

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

Submission date 16/07/2015	Recruitment status No longer recruiting	☒ Prospectively registered
		☐ Protocol
Registration date 28/08/2015	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 28/08/2015	Condition category Mental and Behavioural Disorders	☐ Individual participant data
		☐ 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?

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Contact information

Type(s)

Public

Contact name

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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

Primary study design

Interventional

Study design

Interventional wait list control design with pre and post testing

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