SPORT, MENTAL ILLNESS, AND SOCIOLOGY

SPORT, MENTAL ILLNESS, AND SOCIOLOGY

EDITED BY

MICHAEL ATKINSON

University of Toronto, Canada



United Kingdom – North America – Japan India – Malaysia – China Emerald Publishing Limited Howard House, Wagon Lane, Bingley BD16 1WA, UK

First edition 2019

Copyright © 2019 Emerald Publishing Limited

Reprints and permissions service

Contact: permissions@emeraldinsight.com

No part of this book may be reproduced, stored in a retrieval system, transmitted in any form or by any means electronic, mechanical, photocopying, recording or otherwise without either the prior written permission of the publisher or a licence permitting restricted copying issued in the UK by The Copyright Licensing Agency and in the USA by The Copyright Clearance Center. Any opinions expressed in the chapters are those of the authors. Whilst Emerald makes every effort to ensure the quality and accuracy of its content, Emerald makes no representation implied or otherwise, as to the chapters' suitability and application and disclaims any warranties, express or implied, to their use.

British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

ISBN: 978-1-78743-470-7 (Print) ISBN: 978-1-78743-469-1 (Online) ISBN: 978-1-78743-955-9 (Epub)

ISSN: 1476-2854



ISOQAR certified Management System, awarded to Emerald for adherence to Environmental standard ISO 14001:2004.

Certificate Number 1985 ISO 14001



CONTENTS

About the Contributors	vii
Introduction: Mental Illness in Sport: Sociological Legacies, Absences, and Controversies	
Michael Atkinson	1
Chapter 1 Mental Illness Stigma Elizabeth C. J. Pike	9
Chapter 2 Total Pain Kristina Smith	23
Chapter 3 Mental Illness and Identity Intersections: An Examination of the Complex Relationship between Obsessive-compulsive Disorder, Physical Activity, and Women's Embodiment	
Julie M. Maier and Shannon L. Jette	45
Chapter 4 Researching Trauma in the Context of Sport Melissa Day	63
Chapter 5 Depression and Suicide in Professional Sports	
Work Andy Smith	79
Chapter 6 Disordered Eating in Sport: Legitimized and	
Stigmatized Anthony Papathomas	97
Chapter 7 Drugs, Alcohol, and Addiction in Sport Catherine Palmer	111
Chapter 8 Invisible Disabilities Michael Atkinson	127

vi CONTENTS

Chapter 9 Mass Mediation of Mental Illness in Sport Kass Gibson and Paul Gorczynski	143
Chapter 10 Football, Healing, and Mental Health Recovery <i>Ruth Jeanes, Ramón Spaaij and Jonathan Magee</i>	161
Chapter 11 In It for <i>The Long Run</i> : Researching Mental Health and Illness David Carless and Kitrina Douglas	177
Index	193

ABOUT THE CONTRIBUTORS

Michael Atkinson is Professor of Physical Cultural Studies in the Faculty of Kinesiology and Physical Education at the University of Toronto, Canada. His research and teaching interests focus on the social experience of suffering and pain, the phenomenology of anxiety and depression, existentialism, and ethnographic research methods.

David Carless' professional background spans the performing arts, education, and psychology — all of which inform the interdisciplinary social research he is immersed in as a Professor of Narrative Psychology at Leeds Beckett University, UK. Arts-based collaborations with Kitrina Douglas incorporate songwriting, storytelling, filmmaking, and live performance to create social research that strives to be meaningful, relevant, and accessible beyond academia.

Melissa Day is a Reader in Qualitative Sport Psychology at the University of Chichester, UK. Her areas of interest include athletic injury, trauma, post-traumatic growth, and disability. Her work uses qualitative methodologies and, in particular, narrative methods. She is on the Editorial Board for the journal *Qualitative Research in Sport, Exercise and Health* and has been chair and regular member on the committee for the International Conference for Qualitative Research in Sport and Exercise.

Kitrina Douglas is Director of the Boomerang-Project.org.uk an arts-based network for public engagement and performance of social science. She produces (with David Carless) the YouTube series "Qualitative Conversations" (see https://www.youtube.com/channel/UCkWCTy8bNOY6JlvX_yg-Uig). Together they have written two academic books, produced CD's, toured ethno-dramas in the United Kingdom, United States, and New Zealand and their research films have been watched in 52 countries. Kitrina has led research for organizations including the Department of Health, UK Sport, Women's Sport and Fitness Foundation, Addiction Recovery Agency, and NHS Trusts. She is affiliated to Leeds Beckett University, UK, where she was recently named Researcher of the Year.

Kass Gibson is Senior Lecturer in Sport Coaching and Physical Education at the University of St Mark and St John, UK. Kass has taught in schools, colleges, and universities in New Zealand, Japan, Canada, and the United Kingdom. At the University of St Mark and St John, he teaches research methods, social theory, and pedagogy on Physical Education, Sports Science, Coaching, and Public Health degree programs.

Paul Gorczynski is Senior Lecturer in the Department of Sport and Exercise Science at the University of Portsmouth, UK. His research explores individual and environmental interventions to prevent and manage chronic diseases. Specifically, his work examines community-based research projects that work with individuals with disabilities to explore different strategies to enhance diet, increase levels of physical activity, and improve access to health information and services.

Ruth Jeanes is Associate Professor in the Faculty of Education, Monash University, Australia. Ruth is a social scientist whose research interests focus on the use of sport and recreation as a community development resource, particularly to address social exclusion among acutely marginalized groups. She has critically examined the use of sport in addressing homelessness, unemployment, and mental illness.

Shannon L. Jette is Associate Professor in the Department of Kinesiology at the University of Maryland, USA. Her research focuses on social, cultural, and historical aspects of knowledge production in the disciplines of kinesiology, medicine, and public health. She has published in such journals as *Sociology of Health & Illness* and *Health, Risk & Society*.

Dr Jonathan Magee is an Independent Researcher whose interests focus on sport and social exclusion. His recent work has focused on the role of sport in addressing homelessness and the experiences of families within children with disabilities in leisure and sport settings.

Julie M. Maier is Postdoctoral Fellow in the Department of Health, Human Performance, and Recreation at the University of Arkansas, USA. Combining her background in social work and kinesiology, her research centers on understanding women's and gender and sexual minorities' embodied experiences (e.g., mental health, sexual health, and physical activity) and threats to their well-being (e.g., stigma, obstructions to care).

Catherine Palmer is Professor of Sociology and Head of the School of Social Sciences at the University of Tasmania, Australia. Catherine's research marries empirical and theoretical insight across a range of topics including sport and alcohol, social inequalities and sport, sport for development and peace, risk and lifestyle sport, as well as major sporting events such as the Tour de France.

Anthony Papathomas, PhD, is Senior Lecturer in Sport and Exercise Psychology within Loughborough University's School of Sport, Exercise and Health Sciences. He is also Mental Health and Wellbeing Lead for the British Association of Sport and Exercise Sciences. His research addresses mental health issues across a variety of sport and exercise contexts with a focus on athlete eating disorders. Anthony maintains a contrarian approach in his eating disorders in sport research, preferring qualitative perspectives that emphasize personal meanings to traditional medicalized approaches.

About the Contributors ix

Elizabeth C. J. Pike is Professor and Head of Sport, Health and Exercise at the University of Hertfordshire, UK. She has published more than 50 research papers/books, delivered invited keynote presentations at international conferences on six continents, written numerous commissioned monitoring and evaluation reports for sport organizations, and served in an advisory capacity for various sport policy and practitioner bodies.

Andy Smith is Professor of Sport and Physical Activity at Edge Hill University, UK, where he is also Programme Leader for the MSc Sport, Physical Activity and Mental Health course. Andy's research interests center on the sociology of sport, physical activity and health, with particular reference to mental health.

Kristina Smith is PhD candidate of Physical Cultural Studies in the Faculty of Kinesiology and Physical Education at the University of Toronto, Canada, and is completing a collaborative degree with the Joint Centre for Bioethics. Kristina's research focus pertains to the dimensions of human pain, suffering, illness, bioethics, and narrative ethnography. Her doctoral work focuses on the analysis of narratives in palliative care settings involving child organ donors.

Ramón Spaaij is Professor in the Institute for Health and Sport at Victoria University, Australia. He also holds a Special Chair of Sociology of Sport at the University of Amsterdam, The Netherlands. He has two established fields of research that address these questions: the sociology of sport and the sociology of terrorism. The bulk of his current research focuses on socio cultural aspects and impacts of sport, with a particular focus on the intersections of diversity, social cohesion, and sport. Additionally, Ramón conducts internationally recognized research on violent extremism and "lone wolf" terrorism.