



## Dual Career and Mental Health

Although the number of studies on dual elite sport and study careers in Europe has increased enormously the past decades (Stambulova & Wylleman, 2019), the amount of research on the topic of mental health within this dual career (DC) domain was less numerous. In an attempt to tackle this research gap, this symposium focuses on the topic of mental health within the DC context, bringing forward different perspectives. First, **Jolan Kegelaers** provides a review on those studies that did focus on mental health in the population of student-athletes. This review confirms that limited studies have specifically focused on mental health (or ill-health) in the DC context and that there is only very limited research on the DC-specific factors that impact mental health and vice versa. The second presentation in this symposium by **Koen De Brandt**, directly counters this need, by providing the first results of the Dual Careers for Mental Health project (DC4MH). This presentation will provide results of the first phase of the project, whereby athletes from 6 different countries were involved, providing insight in the bi-directional association between dual career experiences (protective or risk factors) and mental health. In the third and fourth presentation, the role of COVID-19 on mental health within DC contexts, is brought to the attention.