



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Mental Health Prevention and Rehabilitation of Sport Related Injuries

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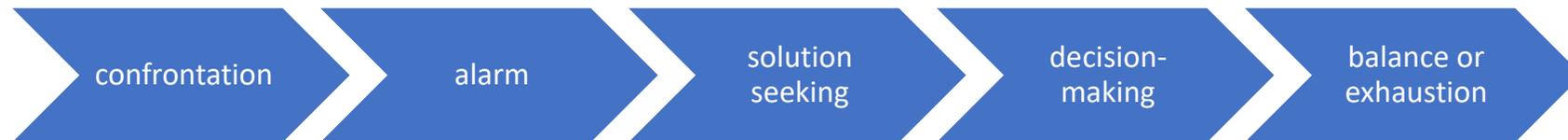


The psychology of injury



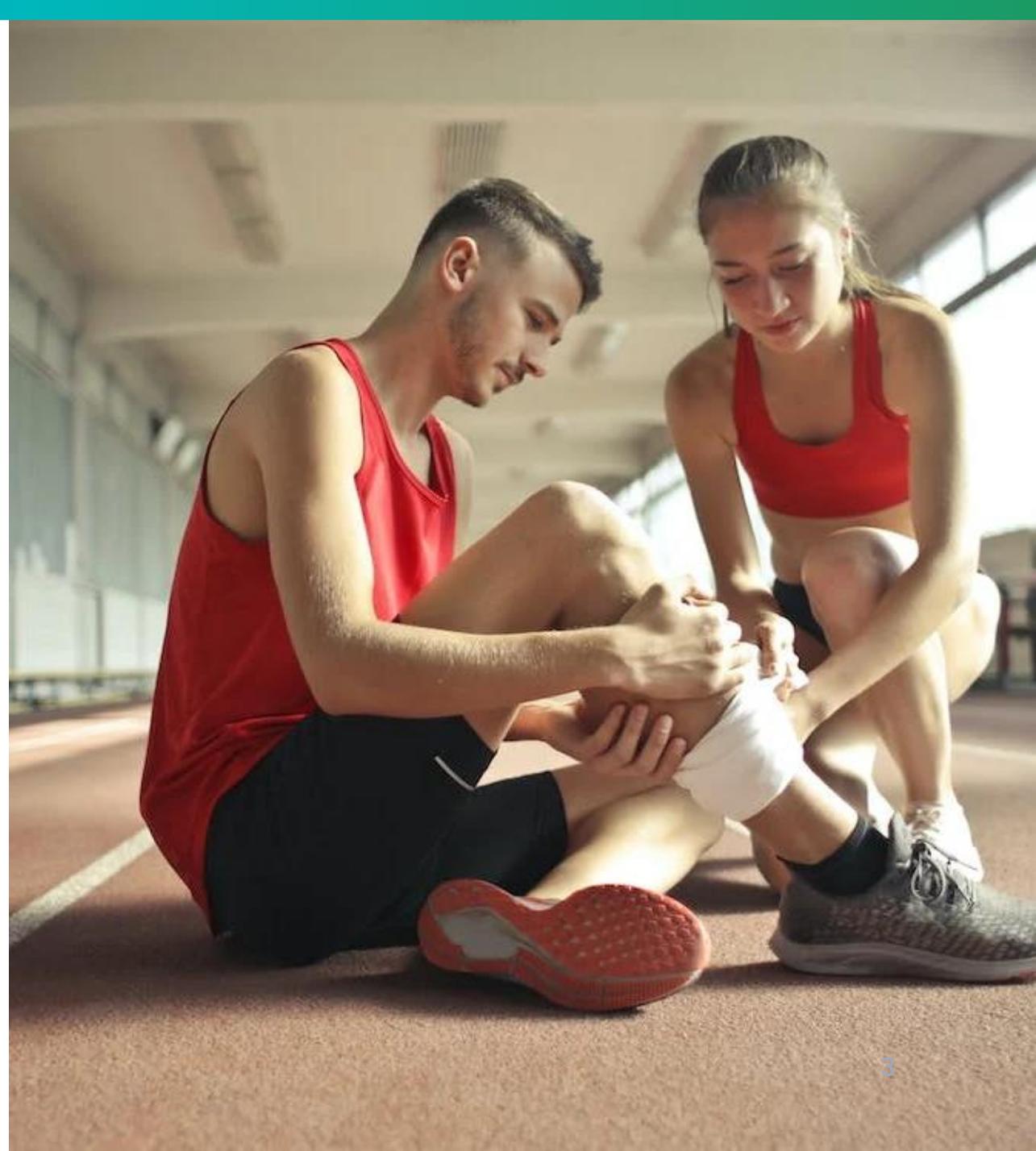
Injury= crisis

- CRISIS= danger and opportunity (greek origin)
- **Some kind of decision, turning point**
- It carries within it the possibility of **growth and change**
- 2 types: **1. psychosocial/developmental crisis**- unavoidable (natural to happen) PREVENTION! (e.g. career ending) **2. accidental/situational crisis**- unexpected, external event (e.g. **injury**)
- Depends on: seriousness of injury, possible consequences, timing, personality, environment
- **5 stages:**



During an injury, an athlete may have...

- **Restricted attention** (focusing on the problem)
- **Reduced mental capacity** (evaluation)
- **Decreased emotional control and self-regulation** (extreme behaviors, aggression)
- **Changed relationships** (egocentrism, increased need for support)
- **Regression** (blaming others, denial)





Negative psychological consequences

- Stress, anxiety
- Anger
- Issues related to compliance
- Depression
- Concentration/ attention problems
- Exercise addiction

The role of stress



Stress I.

- that the situation **exceeds their resources** and they are **unable to cope** with it
- **Positive (eustress)** – helps to focus, achieve flow (lower risk of injury)
- **Negative (distress)** – anxiety, threat
- **STRESS RESPONSE:** physiological and biochemical changes for coping (if unable: anxiety appears)
- Stress level is influenced by: event importance, quantity of uncertain factors (lability), personality traits
- **Increased sensitivity and strong reactions due to elevated stress: VULNERABILITY**



Stress II.

- **Personalities**, who perceive the situation as more stressful → **higher psychological activity**
- **Increased sensitivity** due to elevated stress → **RISK OF INJURY RISES!**
- **Increase in muscle tension** → **exhaustion, reduced flexibility, motoric coordinaton problems, muscle functioning difficulties** (strain, sprain, tear)
- **Narrowing of the visual field**

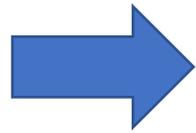


Cognitive evaluation model



Injury

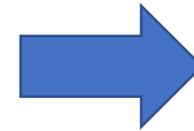
Severity of injury?



Reaction to stress= evaluation, interpretation

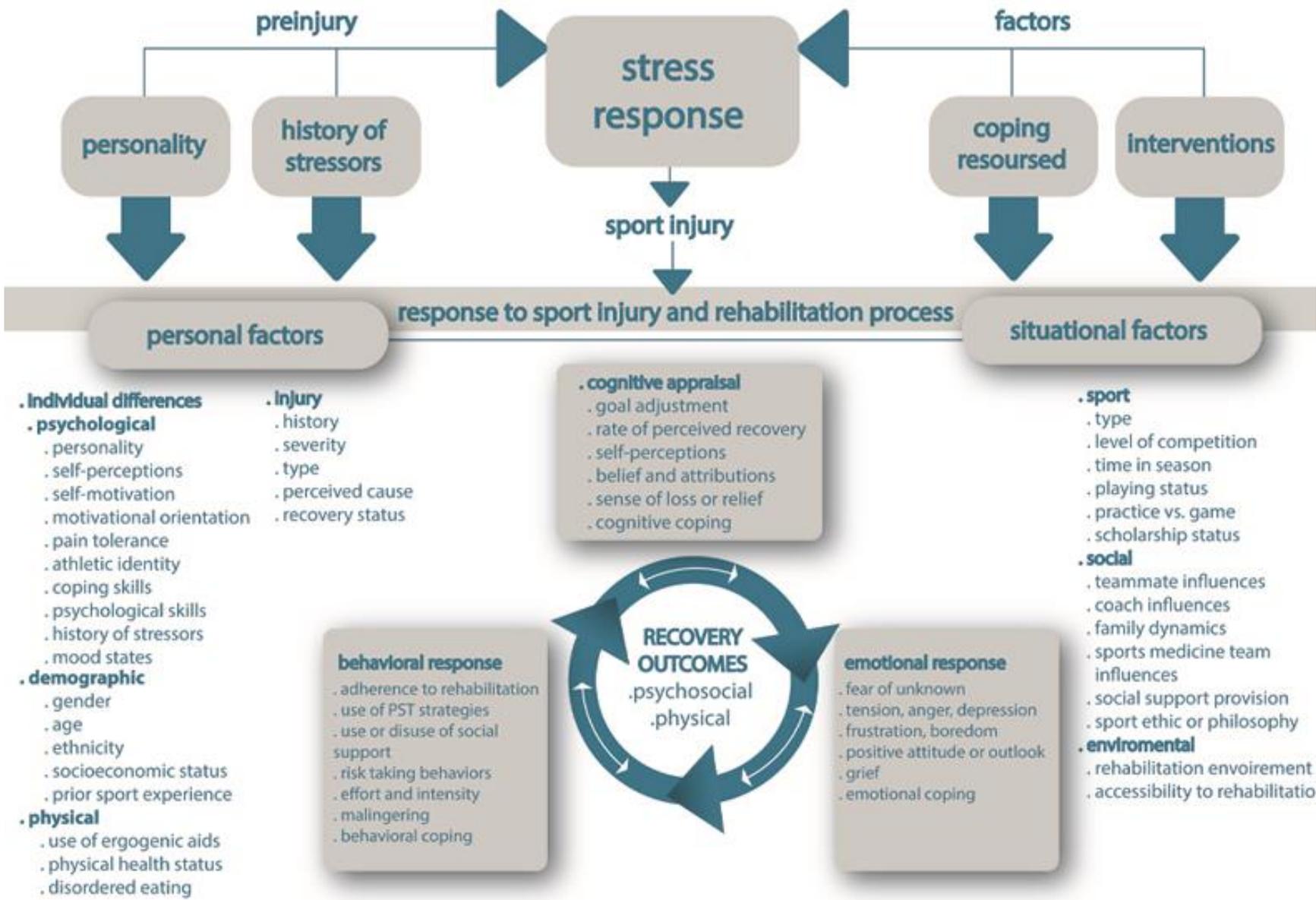
How dangerous is the situation?

What resources are available?



Selection of coping strategies

Adaptive or maladaptive
strategies?



Integrated model of psychological response to the sport injury and rehabilitation process (Wiese-Bjornstal, Smith, Schaffer, & Morrey, 1998).

Anxiety



Anxiety I.

- **Anxiety**= negative emotional state, perceiving a situation as threatening (without specific object), for example: fear of injury
- **Signs:** muscle tension, rapid breathing, sweating, nausea, mental signs like decreased concentration
- **State anxiety:** temporary emotional reaction to a specific situation (e.g. the starting moments of a championship final)
- **Trait anxiety:** a predisposition to anxiety, „generally characteristic“ (e.g. performance anxiety)



Identity

- Much of the life revolves around sports → self-image and personality merge with the athlete role
- **Injury → IDENTITY IS AT RISK**
- The more they focus solely on sports in their life, the more likely they will experience it as a trauma → affecting their entire life
- **Depression, anxiety, hopelessness**
- Increased attention from professionals is needed!
- Encouragement: they should develop themselves in multiple areas, goal setting



Goal setting

1. Identify the goal
2. Reasons
3. Difficulties
4. Needs
5. Social Support
6. Steps
7. Habits



Rehabilitation





Rehabilitation I.

-mental aspects are receiving increasing attention!

Return: mentally ready as well? → **tension, anxiety**, lead to:

- Re-injury
- Injury to another body part
- Low self-confidence, decreased performance
- General depression
- Fear of injury
- Decreased motivation

Rehabilitation II.

- rewrite the movement that caused the injury
→ CORRECTIONAL EXPERIENCE (recreate)
- Social support is primary
- TECHNIQUES- reducing stress, support the rehabilitational process
 - 1) Relaxation
Reduces tension, enhances blood circulation
+Internal control!
 - 2) Reframing negative self-talk
 - 3) Goal setting



Literature

- Gyömbér, N., Kovács, K. és mtsai (2012). *Fejben dől el: Sportpszichológia mindenkinek*. Budapest: Noran Libro.
- Goschi, G., Pálvölgyi Á. És mtsai (2022). *Dobbantó- A sportpszichológia tankönyve I*. Budapest: Sport és Lélek Sport-pszichoterápiás Egyesület.
- Wiese-Bjornstal, D.M., Smith A.M., & LaMott. E.E. (1995). A model of psychological response to athletic injury and rehabilitation. *Athletic Training: Sports Health Care Perspectives*. 1 (1), 17-30.





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Thank you!