



PSYCHOLOGICAL RESPONSE TO INJURY

PRE- INJURY

FACTORS

**STRESS
RESPONSE**



PERSONALITY

HISTORY OF
STRESSORS

COPING
STRATEGIES

INTERVENTIONS

SPORTS INJURY

RESPONSE TO SPORT INJURY AND REHABILITATION

PERSONAL FACTORS

SITUATIONAL
FACTORS

INJURY
INDIVIDUAL DIFFERENCES
(PSYCHOLOGICAL,
DEMOGRAPHIC,
PHYSICAL)



COGNITIVE APPRAISAL

GOAL ADJUSTMENT, SELF
PERCEPTIONS, COGNITIVE COPING.

SPORT
SOCIAL
ENVIRONMENTAL

RECOVERY
OUTCOMES
(PSYCHOLOGICAL
, PHYSICAL)

**BEHAVIOURAL
RESPONSE**

ADHERENCE TO
REHABILITATION
MALINGERING
BEHAVIOURAL COPING.

**EMOTIONAL
RESPONSE**

FEAR OF UNKNOWN, POSITIVE
OUTLOOK, GRIEF, EMOTIONAL
COPING.