

**Supplement 2: Survey used: Healthcare professionals' attitudes, beliefs and preparedness towards dealing with mental health symptoms and disorders in Paralympic athletes in their care**

**Demographical information**

1. Which of the following best describes your gender?

*Female*

*Male*

*Other*

*I prefer not to say*

2. Please select your age range

<i>25-29 years</i>	
<i>30-34 years</i>	
<i>35-39 years</i>	
<i>40-44 years</i>	
<i>45-49 years</i>	
<i>50-54 years</i>	
<i>55-59 years</i>	
<i>60+ years</i>	

3. How long have you been involved in the management of athlete health?

*Less than 1 year*

*1-5 years*

*6-10 years*

*11-15 years*

*16-20 years*

*21-25 years*

*Over 25 years*

4. How would you describe your involvement with your present team?

*Involved only for the period of these Games*

*Involved only for the period of these Games  
and short period before*  
*Involved for period of Games as well as  
Intermittent involvement with the team outside  
of Games time*  
*Permanently part of the team for less than 1  
year*  
*Permanently part of the team for more than 1  
year*  
*Other (please state)*

5. Please indicate your field of practice:

*Medicine*  
*Physiotherapy*  
*Psychology*  
*Nutrition*  
*Nursing*  
*Strength and conditioning*  
*Other (specify)*

6. The country of the Paralympic team that you are involved would be best described as a:

*Low-income economy*  
*Lower-middle income economy*  
*Upper middle-income economy*  
*High income economy*  
*N/A – please state reason*

For a list of country classifications click here

<https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world-bank-country-and-lending-groups>

**Healthcare professionals' perception around managing athlete mental health**

	<i>Strongly disagree</i>	<i>Disagree</i>	<i>Neither disagree nor agree</i>	<i>Agree</i>	<i>Strongly agree</i>
<b>Attitudes, beliefs – stigma, importance, willingness to address mental health</b>					
<i>1. Mental health is a concern in athletes</i>					
<i>2. Mental health is a specific concern in <u>Paralympic</u> athletes</i>					
<i>3. I think it is important to screen for mental health concerns in athletes</i>					
<i>4. The mental health of athletes is an important part of my job</i>					
<i>5. I believe that there is an increased stigma surrounding disclosing mental health concerns in Para athletes when compared to athletes with no impairment</i>					
<i>6. I find it hard to shift my own cultural assumptions and positioning when addressing the mental health of athletes</i>					
<i>7. I am worried that raising the issue of mental health with an athlete in my care would affect their confidence or performance negatively</i>					
<i>8. I am concerned that talking about mental health in the team would</i>					

<i>affect team confidence or performance negatively</i>					
<i>9. I think the sporting environment of the team that I am involved with is supportive towards mental health</i>					
<i>10. I often involve myself in the management of athletes with mental health concerns</i>					
<i>11. I feel responsible for the management of athletes with mental health concerns</i>					
<i>12. I would like to collaborate more with mental healthcare specialists in the provision of mental health services for my patients</i>					
<i>13. I would like to be more involved in the mental healthcare of my athletes</i>					
<i>14. I think mental health care is out of my scope of practice</i>					
<i>15. Considering my own state of mental health, I feel emotionally equipped to take on the mental health burden of athletes</i>					
<i>16. I believe that the broader social and environmental context of the athlete plays an important role in athlete mental health</i>					
<i>17. I believe that personal factors (such as age, gender, socio-economic</i>					

<i>status,) play an important role in athlete mental health</i>					
<i>18. I believe that personal factors (such as age, gender, socio-economic status,) play an important role in athlete mental health</i>					
<b>Knowledge, training, preparedness</b>					
<i>1. I feel confident in my capability to detect mental health symptoms and disorders in athletes</i>					
<i>2. I would like to improve my mental healthcare knowledge and skills</i>					
<i>3. I have had specific formal training to manage mental health concerns in athletes</i>					
<i>4. I have experience supporting others to engage in mental health awareness and screening</i>					
<i>5. I feel confident to offer mental health support to athletes</i>					
<i>6. I require additional training in order to provide mental health support to athletes</i>					
<i>7. I feel confident to refer athletes with suspected mental health symptoms and disorders</i>					
<i>8. I feel competent in dealing with cultural issues or influences related to mental health</i>					

9. <i>I feel confident in my capability to involve other professionals in the management plan</i>					
10. <i>I feel confident in my capability to involve other professionals in the management plan</i>					
<b>Contextual factors</b>					
<i>We have adequate availability of mental health resources in my team's country</i>					
<i>In my country it is likely that people will seek care from religious, spiritual, or cultural healers outside the biomedical system</i>					
<i>I find language barriers problematic in adequately addressing mental health</i>					
<b>Organizational support and policy</b>					
1. <i>Mental health screening is part of the sports team policy / team's specific mental health policies for athlete welfare</i>					
2. <i>Interventions or support around mental health stigma, attitudes and support seeking behaviour are part of the team's policy</i>					

**Screening policy and management process**

{Tick boxes / YES / NO}

In your team, is mental health screening: *Mandatory with enforcement / Mandatory not enforced / Not mandatory*

Do you screen for mental health concerns in athletes? *Yes / No*

If yes, when? (Indicate all time periods that are applicable)

1. *During the pre-competition period*
2. *During the season*
3. *Post-season*
4. *When any significant life event occurs*
  - a. *major injury/illness*
  - b. *unexplained performance concern*
  - c. *end of competitive cycle*
  - d. *suspected harassment or abuse*
  - e. *transition out of sport*

What does the screening comprise of?

*Personal history*

*Family history*

*Standardised questionnaires (Please indicate which ones)*

1. ....
2. ....