males**

Age 24.8
(SD=7.9)

High-level international athletes (tier 4)
in 4 **Olympic summer sports**

Geographical spread of participants



Method


Competing at world championships
in 2023

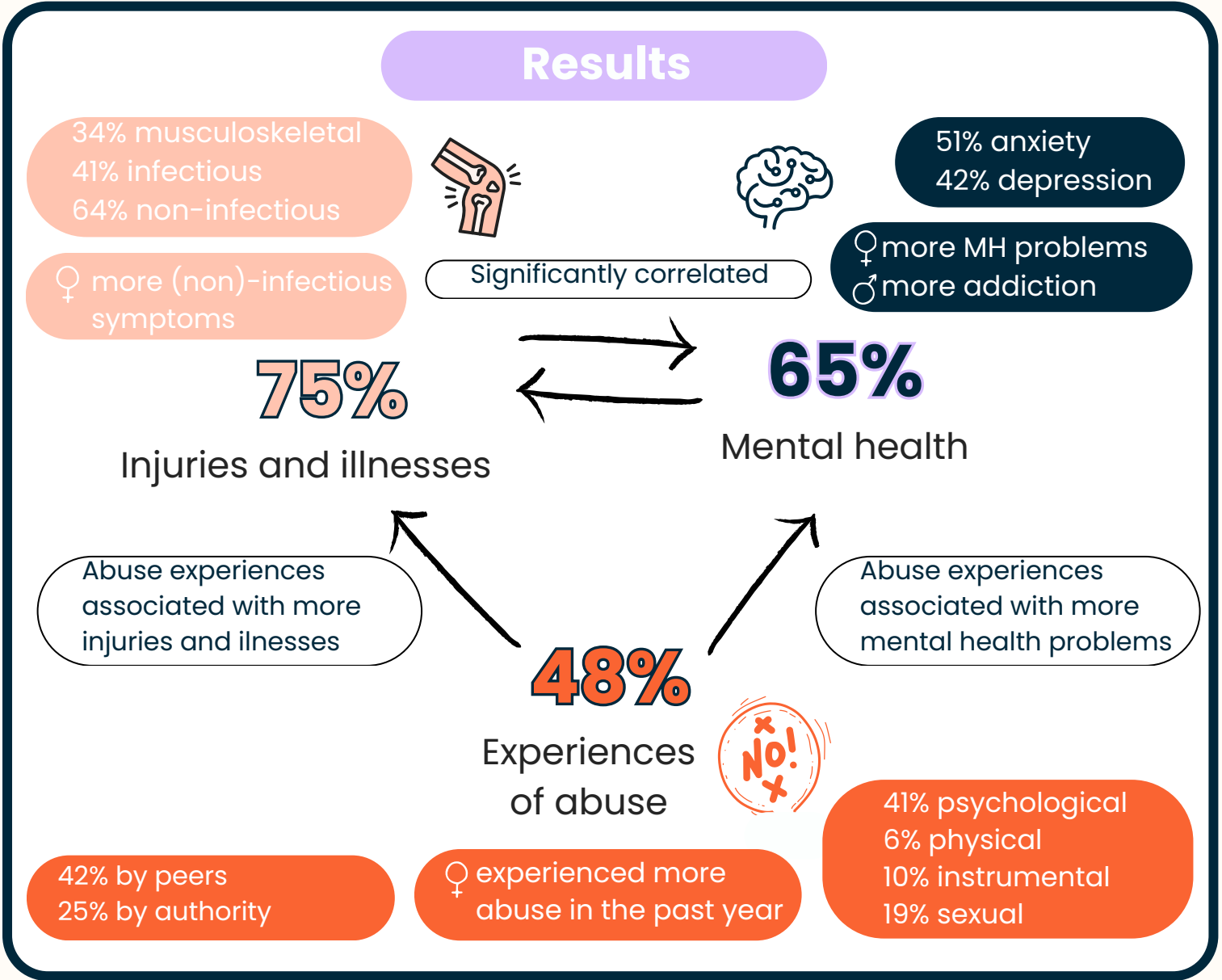

On-site safeguarding support provided


Surveyed about past year **mental & physical health** symptoms and experiences with **abuse**


23
symptoms


11
symptoms


33
items



- ### Actions

 - Injury and illness prevention and (mental) health promotion programs to include strategies to reduce athlete abuse
 - Experiences of abuse to be monitored regularly, taking into account optimal timing in season
 - International Federations to further strengthen gender- and culturally sensitive, trauma- and violence-informed safeguarding policies