

The background of the slide is a blurred photograph of children playing a sport, likely soccer, on a field. The colors are warm, with reds and oranges, suggesting a sunset or stadium lighting. The text is overlaid on a semi-transparent white rectangular area.

Children's Experiences with a Sport-Related Injury

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RATIONALE



- Increase in children participation in sport (Weinberg & Gould, 2003).
- Age may impact injury response (Brewer, Linder, & Phelps, 1995; Smith, Scott, O'Fallon, & Young, 1990; Wiese-Bjornstal, Smith, Shaffer & Morrey, 1998).
- Lack of research on children's experiences with injury



PARTICIPANTS

- N = 10 (4 male, 6 female)
 - 9 – 14 years of age
 - Length out of sport
 - 2 days – indefinitely
 - Sports
 - Diving
 - Gymnastics
 - Mountain Biking
 - Skiing
 - Soccer
 - Taekwondo
 - Trampoline & Tumbling



METHOD

- Semi-structured interview format
- Face-to-face (n = 8), telephone (n = 2)
- Interview length = 15 - 30 minutes
- Inductive analysis (Scanlan, Ravizza, & Stein, 1989)
 1. Identify common themes in raw data
 2. “Higher order themes”
 3. “Dimensions”



DIMENSIONS

- Emotional responses
- Social factors
- Physical factors
- Strategies
- Outcomes





EMOTIONAL RESPONSES

- Anxiety
 - Fear of re-injury
 - Fear of unknown
 - General fear
- Lack of activity
 - Frustration
 - Excitement to return
- Denial
- Confusion
- Confidence
- Guilt



Emotional Responses (Fear of re-injury)

“I would wear the ankle brace in games, but I wouldn't wear it in practice...I wasn't that confident not to wear it in games cause I didn't want anything else to happen.”

"I'm not confident when I start to do stuff. I like double think, and I think, 'Whoa, what will happen if I do this' instead of just, go ahead and doing it."

Emotional Responses (Denial)

“I didn't think it was broken at first...I just didn't want it to be broken and I thought it wasn't.”

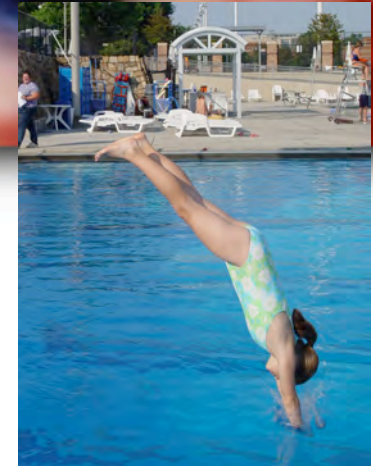


SOCIAL FACTORS

- Isolation
- Treatment from others
 - Medical care
 - Positive responses
 - Pressure
 - Being treated differently



Social Factors (Pressure)



“They still asked me to do it. And I said, I don’t want to do it. And then, he kept pushing me to do it. But I didn’t want to do it, so I’d mostly leave early because they would keep pushing me the whole night.”



Social Factors

(Being treated differently)



“I don’t really like it when they treat me differently, because, like, I don’t know, just like when people know that you’re injured, they treat you differently and I don’t like that.”



PHYSICAL FACTORS

- Pain
- Side effects
- Continual symptoms



Physical Factors (Pain)

“The worst day in my life. The hurting part, hurting part, that's why. That's the sucky part.”



Physical Factors (Continuing symptoms)

“I ski fine, it just bugs me. Like if I ski powder, like the whole day, or anything, it kills me.”





STRATEGIES

- Behavioral
- Cognitive
- Social

Strategies (Behavioral)

“It was good to watch from the sidelines and be in another perspective, but it was really annoying...It was good to observe. I just wanted to play.”





Strategies (Social)

“I finally got to tell someone how I felt about it, cause I never really had a talk about it like this.”



OUTCOMES

- Negative outcomes
- Lessons learned



Lessons Learned

“It helped me see, it's not a matter of if you're gonna have the injury, it's a matter of when. And my injury wasn't even that bad of an injury. So when the time does come, you can work through injury. It's not gonna be...It might be a bit of a challenge, but it's nothing that you can't work through.”





Connection to Integrated Model

- “Most Notable”
 - Emotional responses
 - Denial
 - Fear of unknown
 - Fear of reinjury
 - Frustration
 - Boredom over lack of activity
 - Positive outlook
 - Importance of social interactions
 - Lack of involvement from coaches

Parental Involvement



Suggestions

- Ask them...listen
- Medical professionals
- Coaches
 - Support
 - Potential fear

