# Article information:

The Psychological Burden of Retirement from Sport : Current Sports Medicine Reports  
<https://journals.lww.com/acsm-csmr/Fulltext/2020/10000/The_Psychological_Burden_of_Retirement_from_Sport.11.aspx>

# Article summary:

1. Retirement from sport due to injury or illness can have a significant impact on an athlete's psychological well-being, including depression, anxiety, substance misuse, and disordered eating.

2. Involuntary retirement is particularly detrimental because of the sudden change in athletic identity, which encompasses loss of personal and public identity, and social support networks.

3. A structured, evidence-based approach is needed to inform clinical decision-making with regard to how and when to retire an athlete, as well as strategies to help athletes transition to their post-retirement identity and continued support after retirement.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "The Psychological Burden of Retirement from Sport" provides a comprehensive overview of the potential negative impacts of involuntary retirement from sport due to injury or illness on an athlete's psychological well-being. The article highlights the benefits and risks associated with participation in sports, including physical fitness, social and cultural support, psychosocial growth, exposure to hazing, overtraining, pressure to perform, and career-ending and life-changing injuries.

The article acknowledges that athletes who retire naturally tend to cope better with the transition to life after their participation in collegiate sports have ended because they have more opportunities to continue participating in recreational sports or continued physical activities throughout adulthood. However, involuntary retirement due to injury or illness can significantly impact physical and psychological well-being for a substantial proportion of these athletes.

The article proposes an algorithm to provide guidance for clinicians facing these challenging discussions, particularly in college athletes who comprise the largest elite athlete population facing involuntary retirement. Recommendations include the provision of support programs and educational resources for athletes to reduce the potential long-term impacts of forced retirement.

Overall, the article provides a balanced view of the potential negative impacts of involuntary retirement from sport due to injury or illness on an athlete's psychological well-being. However, there are some limitations to this article. Firstly, it focuses primarily on professional, Olympic, and collegiate athletes and does not consider other levels of sport participation. Secondly, while it acknowledges that participation in sports has positive benefits on mental health and cognitive functioning, it does not explore how these benefits can be maximized or how they can be used as part of a transition plan for retiring athletes.

Additionally, while the article proposes an algorithm for clinicians facing these challenging discussions with retiring athletes, it does not provide any evidence-based research supporting its effectiveness. Furthermore, while it recommends providing support programs and educational resources for athletes to reduce the potential long-term impacts of forced retirement, it does not provide any specific recommendations or examples of such programs.

In conclusion, while the article provides a comprehensive overview of the potential negative impacts of involuntary retirement from sport due to injury or illness on an athlete's psychological well-being, it has some limitations. It does not consider other levels of sport participation, does not explore how positive benefits can be maximized, and does not provide evidence-based research supporting its proposed algorithm. Nonetheless, it is a useful starting point for clinicians facing these challenging discussions with retiring athletes.

# Topics for further research:

* Maximizing positive mental health benefits of sports participation
* Transition plans for retiring athletes
* Support programs for athletes facing forced retirement
* Long-term impacts of involuntary retirement from sports at different levels of participation
* Evidence-based research on retirement from sports and psychological well-being
* Examples of successful retirement transition programs for athletes

# Report location:

<https://www.fullpicture.app/item/bdd8500fb7172f972250a3774cad407f>