RISK FACTORS ASSOCIATED WITH ANXIETY AND DEPRESSION IN PROFESSIONAL CRICKETERS

1Shareif Hendricks, 1Nur Amino, 3Ruan Schlebusch, 3JP Van Wyk, 4Stephen Mellalieu, 5,6Vincent Gouttebarge. 1Division of Exercise Science and Sports Medicine, Department of Human Biology, University of Cape Town, Cape Town, South Africa; 2Institute for Sport, Physical Activity and Leisure, Leeds Beckett University, Leeds, UK; 3South African Cricketers' Association, Cape Town, South Africa; 4Amsterdam UMC, University of Amsterdam, Department of Orthopaedic Surgery, Amsterdam Movement Sciences, Meibergdreef 9, Amsterdam, Netherlands; 5Amsterdam Collaboration on Health and Safety in Sports (ACHSS), AMC/VUmc IOC Research Center, Amsterdam, Netherlands; 6Amsterdam Collaboration on Health and Safety in Sports (ACHSS), AMC/VUmc IOC Research Center, Amsterdam, Netherlands.

Background In elite sport, mental health has become a topic of concern as athletes frequently appear to experience symptoms of anxiety/depression. Cricket is particularly demanding, given the globalisation and different formats of the game. To reduce anxiety/depression in professional cricketers, potential risk factors need to be identified.

Objectives Firstly, to determine the prevalence of anxiety/depression in South African professional cricketers. Secondly, determine whether factors such as education, family life, or career-related factors are associated with anxiety/depression.

Design A cross-sectional survey design using the General Health Questionnaire – a robust and reliable self-report measure for risk of anxiety/depression.

Participants All Professional South African Cricketers (n=177).

Assessment of Risk Factors Players’ career (e.g. main role in the team, level of cricket), family (e.g. marital status, whether they had children) and education (e.g. highest level of education, whether they were currently studying)

Main Outcome Measurements General Health Questionnaire 12 (GHQ) Score (ranging from 0–12). Anxiety/Depression prevalence (based on GHQ). Relative Risk Ratios (RR) for anxiety/depression based playing career, family and education.

Results The prevalence of anxiety/depression was 58%. The mean GHQ score for the sample was 3.6 (95% CI: 3.2–4.0). The likelihood of developing anxiety/depression increased when players were playing a higher level (RR: 7.3; 95% CI: 2.0–26.3; p < 0.01), contracted for more than 2 years (RR: 5.0; 95% CI: 1.2–21.3; p < 0.05) or if they played their last season overseas (RR: 3.5; 95% CI: 1.3–9.6; p < 0.05). The likelihood of developing anxiety/depression decreased when players made productive use of their spare time in the offseason (RR: 0.3; 95% CI: 0.1–0.9; p < 0.05) and were contracted for 2 years (RR: 0.3; 95% CI: 0.1–1.0; p < 0.05).

Conclusions The prevalence of symptoms of anxiety/depression in this cohort was higher than previously reported for elite athletes. Potential risk factors have been identified that can be used to design and develop strategies to reduce anxiety/depression in professional cricketers.

ABSTRACT WITHDRAWN

EPIDEMIOLOGY OF HOSPITAL TREATED CRICKET-RELATED HAND INJURIES OVER A 5-YEAR PERIOD IN VICTORIA, AUSTRALIA

1Karishma Shah, 1,2,3Nirmala Perera. 1Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences, University of Oxford, Oxford, UK; 2Centre for Sports, Exercise and Osteoarthritis Research Versus Arthritis, Oxford, UK; 3Division of Physiotherapy, Department of Medical and Health Sciences, Linköping University, Linköping, Sweden; 4School of Allied Health, College of Science, Health and Engineering, Latrobe University, Melbourne, Australia.

Background Cricket is one of the most popular sports worldwide. However, the risk of hand injuries is high. For example, batters can be struck, wicketkeepers must catch the fast-moving ball, and fielders might dive to stop the ball. In retired elite cricketers, previous search shows 36% report severe hand injury, and this is associated with pain (20%) and osteoarthritis (2%). Hand osteoarthritis is known to decrease quality of life, and increase morbidity. The majority of cricketers are recreational players. However, the epidemiological data on cricket-related hand injuries are under reported in this population. This data are needed to inform development of evidence-based injury prevention programmes.

Objective Present the first comprehensive epidemiological profile of hospital treated cricket-related hand injuries from 2013–14 to 2017–18 in Victoria, Australia.

Design Retrospective analysis of routinely collected hospital presentation data (detailed case-series).

Setting De-identified hospital-treatment data from two hospital databases: Victorian Emergency Minimum Dataset (ED-presentation) and Victorian Admitted Episodes Dataset (hospital-admissions), were obtained from the Victorian Injury Surveillance Unit.

Participants Male and female cricketers.

Main Outcome Measurements Incidence and description of ED-presentations and hospital-admissions.

Results 2,415 cases (1,960 ED-presentations) were treated in Victorian hospitals. 96% of cases were male. All (n=445) hospital-admissions were for one day. Most frequent ED-presentations were in the 15–19 year age group, whilst the 25–29 year age group reported most frequent hospital-admissions. Fractures (48% ED-presentations versus 73% hospital-admissions) were the commonest injury type. Thumb injuries (17%) were most frequently treated in EDs. The most common injury mechanism was being hit/stuck/crushed (84% ED-presentations versus 79% hospital admissions).

Conclusions Cricket-related hand injuries are more frequent in younger players. Fractures are the most common type of injury, accounting for half of all ED-presentations. Fractures are also the most severe injury, accounting for 3 out of 4 hospital admissions. Hand injury prevention strategies need to be prioritised in recreational cricketers.

IMPACT OF SPECIFIC PREVENTION TRAINING MEASURED BY THE STAR EXCISION BALANCE TEST MODIFIED (SEBTM) IN YOUNG FEMALE SOCCER: A CLUSTER RANDOMISED CONTROLLED TRIAL

1Hugo Del Rabal, 2Brice Picot, 3Alexandre Rambaud. 1Société Française des Maasseur-Kinésithérapeutes du Sport, Tain l’Hermitage, France; 2Société Française des Maasseur-Kinésithérapeutes du Sport, La Talsudière, France; 3Société Française des Maasseur-Kinésithérapeutes du Sport, Chambéry, France.

Background The prevalence of symptoms of anxiety/depression in professional cricketers. Use to design and develop strategies to reduce anxiety/depression. Epidemiology of hospital treated cricket-related hand injuries over a 5-year period in Victoria, Australia. Impact of specific prevention training measured by the star excursion balance test modified (SEBTM) in young female soccer: a cluster randomised controlled trial.

Abstracts

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