

“Complete State” of Mental Health and Association between Resilience and Performance



Sibte Zahra

Department of School Psychology, Politics and Sociology, Canterbury Christ Church University, Canterbury, Kent, UK

Keyes' (2005) mental health model comprises two distinct but related dimensions: mental health (MH) and psychological distress (PD), with PD conceptualised as reflecting mental illness in this study. This study explores associations between MH, performance, and resilience in athletes, along with the impact of PD on performance. Participants (female, $n = 21$; male, $n = 19$) were adult athletes aged 18+, from both individual and team sports ($N = 40$). The survey comprised measures of MH (Keyes, 2011), PD (CORE-10; Barkham & Connell, 2012), resilience (Connor & Davidson, 2003), and subjective performance satisfaction (PS; Bandura, 2006). Participants were classified by MH and PD levels using standard cut-off scores (Keyes, 2011; Barkham & Connell, 2012). Some individuals (10%) reported moderate PD while still flourishing in MH. A modest, negative relationship ($r = -.437$, $p = .005$) between MH and PD also supports Keyes' model. Resilience was associated with MH ($r = .749$, $p < .001$), and PD ($r = -.354$, $p = .025$). Zero-order correlations between PS and MH ($r = .639$, $p < .001$), and between PS and PD ($r = -.437$, $p = .005$) are qualified by partial correlation analyses. The correlation between MH and PS remains significant when PD is controlled ($r = .554$, $p = .001$). When MH is controlled, the relationship between PD and PS ($r = -.228$, $p = .162$) is attenuated. Regression analysis showed MH significantly predicted PS ($b = .64$, $p < .001$), explaining 40.9% of the variance ($R^2 = .409$). Collectively, results support considering PD and MH as separate factors influencing PS in athletes.

Biography:

I am a registered Clinical Psychologist (HCPC) with a Master's in Clinical Sport Psychology from Canterbury Christ Church University. With experience across the UK and Pakistan, I have worked in various clinical, academic, and organizational settings, providing assessments, risk management, and therapies such as CBT, DBT, and EMDR. Currently, I support students as a Specialist Mental Health Mentor while continuing to advocate for mental health awareness and resilience. My research focuses on the “Complete State” of mental health, resilience, and performance. I am also a Graduate Member of the British Psychological Society and actively engage in evidence-based practice.