

expansion concepts discussed. Validating the effects of the app and daily practice routine in demanding performance conditions seems worth pursuing in future research. Our practitioner-driven implementation of a CF2-informed Cognitive Gym training intervention is one of several lines of research and development effort stemming from the CF2 and currently underway in Australia. They hold considerable promise to generate disruptive change in how competitive athletes and other performance-focused professionals (from nurses and paramedics to first responders and the military) prepare for their occupational challenges.

Physical and cognitive fitness training in the workplace: validating a multimodal intervention in Australian corporate settings

Paul Taylor

College of Sport & Exercise Psychologists, Australian Psychological Society

ABSTRACT

Background: Cognitive Fitness Framework (CF2) suggests interventions targeting fitness fundamentals are likely to benefit both the performance and wellbeing of the workforce. Resilient Mind Program (RMP) is an intervention aimed at developing cognitive fitness through a blended methodology, with 3 hours of face to face delivery augmented with a 4-week program via mobile app. RMP draws on mindfulness, cognitive reframing techniques, and physical 'rituals' involving exercise and hydrotherapy. It is designed to help participants form healthy habits through personal effort and social interaction and includes a range of resources; workouts, guided breathing, recipes, educational videos and a 'Ritual Board' to track progress. It includes a social feed and leader board for the gamification of behaviour change. **Method:** 837 members of a range of businesses (Australian corporate sector) completed the 4-week RMP. Self-reported resilience and mental wellbeing were measured at baseline and post 4 weeks of the intervention with Brief Resilience Scale (BRS) and World Health Organisation's WHO-5 Well-Being Index. A subgroup of 110 participants also completed the Malash Burnout Inventory-General survey (MBI-GS, including Emotional Exhaustion, Cynicism and Professional Efficacy subscales). A separate group of Navy personnel also completed the 4-week intervention. **Results:** Main outcomes were improvements in mental wellbeing, resilience and, in the subgroup, burnout scores. In particular; the number of participants scoring high on the WHO-5 measure more than tripled over the 4 weeks (from 15% to 54%), the proportion of those WHO-5 categorised as likely low mental wellbeing declined from 28% to 8% and likely mental health issue incidence declined from 12% to 2%; 23% of participants reported high resilience post-training - more than double compared to 11% at baseline,

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and those reporting low resilience reduced from 21% to 9%; In the subgroup reporting on their burnout, the intervention reduced the proportion reporting high Emotional Exhaustion from 55% to 31% and increased the proportion reporting low levels of exhaustion from 15% to 35%. The proportion reporting low workplace Cynicism increased from 22% to 33% and high Professional Efficacy increased from 43% to 55%; In the military personnel, there were statistically significant improvements in mental wellbeing ($p < 0.01$), resilience ($p < 0.01$) and burnout subscales (EE, $p < 0.01$; CY, $p < 0.01$; PE, $P < 0.02$) Discussion: Results show the RMP intervention to be effective in improving self-reported well-being and resilience in a corporate workforce, including banking, insurance and government sectors. Results also suggest that it is effective in reducing burnout symptoms.

Current status and future directions for elite athlete mental health research in Canada

Zoe Poucher

University of Toronto

ABSTRACT

Existing research in the field indicates that elite athletes are as likely, or in some cases, more likely to experience a mental disorder when compared to their non-athlete peers (Gorzynski et al., 2017). It has been suggested that sport-related stressors may place elite athletes at an increased risk of experiencing a mental disorder (Gulliver et al., 2015). Despite the increase in research being conducted on this topic, there is still much to learn about the prevalence and causes of poor mental health among elite Canadian athletes, and about ways to effectively support those who are struggling with their mental health. The purpose of this presentation is to review the current status of elite athletes' mental health in Canada, discuss current issues in research and applied/clinical practice, and highlight future directions for research in this area. Findings from a longitudinal study of mental disorders among elite Canadian athletes will be discussed (Poucher et al., under review). The results indicated that during the first year of the pandemic, between 37 and 41% of the athletes met the criteria for one or more mental disorders, and more women met the criteria for disordered eating than men at each time point. Additionally, there was little change in the levels of each disorder across time, symptoms of each disorder were significantly correlated, and perceived stress was a positive predictor of all three disorders. These results will be discussed in light of a recent scoping review of existing athlete mental health research, including studies focused on disorder prevalence, support seeking, and mental toughness. Key issues from the symposium presentations will be discussed, including how stigma and identity impact athletes' mental health experiences, the importance of understanding the perspectives and experiences of those involved in elite sport systems, as well as considerations for counselling and

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