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# Learning Objectives

MedBridge

*Common Mental Health Concerns in Athletes*

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## **Chapter 1: Introduction to Mental Health and Mood Disorders**

- Recognize and treat psychological illnesses
- Discuss strategies to help patients with mental health concerns
- Gain knowledge on how to appropriately refer an individual to counseling

## **Chapter 2: Suicide**

- Utilize tactics and interventions for when someone expresses the intention to self-harm

## **Chapter 3: Anxiety**

- Recognize the signs and symptoms of the five definitive types of anxiety
- Gain perspective on why anxiety may pose problems
- Learn effective mediation and intervention strategies

## **Chapter 4: Adjustment and Eating Disorders**

- Appreciate the basis of adjustment disorders
- Develop the ability to recognize adjustment disorders
- Develop tools to approach the treatment or referral of adjustment and eating disorders

## **Chapter 5: Substance Abuse**

- Identify the substances that are most frequently abused
- Understand how to effectively evaluate patients and make appropriate referrals for treatment

## **Chapter 6: Sleep Issues**

- Understand how sleep concerns correlate with mental illness and physical instability
- List the fundamentals behind common sleep disorders

## **Chapter 7: Psychosomatic Issues**

- Know solutions for effective intervention and evaluation in psychosomatic issues