

**Global Alliance for Mental Health and Sport (GAMeS) 2022 Conference Program**  
**23 – 25 November 2022**  
**Wollongong, Australia**



**Day One**  
**Wednesday 23rd November 2022**

\*Online presentation

Start (AEDT)	Session	Room 1	Room 2	Room 3
9:00		<b>Registration Open</b>		
9:15		<i>Come and collect your custom lanyard and name badge from the front registration desk</i>		
9:30				
9:45		<b>Welcome to Country</b> <i>Dr Jodi Edwards</i>		
10:00		<b>Welcome Address</b>		
10:15		<i>Professor Patricia Davidson (Vice-Chancellor for University of Wollongong), Associate Professor Stewart Vella (GAMeS) and Damien Stewart (CoSEP)</i>		
10:30		<b>Keynote - Dr Kate Hall, Australian Football League</b>		
10:45		<b>Chair: Caitlin Liddelow</b>		
11:00				
11:15				
11:30	Oral Presentations 1	<b>Sport Psychology</b> Chair: Stewart Vella	<b>Physical Activity and Mental Health</b> Chair: Caitlin Liddelow	<b>Psychosocial Outcomes of Sport</b> Chair: Matthew Schweickle
		<b>Social Identity and Resilience in Esports</b> <i>Mark Bruner, Nipissing University*</i>	<b>Better together: How group-based physical activity protects against depression</b> <i>Mark Stevens, Australian National University</i>	<b>Burn out and mental health in elite athletes: explaining the relationship through moderators</b> <i>Cristina Lopez De Subijana Hernandez, Universidad Politécnica de Madrid*</i>

Start (AEDT)	Session	Room 1	Room 2	Room 3
11:45		<b>The performance and psychological effects of goal setting in sport: A systematic review and meta-analysis</b> <i>Ollie Williamson, Southern Cross University/University of Lincoln*</i>	<b>'There's Just Something Really Peaceful About It': A qualitative exploration of mothers with young children and engagement in group-based physical activity/sport programs</b> <i>Louisa Peralta, University of Sydney</i>	<b>Investigating the Relationships between Choking under Pressure, Self-Compassion and Depressive Symptoms in Athletes</b> <i>Chris Mesago, Victoria University</i>
12:00		<b>Proposal of a Program: The Role of Athlete Identity in End of Career Transition</b> <i>Michael Inglis, The Mind Room</i> <i>Dean Cooper, The Mind Room</i>	<b>Physical Activity and Mental Health: Systematic review of mediation and moderation studies</b> <i>Rhiannon White, Western Sydney University</i>	<b>Wellbeing associated with Community-level Women's AFL Participation: A Qualitative Analysis</b> <i>Dominic McNeill, Federation University</i>
<b>12:15</b>	<b>Break + Lunch</b> <i>Please join us in the main foyer for a catered lunch</i>			
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<b>13:30</b>	<b>Workshop – Associate Professor Andrew Gardner</b> <i>Concussion Across the Full Spectrum - The Multiple Avenues for Psychological Intervention</i>			
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<b>15:00</b>	<b>Symposia Sessions</b>	<b>Room 1</b> Chair: Andy Smith	<b>Room 2</b> Chair: Megan Teychenne	<b>Room 3</b> Chair: Lisa Olive
15:15		<b>Ahead of the Game: Lessons Learned from Scaling a Community Sport and Mental Health Programme in Different Countries and Settings</b> <i>Owen Brigstock-Barron, Movember Australia</i> <i>Andy Smith, Edgehill University</i>	<b>Using physical activity and sport to promote mental health: Key considerations for best-practice, intervention development and implementation</b> <i>Felipe Schuch, Federal University of Santa Maria*</i> <i>Thea Baker, Deakin University</i> <i>Rhiannon White, Western Sydney University</i> <i>Helen Brown, Deakin University</i> <i>Grace McKeon, University of New South Wales</i> <i>Megan Teychenne, Deakin University</i>	<b>Beyond the athlete: An ecological perspective to mental health in elite sport</b> <i>Lisa Olive, Deakin University</i> <i>Vita Pilkington, University of Melbourne</i> <i>Yasutaka Ojio, National Center of Neurology and Psychiatry, Japan</i> <i>Simon Rice, University of Melbourne/Orygen*</i> <i>Courtney Walton, University of Melbourne</i>
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Start (AEDT)	Session	Room 1	Room 2	Room 3
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**Opening Ceremony**

*Please join us in the main foyer for a welcome drink and canapes*

**FINISH TIME**

**Student & Early Career Researcher Social Night**

*North Wollongong Hotel*

*Meet in conference venue foyer and we can walk over as a group*

**END OF DAY ONE**

**Day Two**  
**Thursday 24th November 2022**

Start (AEDT)	Session	Room 1	Room 2	Room 3
7:00		<b>CoSEP Breakfast AGM</b> <i>All members of CoSEP are welcome to attend the AGM breakfast being held in Room 1</i>		
7:15				
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9:00	<b>Registration Open</b>			
9:15	<b>Oral Presentations 2</b>	<b>Supporting/Treating Athlete Mental Health</b> Chair: Damien Stewart	<b>Olympics, Paralympics, and the Commonwealth Games</b> Chair: Matthew Schweickle	<b>Promoting Mental Health and Wellbeing</b> Chair: Stewart Vella
		<b>Athletes' perspectives on help-seeking for mental health: A scoping review</b> <i>Kirsty Brown, University of Birmingham*</i>	<b>Mental Health support and provision for the Birmingham 2022 Commonwealth Games</b> <i>Amanda Gatherer, English Institute of Sport*</i>	<b>Youth sporting clubs as a site for mental health awareness, education, and training: prospects, merits and considerations</b> <i>Sam Elliott, Flinders University</i>
		<b>The Application of Enhanced Cognitive Behaviour Therapy (CBT-E) in Elite Athletes: A Case Study</b> <i>Ashleigh Olive, True North Psychology</i>	<b>(De)constructing Athlete Psychological Well-Being with Olympic and Paralympic Athletes</b> <i>Lisa Trainor, University of British Columbia</i>	<b>Growing With Gratitude: A case study promoting positive wellbeing in schools and sport</b> <i>Ash Manual, University of South Australia/La Trobe University*</i>
<b>A Conceptual Framework and Research Agenda for Supporting Mental Health among Elite Youth Sports</b> <i>Courtney Walton, University of Melbourne</i>		<b>Olympic and Paralympic Athletes' Perceptions of the Canadian Sport Environment and Mental Health</b> <i>Katherine Tamminen, University of Toronto</i>	<b>Promoting mental health in sporting clubs: study protocol</b> <i>Jasmine Petersen, Flinders University*</i>	
9:30				
9:45				

Start (AEDT)	Session	Room 1	Room 2	Room 3
10:00		<b>Evaluating and Supporting Mental Health in Elite New Zealand Athletes</b> <i>Bruce Hamilton, High Performance Sport NZ/New Zealand Olympic Committee</i>	<b>Working with Athletes in Para-Sports</b> <i>Lyndel Abbott, Paralympics Australia</i>	<b>Promoting mental health in the recreational sport system: Roles and obligations of key stakeholders and organisations</b> <i>Stewart Vella, University of Wollongong</i>
10:15				
<b>10:30</b>	<b>Morning Tea Break</b>			
10:45				
<b>11:00</b>	<b>Rapid Communications</b>	<b>Room 1</b> Chair: Angie Lim		
		<b>Canadian University Student-Athletes' Psychological Skills, Burnout, and Well-Being: Before the COVID-19 Pandemic and the First Season Back</b> <i>Amber Mosewich, University of Alberta</i>		
		<b>Piloting an online mindfulness intervention to support Australian footballers' mental health and cognitive performance during pre-season</b> <i>Edward O'Connor, University of South Australia</i>		
11:15		<b>The role of social support in protecting student-athletes' mental health during the transition to university</b> <i>Kurtis Pankow, Queen's University</i>		
		<b>Athletic Identity and Vulnerability to Relative Energy Deficiency in Sport (RED-S) in Female Endurance Athletes</b> <i>Olivia Cartledge, University of Queensland</i>		
		<b>Chinese competitive tennis players' self-criticism, self-compassion, and eudaimonic well-being in difficult times</b> <i>Wei Wang*</i>		
11:30		<b>Exploring mother's re-engagement in team sport: the role of mental health and other psychosocial factors</b> <i>Caitlin Liddelow, University of Wollongong</i>		
		<b>Comparing sleep and mental health disorder symptomology between current and retired athletes</b> <i>Ashley Montero, Flinders University</i>		
		<b>Academic Engagement and Psychological Resilience are Key in Understanding the Life Satisfaction of Australian Student-Athletes</b> <i>Craig Harms, Edith Cowan University*</i>		
11:45		<b>The Conflicts, Tensions and Paradoxes that Impede the Performance and Wellbeing of Elite Sports Coaches and how to Reconcile them</b> <i>Kim Cardile, Charles Darwin University</i>		
		<b>Emotion Focused Therapy with Injured Athletes: Conceptualizing Injury Challenges and Working with Emotions</b> <i>Katherine Tamminen, University of Toronto</i>		

Start (AEDT)	Session	Room 1	Room 2	Room 3
		<b>The Relationship Between Dropout from Organised Sport and Mental Health: A Systematic Review and Meta-Analysis</b> <i>Julia Siemsen, University of Wollongong</i>		
<b>12:00</b>	<b>Break + Lunch</b> <i>Please join us in the main foyer for a catered lunch</i>			
12:15				
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<b>13:00</b>	<b>Roundtable 1 - Designing and Implementing Mental Health Promotion in Community Sport</b> <i>Andy Smith, Suzie McDonald, Owen Brigstock-Barron</i> <b>Chair:</b> Stewart Vella			
13:15				
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<b>14:00</b>	<b>Roundtable 2 - Designing and Implementing Mental Health Promotion in Elite Sport</b> <i>Nathan Price, Kate Hall, Rosie Purcell, Matt Butterworth</i> <b>Chair:</b> Stewart Vella			
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<b>15:00</b>	<b>Afternoon Tea Break</b>			
15:15				
<b>15:30</b>	<b>Case Studies 1</b>	<b>Session 1</b> <b>Chair:</b> Damien Stewart	<b>Session 2</b> <b>Chair:</b> Emma Scharkie	
15:45		<b>Implementing Mental Health First Aid training in the community sporting organisations</b> <i>Vince Kelly, Queensland University of Technology</i>	<b>Six Year Review of the Incidence and Type of Mental Health Problems in UK High Performance System Sport</b> <i>Craig Ranson, English Institute of Sport</i>	
16:00		<b>Exploring children's and young people's mental health literacy: qualitative evidence from the Tackling the Blues Programme</b> <i>Andy Smith, Edgehill University</i>	<b>Responding to distress: The development and implementation of a critical incident management plan</b> <i>Dom Vettise, New Zealand Rugby</i> <i>Suzie McDonald, New Zealand Rugby</i> <i>Nathan Price, New Zealand Rugby</i>	
16:15				
<b>16:30</b>	<b>FINISH TIME</b>			

Start (AEDT)	Session	Room 1	Room 2	Room 3
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**Conference Dinner**

*The Nineteenth at Wollongong Golf Club*

*If you have purchased a ticket to the conference dinner, please come along and join us.  
We have a room booked on the second floor, to the left side. Arrival canapes will begin at 6:30pm*

**END OF DAY TWO**

## Day Three

### Friday 25th November 2022

Start (AEDT)	Session	Room 1	Room 2	Room 3
9:00				
9:15				
9:30		<b>Keynote - Professor Rosie Purcell</b> Chair: Stewart Vella		
9:45				
10:00				
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10:30				
10:45		<b>Morning Tea Break</b>		
11:00	<b>Oral Presentations</b> <b>3</b>	<b>Elite Athletes Mental Health</b> Chair: Stewart Vella	<b>Mental Health and Wellbeing Interventions</b> Chair: Matthew Schweickle	<b>Covid-19 Impact and Experiences</b> Chair: Caitlin Liddelow
		<b>A Review of Mental Health Help Seeking in Elite Athletes</b> <i>Suzanne Cosh, University of New England</i>	<b>Development and rollout of the NRL Rookie Wellbeing Assessment Tool: A vehicle for promoting player well being</b> <i>Elizabeth Mati, LeVa Pasifika &amp; National Rugby League (NRL)</i>	<b>A 7 year follow up study of the mental health of elite athletes</b> <i>Sara Winther, Massey University</i>
		<b>Point prevalence of mental illness and mental health symptomology in elite Australian athletes</b> <i>Harley de Vos, University of Sydney</i>	<b>Ahead of the Game: A Cluster-Randomised Controlled Trial of an Intervention for Wellbeing and Resilience in Organised Sport</b> <i>Matthew Schweickle, University of Wollongong</i>	<b>Qualitative exploration of Canadian adolescents' perceived psychological distress during the COVID-19 pandemic</b> <i>Camille Sabourin, University of Ottawa*</i>
11:30		<b>Systems of Mental Health Provision in University Sport Settings and Elite Athlete Mental Health Outcomes: A Cross-Cultural Comparison of Canada, the United States, and the United Kingdom</b> <i>Kait Simpson, University of Edinburgh*</i>	<b>An Application of Wellbeing Science for the Development of Adolescent High-Performance Athletes in the Australian Football League</b> <i>Nicky Couston, Australian Football league (AFL)</i>	<b>Monitoring the Psychological Response (Life Satisfaction, Psychological Resilience, Coping) of Current Male and Female as well as Retired Australian Rules Footballers During the Early Stages of the COVID-19 Outbreak in Australia</b> <i>Craig Harms, Edith Cowan University*</i>



Start (AEDT)	Session	Room 1	Room 2	Room 3
11:45		<b>LGBTQI+ mental health in elite sport: A review</b> <i>Paul Gorczynski, University of Greenwich</i>	<b>Te Waka Kōtihi: A model for improved well-being in Polynesian NRL players</b> <i>Phil Borrell, University of Canterbury</i>	<b>Thrive in the Hive - supporting the wellbeing of Australian Cricketers</b> <i>Lyndel Abbott, Australian Cricketers Association</i>
12:00	<b>Oral Presentations 4</b>	<b>Parents, Coaches and Umpires</b> Chair: Renee Appaneal	<b>Physical Aesthetics and Injuries</b> Chair: Damien Stewart	<b>Program/Intervention Evaluation</b> Chair: Angie Lim
		<b>Evaluating the Australian Football League Umpires: An examination of distress, burnout and wellbeing</b> <i>Mandy Ruddock, La Trobe University*</i>	<b>Preventing Eating Disorders and Body Image Concerns in Current and Former Athletes</b> <i>Zali Yager, Body Confident Collective</i>	<b>A Systematic Review of Process Evaluations of Interventions in Sport Settings</b> <i>Angie Lim, University of Wollongong</i>
		<b>Parental mental health in youth sport: The parallel mediating roles of social identity, social support, and parent-child relationship quality</b> <i>Jordan Sutcliffe, University of Wollongong*</i>	<b>Assessing fear in an ACL injured cohort using provocative videos</b> <i>Cameron Little, Curtin University*</i>	<b>Help Out a Mate: Reflections and future directions of a mental health literacy program for adolescent males through community sport</b> <i>Sarah Liddle, Monash University</i>
		<b>Mental health in elite sports coaches: A systematic scoping review</b> <i>Joshua Frost, University of Melbourne</i>	<b>Weight cutting in combat Sports: The role of alexithymia and impulsivity</b> <i>Craig Harms, Edith Cowan University*</i>	<b>Mapping the provision and level of evaluation in local community health and wellbeing programmes delivered by professional sports clubs in the United Kingdom: A practice-based scoping review.</b> <i>Jack Brazier, University of Bristol</i>
		<b>The effect of a mental health awareness workshop on the knowledge of sports coaches and support staff</b> <i>Elaine Cahill, University of Limerick*</i>	<b>A pilot study of an online video based intervention for promoting mental health help-seeking for injured athletes</b> <i>Chantelle Jones, University of Canberra</i>	<b>What happens "Outside the Locker Room"? A program evaluation</b> <i>Mandy Ruddock, La Trobe University*</i>
12:15				
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13:00	<b>Break + Lunch</b>			
13:15				
13:30				
13:45				

Start (AEDT)	Session	Room 1	Room 2	Room 3
14:00	Case Studies 2	<b>Session 1</b> Chair: Emma Scharkie	<b>Session 2</b> Chair: Renee Appaneal	
14:15		<b>Implementation of an Eating Disorder, Disordered Eating, and Body Image Concern Prevention Strategy in a National Sporting Organisation</b> <i>Ashleigh Olive, Diving Australia</i>	<b>The Australian Institute of Sport's Mental Health Referral Network. The Journey So Far and Future Directions</b> <i>Matt Butterworth, Australian Institute of Sport</i> <i>Nicole Burattin, Australian Institute of Sport</i>	
14:30		<b>The role of indigenous knowledge and practices in supporting athlete wellbeing: A practitioner perspective.</b> <i>Sierra Keung, Auckland University of Technology</i> <i>Carmen Taplin, Gold Coast Titans</i>	<b>International translation of a sports-based mental health program for young men: Ahead of the Game to Breaking the Ice</b> <i>Stewart Vella, University of Wollongong</i>	
14:45				
15:00	<b>Closing Address + Awards</b> <i>Associate Professor Stewart Vella (GAMeS) and Damien Stewart (CoSEP)</i>			
15:15				
15:30	<b>Closing Ceremony</b> <i>Join us in the main conference foyer for some goodbye drinks and canapes</i>			
15:45				
16:00				
16:15				
16:30	<b>FINISH TIME</b>			

**END OF DAY THREE**