







Sample:

156 adolescent elite athletes

150 non-athletic controls

Setting: Swiss Olympic partner schools in

Northwestern Switzerland

Sex: 173 boys, 133 girls Age: M=16.8-17.1 years

BMI: $M=21.2-21.8 \text{ kg/m}^2$

Design:

Cross-sectional analyses

Measures	Elite athletes	Non-athletic controls
Perceived stress	=	
Educational stress	=	
Depressive symptoms	=	
Burnout symptoms	=	
Mental toughness	=	
Sleep		Later sleep time on weekdays and weekends
Recovery-stress state	More perceived muscular stress	

Gerber, M., Kellmann, M., Brand, S., Gygax, B., Ludyga, S., Müller, C., Ramseyer, S., & Jakowski, S. (2022). Differences in mental health outcomes between adolescent elite athletes and peers not engaged in elite sport. Current Issues in Sport Science (CISS), 7, Article 013. https://doi.org/10.36950/2022ciss013