

# Study of self-perceived psychological and emotional well-being of young Paralympic athletes

<b>Submission date</b> 30/05/2017	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 29/06/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 04/07/2024	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The psychological well-being of an individual is defined by the dynamic balance between personal needs and the external environment. In the case of disabled people, there usually is a natural unbalance of needs/potentialities and environment which makes it even more urgent to pursue the enhancement of psychological (mental) well-being, addressing the integration in a positive and gratifying context that could promote personal evolution. Sport activities, especially at agonistic (individual or team sports) level, are likely the most effective means for the practical realisation of this strategy. The aim of this study is to investigate whether agonistic sport affects the self-perceived psychological and emotional well-being of disabled young people.

### Who can participate?

Youth aged 12 to 23 who are participating in the European Para-Youth Games 2017, the promotional Paralympic Swimming Italian Youth Paralympic Championship, April 29-30, 2017, Fabriano (An), Italy, and the Italian Paralympic Swimming Championship of sport clubs, May 20-21, 2017, Lignano Sabbiadoro (Ud), Italy, and young disabled people who do not practice agonistic sports.

### What does the study involve?

Participants are asked to fill in a questionnaire to assess their mental and emotional well-being. This can be done in person, online, or face to face using the assistance of a relative. The results from the Paralympic athletes are compared to the results of the reference population which is the young disabled people who do not practice agonistic sports.

### What are the possible benefits and risks of participating?

There are no notable benefits or risks with participating.

### Where is the study run from?

This study is run by the Institute of Neurology, Department of Neuroscience, Rehabilitation, Ophthalmology, Genetics, Maternal and Child Health University of Genoa (Italy)

When is the study starting and how long is it expected to run for?  
April 2017 to December 2018

Who is funding the study?  
University of Genoa (Italy)

Who is the main contact?  
Dr Luca Puce  
luca1puce@gmail.com

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Luca Puce

**ORCID ID**  
<http://orcid.org/0000-0003-0825-2707>

**Contact details**  
Institute of Neurology, Department of Neuroscience, Rehabilitation, Ophthalmology, Genetics,  
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University of Genoa  
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## Additional identifiers

**EudraCT/CTIS number**  
Nil known

**IRAS number**

**ClinicalTrials.gov number**  
Nil known

**Secondary identifying numbers**  
Nil known

## Study information

**Scientific Title**  
Do questionnaires on self-perceived psychological and emotional well-being administered to young Paralympic athletes, as compared to disabled people that do not practice agonistic sport, provide evidence of the positive role of agonistic sport?

**Study objectives**

The aim of this study is to investigate whether agonistic sport affects the self-perceived psychological and emotional well-being of disabled young people.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics approval as of 03/10/2017: Ethics committee CER-Liguria (regional ethical committee of region Liguria, Italy, 02/10/2017, ref: 351REG2017

Previous ethics approval: Ethic approval was not required, as this work is an observational study involving administration and answering of questionnaires, that are well-established and internationally validated scientific tools. No administration of drugs is involved. No formal procedures with ethics boards have been registered.

**Study design**

Single-centre cross-sectional study

**Primary study design**

Observational

**Secondary study design**

Cross sectional study

**Study setting(s)**

Other

**Study type(s)**

Quality of life

**Participant information sheet**

Not available in web format, please use the contact details to request a patient information sheet

**Health condition(s) or problem(s) studied**

Physical disability

**Interventions**

Current Interventions (as of 24/01/2018):

Participants include young Paralympic athletes from the European Para-Youth Games 2017, Paralympic Swimming Italian Youth Paralympic Championship 2017, and the Italian Paralympic Swimming Championship of sport clubs 2017, as well as a reference population. Participants are randomised as belonging to different European countries and age from 12 to 23 years old.

Participants at these events are administered the questionnaires to complete. The questionnaire includes the Psychological General Well-Being Index (PGWBI) and the Short Form SF-12 index questionnaires. These questionnaires are well established and validated scientific tools, used to assess the self-perceived psychological and emotional well-being of young Paralympic athletes

as compared young disabled people that do not practice agonistic sports. The questionnaires take under 30 minutes to fill-in and they can be either self-administered or administered in the form of a face-to-face interview with the assistance of a relative. The survey is anonymous.

The reference population (that include disabled youth who do not practice sport) are recruited by contacting psychiatry clinics across European countries taking part in the events. In this case, contact people are identified and are given instructions for administration of the questionnaires and assistance. Moreover, the link to the questionnaires are posted in the web page of the event European Para-Youth Games 2017, which will be reached not only by disabled athletes, but also by disabled non-athletes. Social media (Facebook) will further disseminate the link to the questionnaire.

Both groups complete the same questionnaires.

#### **Previous Interventions:**

Participants include young Paralympic athletes from the European Para-Youth Games 2017, as well as a reference population. Participants are randomised as belonging to different European countries and age from 12 to 23 years old.

Participants at the European Para-Youth Games 2017 are administered the questionnaires to complete. The questionnaire includes the Psychological General Well-Being Index (PGWBI) and the Short Form SF-12 index questionnaires. These questionnaires are well established and validated scientific tools, used to assess the self-perceived psychological and emotional well-being of young Paralympic athletes as compared young disabled people that do not practice agonistic sports. The questionnaires take under 30 minutes to fill-in and they can be either self-administered or administered in the form of a face-to-face interview with the assistance of a relative. The survey is anonymous.

The reference population (that include disabled youth who do not practice sport) are recruited by contacting psychiatry clinics across European countries taking part in the event (European Para-Youth Games, 9-15 October 2017). In this case, contact people are identified and are given instructions for administration of the questionnaires and assistance. Moreover, the link to the questionnaires are posted in the web page of the event European Para-Youth Games 2017, which will be reached not only by disabled athletes, but also by disabled non-athletes. Social media (Facebook) will further disseminate the link to the questionnaire.

Both groups complete the same questionnaires.

#### **Intervention Type**

Behavioural

#### **Primary outcome measure**

1. Psychological well-being is measured using the Psychological General Well-Being Index (PGWBI).
2. Emotional well-being is measured using the Short Form SF-12 index.

#### **Secondary outcome measures**

1. Demographics (gender, age range, country, type of disability) are measured using questionnaires.
2. Physical well-being is measured using the Short Form SF-12 index

#### **Overall study start date**

01/04/2017

**Completion date**

30/09/2019

## **Eligibility**

**Key inclusion criteria**

Current participant inclusion criteria (as of 24/01/2018):

Population under examination:

1. Participants in a national and international sport events, the European Para-Youth Games, 9-15 October 2017, Liguria, Italy, the promotional Paralympic Swimming Italian Youth Paralympic Championship, April 29-30, 2017, Fabriano (An), Italy, and the Italian Paralympic Swimming Championship of sport clubs, May 20-21, 2017, Lignano Sabbiadoro (Ud), Italy
2. Age range 12-23 years
3. Both genders

Reference population of a similar number of subjects:

1. Young disabled people who do not practice agonistic sport
2. Recruited via clinics in Europe and at events for disabled peoples

Previous participant inclusion criteria:

Population under examination:

1. Participants in an international event, the European Para-Youth Games, 9-15 October 2017, Liguria, Italy
2. Age range 12-23 years
3. Both genders

Reference population of a similar number of subjects:

1. Young disabled people who do not practice agonistic sport
2. Recruited via clinics in Europe and at events for disabled peoples

**Participant type(s)**

Other

**Age group**

Mixed

**Lower age limit**

12 Years

**Upper age limit**

23 Years

**Sex**

Both

**Target number of participants**

800-1200 for the population under study and equal number for the reference population

**Total final enrolment**

200

**Key exclusion criteria**

Aged under 12 or over 23 years old

**Date of first enrolment**

01/09/2017

**Date of final enrolment**

31/12/2017

**Locations****Countries of recruitment**

Albania

Belgium

Bulgaria

Croatia

Cyprus

Czech Republic

Denmark

Estonia

Finland

France

Germany

Greece

Hungary

Iceland

Ireland

Israel

Italy

Latvia

Luxembourg

Montenegro

Netherlands

Norway

Poland

Portugal

Romania

Slovakia

Slovenia

Spain

Sweden

Switzerland

United Kingdom

### **Study participating centre**

**Institute of Neurology, Department of Neuroscience, Rehabilitation, Ophthalmology, Genetics,  
Maternal and Child Health University of Genoa, Genoa, Italy**

L.go P. Daneo, 3

Genoa

Italy

I-16132

## **Sponsor information**

### **Organisation**

University of Genoa

### **Sponsor details**

**Institute of Neurology, Department of Neuroscience, Rehabilitation, Ophthalmology, Genetics,  
Maternal and Child Health**

L.go P. Daneo, 3

Genoa

Italy

I-16132

**Sponsor type**

Hospital/treatment centre

**ROR**

<https://ror.org/0107c5v14>

## **Funder(s)**

**Funder type**

University/education

**Funder Name**

University of Genoa

**Funder Name**

Funding will be obtained from a private sponsor of the event "European Para-Youth Games 2017". Negotiation to get financial support is underway with the company ERG (Edoardo Raffinerie Garrone - ERG S.p.a), via the regional section of the Italian Paralympic Committee, CIP-Liguria

## **Results and Publications**

**Publication and dissemination plan**

As for dissemination, the close relationship of this project with an international event (European Para-Youth Games, 9-15 October 2017, Liguria, Italy) that will be given very broad media coverage will provide a natural dissemination channel through the media themselves. Furthermore, the principal investigator of this project being part of the organization staff of the event will further enhance the dissemination potential of this close relationship.

A press conference of announcement of the event has already taken place 24 and therein the forthcoming collaboration of the organization of the event with the institution of the authors of the present work (University of Genoa) was pointed out. Similarly, articles appeared on general-scope newspapers and news sites have mentioned this collaboration. It is plausible to assume that this represents the beginning of a significant media coverage from mainstream news channels, through press releases. Moreover, information about this project will be conveyed not only on the official web site of the event but also on the web sites of all the involved organizations (International Paralympic Committee IPC, Italian Paralympic Committee CIP, Italian Federation of Paralympic Swimming FINP, Italian Federation of Paralympic and Experimental Sports FISPEs, Italian Federation of Paralympic Sport for Intellectual and Relational Disabilities FISDIR, Italian Federation of Paralympic Sport for visually impairment disabilities FISPIC, Italian Federation of Archery FITARCO, Italian Federation of Sailing FIV, Italian Federation of Table Tennis FITET). Finally dissemination via social networks will be also extensive (hashtag #epyg2017).



The results of this work will be also published on scientific medical journals whose mission is related to quality of life and sport and presented at scientific congresses.

### **Intention to publish date**

30/09/2020

### **Individual participant data (IPD) sharing plan**

Data will be available on request from the principal investigator of this research Luca Puce at [luca1puce@gmail.com](mailto:luca1puce@gmail.com)

### **IPD sharing plan summary**

Available on request

### **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>	protocol	13/11/2017	26/11/2020	Yes	No
<a href="#">Results article</a>		13/07/2023	04/07/2024	Yes	No