

Est.
1841

YORK
ST JOHN
UNIVERSITY

Forsdyke, Dale ORCID logoORCID:
<https://orcid.org/0000-0003-4283-4356>, Gledhill, Adam and Smith, Andy (2017) Psychosocial factors related to sports injury outcomes in elite female soccer players. In: The Future of Football Medicine - Isokinetic, 13th - 15th May 2017, Camp Nou, Barcelona.

Downloaded from: <https://ray.yorks.ac.uk/id/eprint/2577/>

Research at York St John (RaY) is an institutional repository. It supports the principles of open access by making the research outputs of the University available in digital form. Copyright of the items stored in RaY reside with the authors and/or other copyright owners. Users may access full text items free of charge, and may download a copy for private study or non-commercial research. For further reuse terms, see licence terms governing individual outputs. [Institutional Repository Policy Statement](#)

RaY

Research at the University of York St John

For more information please contact RaY at ray@yorks.ac.uk

The Future of Football Medicine

Camp Nou, Barcelona • 13th - 15th May, 2017



ISOKINETIC
MEDICAL
GROUP



Hosted by:



FCBARCELONA

Psychosocial factors related to sports injury outcomes in elite female soccer players

Dale Forsdyke¹, Dr Adam Gledhill², & Professor Andy Smith¹

¹ York St John University, York, UK; ² Leeds Beckett University, Leeds, UK

Twitter: ¹@forsdyke_dale; ²@gleds13

Background and rationale

Reported injury incidence between 1.4-23.6 injuries per 1000 hours soccer exposure (Gaulrapp et al. 2010, Giza et al. 2005; Tegnander et al. 2008) with increased reported incidence of 67.4 injuries per 1000 hours elite competition exposure (Junge & Dvorak, 2007)

Return to sport rates from injury is poor in both short 46-67% and longer term 31% (Brophy et al. 2012; Sandon, Werner & Forssblad, 2015) with poor return to pre-injury performance rates 40-65% (Allen et al. 2016; Ardern et al. 2012; Waldén et al. 2016)

Psychosocial as much as physical factors are associated with injury outcomes across a number of common injuries (e.g. Ardern et al. 2014; Fältstrom et al. 2015; Forsdyke et al. 2016; Mallow et al. 2016; Sonesson et al. 2015)

Much of our empirical and theoretical understanding in sports medicine is derived from male dominated samples (Costello, Bieuzen & Bleakley, 2014)

Study methods

Eight UK-based international female soccer players with severe (>2 months time-loss) MSK injuries took part in retrospective photo elicitation interviews (*M* age 29.63 ±7.26 years, *M* international caps 34, *M* injury time-loss 7.13 ± 4.51 months, *M* interview length 57.5 ±7.16 mins, data yield 202 pages single-lined text)



Four additional participants theoretically sampled (family member, sports clinician, team coach, sport peer)



Iterative cycle of sampling, data collection, transcription, interpretive thematic analysis until adequate saturation (see Braun & Clarke, 2006) and theoretical integration



Rigour and credibility enhanced through peer debrief with research team, member reflections, and multi-vocality (see Tracy, 2010).

Study results

Core categories

Personality

Coping

Social support

Sub categories

Resilience

Autonomy

High personal standards

Use of psychological skills

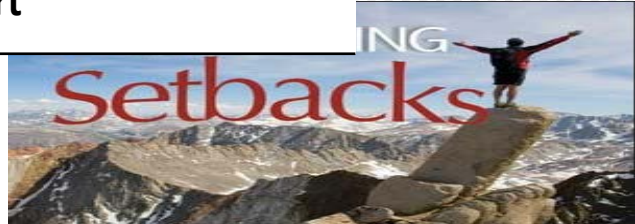
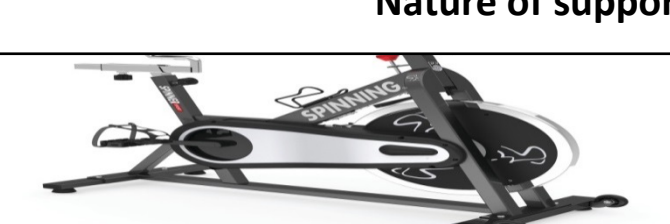
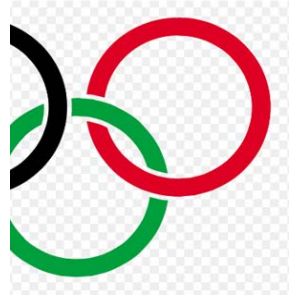
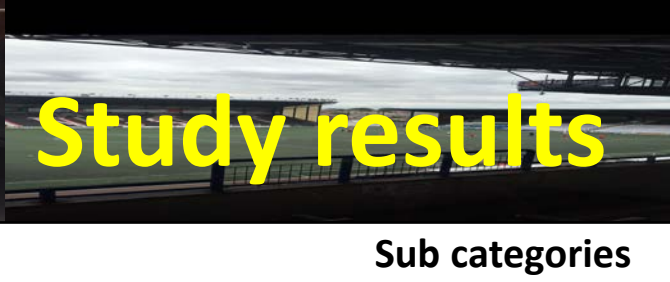
Types of coping

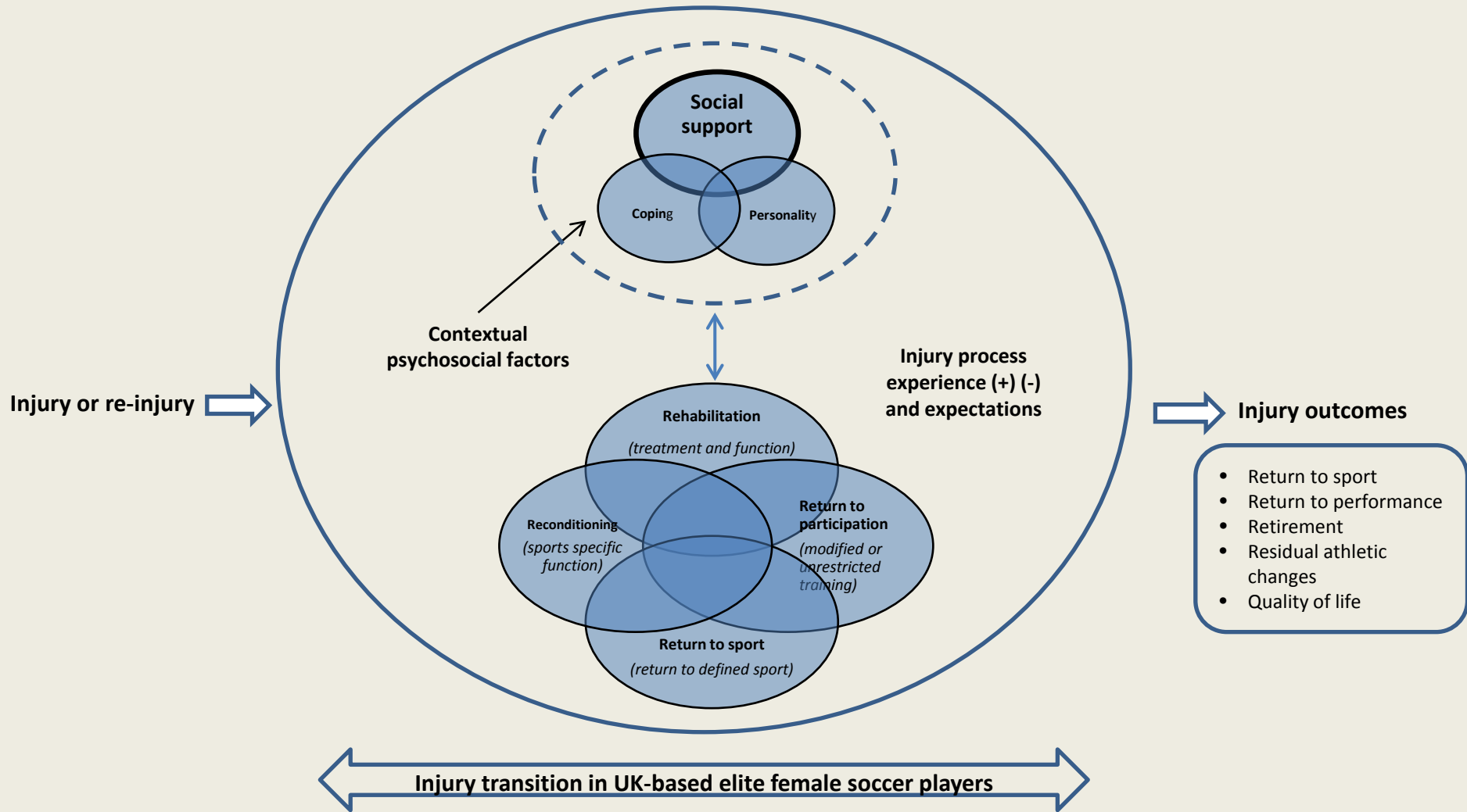
Previous injury history

Significant providers

Cohesiveness of support

Nature of support





Impactful raw data quotes

“there’s been a lot of me trying to tell them it’s not right and for them to trust me, cos a lot of them say like no it should be right by now but I’m like I’ve never injured my knee before but I’m sure it should not feel like that...they’d [medical consultants] be telling me they wanna inject it with steroids injections...I’ve had too many injections to know that it’s not helping”

Costa: giving an example how her sense of autonomy was undermined during complex ACL recovery

“I was concerned but I was too scared to say anything because I wanted to if he [team manager] was really that interested in helping me he [team manager] would probably have contacted me more...I have told my national coach about my feelings and he’s used it against me...I just feel like then they start reading into things...they thought I was weaker than I was...I just keep my feeling to myself it works better that way”

Cherry: explaining why she decided not to disclose how she was feeling about RTS after injury

Take away messages....

Psychosocial factors are related to injury experience and expectations, and ultimately outcomes of sport injury

Perceptions of social support quality (especially provided by sports injury practitioner and team coach) appear most important

Sports injury practitioners should form a cohesive interdisciplinary rehabilitation alliance and regularly monitor psychosocial needs of athletes to enhance sport injury outcomes.

XXVI International Conference
on Sports Rehabilitation and Traumatology

The Future of Football Medicine

Camp Nou, Barcelona • 13th - 15th May, 2017



ISOKINETIC
MEDICAL
GROUP



Hosted by:



FCBARCELONA



Thank you for listening

References

- Allen MM, Pareek A, Krych AJ, et al. Are female soccer players at an increased risk of second anterior cruciate ligament injury compared with their athletic peers?. *American Journal of Sports Medicine* 2016, Published Online First: [03/06/2016] doi: 10.1177/0363546516648439
- Ardern CL, Taylor NF, Feller JA, & Webster KE. Return-to-sport outcomes at 2 to 7 years after anterior cruciate ligament reconstruction surgery. *American Journal of Sports Medicine*. 2012; 40:41-48.
- Ardern CL, Österberg A, Tagesson S, et al. The impact of psychological readiness to return to sport and recreational activities after anterior cruciate ligament reconstruction. *British Journal of Sports Medicine* 2014; 48:1613–1619.
- Braun V, & Clarke V. Using thematic analysis in psychology. *Qualitative Research in Psychology* 2006; 3(2):77-101.
- Brophy RH, Schmitz L, Wright RW et al. Return to play and future ACL injury risk after ACL reconstruction in soccer athletes from the Multicenter Orthopaedic Outcomes Network (MOON) group. *American Journal of Sports Medicine* 2012;40: 2517–2522.
- Costello JT, Bieuzen F, & Bleakley CM. Where are all the female participants in Sports and Exercise Medicine research?, *European Journal of Sport Science* 2014; 14(8): 847-851.
- Fältström A, Hägglund M, & Kvist J. Factors associated with playing football after anterior cruciate ligament reconstruction in female football players. *Scandinavian Journal of Medicine and Science in Sports* 2016; 26:1343-1352.
- Forsdyke D, Smith A, Jones M et al. Psychosocial factors associated with outcomes of sports injury rehabilitation in competitive athletes: a mixed studies systematic review. *British Journal of Sports Medicine* 2016; 50:537-544.
- Gaulrapp H, Becker A, Walther M et al. Injuries in women's soccer: a 1-year all players prospective field study of the women's Bundesliga. *Clinical Journal of Sport Medicine* 2010; 20:264-271.

- Giza E, Mithöfer K, Farrell, L, et al. Injuries in women's professional soccer. *British Journal of Sports Medicine*; 2015; 39:212:216.
- Junge A, & Dvorak J. Injuries in female football players in top-level international tournaments. *British Journal of Sports Medicine* 2007; 41(Suppl 1):i3-i7.
- Mallows A, Debenham J, Walker T, et al. Association of psychological variables and outcome in tendinopathy: a systematic review. *British Journal of Sports Medicine* 2016; Published Online First: 16 November 2016. doi: 10.1136/bjsports-2016-096154
- Sandon A., Werner S., & Forssblad M. Factors associated with returning to football after anterior cruciate ligament reconstruction. *Knee Surgery, Sports Traumatology, Arthroscopy* 2015; 23:2514-2521.
- Sonesson S, Kvist J, Ardern C. et al. Psychological factors are important to return to pre-injury sport activity after anterior cruciate ligament reconstruction: expect and motivate to satisfy. *Knee Surgery, Sports Traumatology, Arthroscopy* 2016; Published Online First: [25/08/2016] doi:10.1007/s00167-016-4294-8
- Tracy SJ. Qualitative quality: eight "big-tent" criteria for excellent qualitative research. *Qualitative Inquiry* 2010; 16(10):837-851.
- Tegnander A, Olsen OE, Moholdt TT, & Bahr R. Injuries in Norwegian female elite soccer: a prospective one-season cohort study. *Knee Surgery, Sports Traumatology, Arthroscopy* 2008;16:194-198.
- Waldén M, Hägglund M, Magnusson H, et al. ACL injuries in men's professional football: a 15-year prospective study on time trends and return-to-play rates reveals only 65% of players still play at the top level 3 years after ACL rupture. *British Journal of Sports Medicine* 2016; Published Online First: 31 March 2016. doi: 10.1136/bjsports-2015-095952