

# An intervention to improve adaptability skills and psychological well-being in the elite Irish sport community

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<b>Registration date</b> 28/08/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 28/08/2015	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Career development is no longer conceived as a linear process but instead viewed as unstable and transitional over the individual's life span. Research has shown that individuals' ability to successfully negotiate transitions has implications for their mental health, motivation and productivity. This has increased pressure on organisational support systems to put in place infrastructures to empower individuals to manage their career paths and deal with multiple transitions. This is certainly the case in Irish high performance sport where the need to enhance elite athletes' ability to negotiate transitions and cope with mental health difficulties has been publicly highlighted by several high profile male Irish athletes. How effective an individual is in making a transition and adjusting to change depends on a number of factors including the individual's personal resources. Career adaptability is a personal resource that is described as the individual's ability to deal with change. Research has shown that career adaptability is malleable and highly correlated with psychological well-being. In response to the identified need of the Irish Sports Council's, Irish Institute of Sport, the aim of this project is to develop and test an athlete transition support programme that will enhance career adaptability and psychological well-being in approximately 200 Irish Olympic and Paralympic athletes. As part of the research process, the project will explore gender issues relevant to the development of the intervention programme. It is envisioned that this research will expand the knowledge and skills of Irish service providers working with elite athletes in the area of athlete career transition. The outcomes of this study will improve current support networks around elite Irish athletes and inform policies related to improving athlete support systems and mental health.

### Who can participate?

Adults who have been involved in an Irish high-performance sport programme

### What does the study involve?

Participants will be randomly allocated to one of two groups: the intervention or the control group.

In the intervention group, participants will watch a psycho-educational video clip and attend 3 psycho-education workshops. In the control group, participants will go about life as usual.

What are the possible benefits and risks of participating?

Participants will have the opportunity of learning about: normal responses to major transitions in sport; planning and goal-setting; how to identify and check unhelpful thinking; emotion regulation strategies; self-regulation strategies – planning; problem solving techniques. There are no risks to participants beyond that which they encounter in everyday life. The manner and questions used to assess whether this support programme works are non-intrusive.

Where is the study run from?

Irish Institute of Sport, Dublin

When is the study starting and how long is it expected to run for?

September 2015 to June 2018

Who is funding the study?

Irish Research Council and Irish Institute of Sport.

Who is the main contact?

Ms Emma Burrows

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## Contact information

### Type(s)

Public

### Contact name

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## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

Feasibility, acceptability and effectiveness of a career transition programme to increase adaptability and psychological well-being in elite Irish athletes and their service providers

### **Study objectives**

A 4-part psycho-education intervention will improve adaptability and psychological well-being in members of the elite Irish sport community.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Research and Innovation Support (Dublin City University), 08/09/2014, ref: DCUREC/2014/194

### **Study design**

Interventional wait list control design with pre and post testing

### **Primary study design**

Interventional

### **Study type(s)**

Other

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

Adaptability and psychological well-being

### **Interventions**

1. Intervention arm involves exposure to psycho-educational video clip and attendance at 3 psycho-education workshops targeting adaptability and psychological well-being.
2. Control arm involves life as usual.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Learning, adaptability and psychological well-being. Data collection methods will include surveys such as The COMPAS-W Scale of Wellbeing®, Career Adaptabilities Form 2.0, The Self Control and Self-Management Scale, the Shortened General Attitudes and Beliefs Scale and the Depression Anxiety Stress Scales (DASS-21)

Measurements taken pre and post intervention, and also at 2 months and 6 months following the 2016 Olympic/Paralympic Games.

### **Key secondary outcome(s))**

Self-efficacy, problem solving skills.

Measurements taken pre and post intervention, and also at 2 months and 6 months following the 2016 Olympic/Paralympic Games.

### **Completion date**

01/06/2018

# Eligibility

## Key inclusion criteria

1. Current or prior involvement in an Irish high-performance sport programme
2. 18 years and over

## Participant type(s)

Other

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

All

## Key exclusion criteria

N/A

## Date of first enrolment

01/09/2015

## Date of final enrolment

01/07/2016

# Locations

## Countries of recruitment

Ireland

## Study participating centre

Irish Institute of Sport

National Sports Campus, Blanchardstown

Ireland

Co. Dublin

# Sponsor information

## Organisation

School of Health and Human Performance

**ROR**

<https://ror.org/04a1a1e81>

## Funder(s)

**Funder type**

Research council

**Funder Name**

Irish Research Council

**Alternative Name(s)**

An Chomhairle um Thaighde in Éirinn, IrishResearch

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Research institutes and centers

**Location**

Ireland

**Funder Name**

Irish Institute of Sport

## Results and Publications

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

**IPD sharing plan summary**

Not expected to be made available

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes