



Mental Health and Wellbeing in the Sport Workforce

Guest Editor:

Dr. Fraser Carson

Department of Sport and
Exercise Science, Lunex
International University of Health,
Exercise and Sports, L-4672
Differdange, Luxembourg

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Message from the Guest Editor

Numerous anecdotal and media reports have highlighted the prevalence of mental health and wellbeing issues within sport and exercise settings. While scientific research has focused on the athlete, other key individuals in the sport, exercise, and physical activity workforce have to date been overlooked. Many of these individuals are forced to deal with the often uncontrollable, unpredictable, complex, and nonlinear nature of sport, which can subject them to significant stressors. These stressors may contribute to high stress levels, burnout, and critical health situations, such as depression. Occupational health research has highlighted that excessive exposure to stress can lead to emotional exhaustion and withdrawal from sport. Attrition is a major issue facing individuals in the sport workforce, as many work long hours with little reward or recognition.

This Special Issue seeks papers related to mental health and wellbeing of all those involved in the sport and exercise workforce, including coaches, officials, strength and conditioning professionals, service providers, administrators and organisations/associations (from community to elite levels).





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Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture,
Adelaide University, Adelaide
5001, Australia

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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