

**Electronic Supplementary Material 1**  
**Original Questions of Survey (English Version)**

<b>Demographic Information</b>	
A) Gender	<ol style="list-style-type: none"> <li>1. Male</li> <li>2. Female</li> <li>3. Other</li> </ol>
B) Place of residence - continent	<ol style="list-style-type: none"> <li>1. Asia</li> <li>2. Africa</li> <li>3. North America</li> <li>4. South America</li> <li>5. Europe</li> <li>6. Australia/Oceania</li> </ol>
C) Place of residence - country	[text-answer]
D) Completed education	<ol style="list-style-type: none"> <li>1. Study of medicine</li> <li>2. Study of psychology</li> <li>3. Other study</li> <li>4. Other education</li> <li>5. I am a student.</li> <li>6. I am in education, but I am not studying</li> <li>7. No education</li> </ol>
If D = 1: I am a medical specialist in:	<ol style="list-style-type: none"> <li>1. Psychiatry</li> <li>2. Psychosomatic medicine</li> <li>3. Neurology</li> <li>4. Child and adolescent psychiatry</li> <li>5. General medicine and/or internal medicine</li> <li>6. Pediatrics and adolescent medicine</li> <li>7. Orthopedics and/or trauma surgery</li> <li>8. Sports psychiatry</li> <li>9. Sports medicine</li> <li>10. Other medical specialty</li> <li>11. No medical specialist</li> </ol>
If D = 1: I am currently in medical postgraduate training and/or my medical postgraduate training is not completed:	[yes/no]
E) Place of work	<ol style="list-style-type: none"> <li>1. University hospital</li> <li>2. Public hospital</li> <li>3. Private hospital</li> <li>4. Institute</li> <li>5. Private practice</li> <li>6. Other place of work</li> </ol>
F) Patient care activity	<ol style="list-style-type: none"> <li>1. Outpatient care</li> <li>2. Partial inpatient care</li> <li>3. Inpatient care</li> <li>4. Other patient care activity</li> <li>5. No activity in patient care</li> </ol>
G) I am familiar with the discipline sports psychiatry and its fields of activity	<ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> <li>3. Partially</li> </ol>

<b>Physical Activity in Prevention and Treatment</b>	
H) Sports and exercise play an important role in the prevention of mental disorders	<ol style="list-style-type: none"> <li>1. Strongly agree</li> <li>2. Agree</li> <li>3. Neither agree nor disagree</li> <li>4. Disagree</li> <li>5. Strongly disagree.</li> </ol>
I) Sports and exercise play an important role in the prevention of physical diseases	<ol style="list-style-type: none"> <li>1. Strongly agree</li> <li>2. Agree</li> <li>3. Neither agree nor disagree</li> <li>4. Disagree</li> <li>5. Strongly disagree</li> </ol>
J) Sports and exercise play an important role in the treatment of mental disorders	<ol style="list-style-type: none"> <li>1. Strongly agree</li> <li>2. Agree</li> <li>3. Neither agree nor disagree</li> <li>4. Disagree</li> <li>5. Strongly disagree</li> </ol>
K) Sports and exercise play an important role in the treatment of physical diseases	<ol style="list-style-type: none"> <li>1. Strongly agree</li> <li>2. Agree</li> <li>3. Neither agree nor disagree</li> <li>4. Disagree</li> <li>5. Strongly disagree</li> </ol>
L) I use sports and exercise in patient care as a therapeutic	<ol style="list-style-type: none"> <li>1. In the prevention of mental disorders</li> <li>2. In the treatment of mental disorders</li> <li>3. In the prevention of physical diseases</li> <li>4. In the treatment of physical diseases</li> <li>5. I do not use sports and exercise as a therapeutic agent in patient care</li> <li>6. I am not involved in patient care</li> </ol>
M) I use sports and exercise in patient care as a therapeutic for the treatment of	<ol style="list-style-type: none"> <li>1. Mental health Symptoms and disorders resulting from head injuries.</li> <li>2. Substance use and/or substance use disorders.</li> <li>3. Psychosis and/or delusional disorders.</li> <li>4. Mania and/or bipolar affective disorders.</li> <li>5. Depression.</li> <li>6. Panic and/or anxiety disorders.</li> <li>7. Obsessive-compulsive disorders.</li> <li>8. Post-traumatic stress disorders.</li> <li>9. Adjustment disorders.</li> <li>10. Somatoform pain disorders.</li> <li>11. Disturbed eating behavior and/or eating disorders.</li> <li>12. Sleep disorders.</li> <li>13. Emotionally unstable personality disorders.</li> <li>14. Other personality disorders (non-emotionally unstable personality disorder).</li> <li>15. Gambling and/or other behavioral addictions.</li> <li>16. Attention-deficit/hyperactivity disorder</li> </ol>

	(ADHD). 17. Other mental disorders. (if yes: [text])
<p>N) Difficulties in using sports and exercise as a therapeutic agent in patient care are:</p>	<p>Patients:</p> <ol style="list-style-type: none"> <li>1. Lack of knowledge</li> <li>2. Lack of understanding</li> <li>3. Lack of motivation</li> <li>4. Lack of social support</li> </ol> <p>Clinic/Institution:</p> <ol style="list-style-type: none"> <li>1. Lack of knowledge</li> <li>2. Lack of understanding</li> <li>3. Missing or insufficient offer</li> <li>4. Lack of infrastructure</li> </ol> <p>Practice:</p> <ol style="list-style-type: none"> <li>1. Missing or insufficient offer</li> <li>2. Lack of infrastructure</li> <li>3. Lack of reimbursement or cost absorption by health insurance companies</li> <li>4. Missing or insufficient prescription possibilities</li> </ol> <p>Other difficulties: [text]</p> <p>No difficulties [checked / unchecked]</p>