



GAP ANALYSIS

MindFit: Tackle Your Thoughts



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Index:

1. Introduction..... 3

2. Methods 4

Participants 4

Questionnaire 4

3. Statistical Analysis 7

Results..... 7

 Spanish Adolescents7

 Croatian Adolescents11

Comparisons of depressive symptoms among young people from Spain and Croatia..... 14

4. Qualitative Analysis of Mental Health in Young Athletes – Intervju..... 16

5. Consultations with Stakeholders 24

6. Literature Review 26

7. Bibliography:..... 36

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1. Introduction

This document contains a multi-phase analysis of the mental health of young people engaged in sports activities, aiming to examine various aspects of their psychological state, the challenges they face, and the factors that positively or negatively affect their mental stability. In this context, the main goal of the research was not only to present the current state of mental health among young athletes but also to conduct a detailed assessment of their needs. The results obtained serve as the foundation for the creation of useful materials and guidelines for coaches, parents, sports clubs, and the broader community. This approach seeks to create better conditions for the mental development of young athletes and improve their psychological well-being.

Although the initial plan was to collect data from 300 respondents, the research exceeded expectations, involving over 500 young athletes from Croatia and Spain. Such a large sample allowed for a deeper insight into the variations in mental health across different sports, age groups, and training contexts. In addition to the quantitative part of the research, which is based on questionnaire analyses and statistical data, a qualitative analysis was conducted through in-depth interviews with individuals closely connected to this topic – coaches, sports psychologists, parents, and the athletes themselves. Furthermore, the study includes a comprehensive review of relevant literature dealing with mental health in the sports context, as well as summaries of consultations with key stakeholders who can contribute to the further development of support for young athletes.

The research results clearly indicate a significant need to raise awareness about mental health in sports, both among young athletes and their coaches, parents, and other individuals involved in sports activities. This project aims to provide guidelines and recommendations that will enable a better approach to the mental well-being of young athletes, prevent potential psychological problems, and improve the support system within sports environments. The findings show that sports impact not only an individual's physical condition but also their emotional and psychological stability, further emphasizing the importance of continued research and the practical application of acquired knowledge.



2. Methods

Participants

A total of 501 young adolescents participated in the study, including 300 respondents from Croatia and 201 from Spain. The participants' ages ranged from 10 to 18 years, covering a crucial developmental period of adolescence. The research focused on analyzing mental health and identifying depressive symptoms while considering the specific socio-cultural characteristics of both countries.

For all participants under the age of 18, parental or legal guardian consent was required to participate in the study, along with additional consent from the respondents themselves, ensuring adherence to ethical standards. Before participation, parents and respondents were thoroughly informed about the purpose and objectives of the study, including the research methodology and the use of collected data. It was emphasized that participation in the study was entirely voluntary and that respondents and their parents could withdraw their consent and discontinue participation at any time without any consequences.

To ensure a high level of ethical conduct, the study was conducted in accordance with the **Helsinki Declaration** on ethical principles for research involving humans. This declaration outlines key principles for protecting participants' rights, safety, and privacy. In this context, special attention was given to the protection of sensitive participant data, which was processed and stored in compliance with national data protection laws in Croatia and Spain, as well as the **General Data Protection Regulation (GDPR)** of the European Union.

Questionnaire

The study used a shortened version of the **Moods and Feelings Questionnaire (MFQ)**, which includes 13 key items aimed at assessing depressive symptoms in adolescents (Thabrew et al., 2018). This version retains the core elements of the original questionnaire, providing an effective tool for the rapid assessment of emotional, cognitive, and physical aspects of depression.

The shortened MFQ consists of statements that respondents rate using a **three-point Likert scale** (0 – never, 1 – sometimes, 2 – always). This format allows for simple and clear responses, which is especially important for adolescents.

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Table 1. Moods and Feelings Questionnaire (MFQ)

Number	Question
1	Felt sad or unhappy.
2	I did not enjoy things as I used to.
3	I felt worthless.
4	I felt very tired, without energy.
5	I felt like I couldn't do anything right.
6	I felt frustrated or angry.
7	I felt like no one loved me.
8	I felt like I didn't care about anything.
9	I had trouble sleeping.
10	I felt like I had no reason to be happy.
11	I had no appetite or ate too much.
12	I cried often.
13	I felt overwhelmed with worries.

To ensure adaptation to socio-cultural and linguistic contexts, the questionnaire was translated into Croatian and Spanish using a **back-translation** process. This procedure involved translating the questionnaire from English into the target languages and then translating it back into English to verify semantic and conceptual consistency (Harkness, 2003).

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The distribution of the questionnaire was conducted through the **Google Forms** platform, allowing for anonymous and easy participation by respondents. The shortened version of the MFQ was selected to **reduce the burden on respondents** and prevent fatigue during responses while maintaining a **high level of reliability and validity** in assessment. This instrument provides **key data** for identifying emotional challenges in adolescents, enabling the rapid detection of depression risk and the development of targeted interventions that support youth mental health.



3. Statistical Analysis

Descriptive statistics were applied in the analysis. The **total score** for each respondent represents a **continuous variable** reflecting the severity of depressive symptoms. The maximum possible score in the **shortened version of the MFQ** is **26 points**, while the minimum score is **0 points**. Higher values indicate a **higher level of depressive symptoms**.

Based on the total score, respondents were categorized according to predefined thresholds:

- **No symptoms:** Low scores (e.g., **0–5 points**) indicate the absence of significant depressive symptoms.
- **Mild symptoms:** Scores in the mid-range (e.g., **6–10 points**) indicate occasional or mild symptoms.
- **Moderate symptoms:** Scores in the higher range (e.g., **11–20 points**) suggest the presence of moderate depressive symptoms.
- **Severe symptoms:** The highest scores (e.g., **21 and above**) indicate **severe depressive symptoms**.

Results

Spanish Adolescents

The results presented in Graph 1 show the percentage distribution of depressive symptom categories among adolescents in Spain. The largest proportion of Spanish respondents, 47%, falls into the moderate symptoms category, indicating the presence of significant emotional difficulties in nearly half of the adolescents included in the study. The second-largest category is mild symptoms, encompassing 34% of respondents, suggesting occasional or less pronounced depressive symptoms within this group.

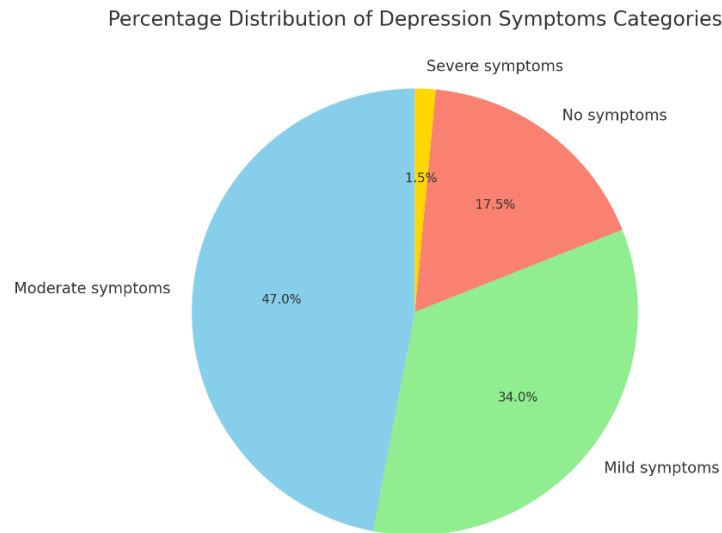
A smaller portion of respondents, 17.5%, did not show any significant depressive symptoms, indicating relative emotional stability and the absence of depressive issues in this subgroup. The severe depressive symptoms category accounts for the smallest percentage, with 1.5% of respondents, emphasizing the presence of a smaller but clinically significant segment of adolescents experiencing severe depressive symptoms that require urgent and systematic intervention.

This distribution clearly highlights the high prevalence of depressive symptoms among Spanish adolescents, with most respondents exhibiting symptoms ranging from mild to moderate. Despite this, the presence of a smaller proportion of adolescents with severe symptoms underscores the



importance of implementing targeted and specialized support programs focused on this vulnerable group. The findings emphasize the need for continuous monitoring and timely recognition of depressive symptoms among Spanish adolescents to ensure adequate support and intervention and to prevent long-term negative consequences.

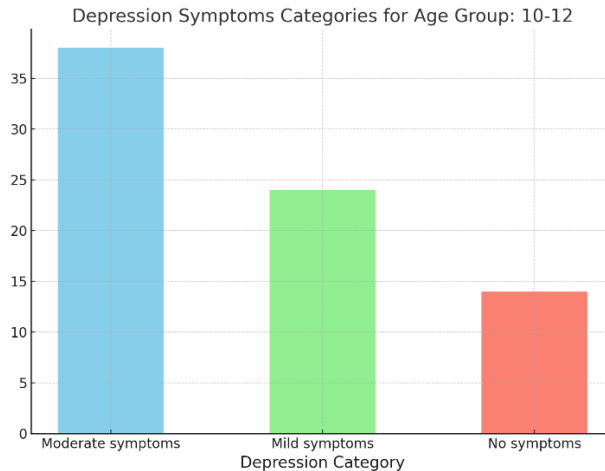
Graph 1. Depressive symptoms of Spanish Adolescents



The results presented in Graph 2 for Spanish adolescents in the **10 to 12-year-old age group** show the distribution of depressive symptoms based on their intensity. The largest number of respondents falls into the **moderate symptoms category**, suggesting that a significant portion of adolescents in this age group experience noticeable but not severe depressive symptoms. This category dominates the distribution and indicates the presence of **emotional difficulties** in most adolescents. The **mild symptoms category** is the second most represented, indicating a group of adolescents who occasionally exhibit depressive symptoms, though in a milder form. In this group, symptoms are less intense but can still impact the emotional state of adolescents. A **smaller proportion** of respondents falls into the **no symptoms category**, suggesting that a minority of adolescents in this age group do not experience significant emotional difficulties related to depression. This portion of the population demonstrates **emotional stability** and an **absence of depressive symptoms**.

Graph 2. Depressive symptoms among Spanish Adolescents among group from 10 to 12

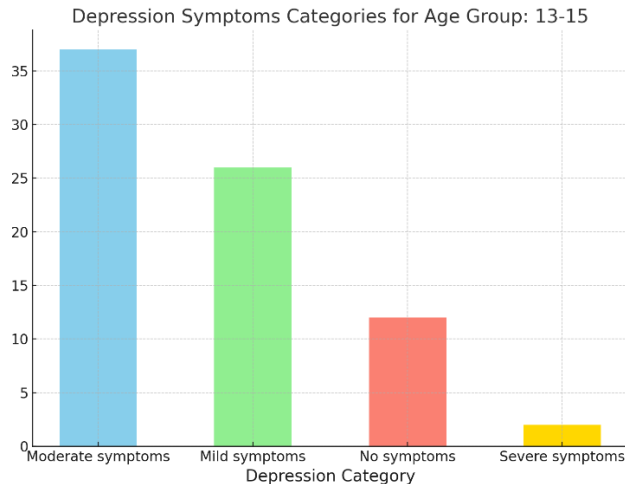
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The results presented in Graph 3 indicate that the largest number of respondents in the 13 to 15-year-old age group falls into the moderate symptoms category, suggesting a significant presence of depressive symptoms among a large portion of adolescents in this population. Mild symptoms represent the second most common category, with a slightly smaller number of respondents compared to the moderate symptoms category. These results indicate that most adolescents in the 13 to 15-year-old age group exhibit depressive symptoms of varying intensity, with moderate symptoms being the most prevalent.

The no symptoms category includes a smaller but still significant portion of the sample, indicating a group of adolescents who do not experience major emotional difficulties related to depression. At the same time, the smallest number of respondents falls into the severe symptoms category, suggesting that severely expressed depressive symptoms appear in a smaller but clinically significant segment of the population. This group of adolescents requires targeted interventions and professional support to help alleviate their emotional difficulties.

Graph 3. Depressive symptoms among Spanish Adolescents from 13 to 15

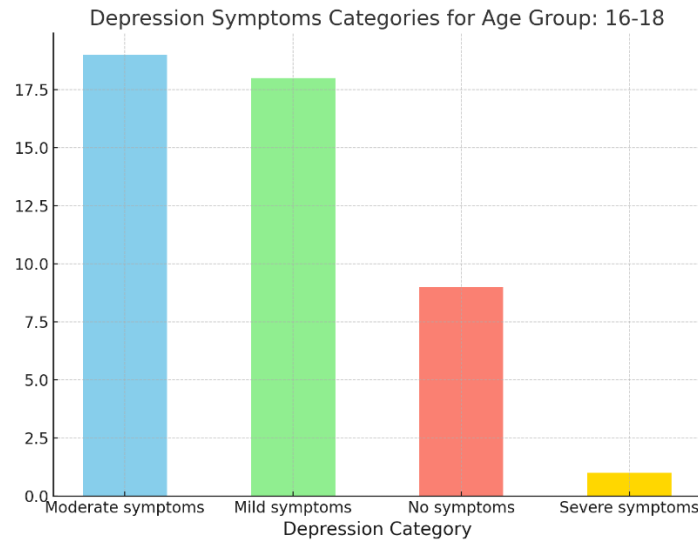


Graph 4 shows that the largest proportion of respondents in this age group falls into the moderate symptoms category, while the mild symptoms category is almost equally represented, with a slightly smaller number of adolescents. These results indicate that a significant number of adolescents aged 16 to 18 experience depressive symptoms of varying intensity, with moderate symptoms being the most prevalent in this group.

The no symptoms category includes a smaller but notable proportion of respondents, suggesting that some adolescents in this age group do not experience significant emotional difficulties related to depression. On the other hand, the smallest proportion belongs to the severe symptoms category, indicating the presence of a clinically significant but small group of adolescents who exhibit severe depressive symptoms and require urgent professional support and intervention.

This distribution clearly highlights the prevalence of depressive symptoms among adolescents aged 16 to 18, with most symptoms manifesting in a moderate to mild form. The results indicate the need for targeted prevention programs and interventions aimed at alleviating symptoms in adolescents with moderate and severe depressive difficulties, as well as promoting mental health in this critical developmental group.

Graph 4. Depressive symptoms among Spanish Adolescents from 16 to 18



Croatian Adolescents

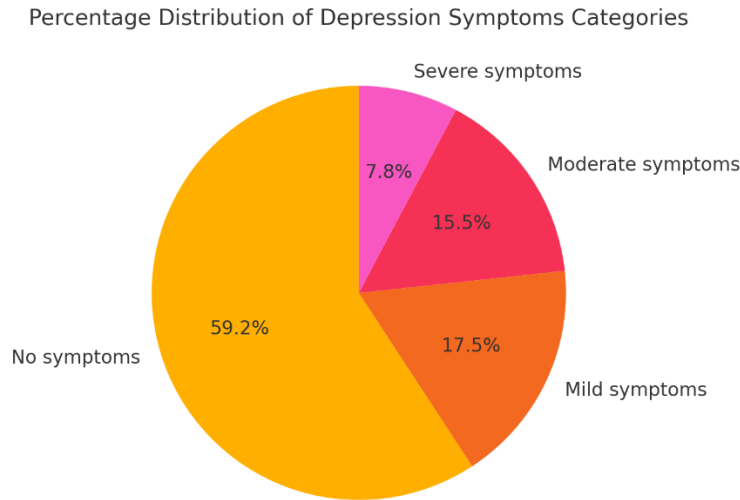
The results of the analysis of the distribution of depressive symptoms among young adolescents in Croatia provide insight into their emotional health. According to the short version of the "Moods and Feelings Questionnaire," the majority of respondents, 59.2%, do not show significant depressive symptoms, indicating an overall good psychological state within this group. However, a certain percentage of adolescents exhibit varying levels of depressive symptoms, which deserves special attention.

Mild depressive symptoms are present in 17.5% of respondents, which may suggest a need for preventive interventions to prevent potential worsening of symptoms. Another 15.5% of adolescents fall into the moderate symptoms category, which can significantly impact their daily lives, including motivation, cognitive abilities, and social functioning. Additionally, severe depressive symptoms were identified in 7.8% of respondents, making this group particularly vulnerable and in need of urgent professional intervention.

These data emphasize that, although most adolescents do not show signs of depression, a significant portion of the population experiences mild to severe symptoms, which may indicate the need for systematic support in schools and communities. The presence of severe symptoms in some respondents is particularly concerning, potentially indicating a high risk of clinical depression that requires targeted psychological assistance. These findings provide important information for developing prevention and intervention strategies aimed at improving the mental health of young people in Croatia.

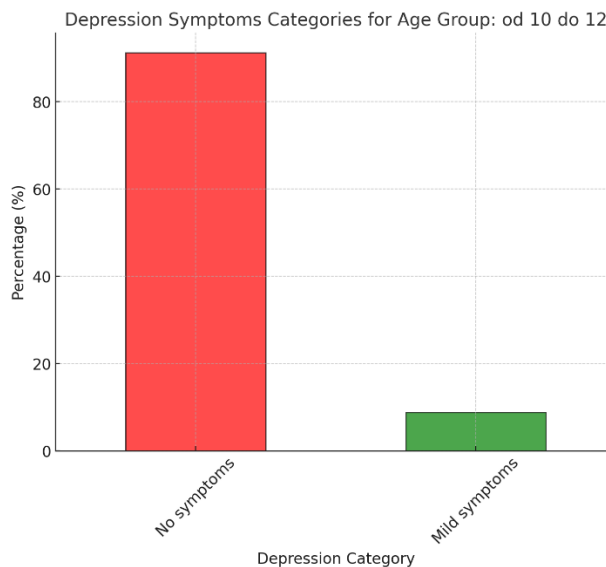


Graph 5. Depressive symptoms among Croatian Adolescents



In the 10 to 12-year-old age group (Graph 6), the results show that the majority of respondents do not exhibit significant symptoms of depression, suggesting that this age group generally enjoys stable emotional health. The percentage of adolescents with mild symptoms is very low, while the categories of moderate and severe symptoms are almost nonexistent. This aligns with developmental norms, as children at this age typically face less intense emotional challenges compared to older adolescents.

Graph 6. Depressive symptoms among adolescents from 10 to 12

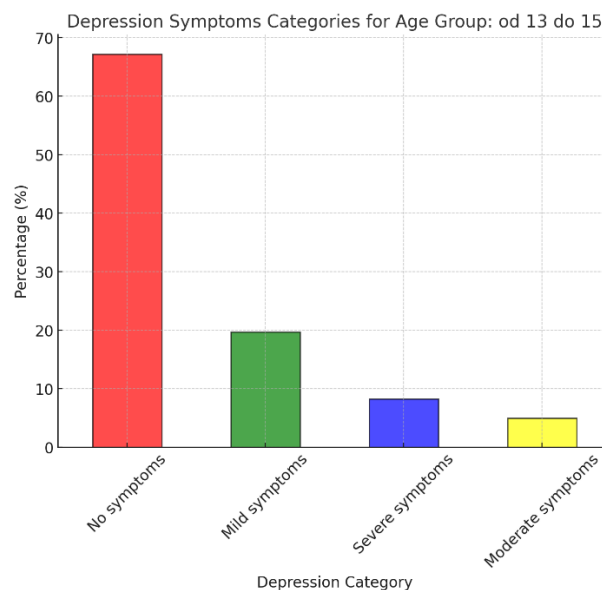


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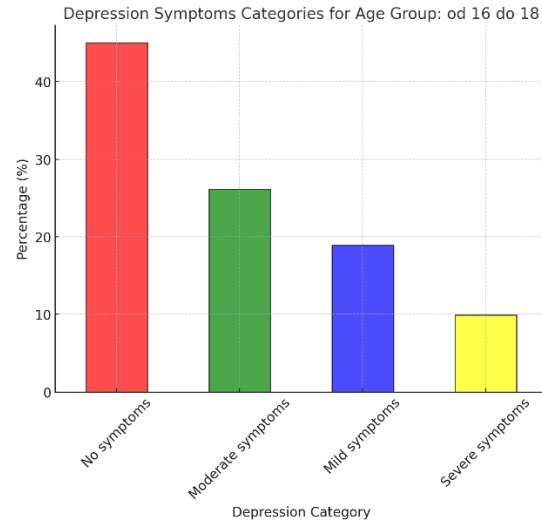
The 13 to 15-year-old age group (Graph 7) shows greater variability in the distribution of depressive symptoms among Croatian adolescents. Although the majority of respondents still do not exhibit symptoms, the percentage of adolescents with mild and moderate symptoms increases significantly. This can be linked to the onset of puberty and the accompanying psychosocial changes, including heightened social pressures and emotional challenges. The presence of severe symptoms in this age group, though rare, signals the need for monitoring and potential interventions to prevent the escalation of problems.

Graph 7. Depressive symptoms among Croatian adolescents from 13 to 15



The oldest age group, 16 to 18 years (Graph 8), shows the greatest diversity in the distribution of depressive symptoms. Although a significant portion of respondents still fall into the no symptoms category, the percentage of adolescents with mild and moderate symptoms increases to its highest level compared to younger age groups. Additionally, severe symptoms are more frequently present, which may indicate a growing risk of developing clinically significant depression. These results can be linked to developmental pressures specific to this age, such as completing education, planning for the future, and increased expectations from the environment.

Graph 8. Depressive symptoms among Croatian adolescents from 16 to 18



In general, the data clearly show a rising trend in depressive symptoms with age, indicating greater vulnerability in emotional health during late adolescence. While younger children rarely exhibit symptoms of depression, older adolescents, mainly those aged 16 to 18, more frequently show mild, moderate, and even severe symptoms. This highlights the need to develop preventive and intervention programs focused on adolescent emotional health, particularly in older age groups. The results emphasize the importance of continuous monitoring and support for adolescents to reduce the risk of severe mental disorders.

Comparisons of depressive symptoms among young people from Spain and Croatia

Graph 8 compares depressive symptoms among adolescents in Croatia and Spain and reveals significant differences in symptom distribution. In Croatia, the "No symptoms" category dominates, with 59.2% of adolescents showing no signs of depression, whereas in Spain, this percentage is considerably lower (17.5%).

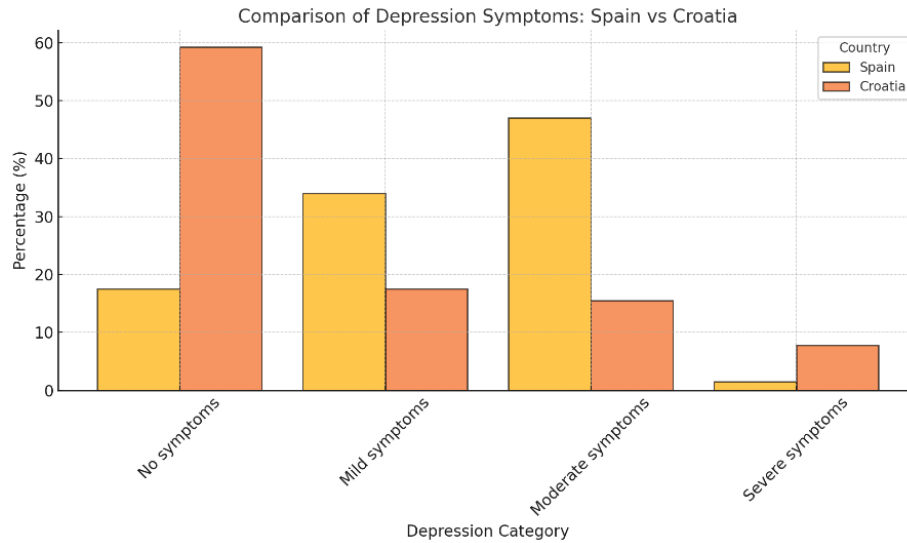
On the other hand, Spain has a higher proportion of adolescents in the "Mild symptoms" (34%) and "Moderate symptoms" (47%) categories compared to Croatia (17.5% and 15.5%, respectively). The "Severe symptoms" category is more pronounced in Croatia (7.8%) than in Spain (1.5%).

These differences may reflect cultural and socio-economic factors and varying approaches to recognizing and reporting symptoms. Croatian adolescents may experience a greater stigma



surrounding mental health, which could reduce the reporting of mild symptoms. In contrast, Spanish adolescents may express mild and moderate symptoms more openly. The results indicate the need for tailored approaches to adolescent mental health support in each country.

Graph 9. Comparisons of depressive symptoms among young people from Spain and Croatia



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4. Qualitative Analysis of Mental Health in Young Athletes – Intervju

One way to further analyze the issue of mental health among young people engaged in various sports is through a qualitative methodology using a semi-structured interview. To ensure anonymity, only the respondents' roles in sports were indicated, while their names and surnames were not mentioned, ensuring that the research process adhered to ethical research standards. At the beginning of the study, respondents were informed about the research objectives. They were told that the conversation would be recorded using a voice recorder for the purpose of thematic analysis and coding their responses. Additionally, participants could withdraw from the study at any time if they found specific questions unacceptable.

Accordingly, the research objective was to explore different perspectives on young people's mental health.

Table 1. Qualitative Analysis of a Semi-Structured Interview

No.	Person	Role	Key Questions	Respondent Answers
1	Sports Psychologist	Mental health expert for athletes	How does mental preparation affect an athlete's performance?	"Mental preparation helps athletes stay focused and reduce anxiety before competitions. Techniques such as visualization, breathing exercises, and mindfulness are key tools."
			How do you recognize signs of anxiety in young athletes?	"Changes in behavior, decreased motivation, avoiding training, and irritability can be indicators."

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			What strategies strengthen mental resilience?	"Set realistic goals, learn from failures and develop positive self-talk. This applies to both children and parents. "
2	Coach	Responsible for guiding and developing athletes	How do you support the mental health of your athletes?	"I maintain open communication with them, encourage team spirit, and provide expert support when necessary."
			What signs of stress or burnout do you look out for?	"Fatigue, loss of motivation, irritability, and a decline in training performance."
			How do you communicate with players during crises?	"I try to remain calm, listen to them, and offer solutions instead of criticism."
3	Professional Athlete	Active athlete with experience handling pressures	How do you cope with the mental pressures of sports?	"I work with a psychologist, meditate, and try not to focus on results but on the process."



			What techniques do you use to control emotions?	"Breathing exercises, positive affirmations, and a pre-competition routine."
			How did you overcome the toughest moments in your career?	"Support from family and coaches was crucial. I also learned to accept failures as part of sports."
4	Sports Doctor	Medical expert monitoring the physical and mental health of athletes	How is mental health connected to physical injuries?	"High stress can increase the risk of injuries due to reduced concentration and muscle tension."
			How do injuries affect an athlete's psyche?	"They can cause depression and anxiety because athletes lose their sense of identity."
			How can athletes prevent stress-related injuries?	"Proper preparation, rest, and a balance between training and mental relaxation."
5	Parent of a Young Athlete	Provides support to	How do you support your	"I try to motivate them without pressure and remind them that



		their child in sports	child in sports challenges?	enjoying sports is the most important thing."
			What are the biggest challenges of being a parent of a young athlete?	"Balancing support with realistic expectations and recognizing when to stop."
			How do you handle competition pressures and expectations?	"I try not to project my own ambitions onto my child and listen to their needs."
6	Sports Educator	Educator and mentor in youth sports development	How can sports positively influence youth development?	"It develops discipline, team spirit, and emotional control."
			How do you balance competition and enjoyment?	"It's important not to focus only on winning but to encourage enjoyment in sports."
			How can sports help prevent mental health issues?	"Physical activity reduces stress and improves mood, while team sports create support networks."



7	Sports Referee	Person responsible for making decisions during competitions	How do you handle stressful situations on the field?	"I stay focused on the rules and don't let emotions overwhelm me."
			How does pressure from players and coaches affect your mental state?	"Over time, you learn to ignore external pressures and make impartial decisions."
			How do you remain impartial and mentally stable?	"I train mental strength through concentration exercises and breathing techniques."
8	Sports Journalist	Reports and analyzes sports events	How can the media influence an athlete's mental health?	"Negative headlines and criticism can create pressure, while supportive stories can help athletes."
			What is journalism's role in destigmatizing mental health issues?	"Writing about athletes who openly discuss mental health can help others."

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			How do you balance criticism and support?	"Criticism should be constructive, focusing on analysis rather than personal attacks."
9	Sports Psychotherapist	Specialist in therapeutic work with athletes	How do you treat anxiety and depression in athletes?	"We combine cognitive-behavioral therapy, relaxation techniques, and environmental support."
			What is the difference between sports psychology and psychotherapy?	"Sports psychology focuses on performance, while psychotherapy addresses deeper issues."
			What are the most common issues athletes seek help for?	"Pressure, fear of failure, and loss of confidence after injuries."
10	Sports Club Manager	Organizational leader of a sports club	How can a club create an environment that supports mental health?	"We organize educational sessions and collaborate with psychologists to provide support to athletes."
			What programs do you implement to	"Workshops, individual discussions, and support groups for young athletes."



			educate athletes on mental health?	
			How do you collaborate with mental health professionals?	"We have regular partnerships with psychologists and therapists who are available to athletes in the club."

Table 2. Thematic analysis of the obtained responses after coding the transcribed interview

Person	Thematic Analysis
Sports Psychologist	Mental health and well-being; Training and leadership strategies
Coach	Youth development and benefits of sports
Professional Athlete	Training and leadership strategies
Sports Doctor	Mental health and well-being
Parent of a Young Athlete	Motivation and support
Sports Educator	Youth development and benefits of sports
Sports Referee	Training and leadership strategies
Sports Journalist	Training and leadership strategies; Media and external pressure

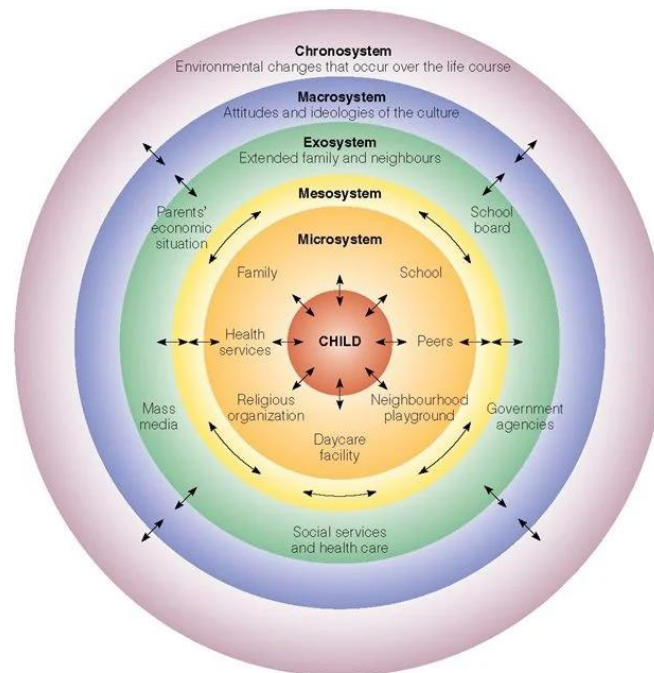
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Sports Psychotherapist	Stress and resilience
Sports Club Manager	Professional pedagogical and psychological support

An analysis of the responses obtained clearly indicates that they revolve around support, motivation, and awareness of the importance of mental health. Broader community involvement can certainly contribute to effectively addressing these aspects. From a developmental perspective, this can be examined through the Bioecological Model Theory (Bronfenbrenner & Morris, 2006). This theory states that an individual's immediate environment—comprising family, peers, school, and leisure activities—plays a crucial role in preventive, affirmative, and educational efforts to develop children and youth. According to this study's findings, mental health, as a potentially internalized challenge, also represents an opportunity for intervention. In cases where environmental settings offer adequate support, this can act as a protective developmental factor, which, in the context of mental health, could lead to an overall improvement in the mental well-being of young people.

Graph 10. Diagram of the Bioecological Model Theory



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5. Consultations with Stakeholders

After conducting qualitative and quantitative analyses, discussions and consultations with stakeholders were initiated.

Table 3. Representation of key stakeholder responses

Stakeholder	Key Responses
NGO President	"We have been working with young athletes for a long time. Young athletes are exposed to great efforts, which leads to a lack of understanding from their surroundings and, consequently, poor mental health. We encourage the involvement of experts such as former athletes, educators, and psychologists to help address this issue."
Representative of the Sports Coaches Association	"Open communication and support are key to athletes' mental health. Balancing competition and enjoyment reduces stress. Recognizing signs of psychological crises is an important part of a coach's role. Mental health among young athletes is highly neglected in our system."
University Professor	"Encouraging children without pressure helps maintain motivation. Adapting expectations is crucial to avoid overburdening them. Conversation and emotional support are the most important aspects during difficult periods. We see that students come to university already traumatized, especially those involved in sports who face defeats and failures."
Dean of the Faculty	"Stress increases the risk of injuries and prolongs recovery. A positive mindset and mental techniques accelerate rehabilitation. Prevention includes rest, proper training, and stress management."
Association of Sports Journalists	"The media can either increase an athlete's stress or support them. Journalists have a responsibility to avoid sensationalism and educate the public. Stories about mental health can help destigmatize psychological challenges among athletes."

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The responses given are closely related to each stakeholder's specific areas of expertise. All stakeholders recognize the need for greater awareness of this issue. However, there is also a clear lack of structured support for the affected population. Given all the above, it can be concluded that the needs in the field of mental health and sports are significant but that current solutions are insufficient to address all mental health challenges effectively.



6. Literature Review

The analysis included 68 scientific papers from major academic databases such as Scopus and Web of Science. Keywords such as "mental health," "sport," and "youth" were used to conduct the search. 172 scientific papers were initially selected for relevance analysis using the ReviewLab research program. However, only 68 studies met the specified keyword criteria, and the remaining papers were excluded from further analysis.

Authors	Title	Publication	Volume	Number	Pages	Year	Publisher
Vella, Stewart A;	Mental health and organized youth sport	Kinesiology Review	8	3	229-236	2019	Human Kinetics
Majeed, Saima;	ROLE OF PHYSICAL ACTIVITY AND SPORTS IN MENTAL HEALTH OF YOUTH: A REVIEW ARTICLE.	Shield: Research Journal of Physical Education & Sports Science	17			2022	
Carver, Jessie; Baskin, Amy; Summers, Emma; Limbers, Christine A;	Youth Perceptions of Participation in Organized Sports and Mental Health	Current Sports Medicine Reports	23	12	422-428	2024	LWW
Eather, Narelle; Wade, Levi; Pankowiak, Aurélie; Eime, Rochelle;	The impact of sports participation on mental health and social outcomes in adults: a systematic review and the 'Mental Health through Sport' conceptual model	Systematic reviews	12	1	102	2023	Springer
Pascoe, Michaela; Bailey, Alan P; Craike, Melinda; Carter, Tim; Patten, Rhiannon; Stepto, Nigel; Parker, Alexandra;	Physical activity and exercise in youth mental health promotion: a scoping review	BMJ open sport & exercise medicine	6	1	e000677	2020	BMJ Specialist Journals
Hosker, Daniel K; Elkins, R Meredith; Potter, Mona P;	Promoting mental health and wellness in youth through physical activity, nutrition, and sleep	Child and Adolescent Psychiatric Clinics	28	2	171-193	2019	Elsevier

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Lubans, David; Richards, Justin; Hillman, Charles; Faulkner, Guy; Beauchamp, Mark; Nilsson, Michael; Kelly, Paul; Smith, Jordan; Raine, Lauren; Biddle, Stuart;	Physical activity for cognitive and mental health in youth: a systematic review of mechanisms	Pediatrics	138	3		2016	American Academy of Pediatrics
Daley, Mary M; Reardon, Claudia L;	Mental health in the youth athlete	Clinics in sports medicine	43	1	107-126	2024	Elsevier
Walton, Courtney C; Purcell, Rosemary; Henderson, Jo L; Kim, Jeemin; Kerr, Gretchen; Frost, Joshua; Gwyther, Kate; Pilkington, Vita; Rice, Simon; Tamminen, Katherine A;	Mental health among elite youth athletes: a narrative overview to advance research and practice	Sports Health	16	2	166-176	2024	SAGE Publications Sage CA: Los Angeles, CA
Gwyther, Kate; Pilkington, Vita; Bailey, Alan P; Mountjoy, Margo; Bergeron, Michael F; Rice, Simon M; Purcell, Rosemary;	Mental health and well-being of elite youth athletes: a scoping review	British Journal of Sports Medicine	58	17	1011-1019	2024	BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine
Geidne, Susanna; Quennerstedt, Mikael; Eriksson, Charli;	The youth sports club as a health-promoting setting: An integrative review of research	Scandinavian journal of public health	41	3	269-283	2013	Sage Publications Sage UK: London, England
Ströhle, Andreas;	Sports psychiatry: mental health and mental disorders in athletes and exercise treatment of mental disorders	European archives of psychiatry and clinical neuroscience	269	5	485-498	2019	Springer
Foster, Charlie; Hamilton, Alexander; Richards, Justin;	A systematic review of the mental health impacts of sport and physical activity programmes for adolescents in post-conflict settings	Journal of Sport for Development	4	6	44-59	2016	

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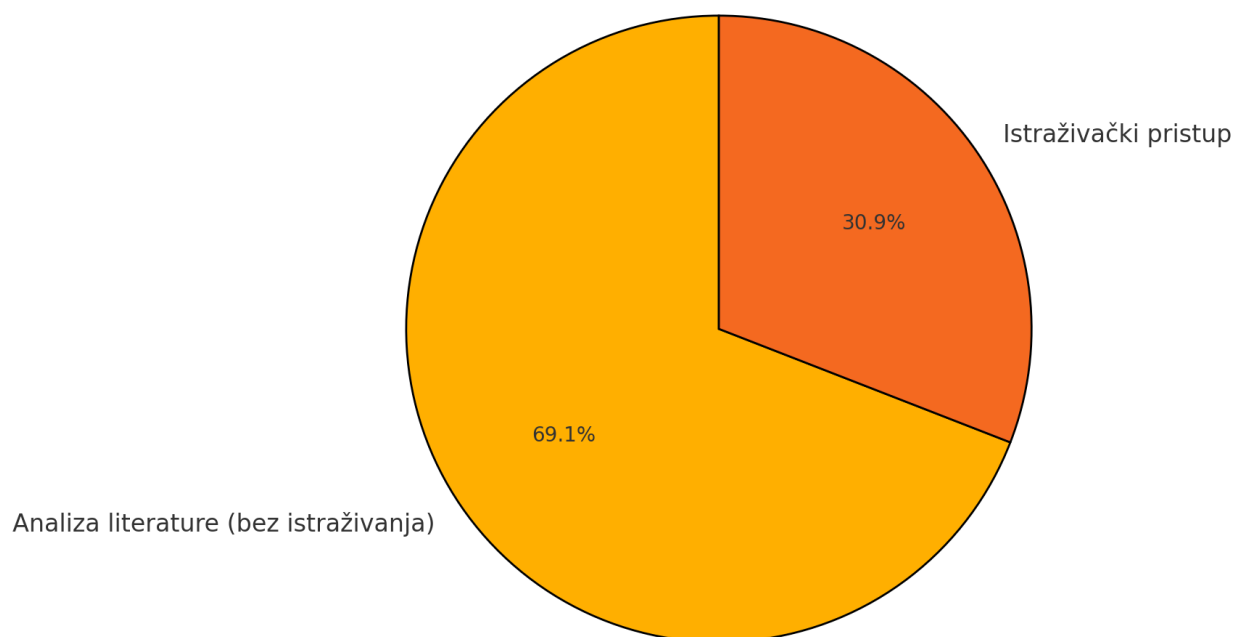


Additionally, the methodology used to analyze the topics of youth, sports, and mental health was examined. The findings revealed that 47 studies investigated this topic exclusively theoretically, while the remaining studies applied quantitative and qualitative methods.

The percentage-based results are presented in Table 4.

Graph 11. Overview of Research Approaches in Scientific Studies on Sports, Youth, and Mental Health

Postotak radova prema metodološkom pristupu



Given all the above, it is evident that mental health in the context of youth and sports has been predominantly researched through theoretical approaches. This highlights a scientific and professional need for the development of tools and approaches that would experimentally create validated research instruments and programs, ensuring they are scientifically verifiable, practically applicable, and effective in professional settings.

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ANÁLISIS DE LAS DIFERENCIAS

MindFit : Tackle Your Thoughts





Índice:

1. Introducción	3
2. Métodos	4
Participantes	4
Cuestionario	4
3. Análisis estadístico	7
Resultados	7
Español Adolescentes	7
Adolescentes croatas	11
Comparación de los síntomas depresivos entre jóvenes de España y Croacia	15
4. Análisis cualitativo de la salud mental de los jóvenes atletas - Entrevista	17
5. Consultas con los stakeholders	26
6. Literatura analizada	27
7. Bibliografía:	38



1. Introducción

Este documento contiene un análisis multifase de la salud mental de los jóvenes que practican actividades deportivas, con el objetivo de examinar diversos aspectos de su estado psicológico, los desafíos a los que se enfrentan y los factores que afectan positiva o negativamente a su estabilidad mental. En este contexto, el objetivo principal de la investigación no fue solo presentar el estado actual de la salud mental entre los jóvenes deportistas, sino también realizar una evaluación detallada de sus necesidades. Los resultados obtenidos sirven como base para la creación de materiales y directrices útiles para entrenadores, padres, clubes deportivos y la comunidad en general. Este enfoque busca crear mejores condiciones para el desarrollo mental de los jóvenes deportistas y mejorar su bienestar psicológico.

Aunque el plan inicial era recopilar datos de 300 encuestados, la investigación superó las expectativas, ya que involucró a más de 500 atletas jóvenes de Croacia y España. Una muestra tan grande permitió obtener una visión más profunda de las variaciones en la salud mental en diferentes deportes, grupos de edad y contextos de entrenamiento. Además de la parte cuantitativa de la investigación, que se basa en análisis de cuestionarios y datos estadísticos, se realizó un análisis cualitativo mediante entrevistas en profundidad con personas estrechamente relacionadas con este tema: entrenadores, psicólogos deportivos, padres y los propios atletas. Además, el estudio incluye una revisión exhaustiva de la literatura relevante que trata sobre la salud mental en el contexto deportivo, así como resúmenes de consultas con partes interesadas clave que pueden contribuir al desarrollo futuro del apoyo a los atletas jóvenes.

Los resultados de la investigación indican claramente una necesidad importante de concienciar sobre la salud mental en el deporte, tanto entre los jóvenes deportistas como entre sus entrenadores, padres y otras personas implicadas en actividades deportivas. Este proyecto tiene como objetivo proporcionar directrices y recomendaciones que permitan un mejor abordaje del bienestar mental de los jóvenes deportistas, prevenir posibles problemas psicológicos y mejorar el sistema de apoyo en los entornos deportivos. Los hallazgos muestran que el deporte no solo afecta a la condición física de un individuo, sino también a su estabilidad emocional y psicológica, lo que enfatiza aún más la importancia de la investigación continua y la aplicación práctica de los conocimientos adquiridos.



2. Métodos

Participantes

En el estudio participaron 501 adolescentes, 300 de ellos de Croacia y 201 de España. Las edades de los participantes oscilaban entre los 10 y los 18 años, un período crucial del desarrollo de la adolescencia. La investigación se centró en analizar la salud mental y en identificar los síntomas depresivos, teniendo en cuenta las características socioculturales específicas de ambos países.

Para todos los participantes menores de 18 años, se requirió el consentimiento de los padres o tutores legales para participar en el estudio, junto con el consentimiento adicional de los propios encuestados, garantizando el cumplimiento de las normas éticas. Antes de la participación, se informó detalladamente a los padres y a los encuestados sobre el propósito y los objetivos del estudio, incluida la metodología de investigación y el uso de los datos recopilados. Se hizo hincapié en que la participación en el estudio era completamente voluntaria y que los encuestados y sus padres podían retirar su consentimiento y dejar de participar en cualquier momento sin ninguna consecuencia.

Para garantizar un alto nivel de conducta ética, el estudio se llevó a cabo de conformidad con la **Declaración de Helsinki** sobre los principios éticos para la investigación con seres humanos. Esta declaración describe los principios clave para proteger los derechos, la seguridad y la privacidad de los participantes. En este contexto, se prestó especial atención a la protección de los datos confidenciales de los participantes, que se procesaron y almacenaron de conformidad con las leyes nacionales de protección de datos de Croacia y España, así como con el **Reglamento General de Protección de Datos (RGPD)** de la Unión Europea.

Cuestionario

El estudio utilizó una versión abreviada del **Moods and Feelings Questionnaire (MFQ)**, que incluye 13 ítems clave destinados a evaluar los síntomas depresivos en adolescentes (Thabrew et al., 2018). Esta versión conserva los elementos centrales del cuestionario original y proporciona una herramienta eficaz para la evaluación rápida de los aspectos emocionales, cognitivos y físicos de la depresión.



El cuestionario abreviado consta de afirmaciones que los encuestados califican mediante una **escala Likert de tres puntos** (0: nunca, 1: a veces, 2: siempre). Este formato permite respuestas sencillas y claras, lo que es especialmente importante para los adolescentes.

Tabla 1. Moods and Feelings Questionnaire (MFQ)

Número	Pregunta
1	Me sentí triste o infeliz.
2	No disfruté las cosas como antes.
3	Me sentí inútil.
4	Me sentí muy cansado, sin energía.
5	Sentí que no podía hacer nada bien.
6	Me sentí frustrado o enojado.
7	Sentí que nadie me amaba.
8	Sentí que no me importaba nada.
9	Tuve problemas para dormir.
10	Sentí que no tenía motivos para estar feliz.
11	No tenía apetito o comí demasiado.
12	Lloré a menudo.
13	Me sentí abrumado por las preocupaciones..



Para garantizar la adaptación a los contextos socioculturales y lingüísticos, el cuestionario se tradujo al croata y al español utilizando un **traducción inversa** proceso. Este procedimiento implicó traducir el cuestionario del inglés a los idiomas de destino y luego traducirlo nuevamente al inglés para verificar la consistencia semántica y conceptual (Harkness, 2003).

La distribución del cuestionario se realizó a través de **Formularios de Google** plataforma que permite la participación anónima y sencilla de los encuestados. Se seleccionó la versión abreviada del MFQ **reducir la carga de los encuestados** y evitar la fatiga durante las respuestas manteniendo al mismo tiempo un **Alto nivel de fiabilidad y validez** en evaluación. Este instrumento proporciona **Datos clave** para identificar desafíos emocionales en adolescentes, permitiendo la detección rápida del riesgo de depresión y el desarrollo de intervenciones específicas que apoyen la salud mental de los jóvenes.



3. Análisis estadístico

En el análisis se aplicaron estadísticas descriptivas. La **puntuación total** de cada encuestado representa una **variable continua** que refleja la gravedad de los síntomas depresivos. La puntuación máxima posible en la **versión abreviada del MFQ** es de **26 puntos**, mientras que la puntuación mínima es de **0 puntos**. Los valores más altos indican un **mayor nivel de síntomas depresivos**.

En función de la puntuación total, los encuestados fueron clasificados según umbrales predefinidos:

- **Sin síntomas:** las puntuaciones bajas (p. ej., **0 a 5 puntos**) indican la ausencia de síntomas depresivos significativos.
- **Síntomas leves:** las puntuaciones en el rango medio (p. ej., **6 a 10 puntos**) indican síntomas ocasionales o leves.
- **Síntomas moderados:** las puntuaciones en el rango más alto (p. ej., **11 a 20 puntos**) sugieren la presencia de síntomas depresivos moderados.
- **Síntomas graves:** las puntuaciones más altas (por ejemplo, **21 y más**) indican **síntomas depresivos graves**.

Resultados

Español Adolescentes

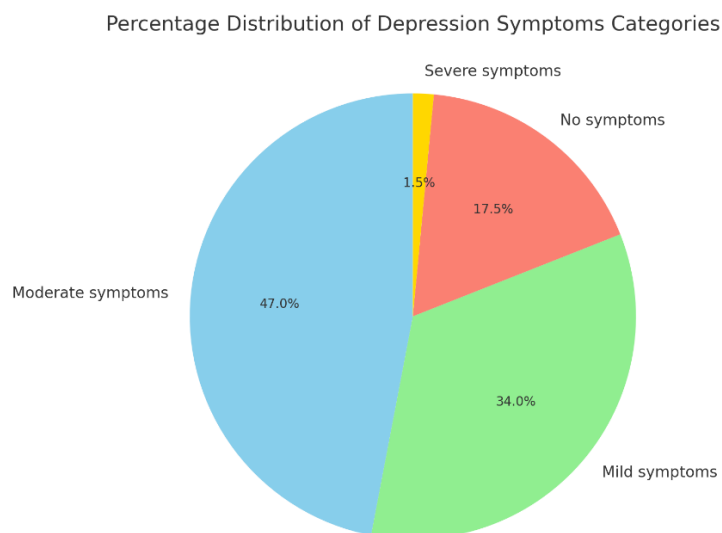
Los resultados presentados en el **Gráfico 1** muestran el porcentaje de síntomas depresivos entre los adolescentes en España. La mayoría de los encuestados, un 47%, presentan síntomas moderados, lo que indica dificultades emocionales significativas en casi la mitad de los adolescentes incluidos en el estudio. La segunda categoría más numerosa es la de síntomas leves, que abarca al 34% de los encuestados, lo que sugiere la presencia ocasional o menos pronunciada de síntomas depresivos en este grupo.

Un grupo más pequeño de encuestados, el 17,5%, no presentó síntomas depresivos significativos, lo que indica una relativa estabilidad emocional y la ausencia de problemas depresivos en este subgrupo. La categoría de síntomas depresivos severos representa un porcentaje muy reducido, con un 1,5% de los encuestados, lo que resalta la presencia de un segmento pequeño pero clínicamente significativo de adolescentes que experimentan síntomas graves y que requieren una intervención urgente y sistemática.



Esta distribución refleja claramente el alto predominio de síntomas depresivos entre los adolescentes en España, con la mayoría de los encuestados presentando síntomas que van de leves a moderados. A pesar de ello, la presencia de un pequeño porcentaje de adolescentes con síntomas severos subraya la importancia de implementar programas de apoyo dirigidos y especializados, centrados en este grupo vulnerable. Las recomendaciones enfatizan la necesidad de un seguimiento continuo y una identificación oportuna de los síntomas depresivos en los adolescentes españoles, con el fin de garantizar un apoyo adecuado, intervenir a tiempo y prevenir consecuencias negativas a largo plazo.

Gráfico 1. Síntomas depresivos en deportistas adolescentes españoles



Los resultados presentados en el Gráfico 2, correspondientes a los adolescentes españoles de 10 a 12 años, muestran la distribución de los síntomas depresivos según su intensidad. La mayoría de los encuestados se encuentra en la categoría de síntomas moderados, lo que sugiere que una parte significativa de los adolescentes en este grupo de edad experimenta síntomas depresivos notables, aunque no graves. Esta categoría es la predominante en la distribución, indicando la presencia de dificultades emocionales en la mayoría de los adolescentes.

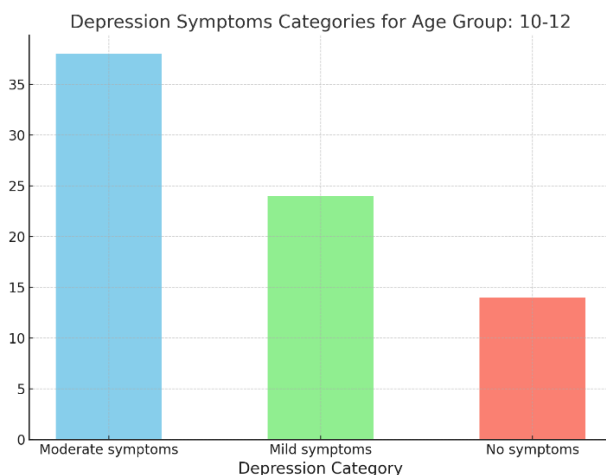
La categoría de síntomas leves es la segunda más representada, reflejando un grupo de adolescentes que presentan síntomas depresivos ocasionales y de menor intensidad, aunque aún pueden afectar su estado emocional.

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Un porcentaje menor de los encuestados se encuentra en la categoría sin síntomas, lo que indica que solo una minoría de los adolescentes en este grupo de edad no experimenta dificultades emocionales significativas relacionadas con la depresión. Este subgrupo muestra estabilidad emocional y ausencia de síntomas depresivos.

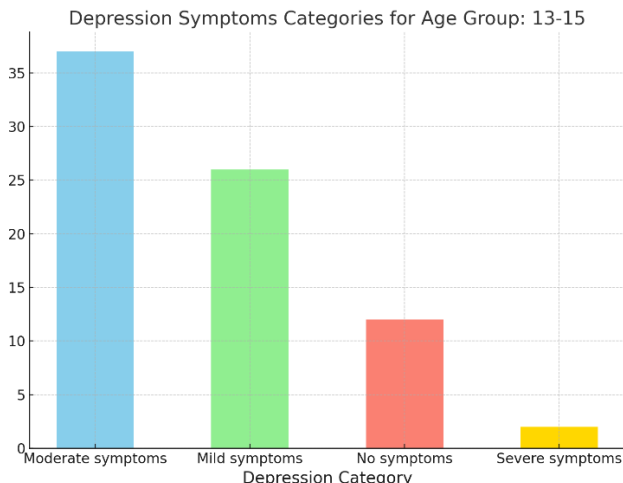
Gráfico 2. Síntomas depresivos en deportistas adolescentes españoles en edades de 10 a 12 años



Los resultados presentados en el **Gráfico 3** muestran que la mayor parte de los encuestados en el grupo de edad de 13 a 15 años se encuentra en la categoría de síntomas moderados, lo que sugiere una presencia significativa de síntomas depresivos en una gran proporción de adolescentes dentro de esta población. Los síntomas leves constituyen la segunda categoría más frecuente, con un número de encuestados ligeramente inferior al de la categoría de síntomas moderados. Estos resultados indican que la mayoría de los adolescentes de 13 a 15 años presentan síntomas depresivos de distinta intensidad, siendo los moderados los más prevalentes.

La categoría de ausencia de síntomas incluye una proporción menor, pero aún relevante, de la muestra, lo que indica que un grupo de adolescentes no experimenta dificultades emocionales significativas relacionadas con la depresión. Por otro lado, la categoría de síntomas graves cuenta con el menor número de encuestados, lo que sugiere que los síntomas depresivos de mayor gravedad afectan a un segmento más reducido, pero clínicamente relevante, de la población. Este grupo de adolescentes requiere intervenciones especializadas y apoyo profesional para mitigar sus dificultades emocionales.

Gráfico 3. Síntomas depresivos en deportistas adolescentes españoles en edades de 13 a 15 años

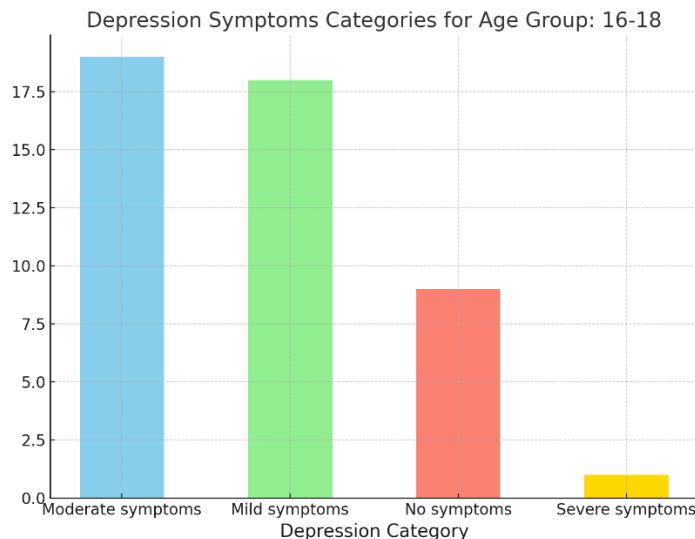


El Gráfico 4 muestra que la mayor proporción de encuestados en este grupo de edad se encuentra en la categoría de síntomas moderados, mientras que la categoría de síntomas leves está representada de manera similar, aunque con un número ligeramente menor de adolescentes. Estos resultados indican que un porcentaje significativo de adolescentes de 16 a 18 años experimenta síntomas depresivos de distinta intensidad, siendo los síntomas moderados los más frecuentes en este grupo.

La categoría sin síntomas incluye una proporción menor, pero relevante, de encuestados, lo que sugiere que algunos adolescentes en este grupo de edad no presentan dificultades emocionales significativas relacionadas con la depresión. En contraste, la proporción más baja corresponde a la categoría de síntomas graves, lo que indica la presencia de un grupo reducido, pero clínicamente relevante, de adolescentes que presentan síntomas depresivos graves y requieren apoyo e intervención profesional urgente.

Esta distribución refleja la alta prevalencia de síntomas depresivos entre los adolescentes de 16 a 18 años, con la mayoría de los casos situados en niveles de intensidad moderada a leve. Los resultados resaltan la necesidad de programas de prevención e intervenciones específicas dirigidas a reducir los síntomas en adolescentes con dificultades depresivas moderadas y graves, así como a promover la salud mental en esta etapa clave del desarrollo.

Gráfico 4. Síntomas depresivos en deportistas adolescentes españoles en edades de 16 a 18 años



Adolescentes croatas

El análisis de la distribución de los síntomas depresivos entre los adolescentes en Croacia permite evaluar su estado de salud emocional. Según la versión abreviada del Moods and Feelings Questionnaire, la mayoría de los encuestados (59,2 %) no presenta síntomas depresivos significativos, lo que indica un buen estado psicológico general en este grupo. Sin embargo, un porcentaje considerable de adolescentes muestra distintos niveles de síntomas depresivos, lo que requiere una atención especial.

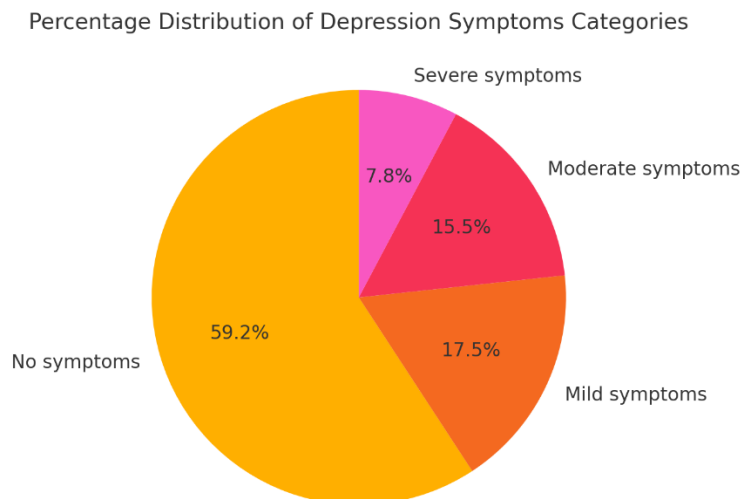
El 17,5 % de los encuestados presenta síntomas depresivos leves, lo que sugiere la necesidad de intervenciones preventivas para evitar un posible agravamiento. Otro 15,5 % se encuentra en la categoría de síntomas moderados, los cuales pueden afectar significativamente la vida diaria, incluyendo la motivación, las capacidades cognitivas y el funcionamiento social. Además, el 7,8% de los encuestados presenta síntomas depresivos graves, lo que hace que este grupo sea particularmente vulnerable y requiera una intervención profesional urgente.

Estos datos destacan que, aunque la mayoría de los adolescentes no muestra síntomas de depresión, una parte significativa de la población presenta síntomas que van de leves a graves, lo que resalta la necesidad de un apoyo sistemático en las escuelas y comunidades. La presencia de síntomas graves en algunos encuestados es especialmente preocupante, ya que podría indicar un alto riesgo de depresión clínica que requiere asistencia psicológica especializada. Estos resultados ofrecen información clave para el desarrollo de estrategias de prevención e intervención orientadas a mejorar la salud mental de los jóvenes en Croacia.

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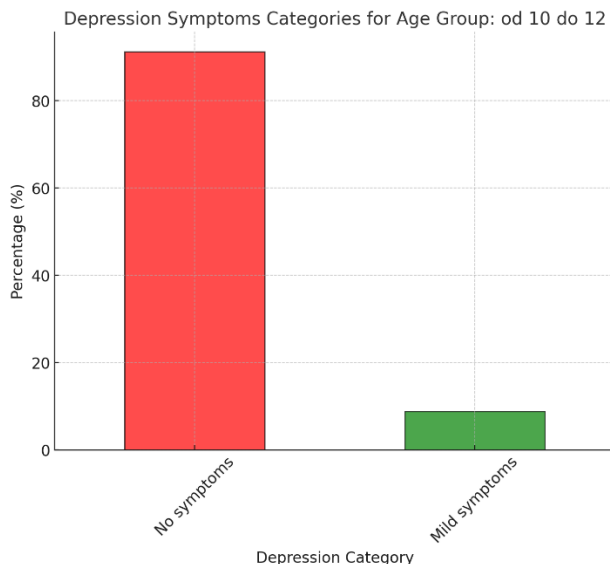
Gráfico 5. Síntomas depresivos en deportistas adolescentes croatas



En el grupo de edad de 10 a 12 años (**Gráfico 6**), los resultados muestran que la mayoría de los encuestados no presenta síntomas significativos de depresión, lo que sugiere que este grupo de edad, en general, disfruta de una salud emocional estable. El porcentaje de adolescentes con síntomas leves es muy bajo, mientras que las categorías de síntomas moderados y graves son casi inexistentes.

Esta distribución coincide con los patrones de desarrollo esperados, ya que los niños de esta edad suelen enfrentarse a desafíos emocionales menos intensos en comparación con los adolescentes mayores.

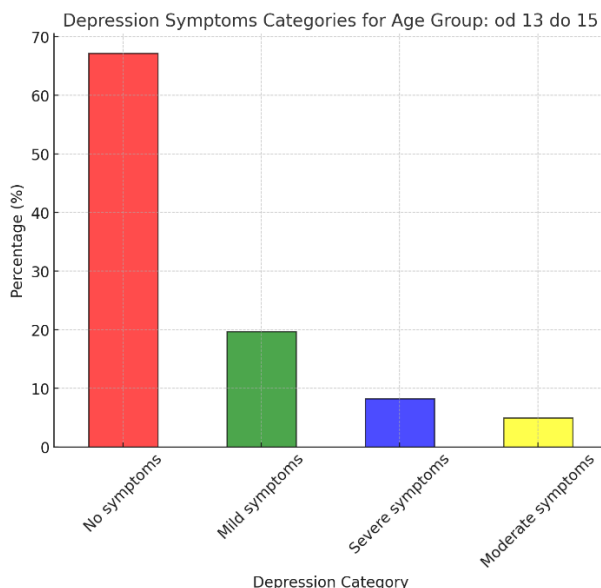
Gráfico 6. Síntomas depresivos en deportistas adolescentes croatas de 10 a 12 años



El grupo de edad de 13 a 15 años (**Gráfico 7**) muestra una mayor variabilidad en la distribución de los síntomas depresivos entre los adolescentes croatas. Aunque la mayoría de los encuestados sigue sin presentar síntomas, el porcentaje de adolescentes con síntomas leves y moderados aumenta significativamente.

Este incremento puede estar relacionado con el inicio de la pubertad y los cambios psicosociales asociados, incluyendo una mayor presión social y desafíos emocionales. La presencia de síntomas graves en este grupo de edad, aunque poco frecuente, señala la necesidad de seguimiento y posibles intervenciones para prevenir la agravación de los problemas emocionales.

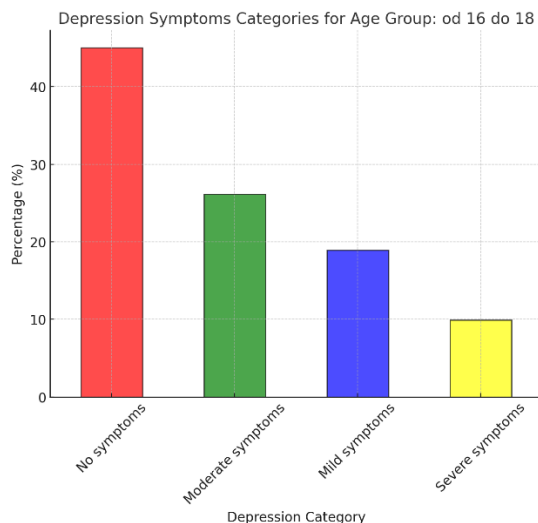
Gráfico 7. Síntomas depresivos en deportistas adolescentes croatas de 13 a 15 años



El grupo de mayor edad, de 16 a 18 años (**Gráfico 8**), presenta la mayor diversidad en la distribución de los síntomas depresivos. Aunque una parte significativa de los encuestados sigue perteneciendo a la categoría sin síntomas, el porcentaje de adolescentes con síntomas leves y moderados alcanza su nivel más alto en comparación con los grupos de edad más jóvenes.

Además, los síntomas graves son más frecuentes en este grupo, lo que puede indicar un mayor riesgo de desarrollar depresión clínicamente significativa. Estos resultados pueden estar relacionados con las presiones propias de esta etapa del desarrollo, como la finalización de la educación, la planificación del futuro y el aumento de las expectativas sociales y familiares.

Gráfico 8. Síntomas depresivos en deportistas adolescentes croatas de 16 a 18 años



En general, los datos muestran claramente una tendencia ascendente de los síntomas depresivos con la edad, lo que indica una mayor vulnerabilidad en la salud emocional durante la adolescencia tardía. Mientras que los niños más pequeños rara vez presentan síntomas de depresión, los adolescentes de más edad, principalmente los que tienen entre 16 y 18 años, muestran con mayor frecuencia síntomas leves, moderados e incluso graves. Esto pone de manifiesto la necesidad de desarrollar programas preventivos y de intervención centrados en la salud emocional de los adolescentes, especialmente en los grupos de mayor edad. Los resultados subrayan la importancia de la supervisión y el apoyo continuos a los adolescentes para reducir el riesgo de trastornos mentales graves.

Comparación de los síntomas depresivos entre jóvenes de España y Croacia

El gráfico 8 compara los síntomas depresivos entre los adolescentes de Croacia y España y revela diferencias significativas en la distribución de los síntomas. En Croacia predomina la categoría «Sin síntomas», con un 59,2% de adolescentes que no muestran signos de depresión, mientras que en España este porcentaje es considerablemente inferior (17,5%).

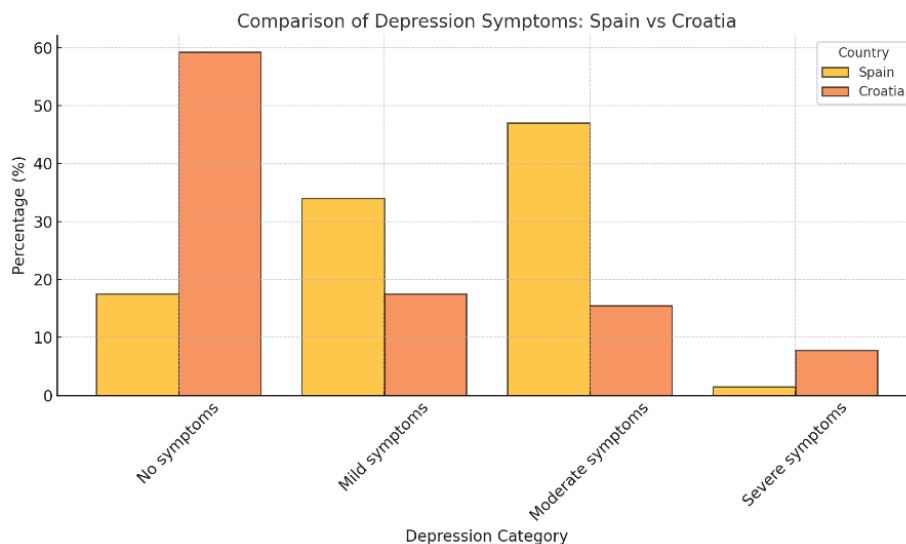
Por otra parte, España tiene una mayor proporción de adolescentes en las categorías «Síntomas leves» (34%) y «Síntomas moderados» (47%) en comparación con Croacia (17,5% y 15,5%, respectivamente). La categoría «Síntomas graves» es más pronunciada en Croacia (7,8%) que en España (1,5%).

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Estas diferencias pueden reflejar factores culturales y socioeconómicos y distintos enfoques a la hora de reconocer y notificar los síntomas. Los adolescentes croatas pueden experimentar un mayor estigma en torno a la salud mental, lo que podría reducir la notificación de síntomas leves. Por el contrario, los adolescentes españoles pueden expresar síntomas leves y moderados más abiertamente. Los resultados indican la necesidad de enfoques adaptados al apoyo a la salud mental de los adolescentes en cada país.

Gráfico 9. Comparación de los síntomas depresivos entre jóvenes de España y Croacia





4. Análisis cualitativo de la salud mental de los jóvenes atletas - Entrevista

Una de las formas de análisis adicional de los problemas de salud mental en los jóvenes que practican diferentes deportes se lleva a cabo mediante la metodología cualitativa de la entrevista semiestructurada. Para garantizar el anonimato, a los encuestados solo se les mencionó su rol en el deporte, mientras que sus nombres y apellidos no fueron registrados, asegurando que el proceso de investigación estuviera en conformidad con la ética investigativa.

Al inicio del estudio, se explicó a los participantes el objetivo de la investigación y se les informó que la conversación sería grabada con una grabadora de voz con el propósito de realizar un análisis temático y codificación de sus respuestas. Además, los encuestados tenían la posibilidad de retirarse de la investigación en cualquier momento si alguna pregunta les resultaba inapropiada.

De acuerdo con esto, se estableció el objetivo del estudio: **Explorar diferentes perspectivas sobre la salud mental de los jóvenes.**

Tabla 1 . Análisis cualitativo de la entrevista semiestructurada

No.	Persona	Rol	Preguntas clave	Respuestas de los encuestados
1	Psicólogo deportivo	Experto en salud mental para deportistas	¿Cómo afecta la preparación mental al rendimiento de un deportista?	«La preparación mental ayuda a los deportistas a mantener la concentración y reducir la ansiedad antes de las competiciones. Técnicas como la visualización, los ejercicios de respiración y la atención plena son herramientas clave.»
			¿Cómo reconocer los signos de ansiedad en los	«Los cambios de comportamiento, la disminución de la motivación, la evitación del



			jóvenes deportistas?	entrenamiento y la irritabilidad pueden ser indicadores».
			¿Qué estrategias refuerzan la resiliencia mental?	«Establecer objetivos realistas, aprender de los fracasos y desarrollar una autoconversación positiva. Esto se aplica tanto a los niños como a los padres».
2	Entrenador	Responsable de guiar y desarrollar a los atletas	¿Cómo apoya la salud mental de sus deportistas?	«Mantengo una comunicación abierta con ellos, fomento el espíritu de equipo y ofrezco apoyo experto cuando es necesario».
			¿A qué señales de estrés o agotamiento presta atención?	«Fatiga, pérdida de motivación, irritabilidad y disminución del rendimiento en el entrenamiento».
			¿Cómo se comunica con los jugadores durante las crisis?	«Intento mantener la calma, escucharles y ofrecerles soluciones en lugar de críticas».
3	Atleta profesional	Atleta activo con experiencia en el manejo de la presión	¿Cómo afronta la presión mental del deporte?	«Trabajo con un psicólogo, medito e intento no centrarme en los resultados, sino en el proceso».



			¿Qué técnicas utiliza para controlar las emociones?	«Ejercicios de respiración, afirmaciones positivas y una rutina previa a la competición».
			¿Cómo superaste los momentos más difíciles de tu carrera?	«El apoyo de la familia y los entrenadores fue crucial. También aprendí a aceptar los fracasos como parte del deporte».
4	Médico deportivo	Experto médico que controla la salud física y mental de los deportistas	¿Qué relación existe entre la salud mental y las lesiones físicas?	«El estrés elevado puede aumentar el riesgo de lesiones debido a la disminución de la concentración y la tensión muscular».
			¿Cómo afectan las lesiones a la psique de un deportista?	«Pueden causar depresión y ansiedad porque los deportistas pierden su sentido de la identidad».
			¿Cómo pueden los deportistas prevenir las lesiones relacionadas con el estrés?	«Preparación adecuada, descanso y equilibrio entre entrenamiento y relajación mental».



5	Padre de un joven deportista	Apoya a su hijo en el deporte	¿Cómo apoya a su hijo en los retos deportivos?	«Intento motivarles sin presionarles y recordarles que disfrutar del deporte es lo más importante».
			¿Cuáles son los mayores retos de ser padre de un joven deportista?	«Equilibrar el apoyo con expectativas realistas y reconocer cuándo parar».
			¿Cómo maneja las presiones y expectativas de la competición?	«Intento no proyectar mis propias ambiciones en mi hijo y escuchar sus necesidades».
6	Educador deportivo	Educador y mentor en el desarrollo del deporte juvenil	¿Cómo puede influir positivamente el deporte en el desarrollo de los jóvenes?	«Desarrolla la disciplina, el espíritu de equipo y el control emocional».
			¿Cómo se equilibra la competición y la diversión?	«Es importante no centrarse sólo en ganar, sino fomentar el disfrute en el deporte».
			¿Cómo puede el deporte ayudar a	«La actividad física reduce el estrés y mejora el estado de



			prevenir los problemas de salud mental?	ánimo, mientras que los deportes de equipo crean redes de apoyo».
7	Árbitro deportivo	Persona responsable de tomar decisiones durante las competiciones	¿Cómo maneja las situaciones de estrés en el campo?	«Me mantengo centrado en las reglas y no dejo que las emociones me abrumen».
			¿Cómo afecta a su estado mental la presión de jugadores y entrenadores?	«Con el tiempo, aprendes a ignorar las presiones externas y a tomar decisiones imparciales».
			¿Cómo se mantiene imparcial y mentalmente estable?	«Entreno la fuerza mental mediante ejercicios de concentración y técnicas de respiración».
8	Periodista deportivo	Informes y análisis de acontecimientos deportivos	¿Cómo pueden influir los medios de comunicación en la salud mental de un deportista?	«Los titulares negativos y las críticas pueden crear presión, mientras que las historias de apoyo pueden ayudar a los deportistas».



			¿Cuál es el papel del periodismo en la desestigmatización de los problemas de salud mental?	«Escribir sobre deportistas que hablan abiertamente de salud mental puede ayudar a otros».
			¿Cómo se equilibra la crítica y el apoyo?	«Las críticas deben ser constructivas, centrándose en el análisis y no en los ataques personales».
9	Psicoterapeuta deportivo	Especialista en trabajo terapéutico con deportistas	¿Cómo se trata la ansiedad y la depresión en los deportistas?	«Combinamos terapia cognitivo-conductual, técnicas de relajación y apoyo ambiental».
			¿Cuál es la diferencia entre la psicología del deporte y la psicoterapia?	«La psicología del deporte se centra en el rendimiento, mientras que la psicoterapia aborda problemas más profundos».
			¿Cuáles son los problemas más comunes por los que los deportistas buscan ayuda?	«Presión, miedo al fracaso y pérdida de confianza tras las lesiones».



10	Director de club deportivo	Responsable de organización de un club deportivo	¿Cómo puede un club crear un entorno favorable a la salud mental?	«Organizamos sesiones educativas y colaboramos con psicólogos para ofrecer apoyo a los atletas».
			¿Qué programas aplica para educar a los deportistas en materia de salud mental?	«Talleres, charlas individuales y grupos de apoyo para jóvenes atletas».
			¿Cómo colaboran con los profesionales de la salud mental?	«Colaboramos regularmente con psicólogos y terapeutas que están a disposición de los atletas del club».

Tabla 2. Análisis temático de las respuestas obtenidas tras codificar la entrevista transcrita

Persona	Análisis temático
Psicólogo deportivo	Salud mental y bienestar
Entrenador	Entrenamiento y estrategias de liderazgo
Atleta profesional	Desarrollo juvenil y beneficios del deporte
Médico deportivo	Problemas mentales y emocionales

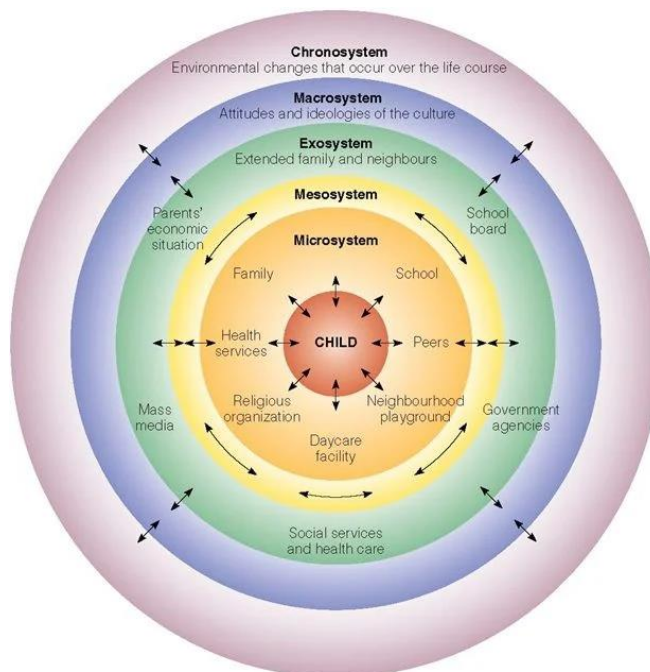


Padre de un joven deportista	Motivación y automotivación
Educador deportivo	Entrenamiento y estrategias de liderazgo
Árbitro deportivo	Medios de comunicación y presión externa
Periodista deportivo	Estrés y resiliencia
Psicoterapeuta deportivo	Apoyo pedagógico y psicológico especializado
Director de club deportivo	Salud mental y bienestar

Al analizar las respuestas obtenidas, se hace evidente que las respuestas giran en torno al apoyo, la motivación y la conciencia sobre la importancia de la salud mental. Una mayor implicación de la comunidad puede, sin duda, contribuir a ello. En un contexto de desarrollo, esto puede analizarse a través de la Teoría del Modelo Bioecológico (Bronfenbrenner y Morris, 2006).

Esta teoría sostiene que el entorno inmediato, compuesto por la familia, los compañeros, la escuela y las actividades de tiempo libre, es clave para los esfuerzos preventivos, afirmativos y educativos en el desarrollo de niños y jóvenes. En relación con los resultados de esta investigación, la salud mental, como un posible desafío internalizado, también puede representar un potencial de intervención. Si el entorno ofrece el apoyo adecuado, esto puede concretarse como un factor protector del desarrollo, lo que, en el contexto de la salud mental, podría traducirse en una mejora general del estado mental de los jóvenes.

Gráfico 10. Representación del esquema de la Teoría del Modelo Bioecológico



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5. Consultas con los stakeholders

Después de realizar los análisis cualitativos y cuantitativos, se llevaron a cabo conversaciones y consultas con los stakeholders o partes interesadas.

Tabla 3. Representación de las respuestas clave de las partes interesadas

Stakeholder	Respuestas
Presidente de una ONG	Los jóvenes deportistas trabajan arduamente. Sus grandes esfuerzos a menudo resultan en un entorno poco tolerante y, con el tiempo, pueden llevar a un deterioro de su estado mental. Fomentamos la creación de estructuras de rehabilitación en las que exdeportistas, pedagogos y psicólogos puedan brindar apoyo en este proceso.
Representante de la Asociación de Entrenadores Deportivos	La comunicación abierta y el respaldo son fundamentales para la salud mental en el deporte. Encontrar un equilibrio entre la competición y el descanso reduce el estrés. Es fundamental reconocer los signos de problemas psicológicos y el papel crucial de los entrenadores en la gestión del bienestar mental de los jóvenes. Actualmente, la salud mental de los jóvenes deportistas sigue siendo un tema extremadamente descuidado.
Profesor de la facultad	Fomentar la motivación en los niños sin ejercer presión contribuye a su bienestar. Las expectativas deben gestionarse para evitar sobrecargas. La conversación y el apoyo emocional son los mejores aliados en los momentos difíciles. A menudo vemos a estudiantes que llegan traumatizados. Por supuesto, aquellos involucrados en el deporte también enfrentan derrotas y fracasos, lo que puede afectar su estabilidad emocional.
Decano de la facultad	El estrés aumenta el riesgo de agotamiento y dificulta la recuperación. Mantener una mentalidad positiva y adoptar técnicas adecuadas de rehabilitación es clave. La prevención incluye descanso adecuado, entrenamientos apropiados y control del estrés.



Asociación de Periodistas Deportivos	Los medios de comunicación pueden aumentar el estrés en el deporte, pero también pueden desempeñar un papel de apoyo. Los periodistas tienen la responsabilidad de evitar la desinformación y educar al público sobre estos temas. La concienciación sobre la salud mental puede ayudar a desestigmatizar los problemas dentro del ámbito deportivo.
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A partir de las respuestas proporcionadas, se observa que las opiniones están relacionadas con las áreas en las que cada uno de los stakeholders está involucrado. Se ha evidenciado que todos coinciden en la necesidad de una mayor concienciación sobre este problema, pero también es evidente la falta de una asistencia estructurada para esta población.

En consecuencia, se puede concluir que las necesidades en el ámbito de la salud mental y el deporte son significativas, pero que las soluciones actuales no son suficientes para abordar con éxito todas las desviaciones mentales.

6. Literatura analizada

El análisis de la literatura incluyó un total de 68 artículos científicos extraídos de las principales bases de datos académicas, como *Scopus* y *Web of Science*. La búsqueda se realizó utilizando palabras clave como “*salud mental*”, “*deporte*” y “*jóvenes*”.

En el análisis de relevancia de los estudios, se revisaron 172 artículos científicos utilizando el programa de investigación *As ReviewLab*. Sin embargo, solo 68 artículos cumplían con los criterios establecidos según las palabras clave mencionadas, mientras que los demás fueron excluidos de análisis posteriores.

Autores	Título	Publicación	Volumen	Número	Páginas	Año	Editor
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Vella, Stewart A;	Mental health and organized youth sport	Kinesiology Review	8	3	229-236	2019	Human Kinetics
Majeed, Saima;	ROLE OF PHYSICAL ACTIVITY AND SPORTS IN MENTAL HEALTH OF YOUTH: A REVIEW ARTICLE.	Shield: Research Journal of Physical Education & Sports Science	17			2022	
Carver, Jessie; Baskin, Amy; Summers, Emma; Limbers, Christine A;	Youth Perceptions of Participation in Organized Sports and Mental Health	Current Sports Medicine Reports	23	12	422-428	2024	LWW
Eather, Narelle; Wade, Levi; Pankowiak, Aurélie; Eime, Rochelle;	The impact of sports participation on mental health and social outcomes in adults: a systematic review and the 'Mental Health through Sport' conceptual model	Systematic reviews	12	1	102	2023	Springer
Pascoe, Michaela; Bailey, Alan P; Craike, Melinda; Carter, Tim; Patten, Rhiannon; Stepto, Nigel; Parker, Alexandra;	Physical activity and exercise in youth mental health promotion: a scoping review	BMJ open sport & exercise medicine	6	1	e000677	2020	BMJ Specialist Journals
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Lubans, David; Richards, Justin; Hillman, Charles; Faulkner, Guy; Beauchamp, Mark; Nilsson, Michael; Kelly, Paul; Smith, Jordan; Raine, Lauren; Biddle, Stuart;	Physical activity for cognitive and mental health in youth: a systematic review of mechanisms	Pediatrics	138	3		2016	American Academy of Pediatrics
Daley, Mary M; Reardon, Claudia L;	Mental health in the youth athlete	Clinics in sports medicine	43	1	107-126	2024	Elsevier

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Gwyther, Kate; Pilkington, Vita; Bailey, Alan P; Mountjoy, Margo; Bergeron, Michael F; Rice, Simon M; Purcell, Rosemary;	Mental health and well-being of elite youth athletes: a scoping review	British Journal of Sports Medicine	58	17	1011-1019	2024	BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine
Geidne, Susanna; Quennerstedt, Mikael; Eriksson, Charli;	The youth sports club as a health-promoting setting: An integrative review of research	Scandinavian journal of public health	41	3	269-283	2013	Sage Publications Sage UK: London, England
Ströhle, Andreas;	Sports psychiatry: mental health and mental disorders in athletes and exercise treatment of mental disorders	European archives of psychiatry and clinical neuroscience	269	5	485-498	2019	Springer
Foster, Charlie; Hamilton, Alexander; Richards, Justin;	A systematic review of the mental health impacts of sport and physical activity programmes for adolescents in post-conflict settings	Journal of Sport for Development	4	6	44-59	2016	
Endrawan, I Bagus; Aliriad, Hilmy; Apriyanto, Rohmad; Da'i, Mohamad; Cahyani, Olivia Dwi;	The relationship between sports and mental health: literature analysis and empirical study	Health Education and Health Promotion	11	2	215-222	2023	
Liddle, Sarah K; Deane, Frank P; Vella, Stewart A;	Addressing mental health through sport: a review of sporting organizations' websites	Early intervention in psychiatry	11	2	93-103	2017	Wiley Online Library
Anderson-Butcher, Dawn;	Youth sport as a vehicle for social development	Kinesiology Review	8	3	180-187	2019	Human Kinetics

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Office of the Surgeon General;	Protecting youth mental health: The US surgeon general's advisory [Internet]					2021	US Department of Health and Human Services
Leahy, Angus A; Mavilidi, Myrto F; Smith, Jordan J; Hillman, Charles H; Eather, Narelle; Barker, Daniel; Lubans, David R;	Review of high-intensity interval training for cognitive and mental health in youth	Medicine & Science in Sports & Exercise	52	10	2224-2234	2020	LWW
Cadenas-Sanchez, Cristina; Mena-Molina, Alejandra; Torres-Lopez, Lucia V; Migueles, Jairo H; Rodriguez-Ayllon, Maria; Lubans, David R; Ortega, Francisco B;	Healthier minds in fitter bodies: a systematic review and meta-analysis of the association between physical fitness and mental health in youth	Sports Medicine	51	12	2571-2605	2021	Springer
Xanthopoulos, Melissa S; Benton, Tami; Lewis, Jason; Case, Julia A; Master, Christina L;	Mental health in the young athlete	Current psychiatry reports	22		1-15	2020	Springer
Sutcliffe, Jordan T; Graupensperger, Scott; Schweickle, Matthew J; Rice, Simon M; Swann, Christian; Vella, Stewart A;	Mental health interventions in non-elite sport: A systematic review and meta-analysis	International Review of Sport and Exercise Psychology	17	1	319-342	2024	Taylor & Francis
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Boelens, Mirte; Smit, Michel S; Raat, Hein; Bramer, Wichor M; Jansen, Wilma;	Impact of organized activities on mental health in children and adolescents: An umbrella review	Preventive medicine reports	25		101687	2022	Elsevier

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Gould, Daniel;	The current youth sport landscape: Identifying critical research issues	Kinesiology Review	8	3	150-161	2019	Human Kinetics
Song, Yagang; Shi, Chongyan;	Association between sports participation and overall health in children and adolescents	Complementary Therapies in Clinical Practice	51		101718	2023	Elsevier
Li, Bowen; Ng, Kwok; Tong, Xiuhong; Zhou, Xiao; Ye, Jiangchuan; Yu, Jane Jie;	Physical activity and mental health in children and youth during COVID-19: a systematic review and meta-analysis	Child and Adolescent Psychiatry and Mental Health	17	1	92	2023	Springer
Dale, Leila Pfaeffli; Vanderloo, Leigh; Moore, Sarah; Faulkner, Guy;	Physical activity and depression, anxiety, and self-esteem in children and youth: An umbrella systematic review	Mental Health and Physical Activity	16		66-79	2019	Elsevier
Cahill, Susan M; Egan, Brad E; Seber, Joanna;	Activity-and occupation-based interventions to support mental health, positive behavior, and social participation for children and youth: A systematic review	The American Journal of Occupational Therapy	74	2	7402180020p1-7402180020p28	2020	The American Occupational Therapy Association, Inc.
Fraser-Thomas, Jessica; Côté, Jean;	Youth sports: Implementing findings and moving forward with research	Athletic Insight	8	3	12-27	2006	
Rice, Simon M; Parker, Alexandra G; Rosenbaum, Simon; Bailey, Alan; Mawren,	Sport-related concussion and mental health outcomes in elite	Sports medicine	48		447-465	2018	Springer

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Reardon, Claudia L;	Hitchcock, Mary;	Mental health in individual versus team sports	International Review of Psychiatry			1-12	2024	Taylor & Francis	
Pandya, Kiritkumar;	Nirav	Disparities in youth sports and barriers to participation	Current reviews in musculoskeletal medicine			1-6	2021	Springer	
Hansell, Adam H;	Giacobbi Jr, Peter R;	Voelker, Dana K;	A scoping review of sport-based health promotion interventions with youth in Africa	Health promotion practice	22	1	31-40	2021 Sage Publications Sage CA: Los Angeles, CA	
Shukla, Akash; Deepak	Dogra, Kumar;	Bhattacharya, Debraj;	Gulia, Satish; Sharma, Rekha;	Impact of COVID-19 outbreak on the mental health in sports: a review	Sport Sciences for Health	19	4	1043-1057	2023 Springer
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Eime, Rochelle M;	Young, Janet A; Harvey, Jack T; Charity, Melanie J; Payne, Warren R;	A systematic review of the psychological and social benefits of participation in sport for children and adolescents: informing development of a conceptual model of health through sport	International journal of behavioral nutrition and physical activity	10		1-21	2013	Springer	
Preston, Angela; Rew, Lynn; Young, Cara Calloway;	A systematic scoping review of psychological capital related to mental health in youth	The Journal of School Nursing	39	1	72-86	2023	Sage Publications Sage CA: Los Angeles, CA		
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Haraldsdottir, Kristin; Watson, Andrew M;	Psychosocial impacts of sports-related injuries in adolescent athletes	Current sports medicine reports	20	2	104-108	2021	LWW
Edison, Bianca R; Christino, Melissa A; Rizzone, Katherine H;	Athletic identity in youth athletes: a systematic review of the literature	International Journal of Environmental Research and Public Health	18	14	7331	2021	MDPI
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Morgan, Amy J; Parker, Alexandra G; Alvarez-Jimenez, Mario; Jorm, Anthony F;	Exercise and mental health: an exercise and sports science Australia commissioned review.	Journal of Exercise Physiology Online	16	4		2013	
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Wang, Charles; Vander Voort, Wyatt; Haus, Brian M; Carter, Cordelia W;	COVID-19 and youth sports: what are the risks of getting back on the field too quickly?	Pediatric Annals	50	11	e465-e469	2021	SLACK Incorporated Thorofare, NJ
Walton, Courtney C; Rice, Simon; Purcell, Rosemary; de Vries, Ralph; Larsen, Carsten; Vella, Stewart; Hutter, Vana;	Mental Health and Well-being in Competitive Youth Sport: A Scoping Review Protocol					2020	OSF
Bissett, James E; Kroshus, Emily; Hebard, Stephen;	Determining the role of sport coaches in promoting athlete mental health: A narrative review and Delphi approach	BMJ Open Sport & Exercise Medicine	6	1	e000676	2020	BMJ Specialist Journals
Li, Zhaojin; Li, Jie; Kong, Jianda; Li, Zhilin; Wang, Rui; Jiang, Fugao;	Adolescent mental health interventions: A narrative review of the positive effects of physical activity and implementation strategies	Frontiers in psychology	15		1433698	2024	Frontiers Media SA
Hurley, Diarmuid; Swann, Christian; Allen, Mark S; Ferguson, Helen L; Vella, Stewart A;	A systematic review of parent and caregiver mental health literacy	Community mental health journal	56		2-21	2020	Springer
Henriksen, Kristoffer; Schinke, Robert; Moesch, Karin; McCann, Sean; Parham, William D; Larsen, Carsten Hvid; Terry, Peter;	Consensus statement on improving the mental health of high performance athletes	International journal of sport and exercise psychology	18	5	553-560	2020	Taylor & Francis
McKay, Carly D; Cumming, Sean P; Blake, Tracy;	Youth sport: friend or foe?	Best practice & research Clinical rheumatology	33	1	141-157	2019	Elsevier

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Purcell, Rosemary; Frost, Joshua; Pilkington, Vita;	Mental health of elite sport coaches and entourage	Clinics in Sports Medicine	43	1	199-211	2024	Elsevier
Vealey, Robin S;	A framework for mental training in sport: Enhancing mental skills, wellbeing, and performance	Journal of Applied Sport Psychology	36	2	365-384	2024	Taylor & Francis
Bruner, Mark W; McLaren, Colin D; Sutcliffe, Jordan T; Gardner, Lauren A; Lubans, David R; Smith, Jordan J; Vella, Stewart A;	The effect of sport-based interventions on positive youth development: A systematic review and meta-analysis	International Review of Sport and Exercise Psychology	16	1	368-395	2023	Taylor & Francis
Hollabaugh, William L; Jeckell, Aaron S; Diamond, Alex B;	Name, image, and likeness and the health of the young athlete: A call to action for sports medicine providers and the athletic healthcare network	Sports Health	16	2	209-212	2024	SAGE Publications Sage CA: Los Angeles, CA
Rodriguez-Ayllon, María; Cadenas-Sánchez, Cristina; Estévez-López, Fernando; Muñoz, Nicolas E; Mora-Gonzalez, Jose; Migueles, Jairo H; Molina-García, Pablo; Henriksson, Hanna; Mena-Molina, Alejandra; Martínez-Vizcaíno, Vicente;	Role of physical activity and sedentary behavior in the mental health of preschoolers, children and adolescents: a systematic review and meta-analysis	Sports medicine	49	9	1383-1410	2019	Springer
Carter, Tori B; Gorzynski, Paul; Coady, Christopher J; Cunningham, Ian J; Mascarenhas, Duncan RD; Grant, Murray; Sullivan, Philip; Webb, Tom; Livingston, Lori A; Hancock, David J;	Implementing a scoping review to explore sport officials' mental health	Frontiers in Sports and Active Living	6		1436149	2024	Frontiers Media SA
Turner, Martin J;	Rational emotive behavior therapy (REBT), irrational and	Frontiers in psychology	7		1423	2016	Frontiers Media SA

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Biddle, Stuart JH; Ciaccioni, Simone; Thomas, George; Vergeer, Ineke;	Physical activity and mental health in children and adolescents: An updated review of reviews and an analysis of causality	Psychology of sport and exercise	42		146-155	2019	Elsevier
Logan, Kelsey; Conde, Alissa; Kennedy, Melanie;	Benefits of youth sports	The Youth Athlete			47-53	2023	Elsevier
Biddle, Stuart JH; Asare, Mavis;	Physical activity and mental health in children and adolescents: a review of reviews	British journal of sports medicine	45	11	886-895	2011	British Association of Sport and Exercise Medicine
Smith, Andy; Jones, Jon; Houghton, Laura; Duffell, Tom;	A political spectator sport or policy priority? A review of sport, physical activity and public mental health policy	Sport, Physical Activity and Public Health			61-76	2017	Routledge
Starowicz, Jessica; Pratt, Karen; McMorris, Carly; Brunton, Laura;	Mental health benefits of physical activity in youth with cerebral palsy: A scoping review	Physical & Occupational Therapy In Pediatrics	42	4	434-450	2022	Taylor & Francis

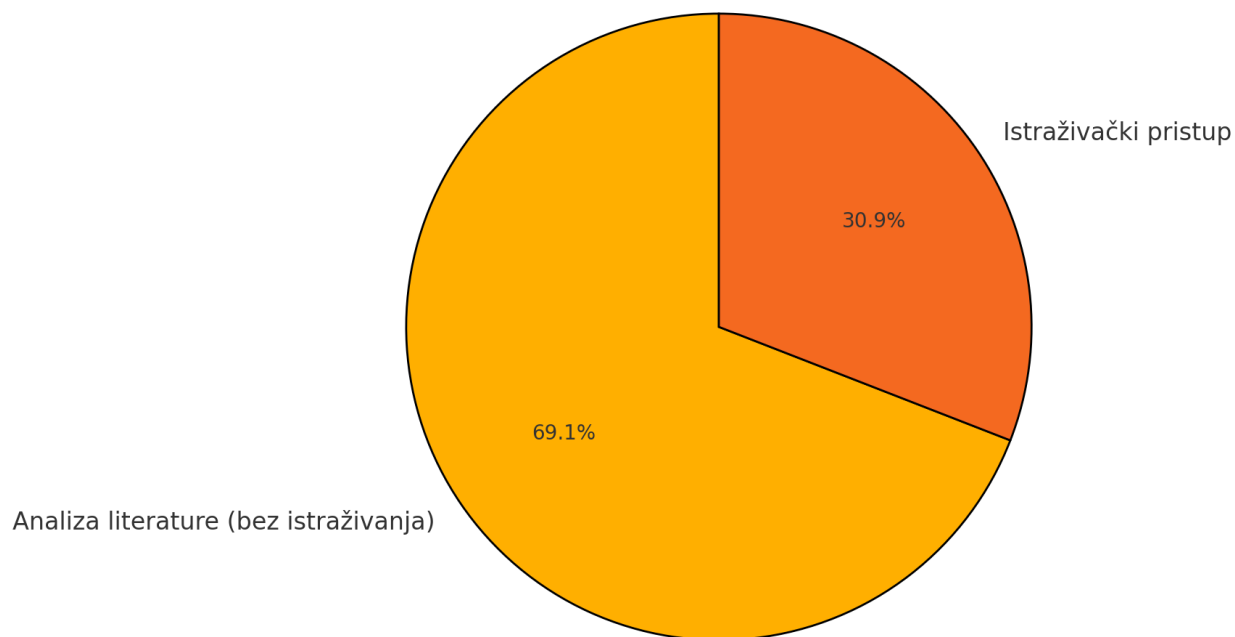
Además, se examinó la metodología empleada para analizar los temas de juventud, deporte y salud mental. Los resultados revelaron que 47 estudios investigaron este tema exclusivamente de forma teórica, mientras que los restantes aplicaron métodos cuantitativos y cualitativos. Los resultados porcentuales se presentan en la Tabla 4..

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Tabla 4. Panorama de los enfoques de investigación en los estudios científicos sobre deporte, juventud y salud mental

Postotak radova prema metodološkom pristupu



Teniendo en cuenta todo lo anterior, es evidente que la salud mental en el contexto de la juventud y el deporte se ha investigado predominantemente a través de enfoques teóricos. Esto pone de manifiesto la necesidad científica y profesional de desarrollar herramientas y enfoques que creen experimentalmente instrumentos y programas de investigación validados, garantizando que sean científicamente verificables, aplicables en la práctica y eficaces en entornos profesionales.



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GAP ANALYSIS

MindFit: Tackle Your Thoughts



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Sadržaj:

1. <i>Uvod</i>	3
2. <i>Metode</i>	4
3. <i>Rezultati</i>	6
4. <i>Kvalitativna analiza mentalnog zdravlja mladih sportaša - Intervju</i>	15
5. <i>Konzultacije sa stakeholderima</i>	22
6. <i>Analiza literature</i>	23
7. <i>Literatura:</i>	30

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1. Uvod

Ovaj dokument sadržava višefaznu analizu mentalnog zdravlja mladih koji se bave sportskim aktivnostima, pri čemu se nastojalo sagledati različite aspekte njihova psihološkog stanja, izazove s kojima se suočavaju te čimbenike koji pozitivno ili negativno utječu na njihovu mentalnu stabilnost. U tom kontekstu, glavni cilj istraživanja bio je ne samo prikazati trenutno stanje mentalnog zdravlja mladih sportaša, već i provesti detaljnu procjenu njihovih potreba kako bi se na temelju dobivenih rezultata mogli izraditi korisni materijali i smjernice za trenere, roditelje, sportske klubove i širu zajednicu. Ovim pristupom nastojalo se stvoriti bolje uvjete za mentalni razvoj mladih sportaša te unaprijediti njihovu psihološku dobrobit.

Iako je početna zamisao bila prikupiti podatke od 300 ispitanika, istraživanje je nadmašilo očekivanja te je u njemu sudjelovalo preko 500 mladih sportaša iz Hrvatske i Španjolske. Tako velik uzorak omogućio je dublji uvid u varijacije mentalnog zdravlja u različitim sportovima, dobnim skupinama i kontekstima u kojima mladi treniraju. Osim kvantitativnog dijela istraživanja, koji se temelji na analizama upitnika i statističkih podataka, provedena je i kvalitativna analiza putem dubinskih intervjua s osobama koje su blisko povezane s ovom tematikom – trenerima, sportskim psiholozima, roditeljima i samim sportašima. Također, istraživanje uključuje temeljitu analizu relevantne literature, koja se bavi pitanjima mentalnog zdravlja u sportskom kontekstu, te sažetke konzultacija sa ključnim dionicima koji mogu doprinijeti daljnjem razvoju podrške mladim sportašima.

Rezultati istraživanja jasno su pokazali da postoji značajna potreba za podizanjem svijesti o mentalnom zdravlju u sportu, kako među mladima, tako i među njihovim trenerima, roditeljima i drugim osobama uključenima u sportske aktivnosti. Ovim projektom nastoji se pružiti smjernice i preporuke koje će omogućiti bolji pristup mentalnoj dobrobiti mladih sportaša, prevenirati moguće psihološke probleme i unaprijediti sustav podrške unutar sportskih okruženja. Iz dobivenih rezultata vidljivo je da sport ne utječe samo na fizičku kondiciju pojedinca, već i na njegovu emocionalnu i psihološku stabilnost, što dodatno naglašava važnost daljnjih istraživanja i primjene stečenih saznanja u praksi.

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2. Metode

Ispitanici

U istraživanju je sudjelovalo ukupno 501 mladih adolescenata, od čega je 300 ispitanika bilo iz Hrvatske, a 201 iz Španjolske. Dob ispitanika bila je u rasponu od 10 do 18 godina, čime je obuhvaćeno ključno razvojno razdoblje adolescencije. Istraživanje je usmjereno na analizu mentalnog zdravlja i identifikaciju depresivnih simptoma, uzimajući u obzir specifične socio-kulturne karakteristike obje zemlje.

Za sve ispitanike mlađe od 18 godina bila je potrebna privola roditelja ili zakonskog skrbnika za sudjelovanje u istraživanju, uz dodatnu privolu samih ispitanika, čime su osigurani etički standardi. Prije sudjelovanja, roditeljima i ispitanicima detaljno su objašnjeni svrha i ciljevi istraživanja, uključujući način provedbe i mogućnosti korištenja prikupljenih podataka. Naglašeno je da je sudjelovanje u istraživanju u potpunosti dobrovoljno, te da ispitanici i njihovi roditelji mogu u bilo kojem trenutku povući svoj pristanak i odustati od istraživanja, bez ikakvih posljedica.

Kako bi se osigurala visoka razina etičnosti, istraživanje je provedeno u skladu s Helšinskom deklaracijom o etičkim načelima za istraživanja koja uključuju ljude. Ova deklaracija propisuje ključna načela zaštite prava, sigurnosti i privatnosti sudionika. U tom kontekstu, posebna pažnja posvećena je zaštiti osjetljivih podataka ispitanika, koji su obrađeni i pohranjeni u skladu s nacionalnim zakonima o zaštiti osobnih podataka u Hrvatskoj i Španjolskoj, kao i s Općom uredbom o zaštiti podataka (GDPR) Europske unije.

Upitnik

U istraživanju je korištena skraćena verzija *Moods and Feelings Questionnaire (MFQ)*, koja obuhvaća 13 ključnih stavki usmjerenih na procjenu depresivnih simptoma kod adolescenata (Thabrew i sur., 2018). Ova verzija zadržava osnovne elemente originalnog upitnika, pružajući učinkovit alat za brzo mjerenje emocionalnih, kognitivnih i fizičkih aspekata depresije.

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Skraćena verzija MFQ-a sastoji se od tvrdnji koje ispitanici ocjenjuju prema trostupanjskoj Likertovoj skali (0 – nikad, 1 – ponekad, 2 – uvijek). Ovakav format omogućuje jednostavno i jasno odgovaranje, što je posebno važno kod adolescenata.

Tablica 1. Moods and Feelings Questionnaire (MFQ)

Redni broj	Pitanje
1	Osjećao/la sam se tužno ili nesretno.
2	Nisam uživao/la u stvarima kao prije.
3	Osjećao/la sam se bezvrijedno.
4	Osjećao/la sam se jako umorno, bez energije.
5	Osjećao/la sam da ništa ne mogu učiniti kako treba.
6	Osjećao/la sam se frustrirano ili ljutito.
7	Osjećao/la sam se da me nitko ne voli.
8	Osjećao/la sam da mi nije stalo ni do čega.
9	Imao/la sam poteškoće sa spavanjem.
10	Osjećao/la sam se da nemam razloga za sreću.
11	Nisam imao/la apetita ili sam jeo/la previše.
12	Često sam plakao/la.
13	Osjećao/la sam se preplavljeno brigama.

Kako bi se osigurala prilagodba socio-kulturnim i jezičnim kontekstima, upitnik je preveden na hrvatski i španjolski jezik korištenjem dvostrukog prevođenja. Ovaj postupak uključuje prevođenje upitnika s engleskog na ciljane jezike te povratno prevođenje na engleski radi provjere semantičke i konceptualne usklađenosti (Harkness, 2003).

Distribucija upitnika provedena je putem platforme Google Forms, omogućivši anonimno i jednostavno sudjelovanje ispitanika. Skraćena verzija MFQ-a odabrana je radi smanjenja opterećenja ispitanika i prevencije zamora prilikom odgovaranja, a istovremeno je zadržana visoka razina pouzdanosti i valjanosti procjene. Navedeni instrument pruža ključne podatke za

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prepoznavanje emocionalnih izazova adolescenata, omogućujući brzo prepoznavanje rizika od depresije i kreiranje ciljanih intervencija koje podupiru mentalno zdravlje mladih.

Statistic analysis

U analizi primjenjena je deskriptivna statistika. Ukupni rezultat za svakog ispitanika predstavlja kontinuiranu varijablu koja odražava razinu depresivnih simptoma. Maksimalni mogući rezultat u skraćenoj verziji MFQ-a iznosi 26 bodova, dok minimalni rezultat iznosi 0 bodova. Veće vrijednosti ukazuju na višu razinu izraženosti depresivnih simptoma.

Na temelju ukupnog rezultata, ispitanici su kategorizirani prema unaprijed definiranim pragovima:

- Bez simptoma: Niski rezultati (npr., 0–5 bodova) odražavaju odsutnost značajnijih simptoma depresije.
- Blagi simptomi: Rezultati u srednjem rasponu (npr., 6–10 bodova) ukazuju na povremene ili blage simptome.
- Umjereni simptomi: Rezultati u višem rasponu (npr., 11–20 bodova) sugeriraju prisutnost umjerenih depresivnih simptoma.
- Teški simptomi: Najviši rezultati (npr., 21 i više bodova) ukazuju na ozbiljno izražene depresivne simptome.

3. Rezultati

Španjolski adolescenti

Rezultati u Grafikonu 1 prikazuje postotnu distribuciju kategorija depresivnih simptoma među adolescentima iz Španjolske. Najveći udio španjolskih ispitanika, njih 47%, pripada kategoriji umjerenih simptoma depresije, što ukazuje na prisutnost značajnih emocionalnih poteškoća kod gotovo polovice adolescenata uključenih u istraživanje. Sljedeća po veličini je kategorija blagih simptoma, koja obuhvaća 34% ispitanika, što sugerira povremene ili manje izražene simptome depresije kod ove skupine.

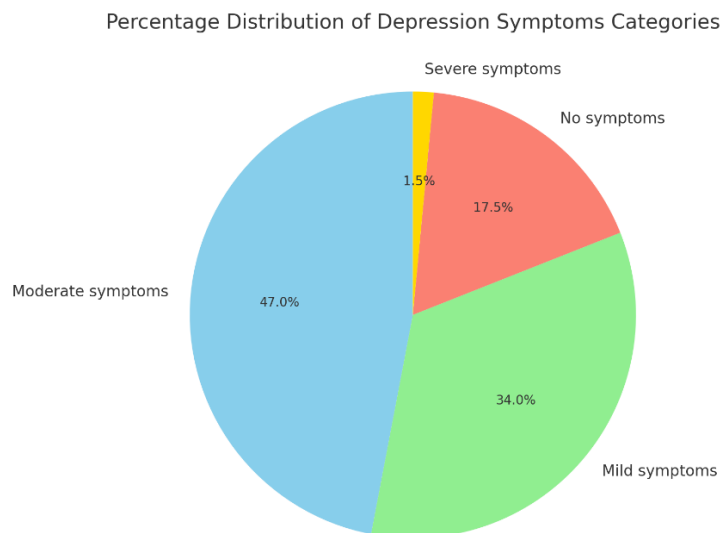
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Manji dio ispitanika, njih 17,5%, nije pokazao značajnije simptome depresije, što upućuje na relativnu emocionalnu stabilnost i odsutnost depresivnih problema u ovoj podskupini. Kategorija teških simptoma depresije obuhvaća najmanji postotak, odnosno 1,5% ispitanika, što naglašava postojanje manjeg, ali klinički važnog segmenta adolescenata s ozbiljno izraženim depresivnim simptomima, koji zahtijevaju hitnu i sustavnu intervenciju.

Ova distribucija jasno ukazuje na visoku prevalenciju depresivnih simptoma među španjolskim adolescentima, pri čemu većina ispitanika pokazuje simptome u rasponu od blagih do umjerenih. Unatoč tome, prisutnost manjeg udjela adolescenata s teškim simptomima ističe važnost provođenja specifičnih i ciljnih programa podrške usmjerenih na ovu ranjivu skupinu. Nalazi naglašavaju potrebu za kontinuiranim praćenjem i pravovremenim prepoznavanjem depresivnih simptoma u populaciji španjolskih adolescenata, kako bi se osigurala adekvatna podrška i intervencija te spriječile dugoročne negativne posljedice.

Graf 1. Depresivni simptomi mladih Španjolaca



Rezultati prikazani u Grafu 2 za španjolske adolescente u dobnoj skupini od 10 do 12 godina pokazuju distribuciju depresivnih simptoma prema njihovom intenzitetu. Najveći broj ispitanika pripada kategoriji umjerenih simptoma, što sugerira da značajan dio adolescenata u ovoj dobnoj skupini iskazuje izražene, ali ne i ozbiljne depresivne simptome. Ova kategorija dominira u distribuciji i ukazuje na prisutnost emocionalnih poteškoća kod većine adolescenata.

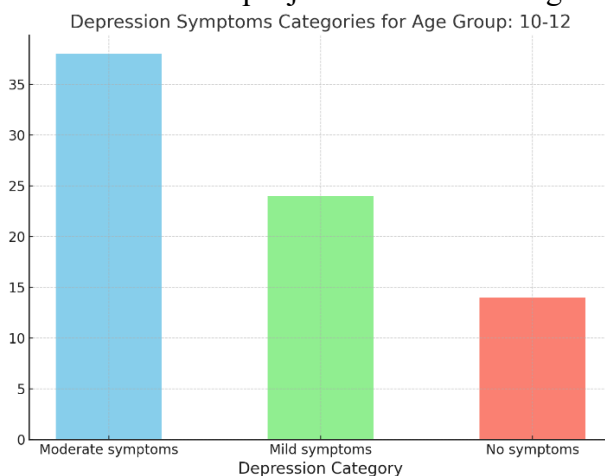
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Kategorija blagih simptoma je druga po zastupljenosti, što ukazuje na skupinu adolescenata koji povremeno iskazuju simptome depresije, ali u blažem obliku. U ovoj skupini simptomi su manje intenzivni, ali i dalje mogu utjecati na emocionalno stanje adolescenata.

Manji udio ispitanika pripada kategoriji bez simptoma, što sugerira da manji broj adolescenata u ovoj dobnoj skupini ne iskazuje značajne emocionalne poteškoće povezane s depresijom. Ovaj dio populacije pokazuje emocionalnu stabilnost i odsutnost depresivnih simptoma.

Graf 2. Depresivni simptomi kod mladih Španjolaca u dobi 10-12 godina



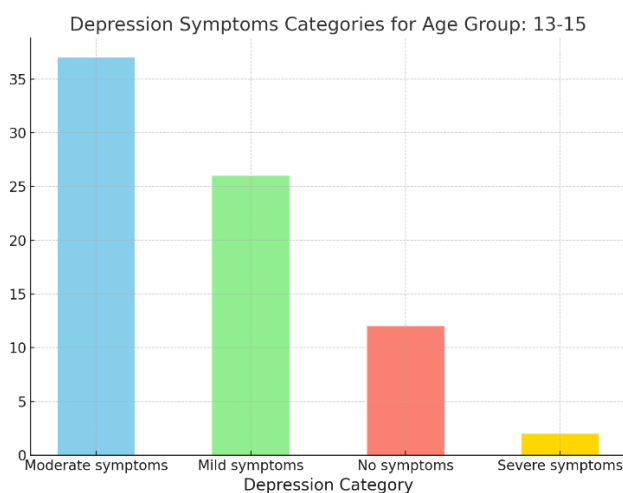
Rezultati prikazani u Grafu 3 ukazuju na to da najveći broj ispitanika u dobnoj skupini od 13 do 15 godina pripada kategoriji umjerenih simptoma, što sugerira značajnu prisutnost depresivnih simptoma kod većeg dijela adolescenata u ovoj populaciji. Blagi simptomi predstavljaju drugu najzastupljeniju kategoriju, s nešto manjim brojem ispitanika u usporedbi s kategorijom umjerenih simptoma. Ovi rezultati ukazuju na to da većina adolescenata u dobnoj skupini od 13 do 15 godina iskazuje simptome depresije različitog intenziteta, pri čemu umjereni simptomi dominiraju.

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Kategorija bez simptoma obuhvaća manji, ali značajan dio uzorka, što upućuje na postojanje skupine adolescenata koji ne iskazuju značajne emocionalne poteškoće povezane s depresijom. Istovremeno, najmanji broj ispitanika pripada kategoriji teških simptoma, što sugerira da se ozbiljno izraženi depresivni simptomi pojavljuju u manjem, ali klinički značajnom dijelu populacije. Ova skupina adolescenata zahtijeva ciljane intervencije i stručnu podršku kako bi se ublažile njihove emocionalne poteškoće.

Graf 3. Depresivni simptomi mladih Španjolaca u dobi 13-15 godina



Graf 4 prikazuje da najveći udio ispitanika u ovoj dobnoj skupini pripada kategoriji umjerenih simptoma, dok je kategorija blagih simptoma gotovo jednako zastupljena, s nešto manjim brojem adolescenata. Ovi rezultati ukazuju na to da značajan broj adolescenata u dobi od 16 do 18 godina iskazuje depresivne simptome različitog intenziteta, pri čemu umjereni simptomi dominiraju u ovoj skupini.

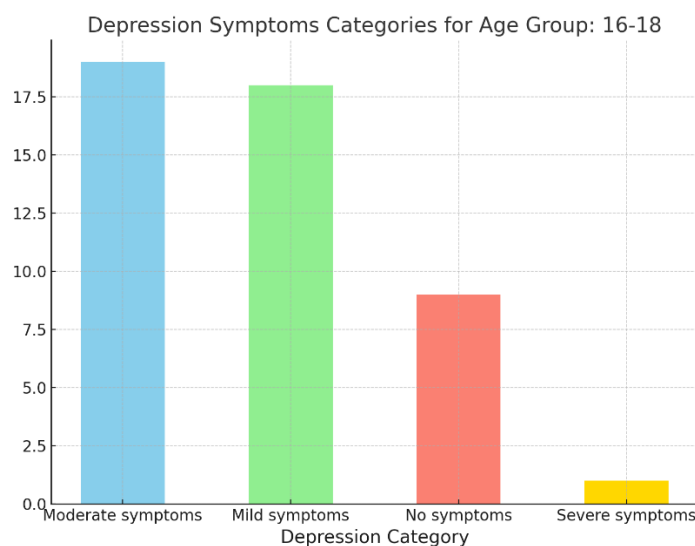
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Kategorija bez simptoma obuhvaća manji, ali znatan udio ispitanika, što sugerira da dio adolescenata u ovoj dobnoj skupini ne doživljava značajne emocionalne poteškoće povezane s depresijom. S druge strane, najmanji udio pripada kategoriji teških simptoma, što ukazuje na prisutnost klinički značajne, ali malobrojne skupine adolescenata koji iskazuju ozbiljno izražene depresivne simptome i kojima je potrebna hitna stručna podrška i intervencija.

Ova distribucija jasno naglašava prevalenciju depresivnih simptoma među adolescentima u dobi od 16 do 18 godina, pri čemu se većina simptoma manifestira u umjerenom do blagom obliku. Rezultati ukazuju na potrebu za ciljanim programima prevencije i intervencijama, koji bi bili usmjereni na ublažavanje simptoma kod adolescenata s umjerenim i teškim depresivnim poteškoćama, te na promicanje mentalnog zdravlja u ovoj ključnoj razvojnoj skupini.

Graf 4. Depresivni simptomi mladih Španjolaca u dobi 16-18 godina



Hrvatski adolescenti

Rezultati analize distribucije depresivnih simptoma među mladim adolescentima u Hrvatskoj pružaju uvid u stanje njihovog emocionalnog zdravlja. Prema kratkoj verziji "Moods and Feelings Questionnaire", većina ispitanika, njih 59.2%, ne pokazuje značajne depresivne simptome, što ukazuje na općenito dobro psihološko stanje unutar ove skupine. Međutim, određeni postotak adolescenata pokazuje različite razine simptoma depresije, što zaslužuje posebnu pažnju.

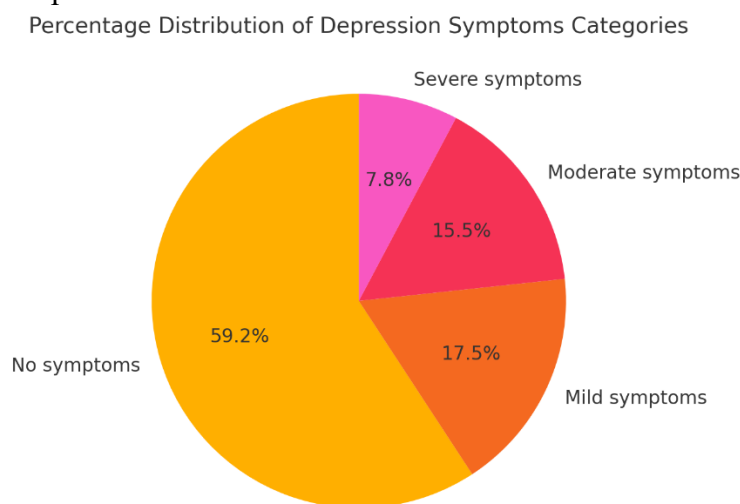
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Blagi simptomi depresije prisutni su kod 17.5% ispitanika, što može sugerirati potrebu za preventivnim intervencijama kako bi se spriječilo potencijalno pogoršanje simptoma. Još 15.5% adolescenata svrstava se u kategoriju umjerenih simptoma, što može značajno utjecati na njihovu svakodnevicu, uključujući motivaciju, kognitivne sposobnosti i socijalno funkcioniranje. Osim toga, ozbiljni simptomi depresije identificirani su kod 7.8% ispitanika, čime ova skupina postaje posebno ranjiva i zahtijeva hitnu stručnu intervenciju.

Ovi podaci naglašavaju da, iako većina adolescenata ne pokazuje znakove depresije, značajan udio populacije doživljava blage do ozbiljne simptome, što može ukazivati na potrebe za sustavnom podrškom u školama i zajednici. Posebno zabrinjava prisutnost ozbiljnih simptoma kod dijela ispitanika, što potencijalno ukazuje na visok rizik za kliničku depresiju i zahtijeva ciljanu psihološku pomoć. Ovi rezultati pružaju važne informacije za razvoj strategija prevencije i intervencije, usmjerenih na unapređenje mentalnog zdravlja mladih u Hrvatskoj.

Graf 5. Depresivni simptomi mladih Hrvata

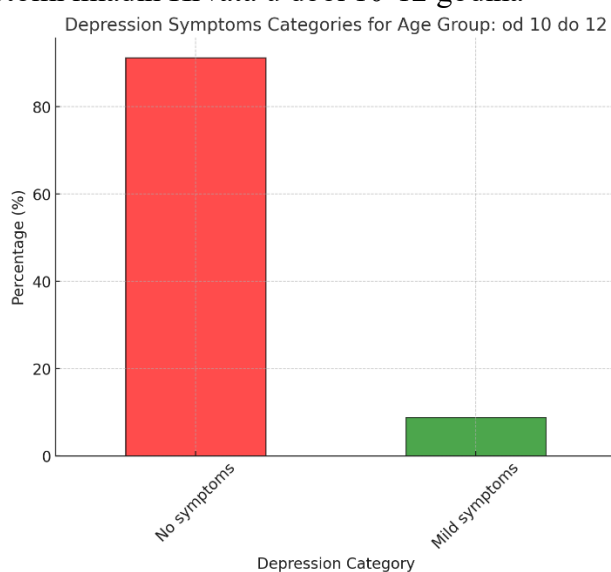


U dobnoj skupini od 10 do 12 godina (Graf 6) rezultati pokazuju da je većina ispitanika bez značajnih simptoma depresije, što sugerira da ova dobna skupina općenito uživa stabilno emocionalno zdravlje. Postotak adolescenata s blagim simptomima je vrlo nizak, dok kategorije umjerenih i teških simptoma gotovo uopće nisu prisutne. To je u skladu s razvojnim normama jer se djeca u ovoj dobi obično suočavaju s manje intenzivnim emocionalnim izazovima u usporedbi sa starijim adolescentima.

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Graf 6. Depresivni simptomi mladih Hrvata u dobi 10-12 godina

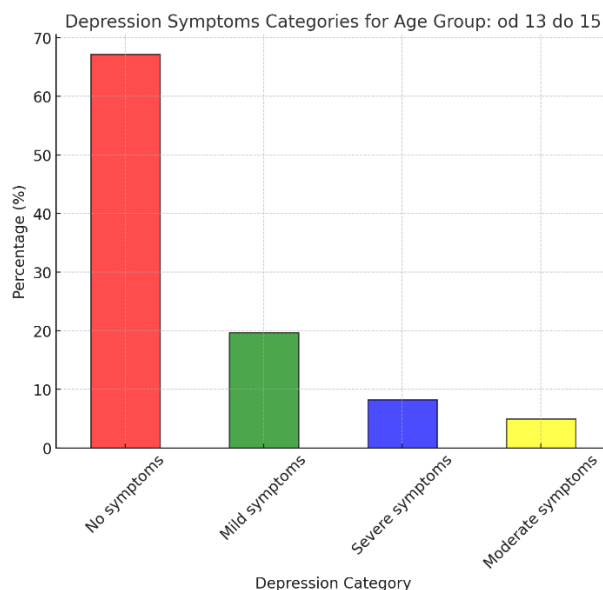


Dobna skupina od 13 do 15 godina (Graf 7) pokazuje veću varijabilnost u distribuciji depresivnih simptoma mladih Hrvatskih adolescenata. Iako i dalje najveći dio ispitanika ne pokazuje simptome, postotak adolescenata s blagim i umjerenim simptomima značajno raste. To se može povezati s početkom puberteta i psihosocijalnim promjenama koje ga prate, uključujući pojačane društvene pritiske i emocionalne izazove. Prisutnost teških simptoma u ovoj dobnoj skupini iako rijetka, signalizira potrebu za praćenjem i potencijalnim intervencijama kako bi se spriječila eskalacija problema.

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Graf 7. Depresivni simptomi mladih Hrvata u dobi 13-15 godina

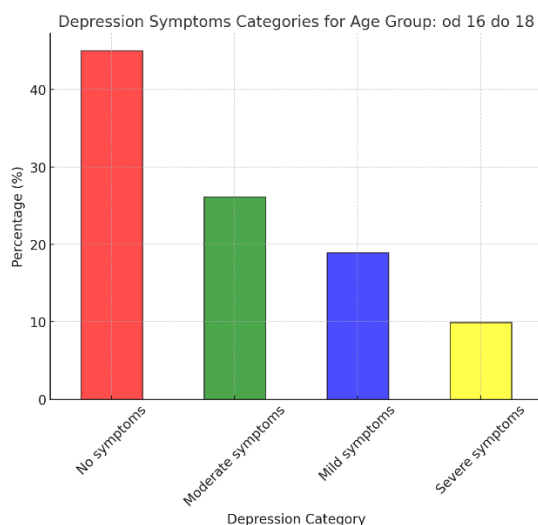


Najstarija dobna skupina, od 16 do 18 godina (Graf 8), pokazuje najizraženiju raznolikost u distribuciji depresivnih simptoma. Iako značajan dio ispitanika i dalje spada u kategoriju bez simptoma, udio adolescenata s blagim i umjerenim simptomima raste na najvišu razinu u usporedbi s mlađim skupinama. Također, teški simptomi su češće prisutni, što može ukazivati na rastući rizik od razvoja klinički značajne depresije. Ovi rezultati mogu se povezati s razvojnim pritiscima specifičnima za ovu dob, poput završetka obrazovanja, planiranja budućnosti i pojačanih očekivanja okoline.

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Graf 8. Depresivni simptomi mladih Hrvata u dobi 13-15 godina



Općenito, podaci jasno pokazuju trend rasta depresivnih simptoma s dobi, što ukazuje na veću ranjivost emocionalnog zdravlja u kasnijoj adolescenciji. Dok mlađa djeca rijetko pokazuju simptome depresije, stariji adolescenti, osobito oni u dobnoj skupini od 16 do 18 godina, češće pokazuju blage, umjerene, pa čak i teške simptome. Ovo ukazuje na potrebu za razvojem preventivnih i intervencijskih programa usmjerenih na emocionalno zdravlje adolescenata, s posebnim naglaskom na starije dobne skupine. Rezultati naglašavaju važnost kontinuiranog praćenja i pružanja podrške adolescentima kako bi se smanjio rizik od ozbiljnih mentalnih poremećaja.

Usporedbe depresivnih simptoma mladih iz Španjosle i Hrvatske

Graf 8 usporedbe depresivnih simptoma adolescenata u Hrvatskoj i Španjolskoj pokazuje značajne razlike u distribuciji simptoma. U Hrvatskoj dominira kategorija "Bez simptoma", s 59,2% adolescenata bez znakova depresije, dok je u Španjolskoj taj postotak znatno niži (17,5%). S druge

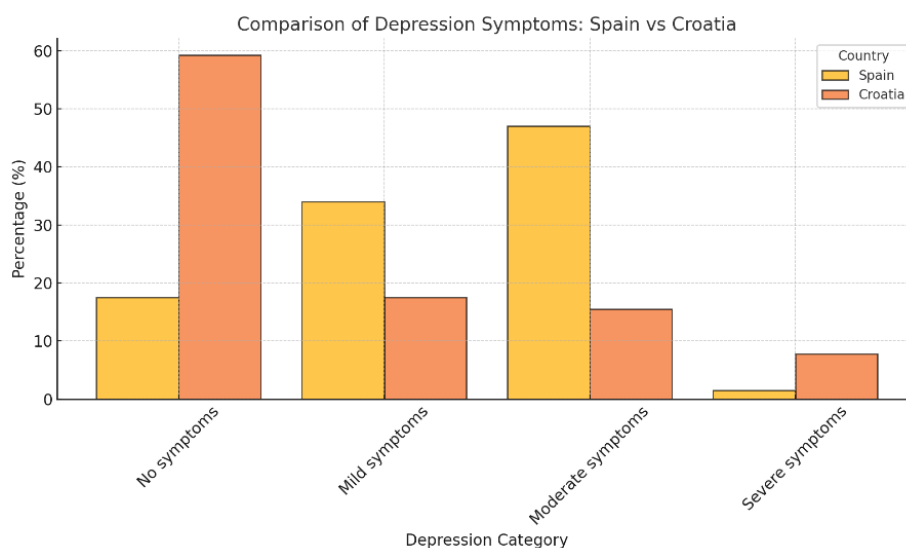
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strane, Španjolska ima veći udio adolescenata u kategorijama "Blagi simptomi" (34%) i "Umjereni simptomi" (47%), u usporedbi s Hrvatskom (17,5% i 15,5%). Kategorija "Teški simptomi" izraženija je u Hrvatskoj (7,8%) nego u Španjolskoj (1,5%).

Ove razlike mogu odražavati kulturne i socioekonomske čimbenike, kao i različite pristupe prepoznavanju i prijavljivanju simptoma. Hrvatski adolescenti mogu osjećati veću stigmiju vezanu uz mentalno zdravlje, što može smanjiti prijavu blažih simptoma, dok španjolski adolescenti otvorenije izražavaju blage i umjerenne simptome. Rezultati upućuju na potrebu za prilagođenim pristupima u podršci mentalnom zdravlju adolescenata u svakoj zemlji.

Graf 9. Usporedbe depresivnih simptoma mladih iz Španjosle i Hrvatske



4. Kvalitativna analiza mentalnog zdravlja mladih sportaša - Intervju

Jedan od načina dodatne analize problematike mentalnog zdravlja i mladih koji se bave različitim sportovima predstavlja se i kvalitativnom metodologijom polustrukturiranog intervjua. Kako bi se zajamčila anonimnost, ispitanicima je navedena samo njihova uloga u sportu dok imena i prezimena nisu navođena kako bi istraživački proces bio u skladu s istraživačkom etikom. **Disclaimer:** Financirano sredstvima Europske unije. Izneseni stavovi i mišljenja su stavovi i mišljenja autora i ne moraju se podudarati sa stavovima i mišljenjima Europske unije ili Europske izvršne agencije za obrazovanje i kulturu (EACEA). Ni Europska unija ni EACEA ne mogu se smatrati odgovornima za njih.



Ispitanicima je na početku istraživanja objašnjeno koji je cilj istraživanja te kako će razgovor biti sniman diktafonom u svrhu tematske analize i kodiranja njihovih odgovora. Također, ispitanici su mogli u bilo kojem trenutku odustati od istraživanja ako im pojedina pitanja nisu bila prihvatljiva. U skladu s tim postavljen je cilj istraživanja: Istražiti različite perspektive mentalnog zdravlja mladih.

Tablica 1. Kvalitativna analiza polustrukturiranog intervjua

Red. br.	Osoba	Uloga	Ključna pitanja	Odgovori ispitanika
1	Sportski psiholog	Stručnjak za mentalno zdravlje sportaša	Kako mentalna priprema utječe na performanse sportaša?	"Mentalna priprema pomaže sportašima da ostanu fokusirani i smanje anksioznost prije natjecanja. Koristimo tehnike kao što su vizualizacija, disanje i mindfulness ključni su alati."
			Kako prepoznati znakove anksioznosti kod mladih sportaša?	"Promjene u ponašanju, smanjena motivacija, izbjegavanje treninga i razdražljivost mogu biti indikatori."
			Koje su strategije za jačanje mentalne otpornosti?	"Postavljanje realnih ciljeva, učenje iz neuspjeha i razvijanje pozitivnog unutarnjeg dijaloga. To se odnosi na djecu i na roditelje."
2	Trener	Odgovoran za vođenje i razvoj sportaša	Kako podržavate mentalno zdravlje svojih sportaša?	"Komuniciram otvoreno s njima, potičem timski duh i osiguravam im podršku stručnjaka kada je potrebno."
			Na koje znakove stresa ili	"Umor, gubitak motivacije, razdražljivost i pad performansi na treningu."

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			sagorijevanja obraćate pažnju?	
			Kako komunicirate s igračima u kriznim trenucima?	"Nastojim ostati smiren, slušam ih i nudim rješenja umjesto kritike."
3	Profesionalni sportaš	Aktivni sportaš s iskustvom u suočavanju s pritiscima	Kako se nosite s mentalnim pritiscima sporta?	"Radim s psihologom, meditiram i trudim se ne fokusirati na rezultate, već na proces."
			Koje tehnike koristite za kontrolu emocija?	"Disanje, pozitivne afirmacije i rutina prije natjecanja."
			Kako ste prevladali najteže trenutke u karijeri?	"Podrška obitelji i trenera bila mi je ključna. Također, naučio sam prihvatiti neuspjehe kao dio sporta."
4	Sportski liječnik	Zdravstveni stručnjak koji prati fizičko i mentalno zdravlje sportaša	Koliko je mentalno zdravlje povezano s fizičkim ozljedama?	"Veliki stres može povećati rizik od ozljeda zbog smanjene koncentracije i napetosti mišića."
			Kako ozljede utječu na psihi sportaša?	"Mogu izazvati depresiju i anksioznost, jer sportaši gube osjećaj identiteta."

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			Kako sportaši mogu spriječiti stresne ozljede?	"Pravilna priprema, odmor i ravnoteža između treninga i mentalnog opuštanja."
5	Roditelj mladog sportaša	Pružajući podršku djetetu u sportu	Kako podržavate svoje dijete u sportskim izazovima?	"Nastojim ga motivirati bez pritiska i podsjećam ga da je najvažnije da uživa u sportu."
			Koji su najveći izazovi roditelja mladog sportaša?	"Balans između podrške i nerealnih očekivanja, kao i prepoznavanje kada treba stati."
			Kako se nosite s pritiscima natjecanja i očekivanjima?	"Nastojim ne prenositi vlastitu ambiciju na dijete i slušam njegove potrebe."
6	Sportski pedagog	Edukator i mentor u sportskom razvoju mladih	Kako sport može pozitivno utjecati na razvoj mladih?	"Razvija disciplinu, timski duh i emocionalnu kontrolu."
			Kako balansirati između natjecanja i zabave?	"Važno je ne fokusirati se samo na pobjede, već poticati uživanje u sportu."
			Kako sport može pomoći u prevenciji mentalnih problema?	"Tjelesna aktivnost smanjuje stres i poboljšava raspoloženje, a timski sportovi stvaraju podršku."
7	Sportski sudac	Osoba koja donosi odluke	Kako se nosite sa stresnim	"Ostajem fokusiran na pravila i ne dopuštam emocijama da me preplave."

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		tijekom natjecanja	situacijama na terenu?	
			Kako pritisak igrača i trenera utječe na vaš mentalni sklop?	"S vremenom se nauči ignorirati vanjske pritiske i donositi odluke nepristrano."
			Kako ostati nepristran i mentalno stabilan?	"Treniram mentalnu snagu kroz vježbe koncentracije i tehnike disanja."
8	Sportski novinar	Izveštava i analizira sport	Kako mediji mogu utjecati na mentalno zdravlje sportaša?	"Negativni naslovi i kritike mogu stvoriti pritisak, dok podržavajuće priče mogu pomoći sportašima."
			Koja je uloga novinarstva u destigmatizaciji mentalnih problema?	"Pisanje o sportašima koji su otvoreno govorili o mentalnom zdravlju može pomoći drugima."
			Kako balansirati kritiku i podršku?	"Kritike trebaju biti konstruktivne, s naglaskom na analizu umjesto osobnih napada."
9	Sportski psihoterapeut	Specijalist za terapijski rad sa sportašima	Kako se tretira anksioznost i depresija kod sportaša?	"Kombiniramo kognitivno-bihevioralnu terapiju, tehnike opuštanja i podršku okoline."
			Koja je razlika između sportske psihologije i psihoterapije?	"Sportska psihologija se fokusira na performanse, dok psihoterapija rješava dublje probleme."

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			Koji su najčešći problemi s kojima se sportaši javljaju?	"Pritisak, strah od neuspjeha i gubitak samopouzdanja nakon ozljeda."
10	Voditelj sportskog kluba	Organizacijski vođa kluba	Kako klub može stvoriti okruženje koje podržava mentalno zdravlje?	"Organiziramo edukacije i surađujemo s psiholozima kako bismo sportašima osigurali podršku."
			Koje programe provodite za edukaciju sportaša o mentalnom zdravlju?	"Radionice, individualni razgovori i grupe podrške za mlade sportaše."
			Kako surađujete sa stručnjacima mentalnog zdravlja?	"Imamo stalne suradnike psihologe i terapeute koji su dostupni sportašima u klubu."

Tablica 2. Tematska analiza dobivenih odgovora nakon kodiranja transkribiranog intervjua

Osoba	Tematska analiza
Sportski psiholog	Mentalno zdravlje i dobrobit'; Trening i strategije vođenja
Trener	Razvoj mladih i koristi sporta
Profesionalni sportaš	Trening i strategije vođenja
Sportski liječnik	Mentalno zdravlje i dobrobit
Roditelj mladog sportaša	Motivacija i podrška
Sportski pedagog	Razvoj mladih i koristi sporta

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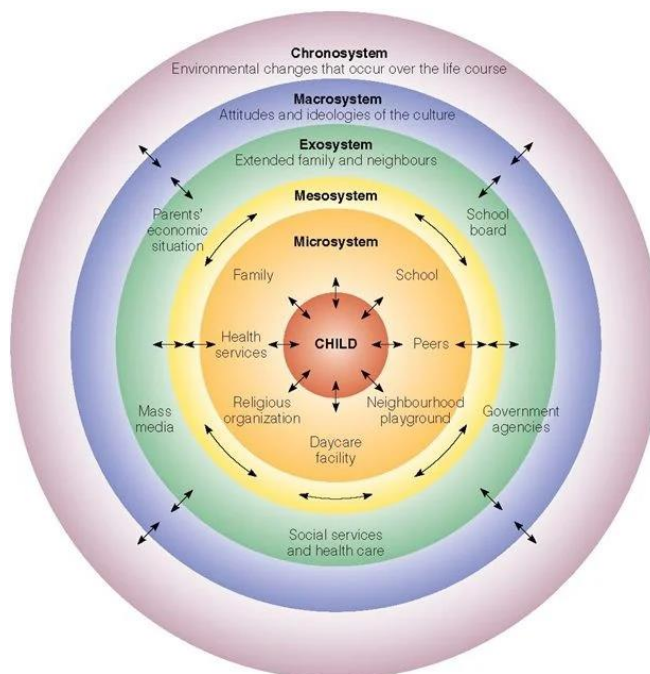


Sportski sudac	Trening i strategije vođenja
Sportski novinar	Trening i strategije vođenja, Mediji i vanjski pritisak
Sportski psihoterapeut	Stres i otpornost
Voditelj sportskog kluba	Stručna pedagoška i psihološka podrška

Uvidom u dobivene odgovore razvidno je kako se odgovori „vrte“ oko podrške, motivacije, ali i svijesti o navedenoj važnosti mentalnog zdravlja. Šira uključenost zajednice to sigurno može i napraviti. U razvojnom kontekstu navedeno se može promatrati kroz Teoriju bioekološkog modela (Bronfenbrenner i Morris, 2006). Navedena teorija navodi kako je uža okolina koju čine obitelj, vršnjaci, škola, ali i aktivnosti slobodnoga vremena ključna za preventivne, afirmativne i odgojne napore u kontekstu razvoja djece i mladih. Povezivo s rezultatima ovoga istraživanja, mentalno zdravlje kao potencijalni internalizirani izazov može značiti potencijalni i intervencijski potencijal. U slučaju okolinskih postavki u vidu podrške, navedeno se može konkretizirati kao zaštitni razvojni čimbenik što bi u kontekstu mentalnog zdravlja moglo značiti općenito poboljšanje mentalnog statusa mladih.

Graf 1. Prikaz sheme Teorije bioekološkog modela

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5. Konzultacije sa stakeholderima

Nakon provedenih kvalitativnih i kvantitavnih analiza, pristupljeno je razgovorima, odnosno konzultacijama stakeholdera

Tablica 3. Prikaz ključnih odgovora *stakeholdera*

Stakeholder	Ključni odgovori
NGO predsjednik	S mladi sportašima radimo dugo. Mladi sportaši izloženi su velikim naporima što rezultira nerazumijevanjem okoline i samim time rezultira lošim mentalnim statusom mladih. Potičemo uključivanje stručnjaka kao što su bivši sportaši, pedagozi I psiholozi koji bi u tome pomogli.
Predstavnik sportskog udruženja trenera	Otvorena komunikacija i podrška ključni su za mentalno zdravlje sportaša. Balans između natjecanja i zabave smanjuje stres. Prepoznavanje znakova psihološke krize važan je dio trenerske uloge. Mentalno zdravlje mladih kod nas izrazito je zapostavljeno.

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Profesor s fakulteta	Poticanje djeteta bez pritiska pomaže u očuvanju motivacije. Prilagođavanje očekivanja ključno je za izbjegavanje preopterećenja. Razgovor i emocionalna podrška su najvažniji u teškim razdobljima. Vidimo na studentima da dolazi istraumatizirani. Naravno, kod onih koji se bave sa sportom I suočavaju s porazima I neuspjehom.
Dekan fakulteta	Stres povećava rizik od ozljeda i produžuje oporavak. Pozitivan stav i mentalne tehnike ubrzavaju rehabilitaciju. Preventiva uključuje odmor, pravilne treninge i kontrolu stresa.
Udruženje sportskih novinara	Mediji mogu pojačati stres sportaša ili ih podržati. Novinari imaju odgovornost izbjeći senzacionalizam i educirati javnost. Priče o mentalnom zdravlju mogu destigmatizirati probleme sportaša.

Iz navedenih odgovora razvidno je kako su odgovori vezani za područja s kojima se svaki od *stakeholdera* nalazi. Pokazalo se kako svi od navedenih smatraju kako je potrebno dodatno osvješćivanje navedenog problema, ali je i razvidan nedostatak strukturirane pomoći navedenoj populaciji. Shodno, svemu navedenom, može se zaključiti kako su potrebe u području mentalnog zdravlja i sporta velike, ali da trenutna rješenja nisu dostatna kako bi se uspješno nosilo sa svim mentalnih devijacija.

6. Analiza literature

Analiza radova obuhvatila je 68 znanstvenih radova u glavnim znanstvenim bazama kao što su Scopus i Web of Science. Pretraživani su s ključnim riječima kao što su „mentalno zdravlje“, „sport“ i „mladi“. U analizi relevantnosti radova uvrštena su 172 znanstvena rada koja su analizirana znanstveno-istraživačkim programom As ReviewLab. Samo je 68 radova pokazalo kako udovoljava kriterijima navedenih ključnih riječi, a ostali su izostavljeni iz daljnje analize.

Authors	Title	Publication	Volume	Number	Pages	Year	Publisher
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Vella, Stewart A;	Mental health and organized youth sport	Kinesiology Review	8	3	229-236	2019	Human Kinetics
Majeed, Saima;	ROLE OF PHYSICAL ACTIVITY AND SPORTS IN MENTAL HEALTH OF YOUTH: A REVIEW ARTICLE.	Shield: Research Journal of Physical Education & Sports Science	17			2022	
Carver, Jessie; Baskin, Amy; Summers, Emma; Limbers, Christine A;	Youth Perceptions of Participation in Organized Sports and Mental Health	Current Sports Medicine Reports	23	12	422-428	2024	LWW
Eather, Narelle; Wade, Levi; Pankowiak, Aurélie; Eime, Rochelle;	The impact of sports participation on mental health and social outcomes in adults: a systematic review and the 'Mental Health through Sport' conceptual model	Systematic reviews	12	1	102	2023	Springer
Pascoe, Michaela; Bailey, Alan P; Craike, Melinda; Carter, Tim; Patten, Rhiannon; Stepto, Nigel; Parker, Alexandra;	Physical activity and exercise in youth mental health promotion: a scoping review	BMJ open sport & exercise medicine	6	1	e000677	2020	BMJ Specialist Journals
Hosker, Daniel K; Elkins, R Meredith; Potter, Mona P;	Promoting mental health and wellness in youth through physical activity, nutrition, and sleep	Child and Adolescent Psychiatric Clinics	28	2	171-193	2019	Elsevier
Lubans, David; Richards, Justin; Hillman, Charles; Faulkner, Guy; Beauchamp, Mark; Nilsson, Michael; Kelly, Paul; Smith, Jordan; Raine, Lauren; Biddle, Stuart;	Physical activity for cognitive and mental health in youth: a systematic review of mechanisms	Pediatrics	138	3		2016	American Academy of Pediatrics
Daley, Mary M; Reardon, Claudia L;	Mental health in the youth athlete	Clinics in sports medicine	43	1	107-126	2024	Elsevier
Walton, Courtney C; Purcell, Rosemary; Henderson, Jo L; Kim, Jeemin; Kerr, Gretchen; Frost, Joshua; Gwyther, Kate; Pilkington, Vita; Rice, Simon; Tamminen, Katherine A;	Mental health among elite youth athletes: a narrative overview to advance research and practice	Sports Health	16	2	166-176	2024	SAGE Publications Sage CA: Los Angeles, CA
Gwyther, Kate; Pilkington, Vita; Bailey, Alan P; Mountjoy, Margo; Bergeron, Michael F; Rice, Simon M; Purcell, Rosemary;	Mental health and well-being of elite youth athletes: a scoping review	British Journal of Sports Medicine	58	17	1011-1019	2024	BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine
Geidne, Susanna; Quennerstedt, Mikael; Eriksson, Charli;	The youth sports club as a health-promoting setting: An integrative review of research	Scandinavian journal of public health	41	3	269-283	2013	Sage Publications Sage UK: London, England
Ströhle, Andreas;	Sports psychiatry: mental health and mental disorders in athletes and	European archives of psychiatry and clinical neuroscience	269	5	485-498	2019	Springer

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	exercise treatment of mental disorders						
Foster, Charlie; Hamilton, Alexander; Richards, Justin;	A systematic review of the mental health impacts of sport and physical activity programmes for adolescents in post-conflict settings	Journal of Sport for Development	4	6	44-59	2016	
Endrawan, I Bagus; Aliriad, Hilmy; Apriyanto, Rohmad; Da'i, Mohamad; Cahyani, Olivia Dwi;	The relationship between sports and mental health: literature analysis and empirical study	Health Education and Health Promotion	11	2	215-222	2023	
Liddle, Sarah K; Deane, Frank P; Vella, Stewart A;	Addressing mental health through sport: a review of sporting organizations' websites	Early intervention in psychiatry	11	2	93-103	2017	Wiley Online Library
Anderson-Butcher, Dawn;	Youth sport as a vehicle for social development	Kinesiology Review	8	3	180-187	2019	Human Kinetics
Arsović, Nataša; Đurović, Radmila; Rakočević, Rada;	Influence of physical and sports activity on mental health	Facta Universitatis, Series: Physical Education and Sport			559-568	2020	
Office of the Surgeon General;	Protecting youth mental health: The US surgeon general's advisory [Internet]					2021	US Department of Health and Human Services
Leahy, Angus A; Mavilidi, Myrto F; Smith, Jordan J; Hillman, Charles H; Eather, Narelle; Barker, Daniel; Lubans, David R;	Review of high-intensity interval training for cognitive and mental health in youth	Medicine & Science in Sports & Exercise	52	10	2224-2234	2020	LWW
Cadenas-Sanchez, Cristina; Mena-Molina, Alejandra; Torres-Lopez, Lucia V; Migueles, Jairo H; Rodriguez-Ayllon, Maria; Lubans, David R; Ortega, Francisco B;	Healthier minds in fitter bodies: a systematic review and meta-analysis of the association between physical fitness and mental health in youth	Sports Medicine	51	12	2571-2605	2021	Springer
Xanthopoulos, Melissa S; Benton, Tami; Lewis, Jason; Case, Julia A; Master, Christina L;	Mental health in the young athlete	Current psychiatry reports	22		1-15	2020	Springer
Sutcliffe, Jordan T; Graupensperger, Scott; Schweickle, Matthew J; Rice, Simon M; Swann, Christian; Vella, Stewart A;	Mental health interventions in non-elite sport: A systematic review and meta-analysis	International Review of Sport and Exercise Psychology	17	1	319-342	2024	Taylor & Francis
Marshall, E Anne; Butler, Kathryn; Roche, Tricia; Cumming, Jessica; Taknint, Joelle T;	Refugee youth: A review of mental health counselling issues and practices.	Canadian Psychology/psychologie canadienne	57	4	308	2016	Educational Publishing Foundation
Boelens, Mirte; Smit, Michel S; Raat, Hein; Brammer, Wichor M; Jansen, Wilma;	Impact of organized activities on mental health in children and adolescents: An umbrella review	Preventive medicine reports	25		101687	2022	Elsevier
Petersen, Jasmine M; Drummond, Murray;	Promoting mental health among young males in	Psychology of sport and exercise	70		102551	2024	Elsevier

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Rasheed, Kate; Elliott, Sam; Drummond, Claire; Smith, James A; Wadham, Ben; Prichard, Ivanka;	sporting contexts: A systematic review						
Gould, Daniel;	The current youth sport landscape: Identifying critical research issues	Kinesiology Review	8	3	150-161	2019	Human Kinetics
Song, Yagang; Shi, Chongyan;	Association between sports participation and overall health in children and adolescents	Complementary Therapies in Clinical Practice	51		101718	2023	Elsevier
Li, Bowen; Ng, Kwok; Tong, Xiuhong; Zhou, Xiao; Ye, Jiangchuan; Yu, Jane Jie;	Physical activity and mental health in children and youth during COVID-19: a systematic review and meta-analysis	Child and Adolescent Psychiatry and Mental Health	17	1	92	2023	Springer
Dale, Leila Pfaeffli; Vanderloo, Leigh; Moore, Sarah; Faulkner, Guy;	Physical activity and depression, anxiety, and self-esteem in children and youth: An umbrella systematic review	Mental Health and Physical Activity	16		66-79	2019	Elsevier
Cahill, Susan M; Egan, Brad E; Seber, Joanna;	Activity-and occupation-based interventions to support mental health, positive behavior, and social participation for children and youth: A systematic review	The American Journal of Occupational Therapy	74	2	7402180020p1-7402180020p28	2020	The American Occupational Therapy Association, Inc.
Fraser-Thomas, Jessica; Côté, Jean;	Youth sports: Implementing findings and moving forward with research	Athletic Insight	8	3	12-27	2006	
Rice, Simon M; Parker, Alexandra G; Rosenbaum, Simon; Bailey, Alan; Mawren, Daveena; Purcell, Rosemary;	Sport-related concussion and mental health outcomes in elite athletes: a systematic review	Sports medicine	48		447-465	2018	Springer
Reardon, Claudia L; Hitchcock, Mary;	Mental health in individual versus team sports	International Review of Psychiatry			1-12	2024	Taylor & Francis
Pandya, Nirav Kiritkumar;	Disparities in youth sports and barriers to participation	Current reviews in musculoskeletal medicine			1-6	2021	Springer
Hansell, Adam H; Giacobbi Jr, Peter R; Voelker, Dana K;	A scoping review of sport-based health promotion interventions with youth in Africa	Health promotion practice	22	1	31-40	2021	Sage Publications Sage CA: Los Angeles, CA
Shukla, Akash; Dogra, Deepak Kumar; Bhattacharya, Debraj; Gulia, Satish; Sharma, Rekha;	Impact of COVID-19 outbreak on the mental health in sports: a review	Sport Sciences for Health	19	4	1043-1057	2023	Springer
Lubans, David R; Plotnikoff, Ron C; Lubans, Nicole J;	A systematic review of the impact of physical activity programmes on social and emotional well-being in at-risk youth	Child and adolescent mental health	17	1	2-13	2012	Wiley Online Library

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Eime, Rochelle M; Young, Janet A; Harvey, Jack T; Charity, Melanie J; Payne, Warren R;	A systematic review of the psychological and social benefits of participation in sport for children and adolescents: informing development of a conceptual model of health through sport	International journal of behavioral nutrition and physical activity	10		1-21	2013	Springer
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Varghese, Mathew; Ruparell, Sonia; LaBella, Cynthia;	Youth athlete development models: a narrative review	Sports Health	14	1	20-29	2022	SAGE Publications Sage CA: Los Angeles, CA
Chan, Alex Siu Wing; Choong, Alston; Phang, Kean Chang; Leung, Lok Man; Tang, Patrick Ming Kuen; Yan, Elsie;	Societal discrimination and mental health among transgender athletes: a systematic review and Meta-analysis	BMC psychology	12	1	24	2024	Springer
Iverson, Grant L; Williams, Michael W; Gardner, Andrew J; Terry, Douglas P;	Systematic review of preinjury mental health problems as a vulnerability factor for worse outcome after sport-related concussion	Orthopaedic journal of sports medicine	8	10	2325967120950682	2020	SAGE Publications Sage CA: Los Angeles, CA
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Edison, Bianca R; Christino, Melissa A; Rizzone, Katherine H;	Athletic identity in youth athletes: a systematic review of the literature	International Journal of Environmental Research and Public Health	18	14	7331	2021	MDPI
English, Madeleine; Wallace, Lee; Evans, John; Diamond, Samantha; Caperchione, Cristina M;	The impact of sport and physical activity programs on the mental health and social and emotional wellbeing of young Aboriginal and Torres Strait Islander Australians: A systematic review	Preventive Medicine Reports	25		101676	2022	Elsevier
Coleman, Nailah; Roberts, William O;	Mental health aspects of voluntary and involuntary sport retirement	Current sports medicine reports	20	12	651-654	2021	LWW
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Bissett, James E; Kroshus, Emily; Hebard, Stephen;	Determining the role of sport coaches in promoting athlete mental health: A narrative review and Delphi approach	BMJ Open Sport & Exercise Medicine	6	1	e000676	2020	BMJ Specialist Journals
Li, Zhaojin; Li, Jie; Kong, Jianda; Li, Zhilin; Wang, Rui; Jiang, Fugao;	Adolescent mental health interventions: A narrative review of the positive effects of physical activity and implementation strategies	Frontiers in psychology	15		1433698	2024	Frontiers Media SA
Hurley, Diarmuid; Swann, Christian; Allen, Mark S; Ferguson, Helen L; Vella, Stewart A;	A systematic review of parent and caregiver mental health literacy	Community mental health journal	56		2-21	2020	Springer
Henriksen, Kristoffer; Schinke, Robert; Moesch, Karin; McCann, Sean; Parham, William D; Larsen, Carsten Hvid; Terry, Peter;	Consensus statement on improving the mental health of high performance athletes	International journal of sport and exercise psychology	18	5	553-560	2020	Taylor & Francis
McKay, Carly D; Cumming, Sean P; Blake, Tracy;	Youth sport: friend or foe?	Best practice & research Clinical rheumatology	33	1	141-157	2019	Elsevier
Purcell, Rosemary; Frost, Joshua; Pilkington, Vita;	Mental health of elite sport coaches and entourage	Clinics in Sports Medicine	43	1	199-211	2024	Elsevier
Vealey, Robin S;	A framework for mental training in sport: Enhancing mental skills, wellbeing, and performance	Journal of Applied Sport Psychology	36	2	365-384	2024	Taylor & Francis
Bruner, Mark W; McLaren, Colin D; Sutcliffe, Jordan T; Gardner, Lauren A; Lubans, David R; Smith, Jordan J; Vella, Stewart A;	The effect of sport-based interventions on positive youth development: A systematic review and meta-analysis	International Review of Sport and Exercise Psychology	16	1	368-395	2023	Taylor & Francis
Hollabaugh, William L; Jeckell, Aaron S; Diamond, Alex B;	Name, image, and likeness and the health of the young athlete: A call to action for sports medicine providers and the athletic healthcare network	Sports Health	16	2	209-212	2024	SAGE Publications Sage CA: Los Angeles, CA
Rodriguez-Ayllon, María; Cadenas-Sánchez, Cristina; Estévez-López, Fernando; Muñoz, Nicolas E; Mora-Gonzalez, Jose; Migueles, Jairo H; Molina-García,	Role of physical activity and sedentary behavior in the mental health of preschoolers, children and adolescents: a systematic review and meta-analysis	Sports medicine	49	9	1383-1410	2019	Springer

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Pablo; Henriksson, Hanna; Mena-Molina, Alejandra; Martínez-Vizcaíno, Vicente;							
Carter, Tori B; Gorczynski, Paul; Coady, Christopher J; Cunningham, Ian J; Mascarenhas, Duncan RD; Grant, Murray; Sullivan, Philip; Webb, Tom; Livingston, Lori A; Hancock, David J;	Implementing a scoping review to explore sport officials' mental health	Frontiers in Sports and Active Living	6		1436149	2024	Frontiers Media SA
Turner, Martin J;	Rational emotive behavior therapy (REBT), irrational and rational beliefs, and the mental health of athletes	Frontiers in psychology	7		1423	2016	Frontiers Media SA
Biddle, Stuart JH; Ciaccioni, Simone; Thomas, George; Vergeer, Ineke;	Physical activity and mental health in children and adolescents: An updated review of reviews and an analysis of causality	Psychology of sport and exercise	42		146-155	2019	Elsevier
Logan, Kelsey; Conde, Alissa; Kennedy, Melanie;	Benefits of youth sports	The Youth Athlete			47-53	2023	Elsevier
Biddle, Stuart JH; Asare, Mavis;	Physical activity and mental health in children and adolescents: a review of reviews	British journal of sports medicine	45	11	886-895	2011	British Association of Sport and Exercise Medicine
Smith, Andy; Jones, Jon; Houghton, Laura; Duffell, Tom;	A political spectator sport or policy priority? A review of sport, physical activity and public mental health policy	Sport, Physical Activity and Public Health			61-76	2017	Routledge
Starowicz, Jessica; Pratt, Karen; McMorris, Carly; Brunton, Laura;	Mental health benefits of physical activity in youth with cerebral palsy: A scoping review	Physical & Occupational Therapy In Pediatrics	42	4	434-450	2022	Taylor & Francis

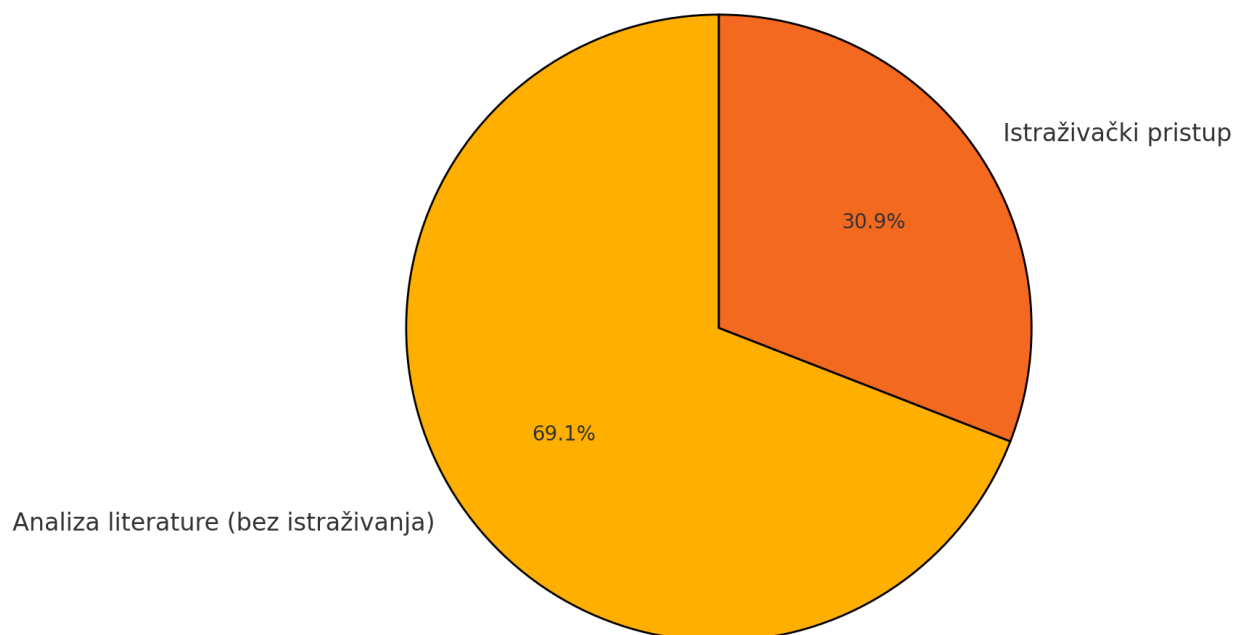
Ono što je dodatno analizirano, a to je vrsta metodologije kojom se tematike mladih, sporta i mentalnog zdravlja analizirano. Pokazalo se kako je čak 47 radova navedenu tematiku analizira isključivo teorijski dok ostali radovi navedeno analiziraju nekim od kvantitativnih i kvalitativnih metoda. Rezultati u postotku prikazani su u Tablici 4.

Tablica 4. Prikaz istraživačkog pristupa znanstvenih radova o sportu, mladima i mentalnom zdravlju

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Postotak radova prema metodološkom pristupu



Shodno svemu navedenom, razvidno je kako je mentalno zdravlje u kontekstu mladih i sporta većino teorijskim putem istraživano. To ukazuje na znanstveno-istraživačku, ali i stručnu potrebu za razvojem alata i pristupa koji eksperimentalno razvili alate i programe koji bi u znanstvenom smislu bili provjerljivi, a u stručnom smislu primjenjivi i uspješni.

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