

Evaluation of the first course

«Basic Health Care in Sports Psychiatry»

The first course of the Curriculum Level 1 „Basic Health Care in Sports Psychiatry“ took place in October 2021. Out of the ten participants, nine had a background in psychiatry or psychology. One participant had a background in sports medicine, in addition she had a qualification in psychotherapy. 50% of the participants had first-hand experience as competitive athletes themselves. 50% of the participants also had current treatment of mental disorders with movement and sports. 50% of the participants had previous working experience in this area. 20% of the participants stated that they were treating competitive athletes. 30% of the participants stated to have previous working experience in this area. All of the participants stated that they aim to treat and prevent mental disorders with exercise and sports. 70% of the participants stated that they aim to treat competitive athletes facing mental illness with exercise and sports. This would also include the prevention of mental illness with exercise and sports. All participants stated that the contents of the course were presented comprehensibly. The team consisted of three psychiatrists, two of these being instructors, and two sports physicians.

Using the Likert-6 scale from 1 to 6 within the Mann-Whitney U test to compare the expectations regarding the learning goals with the fulfilment of the expectations, the evaluation resulted in non-significant differences in all areas ($n = 10$), as shown in Table 5. The area of expectations regarding the learning goals included „profoundly important“, „very important“, „rather important“, „rather unimportant“, „very unimportant“ and „absolutely unimportant“. The area of fulfilment of expectations included „absolutely fulfilled“, „very fulfilled“, „rather fulfilled“, „rather unfulfilled“, „hardly fulfilled“ and „not fulfilled at all“. When it comes to relevant knowledge derived from working experience, the low scores can be regarded as indicative for the participants' desire for more focus on the combination of theory and everyday practice.

Likewise, this may also be regarded as indicative when it comes down to passing on knowledge in aspects regarding prevention and aftercare of mental illness as well as basic knowledge in sports medicine and sports psychology.

Between 70 and 100% of the participants regarded the defined learning goals as important (table 5). Between 80 and 100% of the participants regarded the expectations in this course as fulfilled (table 6). 9 out of 10 regarded the expectations regarding the

content of the course as fulfilled (table 7). 90% of the participants stated that the theoretical background was broadened by this course. 80% of the participants stated that the contents of this course can help within the day-to-day professional practice.

The interpretation of the results presented may be limited due to the small number of participants of the course. Nevertheless it gives a first positive impression of the contents offered in the Curriculum Level 1. Judging from the mainly positive feedback, this can be interpreted as a bonus for such a specialised knowledge transfer in sport psychiatry.

Table 5. Comparison of the expectations before and the assessment after the course

Expectations before the course/Assessment after the course	Rank-sum Values		U-value	Significance for $\alpha = 0.05$
	before	after		
Knowledge transfer of ...				
... ethical basis	66	96	59	n.s.
... legal basis	67	94	61	n.s.
... basic knowledge in sports science & applied training theory	81	84	71	n.s.
... basic knowledge in sports medicine & sports psychology	77	60	78	n.s.
... interdisciplinary aspects	72	93	62	n.s.
... interprofessional aspects	73	81	74	n.s.
... organizational and institutional aspects	56	92	63	n.s.
... aspects of the life span	73	74	81	n.s.
... gender aspects	65	100	55	n.s.
... practical knowledge	62	53	93	n.s.
... evidence-based medicine	73	73	82	n.s.
... knowledge about diagnosis of mental disorders	64	91	64	n.s.
... differential diagnosis aspects	67	78	77	n.s.
... knowledge about therapy of mental disorders	82	82	73	n.s.
... knowledge about aftercare of mental disorders	89	83	66	n.s.
... knowledge about characteristics of competitive sports	64	65	90	n.s.
... aspects of leisure sports	66	96	59	n.s.
... aspects of parasports	64	105	50	n.s.
... aspects of prevention	82	73	73	n.s.
... practical experience	80	53	75	n.s.

Notes: n = 10; n.s. = not significant

Table 6. Expectations before the course, grouped (important vs. unimportant)

Expectations before the course	important	un- important	empty field	Percentage share important (%)
For me ... is				
... ethical basis	9	0	1	90
... legal basis	9	1	0	90
... basic knowledge in sports science and applied training theory	9	1	0	90
... basic knowledge in sports medicine and sports psychology	10	0	0	100
... interdisciplinary aspects	8	1	1	80
... interprofessional aspects	9	0	1	90
... organizational and institutional aspects	7	3	0	70
... aspects of the life span	9	1	0	90
... gender aspects	8	2	0	80
... practical knowledge	9	0	1	90
... evidence-based medicine	10	0	0	100
... knowledge about diagnosis of mental disorders	9	1	0	90
... differential diagnosis aspects	9	0	1	90
... knowledge about therapy of mental disorders	7	2	1	70
... knowledge about aftercare of mental disorders	8	2	0	80
... knowledge about characteristics of competitive sports	10	0	0	100
... aspects of leisure sports	10	0	0	100
... aspects of parasports	8	2	0	80
... aspects of prevention	9	0	1	90
... practical experience	10	0	0	100

Note: n = 10

Table 7. Assessment after the course, grouped (important vs. unimportant)

Assessment after the course				
My expectations on the knowledge transfer of ... have been:	met	not met	empty field	percentage share met (%)
... ethical basis	9	1	0	90
... legal basis	9	1	0	90
... basic knowledge in sports science & applied training theory	8	1	1	80
... basic knowledge in sports medicine & sports psychology	9	1	0	90
... interdisciplinary aspects	9	1	0	90
... interprofessional aspects	8	2	0	80
... organizational and institutional aspects	9	0	1	90
... aspects of the life span	8	1	1	80
... gender aspects	8	1	1	80
... practical knowledge	8	0	2	80
... evidence-based medicine	8	2	0	80
... knowledge about diagnosis of mental disorders	10	0	0	100
... differential diagnosis aspects	10	0	0	100
... knowledge about therapy of mental disorders	10	0	0	100
... knowledge about aftercare of mental disorders	8	1	1	80
... knowledge about characteristics of competitive sports	10	0	0	100
... aspects of leisure sports	9	0	1	90
... aspects of parasports	9	0	1	90
... aspects of prevention	10	0	0	100
... practical experience	10	0	0	100

Note: n = 10

Table 8. Global assessment after the course

One-week course «Basic Health Care in Sports Psychiatry»	Correct	rather correct	does rather not apply	does not apply	percentage share important (%)
My expectations on the course contents have been met	6	3	1	0	90
The course contents were well explained	7	3	0	0	100
The course contents have extended my knowledge	7	2	1	0	90
The course contents are helpful in occupational practice	6	2	2	0	80

Note: n = 10