1st International Conference on Sports Psychiatry (ICSP)

January 14–15, 2022

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We welcome you to the 1st International Conference on Sports Psychiatry (ICSP). The conference will be held online on January 14–15, 2022. Initially, the conference should take place on site at the Psychiatric University Hospital Zurich and in part online. Due to the COVID-19-Pandemic restrictions we had to adapt the ICSP 2022 to an online-only format at the end of November, 2021.

The 1st ICSP was initially scheduled for January 2021, but also due to the COVID-19-Pandemic we had to postpone the conference. We are very pleased that nearly all speakers who committed to the conference in 2021, also agreed to present one year later at the ICSP in 2022. Moreover, several speakers submitted an abstract for the ICSP 2022, and all these abstracts, respectively lectures and courses could also be considered. To be on the safe side, we decided to use from the beginning for the ICSP 2022 a hybrid format. For that reason, is uncomplicated to react on the worsening of the COVID-19-Pandemic in November.

All abstracts are available in this first issue of *Sports Psychiatry – Journal of Sports and Exercise Psychiatry* [1].

Swiss, German and Austrian Societies for Sports Psychiatry

There is a close cooperation between the three German speaking societies for Sports Psychiatry.

The ICSP 2022 is under the auspices of the Swiss Society for Sports Psychiatry and Psychotherapy in cooperation with the German Society for Sports Psychiatry and Psychotherapy and the Austrian Society for Sports Psychiatry

and Psychotherapy. The 1st ICSP is also the first joint annual meeting of the three societies.

In 2021 the Austrian Society for Sports Psychiatry and Psychotherapy was founded, and as a positive effect of postponing ICSP to 2022, the colleagues from Austria could participate at the conference.

The next joint annual meeting of the three societies will likely take place 2023 in Germany, one year earlier than the 2nd ICSP, and perhaps other (newly founded) societies for sports psychiatry will join and will in the future organize their annual meeting in collaboration with the Swiss, German and Austrian Societies for Sports Psychiatry.

In 2024 the 2nd International Conference on Sports Psychiatry will again take place in Switzerland. As soon as the venues and exact date are set, they will be announced on the web site of the Swiss Society for Sports Psychiatry and Psychotherapy [2].

ICSP 2022 Program – Day 1

Day 1 will focus on the importance of physical activity for mental health and on the treatment of patients with psychiatric disorders (see Figure 1). In a symposium and in various courses, different aspects of physical activity in the prevention and therapy of mental illnesses will be discussed.

On day 1 there is also a focus with one lecture and one separate course on sports-specific mental illnesses in popular sports, as well as with one course on the education and training in sports psychiatry.

Between the symposium and the courses, the general meetings of the Swiss, German and Austrian Societies for Sports Psychiatry will take place, and for those, who do

Day 1: January 14, 2022

9:15 AM	Welcome Erich Seifritz, Malte Christian Claussen
9:30 AM	Symposium I: Sports and Exercise Chair: Ulrich Michael Hemmeter
<u>Physical activity in prevention and therapy of mental illnesses</u>	
9:35 AM	Physical activity for prevention and treatment of depression Christian Imboden
10:05 AM	The potential of physical activity to reduce cardiovascular disease risk and excess mortality among patients with depression Markus Gerber
10:35 AM	Physical activity as a vital sign – assessment of physical activity in psychiatric patients at the Charité in Berlin Jannik Roempler
<u>Sports-specific mental illnesses in popular sports</u>	
11:05 AM	The muscular ideal. Body image, diet, and exercise behavior Robin Halioua
11:35 AM	Break
11:45 AM	Member Meetings
Note: The Member meetings of the Swiss, German and Austrian Societies for Sports Psychiatry take place separately.	
1:00 PM	Lunch break
1:30 PM	Course I: Sports and Exercise / Education and Training
<u>Physical activity in prevention and therapy of mental illnesses</u>	
Course I.1	Effects of body-oriented yoga in depression Miriam Bieber, Esra Görgülü, Viola Oertel
Course I.2	Physical activity coaching: How can behavior change be achieved by individual remote-based telephone coaching? Robyn Cody, Jan-Niklas Kreppke, Oliver Faude, Markus Gerber
Course I.3	Chronotropic incompetence of the heart is associated with exercise intolerance in patients with schizophrenia Karl Baer, Andy Schumann, Marco Herbsleb
<u>Education and training in sports psychiatry</u>	
Course I.4	Curriculum Sports Psychiatry – development, implementation and out view Carlos Gonzalez Hofmann, Malte Christian Claussen
2:45 PM	Break
3:00 PM	Course II: Sports and Exercise
<u>Physical activity in prevention and therapy of mental illnesses</u>	
Course II.1	Perspectives in exercise/movement therapy and how they influence contents and methods in therapeutic practice Katharina Alexandridis, Jannis Alexandridis

Figure 1. Schedule and Program of the 1st International Conference on Sports Psychiatry (ICSP), January 14–15, 2022, Day 1.

Course II.2	Trainers of the voluntary sports group for individuals with psychiatric disorders: Who are they? Epiney Florence, Nikolai Kiselev, Daniela Loosli, Frank Wieber
Course II.3	Sports psychiatric effects in prevention and treatment of dementia Theofanis Ngamsri, Alexander Schrenker, Ulrich Michael Hemmeter
Sports-specific mental illnesses in popular sports	
Course II.4	Image and performance enhancing drugs in leisure sports Samuel Iff, Ingo Butzke
4:15 PM	Break
4:30 PM	Keynote I Development of sports psychiatry in the United States and internationally Ira D. Glick
5:30 PM	Closing of day 1

Figure 1. Schedule and Program of the 1st International Conference on Sports Psychiatry (ICSP), January 14–15, 2022, Day 1. (continued)

not participate at one of the general meetings, there will be an opportunity for physical activity.

At the end of the first day, we are very pleasure to welcome Professor Ira Glick as the first ICSP 2022 Keynote, and we refer to his editorial “Development of Sports Psychiatry in the United States and Internationally” who is published in this first issue *Sports Psychiatry* [3].

ICSP 2022 Program – Day 2

During day 2 of the ICSP 2022, we will focus on competitive sports (see Figure 2). In a symposium and in various courses, we will be concentrating on different aspects of mental health issues in competitive sports.

As further keynotes of the ICSP 2022, we are also very pleased to welcome Professor Vincent Goutteborge, who will discuss in this lecture injuries and mental health symptoms in professional football, and Professor Alan Curie, who will give an overview on sports psychiatry in the United Kingdom and with the International Olympic Committee.

In addition, Professor Goutteborge and Professor Curie will discuss in a course the question “If exercise is good for your mental health, then why it is risky to be an athlete?”.

From the United States we are also very pleased to welcome Shane Creado, who will give a course on “Sleep for the sports psychiatrist”.

Finally, we would like to thank all speakers for their involvement and support in realizing the 1st International Conference on Sports Psychiatry.

Wishes and information

We wish you a successful congress and also with the only-online format stimulating contacts and discussions.

Further information on the ICSP 2022 can be found on the congress web site [4]. If you have any questions you can also contact the congress secretary at info@kongress.sgsp.ch.

Outlook

Our hope is to establish this new conference and meeting format as a regular format to promote networking and exchange in sports psychiatry.

Further information on the ICSP 2024 will be announced on the web site of the Swiss Society for Sports Psychiatry and Psychotherapy. We hope, that we could welcome you in 2024 in Switzerland.

See you also at the 2nd International Conference on Sports Psychiatry in 2024.

Day 2: January 15, 2022

9:00 AM	Symposium II: Mental Health Issues in Competitive Sports
	Chair: Malte Christian Claussen
9:05 AM	Risk of post-traumatic stress symptoms in alpine sports Christian Mikutta
9:35 AM	Gaming and gambling in competitive sports Tobias Freyer
10:05 AM	Sports psychiatric diagnosis in competitive sports – a structured, multistage diagnostic procedure for mental disorders in competitive sports Carlos Gonzalez Hofmann
10:35 AM	Break
11:00 AM	LGBTQI* and sport – what does this mean to sports psychiatry? Andres Ricardo Schneeberger
11:45 AM	Keynote II
	Injuries and mental health symptoms in professional football Vincent Goutteborge
12:30 AM	Lunch break
1:30 PM	Keynote III
	Sports psychiatry development in the UK and with the IOC Alan Currie
2:15 PM	Break
2:30 PM	Course III: Mental Health Issues in Competitive Sports
Course III.1	Sleep for the sports psychiatrist Shane Creado
Course III.2	Brain injuries in competitive sports – when both the brain and the psyche are affected Antonella Palla, Maryse Dewey
Course III.3	Psychodynamics in competitive sport: Case studies and discussion Valentin Z. Markser, Laura Barta, Alexander Chedron
3:45 PM	Break
4:00 PM	Course IV: Mental Health Issues in Competitive Sports
Course IV.1	If exercise is good for your mental health, then why it is risky to be an athlete? Alan Currie, Vincent Goutteborge
Course IV.2	Overtraining in sports psychiatry Alexander Schorb
Course IV.3	Sports Vision – experience-oriented course in sports optometry Pascal Abegg, Marcel Ivan Raas
5:15 PM	Closing of the ICSP 2022

Figure 2. Schedule and Program of the 1st International Conference on Sports Psychiatry (ICSP), January 14–15, 2022, Day 2.

References

1. Abstracts of the 1st International Conference on Sports Psychiatry (ICSP), January 14–15, 2022. *Sports Psychiatry*. 2022;1:11–30.
2. Swiss Society for Sports Psychiatry and Psychotherapy [Internet]. Swiss Society for Sports Psychiatry and Psychotherapy; [cited 2021 Nov 13] Available from: www.sportspsychiatry.ch
3. Glick I, Stull T, Currie A. Development of Sports Psychiatry in the United States and Internationally. *Sports Psychiatry*. 2022;1:3–5.
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Author note

Regarding changes of the ICSP 2022 program after the editorial deadline, please refer to the congress web site.

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