

How entrepreneurs within applied psychology can promote health in an innovative way: implementation of an injury preventive intervention among floorball players in Sweden.

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Introduction

Previous research demonstrate risk of traumatic and overuse injuries in floorball which is one of the major team sports in Sweden. An important step when prevention sport injuries is to include psychological aspects.

Objective

The aim of this study was to implement a psychological intervention, aiming to reduce the number of injuries.

Method

Twenty-two elite floorball teams of both genders playing in the highest Swedish leagues were cluster randomized to control group (n= 12) or intervention group (n=10). Six Sport Psychology Consultants (SPC) used a written manuscript and met the teams during the first period of the season.

Results

Main results:

- The intervention group faced less injuries compared to the control group (I n= 97, C n= 133).
- Minor injuries (causing absence < 7days) were most frequent in both groups (I n= 47, C n= 67).
- Severe knee injury (ACL) were less frequent among female players in the intervention group (I n= 1, C n= 5).

Psychological Interventions introduced to sport teams and groups by Sport Psychology Counselors.

Interventions can be presented to teams and groups as well as individuals in order to educate in psychological preventive strategies.

- SPC meet many groups and individuals, when including the preventive aspect of interventions the awareness of risk factors for sport injuries might increase .

Interventions may include:

- Goal setting
- Relaxation
- Stress management
- Concentration
- Self confidence and motivation
- Emotion



Conclusion

Players in the intervention group sustained less injuries during one season compared to a control group. Most injuries are causing absence from sport, work or school which in many cases also result in direct and indirect cost for athletes and society. Hence, all kinds of injury prevention is important.

This study is part of a dissertation concerning psychosocial aspects of floorball injuries. Supervisors: Prof Urban Johnson, HH, Prof Suzanne Werner, KI, Ass Prof Björn Engström, KI, Ph D Eva Skillgate, KI.



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