



# MENTAL HEALTH SYMPTOMS IN PROFESSIONAL FOOTBALL DURING THE CORONAVIRUS (COVID-19) GLOBAL CRISIS

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**Dr. Vincent Gouttebarga**

Football Players Worldwide (FIFPRO), The Netherlands

Department of Orthopaedic Surgery & IOC Research Center of Excellence, Amsterdam University Medical Centers, The Netherlands

Division of Exercise Science and Sports Medicine, University of Cape Town, South Africa

 @VGouttebarga

 **Amsterdam UMC** FIFPRO  
University Medical Centers



## FEMALE PLAYERS: RESULTS IN FINLAND (N = 103)

		Totally disagree	Disagree	Agree	Totally agree
Age (in years)	22 +/- 4				
Height (in cm)	167 +/- 6				
Body weight (in kg)	63 +/- 7				
Career duration (in years)	4 +/- 3				
I understand that professional footballers cannot train at their club in this situation		4%	1%	31%	64%
I want to resume club training, in small groups and under strict hygiene rules		8%	29%	40%	23%
In the current situation, I worry about my future as a professional footballer		7%	39%	42%	12%
Resources/support available (e.g., club, union) for my mental health are sufficient		3%	28%	68%	1%

- ▶ 48% reported **mild anxiety** symptoms and 28% **moderate-to-severe anxiety** symptoms.
- ▶ 43% reported **mild depressive** symptoms and 28% **moderate-to-severe depressive** symptoms.

## MALE PLAYERS: RESULTS IN FINLAND (N = 198)

		Totally disagree	Disagree	Agree	Totally agree
Age (in years)	24 +/- 5				
Height (in cm)	181 +/- 6				
Body weight (in kg)	77 +/- 8				
Career duration (in years)	6 +/- 4				
I understand that professional footballers cannot train at their club in this situation		3%	3%	39%	55%
I want to resume club training, in small groups and under strict hygiene rules		3%	25%	46%	26%
In the current situation, I worry about my future as a professional footballer		8%	31%	40%	21%
Resources/support available (e.g., club, union) for my mental health are sufficient		4%	23%	65%	8%

- ▶ 34% reported **mild anxiety** symptoms and 16% **moderate-to-severe anxiety** symptoms.
- ▶ 28% reported **mild depressive** symptoms and 12% **moderate-to-severe depressive** symptoms.

## CONCLUSIONS FOR FINLAND

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- During the COVID-19 period of (semi-)lockdown, **20%** of the Finnish professional footballers reported **moderate-to-severe anxiety** symptoms (28% in female vs. 16% in male).
  - This is higher than in professional footballers during regular period of time (i.e., not COVID-19 period): 1-8% reported moderate-to-severe anxiety symptoms.
  - This is higher than in the general population during regular period of time (i.e., not COVID-19 period): 5% reported moderate-to-severe anxiety symptoms.
- During the COVID-19 period of (semi-)lockdown, **17%** of the Finnish professional footballers reported **moderate-to-severe depressive** symptoms (28% in female vs. 12% in male).
  - This is higher than in professional footballers during regular period of time (i.e., not COVID-19 period): 7-11% reported moderate-to-severe anxiety symptoms.
  - This is higher than in the general population during regular period of time (i.e., not COVID-19 period): 3-8% reported moderate-to-severe anxiety symptoms.
- While nearly all Finnish professional footballers understand the current situation that they cannot train at their club, a large majority (68%) believe that club training, in small groups and under strict hygiene rules, should be resumed.
- The majority (58%) of the players in Finland are concerned about their future as a professional footballer.
- More than two-third of the Finnish professional footballers (71%) report that resources/support available (e.g., club, union) for their mental health are sufficient.

