

Psychological predictors of sport injuries among elite soccer players.

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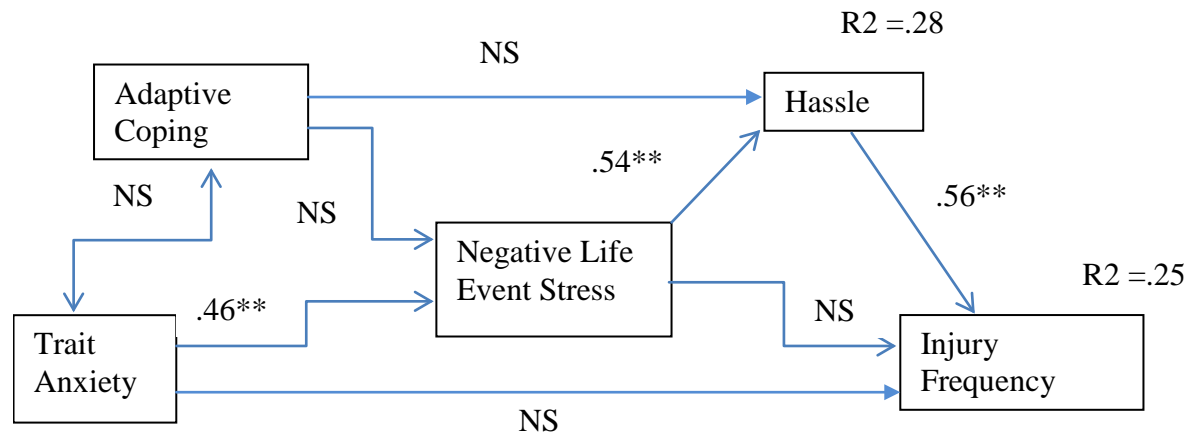
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Aim

The aim of the PhD project is to identify a number of psychosocial injury risk factors in an elite soccer population. Based on findings the second aim is to investigate a psychological skills interventions' impact on injury frequency among elite soccer players.

Result Study A



** $p < 0.01$

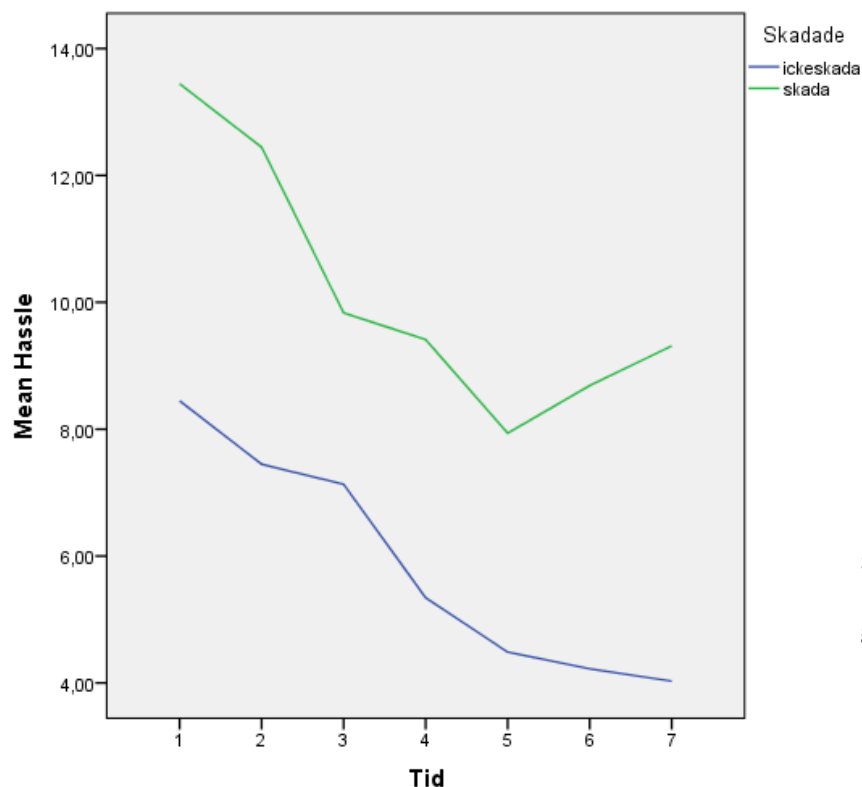
* $p < 0.05$

NS = non-significant

Ivarsson, A., Johnson, U., & Podlog, L. (in press).
Psychological Predictors of Injury Occurrence: A
prospective investigation of professional Swedish
soccer players. Journal of Sport Rehabilitation.

Figure. 2. Relationships between trait anxiety, negative life event stress, adaptive coping, daily hassle and injury frequency. *Note:* path coefficients designated by a * are significant at the $p < .05$, while those designated with a ** are significant at $p < .01$. Nonsignificant paths are replaced by NS.

Result Study B



Ivarsson, A., Johnson, U., & Lindwall, M. (submitted). Level and change in psychosocial stress during a 7 week period predict sport injuries in a Premier Soccer population: A latent growth curve analysis. *Journal of Sport and Exercise Psychology*.

Figure. Intercept och slope in hassle for injured (n=18) and non-injured (n=36) players.

Studies 2012

Purpose study C

The purpose of the study is to prospectively examine how stress, burnout, psychological and physiological fatigue are related to each other and how these variables will influence injury risk.

Participants

About eighty Swedish junior elite soccer players competing at the highest level in Sweden.

Procedure

The participants will once a week, during a 15 week period, complete stress/burnout/fatigue scales. Injury will be collected by the team physiotherapist during the study time.

Purpose study D

The purpose of the study is to identify psychological, physiological and demographical injury risk factors.

Participants

200 female elite soccer players competing in "Damallsvenskan 2012"

Procedure

The participants will in the beginning and in the end of the season, complete personality, stress and coping scales. Physiological data and injury frequency will be collected on a frequently basis during the season.

Study E

Purpose

The purpose of the study is to investigate if it is possible to decrease injury risk among elite soccer players by implementing a psychological skills intervention based on the findings from the three other studies and previous research (for example Johnson et al., 2005).

Participants

A total of 60 elite soccer players will be randomized into one experimental- and one control group.

Procedure

A psychological skills intervention will take place, with the experimental group, during 10 weeks period.

Acknowledgements

- The Swedish Football Association (founding of the project)
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Thank you for listening

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