



PSYCHOLOGICAL RESPONSE TO INJURY

WHAT IS A SPORTS INJURY?

“loss or abnormality of bodily structure, or functioning, resulting from an isolated exposure to physical energy during sports training or competition, that following examination is diagnosed by a clinical professional as a medically recognized injury”

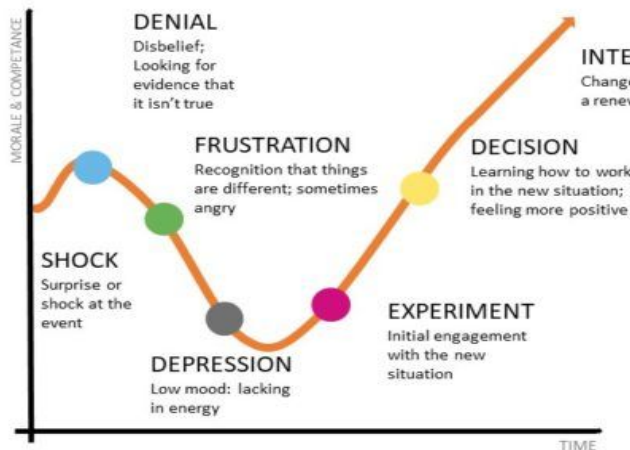
(Fagher & Lexell 2014)

PSYCHOLOGICAL RESPONSE

5-stage grief response model

(Kubler-Ross 1989)

- 1 – Denial
- 2 – Anger
- 3 – Bargaining
- 4 – Depression
- 5 – Acceptance



Integrated model of response to injury (weise-bjornstal 1998)

PERSONAL FACTORS

History of injury
Perceived cause
Pain tolerance
Personality
Athletic identity
Coping skills
Age/gender

SITUATIONAL FACTORS

Sport type
Level of competition
Coach influence
Social support
Sports medicine
Rehab environment

Cognitive appraisal

Coping, belief, attribution

Recovery outcome
Psychological and physical

Behavioral response
Adherence to treatment, efforts, intensity

Emotional response
Anxiety, depression, positive attitude

Reference:

Fagher, Kristina & Lexell, Jan. (2014). Sports-related injuries in athletes with disabilities. *Scandinavian journal of medicine & science in sports*. 24. 10.1111/sms.12175.
Wiese-Bjornstal, D. M., Smith, A. M., Shaffer, S. M., & Morrey, M. A. (1998). An integrated model of response to sport injury: Psychological and sociological dynamics. *Journal of Applied Sport Psychology*, 10(1), 46–69.
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