

Term	Definition
Mental health	The World Health Organization (WHO) defines mental health as “a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”[1]
Mental health disorders	Mental health disorders are typically defined as conditions causing clinically significant distress or impairment that meet certain diagnostic criteria, such as in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)[2] or International Classification of Diseases (ICD).[3]
Mental health symptoms	A feature that can be considered indicative of the presence of a particular mental health disorder. Symptoms can be clinically relevant, in that the presence and severity of symptoms qualifies the diagnosis of a disorder, or sub-clinical, meaning that some symptoms of a mental health disorder are present, but are not severe enough to warrant the diagnosis of a disorder.[4]
Wellbeing	Well-being is a complex construct that concerns optimal experience and functioning, positive emotions, mood, and satisfaction with life.[5]
Anxiety	Anxiety disorders are characterised by excessive worry, apprehension, or expectation about a number of events or activities.[2] In the six studies that measured anxiety, five measures were used. Beck Anxiety Inventory,[6] Brief Symptom Inventory[7] (subscale), Competitive State Anxiety Inventory,[8] Sport Anxiety Scale 2,[8] State-trait Anxiety Scale.[9]
Competition anxiety	Competition anxiety refers to state anxiety that typically occurs before or during training and competitions.[8] A combination of cognitive and somatic anxiety, that is also related to trait anxiety.[10]
Depression	Depression is typically characterised by persistent sadness and low mood, loss of interest in activities that might usually be pleasurable, fatigue, and disturbed sleep and appetite.[11] Three studies measured depression using the Beck Depression Inventory 2,[12] the Centre for Epidemiological Studies Depression,[13] and the Montgomery-Asberg Depression Rating Scale.[14]
Psychological distress	Psychological distress refers to non-specific symptoms of stress, anxiety, depression, and negative affect. This is a composite measure of symptoms that indicates impaired mental health and may reflect common mental disorders, like depression and anxiety disorders.[15] Four studies measured Psychological distress using the Kessler Psychological Distress Scale 10,[15] Brief Symptom Inventory,[7] and the negative subscales of the Scale of Positive & Negative Experiences[16] and the Positive & Negative Affect Scale.[17]
Stress	Stress can be broadly defined as environmental challenges one may encounter throughout the lifespan. Stress occurs when an individual perceives that environmental demands tax or exceed their adaptive capacity.[18] In elite athletes, high levels of stress are a known risk factor for anxiety and depressive disorders.[19] Four studies measured stress using the Perceived Stress Scale,[20] and one study used a physiological marker salivary alpha-amylase.[21]
Psychological wellbeing	Psychological well-being comprises six different aspects of positive functioning: autonomy, environmental mastery, personal growth, purpose in life, positive relationships with others, and self-acceptance. This definition is from Ryff's Psychological Wellbeing Scale, which all of the five studies in this review that measured psychological wellbeing used.[22]
Mindfulness	Mindfulness is the intentional self-regulation of attention from moment to moment. This stems from non-judgemental awareness of the present moment.[23] Nine studies measured mindfulness using the Five Facet Mindfulness Scale,[24] Cognitive and Effective Mindfulness Scale,[25] Mindfulness Inventory for Sport,[26] Athlete Mindfulness Questionnaire,[27] Toronto Mindfulness Scale,[28] Mindfulness Attention Awareness Scale.[29]

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