

Supplementary material. Psychometric properties of the screeners embedded within the Sport Mental Health Assessment Tool (SMHAT)

Construct	Instrument	Number of items	Rating scale and recall period	Scoring	Reliability	Validity
Athletic distress ^{24,25}	Athlete Psychological Strain Questionnaire (APSQ)	10	5-points scale: from "none of the time" (1) to "all of the time" (5) Recall period: last 30 days	Sum: from 10 to 50 Cut-off: >20	Internal consistency: 0.5-0.9;	Area Under ROC Curve >0.9
Anxiety ²⁶	General Anxiety Disorder-7 (GAD-7)	7	4-points scale: from "not at all" (0) to "nearly every day" (3) Recall period: last 2 weeks	Sum: from 0 to 21 Cut-off: >9 Severity: Mild = 5-9 Moderate = 10-14 Severe: >14	Internal consistency: 0.92 Test-retest reliability: 0.83	Area under ROC curve >0.9 Sensitivity: 89 Specificity: 82
Depression ^{27,28}	Patient Health Questionnaire-9 (PHQ-9)	9	4-points scale: from "not at all" (0) to "nearly every day" (3)	Sum: from 0 to 27 Cut-off: >9 Severity: Mild = 5-9 Moderate = 10-14 Moderate severe = 15-19 Severe: >19	Internal consistency: 0.83-0.89	Area under ROC curve: 0.95 Sensitivity: 88 Specificity: 88

					*Need score 2 or 3 on one of first 2 questions to warrant treatment or treatment change		
Sleep disturbance ²⁹⁻³¹	Athlete Sleep Screening Questionnaire (ASSQ)	16	Various scales dichotomous, 4-points scales or 5-points scales	Sum: from 0-17 Cut-off: mild: 5-7; moderate: 8-10 Severe: 11-17	Internal consistency: 0.74 Test-retest reliability: 0.86	Sensitivity: 81% Specificity: 93% Positive predictive value: 87% Negative predictive value: 90%	
Alcohol misuse ³²⁻³⁴	Alcohol Use Disorders Identification Test Consumption (AUDIT-C)	3	5-points scales: from (0) to (4)	Sum: from 0 to 12 Cut-off: >3 for men; >2 for women	Test-retest: 0.6-0.9	Criterion-related validity: Area Under ROC Curve: 0.94 for men; 0.85 for women	
Substance misuse ³⁵⁻⁴⁰	Cutting down, Annoyance by criticism, Guilty feeling, and Eye-openers Adapted to	4	Yes (1) or No (0)	Sum: from 0 to 4 Cut-off: >1	Reliability: >0.9	Criterion-related validity: sensitivity >79%; specificity: >97% Area Under ROC	

	Include Drugs (CAGE-AID)					Curve: 0.80 for cannabis use; 0.99 for amphetamine use
Disordered eating ⁴¹	Brief Eating Disorder in Athletes Questionnaire (BEDA-Q)	9	6-points scale: from "always" to "never" (7) "Yes"/ "No" question (1) # of times tried to lose weight (1)	Sum: scores for answers. No cut-off provided	Internal consistency: 0.81	Area Under ROC Curve: 0.77 Sensitivity: 82.1% Specificity 84.6%