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Research environment: Center of research on Welfare, Health and Sport (CVHI)

The Research School in Entrepreneurship – Health

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Title: Injury prevention with a psychological approach among floorball players in Sweden.

This project is aiming to reduce experience of stress and the number of injuries among elite floorball players in Sweden. All players are invited, both men and women through their team-coaches. Participating players will be asked to fill in demographic data and psychometric instruments at the beginning of the project and several times during two seasons. All injuries that occur during the project time will be recorded. The participating teams will be randomized into control group or intervention group. Teams in the intervention group will take part in a course aiming to reduce experienced stress within and without floorball during the first season. The intervention will be followed up the coming season (with stress and injuries as outcome). Data will also be used to explore factors contributing to overuse injuries in a qualitative study. A health economic aspect of conducting a prevention study will be evaluated.

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