

Why stress in sport need not leave you stumped



Professor Nikos Ntoumanis

“Jonathan Trott’s decision to leave England’s Ashes tour of Australia due to long-term stress related illness highlights the critical role of stress and anxiety in sports.”

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Feedback

on 03 December 2013, **Nikos Ntoumanis** wrote

In response to this anonymous comment, I would like to clarify that this article does not attempt to exploit anyone’s mental health problems and does not disclose any information that is not widely available in the news. A more careful read of the article will show that it aims to provide a generic description of the role of stress in sport. It highlights certain key issues that athletes, coaches and parents need to be aware of and it encourages athletes to seek psychological support when needed. I do not claim that I have worked with any of the individuals identified in the article and the reference to the BPS Code of Ethics is not applicable in this context.

[Report this comment \(/webteam/bigdebate/ReportCommentsForm.aspx?commentID=2.&commentUsername=NikosNtoumanis&commentPageURL=/research/impact/perspective/stress-in-sport.aspx\)](/webteam/bigdebate/ReportCommentsForm.aspx?commentID=2.&commentUsername=NikosNtoumanis&commentPageURL=/research/impact/perspective/stress-in-sport.aspx)

on 29 November 2013, **Bud Fud** wrote

I believe that Prof Ntoumanis conducts excellent research and is an accomplished academic. However I believe that Prof Ntoumanis should stick to what he knows best; his own research.

The author of the commentary is not a clinical psychologist. The article is speculative and does not provide a balanced picture of the potential issues. It’s unethical to use famous sports people’s private lives and mental health issues to describe a psychological construct such as stress or coping because a) we are not working with these people so we have no idea what they are suffering from and b) even if we were, we are bound by confidentiality and should not disclose client’s identity’s

The author of this article is speculating about people’s mental health conditions that do not serve the needs of those individuals.

The author of the article should ask himself whether by writing this article he has helped Trott or Speed. If the answer is no, he should withdraw this commentary.

Please check the BPS code of ethics. I do not believe that the BPS would endorse exploiting an athlete’s mental health in order to increase exposure of an academic or his or her institution

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