

Special Issue

Promoting Mental Health and Well-Being in Youth Athletes

Message from the Guest Editor

The mental health and well-being of youth athletes is a growing area of concern and opportunity in sport, health, and education research. This Special Issue seeks to explore the multifaceted relationship between athletic participation and psychological well-being among children and adolescents. While sport can foster resilience, self-esteem, and social connection, it also presents challenges such as performance pressure, injury, burnout, and identity development. This Special Issue welcomes empirical research, theoretical explorations, and practice-based insights across various sporting contexts, including community, school, and elite development pathways. Topics may include mental health literacy among coaches and parents, inclusive practices for neurodiverse or marginalised youth, the role of sport psychologists, and the influence of organisational culture on athlete well-being. Research that uses longitudinal designs to examine the long-term mental health impacts of sport, including outcomes such as anxiety, depression, suicidal ideation, and disordered eating, and studies that explore interventions to influence these outcomes are particularly welcome.

Deadline for manuscript submissions

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About the Journal

Message from the Editor-in-Chief

Youth is an international and peer-reviewed journal covering a broad range of topics that all influence persons lumped into the category of youth. The numerous issues of interest to the research community involving youth include mental health, education, sociology, economics, employment, cultural studies, civic engagement, and other social perspectives of youth and young adulthood.

Our goal is to work together with the global research community whose interest and scholarship speak to providing evidence that will support and enhance the lives of youth and the systems that affect their lives. We are interested in working with graduate students, scholars, scientists, and research centers who share this interest.

Editor-in-Chief

Prof. Dr. Todd Michael Franke

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