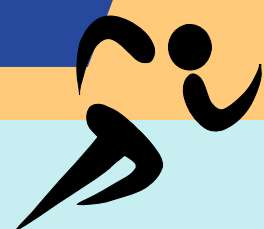


INTERPERSONAL VIOLENCE IN SPORT AND TEENAGERS' MENTAL HEALTH

OBJECTIVE

This study aimed to identify links between interpersonal violence (IV) experienced by teenagers during their sport career in an organized context and three (3) mental health variables: self-esteem, psychological distress, and post-traumatic stress symptoms.

IV encompasses physical, psychological, sexual and neglect violence acts experienced by young athletes.



PARTICIPANTS

- 1055 Quebec athletes aged between 14 and 17 years old
- 292 males, 763 females
- Almost half of them (46.6%) had a provincial level participation
- Just over a quarter of participants (26.4%) trained between 11 and 15 hours a week

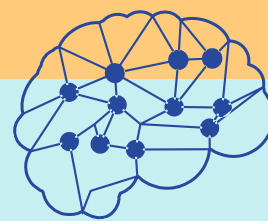
HIGHLIGHTS

Experiencing at least one type of IV was associated with lower self-esteem, higher psychological distress, as well as higher post-traumatic stress symptoms among athletes.



Most of the mental health effects of athletes who had suffered at least on type of IV was the same among boys and girls.

RESULTS



84.5% (n = 892) of participants reported to have suffered at least one IV incidents during their sport career

This violence was perpetrated by more than one author, whether a coach, a parent, or an athlete

The most frequently experienced violence type was psychological violence or neglect (81.2%)

CONCLUSIONS

The 3 types of IV were associated with lower mental health for athlete experiencing them.

Experiencing IV by another athlete, a coach or a parent was associated with higher psychological distress, as well as higher post-traumatic stress symptoms among athletes.



RESSOURCES

Sport'Aide provides a support service to the various actors in the sports community, both at the elite and recreational levels.

Coaching Association of Canada Safe Sport Training available at <https://safesport.coach.ca>

Universal Code to Prevent and Address Maltreatment in Sport (UCCMS)

UCCMS Document - [English](#)

REFERENCES

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