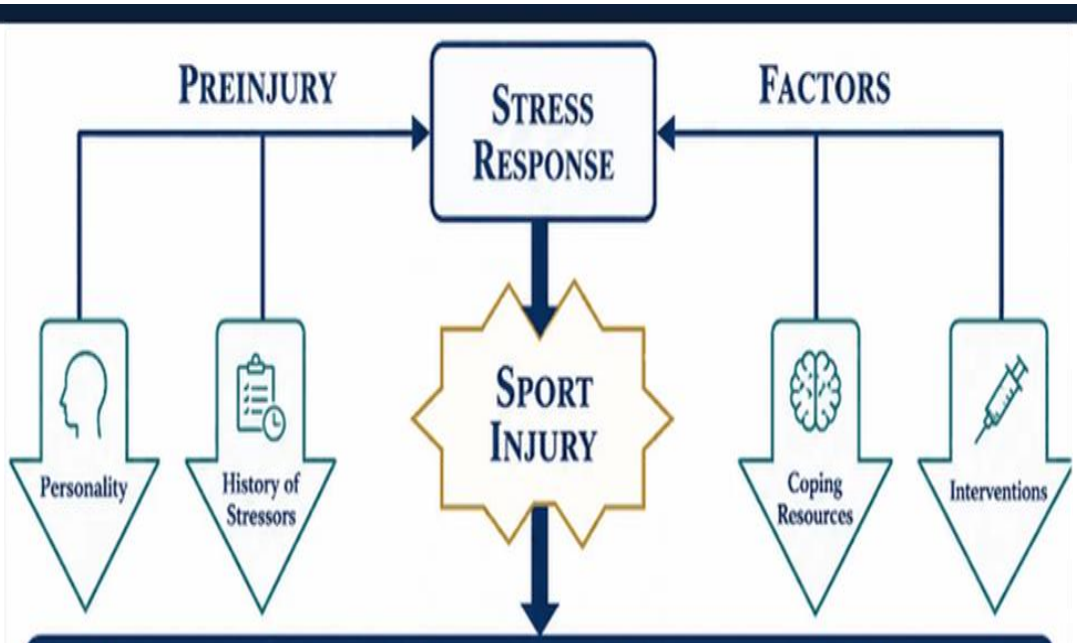


RESPONSE TO SPORT INJURY AND REHABILITATION PROCESS

PERSONAL FACTORS

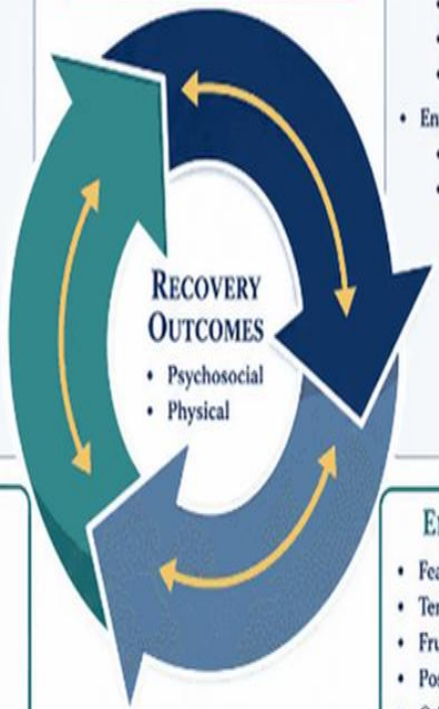
- Injury
  - History
  - Severity
  - Type
  - Perceived cause
  - Recovery phase
- Individual differences
  - Psychological
    - personality
    - self-perceptions
    - self-motivation
    - motivational orientation
    - pain tolerance
    - athletic identity
    - coping style
    - psychological skills
    - history of stressors
    - locus of state
  - Demographic
    - gender
    - age
    - ethnicity
    - socioeconomic status
    - prior sport experience
  - Physical
    - use of ergonomic aids
    - physical health status
    - disordered eating

SITUATIONAL FACTORS

- Sport
  - Type
  - Level of competition
  - Time in season
  - Playing status
  - Practice vs. game
  - Scholarship status
- Social
  - Teammate influences
  - Coach influences
  - Family dynamics
  - Sports medicine team influences
  - Social support provision
  - Sport expectations/sanctions
- Environmental
  - Rehabilitation environment
  - Accessibility to rehabilitation

COGNITIVE APPRAISAL

- Goal adjustment
- Rate of perceived recovery
- Self-perceptions
- Belief & attributions
- Sense of loss or relief
- Cognitive coping



BEHAVIORAL RESPONSE

- Adherence to rehabilitation
- Use of PST strategies
- Usefulness of social support
- Risk taking behaviors
- Effort and intensity
- Malreporting
- Behavioral coping

EMOTIONAL RESPONSE

- Fear of unknown
- Tension, anger, depression
- Frustration, boredom
- Positive attitude/outlook
- Grief
- Emotional coping