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The Mindful Injured Athlete Program

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A close-up photograph of a person's lower legs and feet. They are wearing blue athletic sneakers with white soles. Their right ankle is being massaged by two hands, one of which is pointing to the area. The background is a dark, textured surface, possibly asphalt.

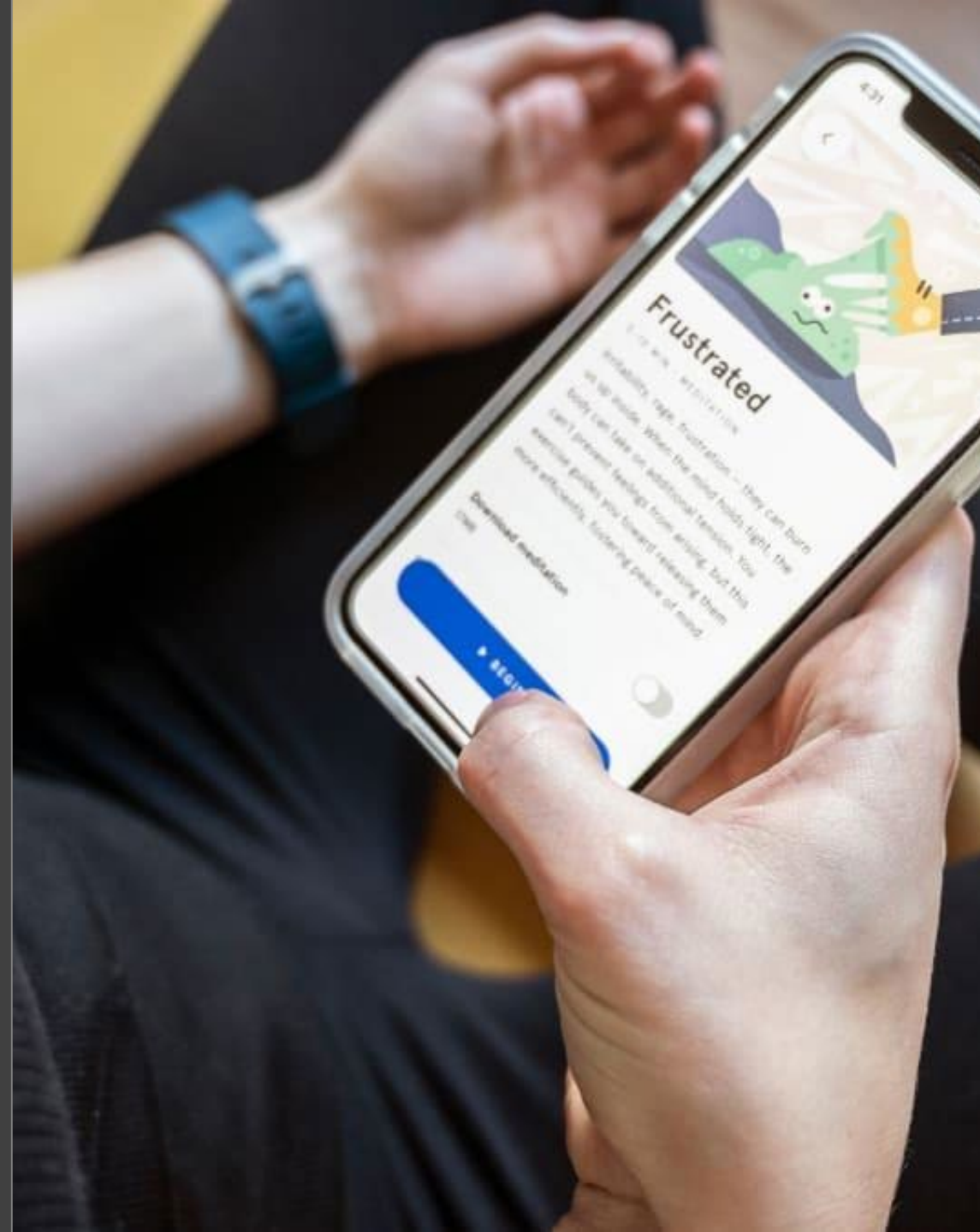
The Mindful Injured Athlete Program: Mindfulness Based Interventions for Division III Student -Athletes in Athletic Training Rehabilitation

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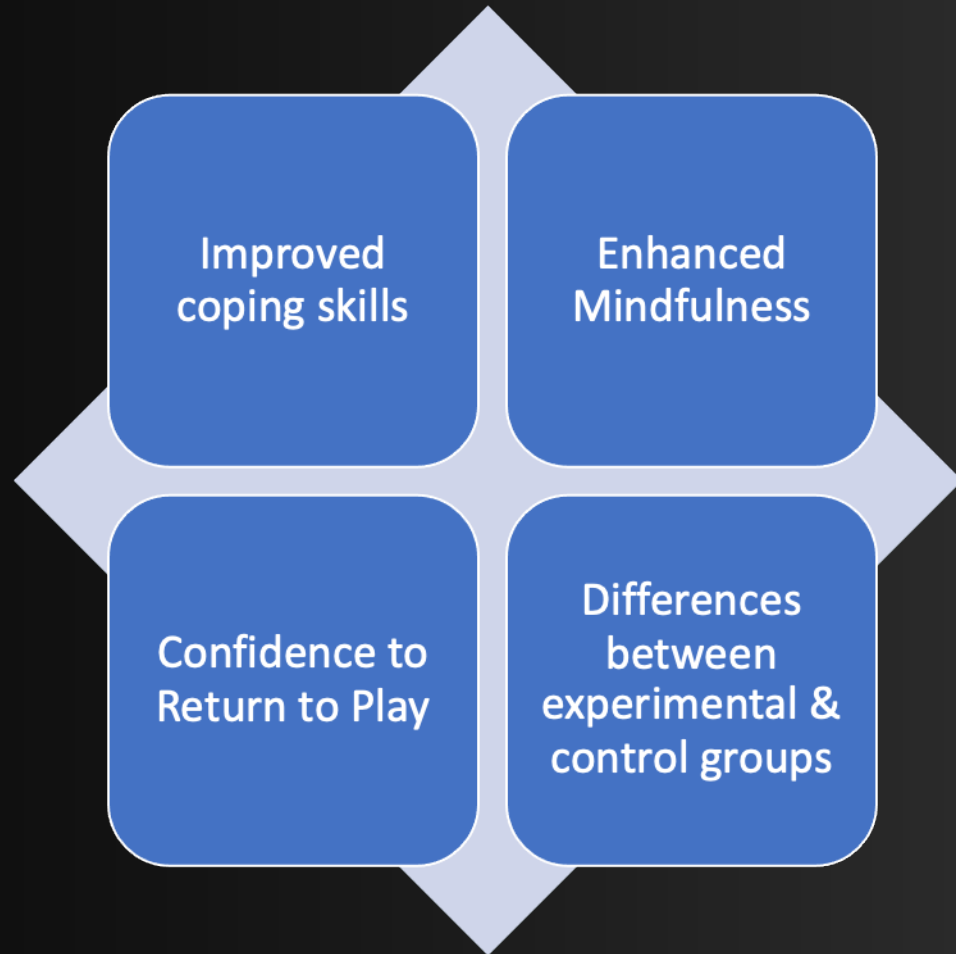
Faculty Research Day
March 30, 2022

Specific Aims

- By implementing the Headspace app during rehabilitation sessions, this study explored the importance of addressing participants' mental well-being and physical well-being while encountering the stress of injury examining:
 - Depression, anxiety and stress levels
 - Coping abilities
 - Confidence to return to sport
- Participants
- Instruments
- Difference of Groups



Summary of Findings



• Suggestions future research:

- Increase number of participants
- Focus on severity of injuries (how much time missed from practice/competition)
- Examining differences of being injured in season vs. off - season
- Comparing differences between fall sport athletes and spring sport athletes