EXAMINING THE DIFFERENCES BETWEEN THE PSYCHOLOGICAL RESPONSES TO INJURY, AND THE SOCIAL SUPPORT NETWORKS AVAILABLE IN TEAM AND INDIVIDUAL SPORTS.
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(Wiese-Bjornstal et al, 1988)
ACKNOWLEDGEMENTS

Firstly, I would like to thank my dissertation tutor Dr. Richard Neil for all of his help and guidance throughout this dissertation period.

Secondly I would like to thank all of the participants for their time and patience.
ABSTRACT

The purpose of the present study was to examine the differences between the psychological responses to injury and the social support networks available in team and individual sports performers. Seven university subjects took part; all had an injury within the last six to eight months that had left them unable to participate in their chosen sport for three weeks or more. The subjects took part in an interview that used questions adapted from the social support survey (SSS, Richman, Rosenfeld and Hardy, 1993) and the psychological responses to sport injury inventory (PRSII). Results from the interviews suggested that in terms of psychological responses towards injury, there are no significant differences in team and individual sports. However in terms of social support the results showed that team performers looked for more social support even if they were receiving it, where as the individual performers knew the support was available if they needed it. An example of this is from participant A, who states “It was the comfort of knowing someone was there if I needed it”. From these results coaches and team managers need to make sure that there are avenues available for injured athletes in terms of social support and help from physios in order to make sure the injury process and re-entry phase is easier for all injured athletes within a university setting.
CHAPTER I

INTRODUCTION
1.1 Introduction
This chapter will introduce two concepts that are key to our understanding of the injured athlete’s psychological responses to injury and the social support networks available. To illustrate how important these are in sport psychology and in helping athletes recover from injury, sporting quotes will be used from elite level athletes.

1.2 Sporting anecdotes
Responding to injuries and having effective social support networks is important for all sport performers. In Denise Lewis’ autobiography (2001) she talked about coming back from injury and the feelings that were present at that time. She referred to how her coach suggested that she try taking off the long jump board on the opposite leg to that which got injured in order to get back to Athletics quicker, she recalls felling horrified at the thought. However, she knew that if she tried to take off on her injured leg she would risk further injury, “I had been warned if I tried to move to quickly, I would do myself more damage” (Lewis, 2001, p. 71). This quote highlights the importance of injury responses and having the right type of support in order to help the injured athlete overcome injury.

Another example of injury in an elite level athlete is Jonny Wilkinson, who was suffering from a re-occurring injury. The injury occurred on his first game for Newcastle after the 2003 world cup final. The fact that he had gone through this injury meant that he knew how it felt and what to do in order to get back playing again. In his autobiography Jonny Wilkinson (2008) refers to help from individuals about getting back after the operation, “being injured wasn’t going to
stop me. Inga, among others, had installed the belief in me that I could still attain the seemingly impossible,” (Wilkinson, 2008, p. 148). This quote suggests that Jonny had a good support network that helped him make decisions concerning his injury and returning back to rugby. In his autobiography Jonny (2008) also states that he knew what he needed to do in order to achieve the goals that he had not yet accomplished, and getting back from injury was the first step to achieving them (Wilkinson, 2008).

1.3 Sport Psychology

Over the past 10 years there has been an increasing amount of research in the psychological aspects of injury and the stages of the injury process (Bianco, 2001; Brewer, 1994; Duda, Smart and Tappe, 1989). Junge (2000) suggested that it is important to keep up to date with the literature to look at current trends in injury research and to explore further avenues that need more attention. One avenue that has regularly been considered by sport psychologists is athlete’s emotional responses to injury (Chan and Grossman, 1988; Gordon and Lindgren, 1990; and Ievleva and Orlick, 1991). This study will focus on the different responses in team and individual sport players, with consideration of previous research and their recent injury problems.

In terms of social support, Veiel and Baumann (1992) suggested that social support is one of the main constructs in health psychology, as studies have shown that healthy people who receive social support are at a lower risk of mortality than people who do not receive social support (Cohen and Syme, 1985). From a psychological standpoint social support helps to improve the ways
in which people cope with major life events and the daily hassles in everyday life (Aldwin, 2000). Holt and Hoar (2006) implied that social support has a large area of scope and potential across a wide range of health and sporting contexts. This study will consider how the injured athletes respond to injury and view the social support they receive in team and individual sports.

1.4 General aims of the study

The general aims of this present study were to investigate the differences in psychological responses to injury and social support networks available between team and individual sport performers who have recently become injured.
CHAPTER III

METHODOLOGY
3.1 Participants

To obtain the participants for this study an email was sent out to the Athletics club chairman and the head coach of male and female rugby teams in a local University. An individual sport (i.e., Athletics, participants A-D) and a team sport (i.e., Rugby, participants E-G) were chosen as Williams (2001) suggested that future research should look at sporting differences and how these differing contexts affect the way that people respond to injury. Seven participants (mixture from Athletics and Rugby) were then selected. The purposeful sample consisted of a mixture of male and female sport performers, with ages ranging from 18-25. This was chosen as Tracey (2003) suggested that future research should look at the responses to injury through different levels of participation. The athletes were all selected because they had an injury between 6-12 months before the interview and the injury had kept them out of their chosen sport for more than three weeks. This makes the study more reliable and consistent as each of the participants has had the same time out of participation in their chosen sport. All of the participants filled out a written consent form which assured their anonymity throughout the study.

3.2 Measures

Two measures were used to inform the interview guide. The measures used were the social support inventory survey (SSS; Richman et al, 1993), and the psychological responses to sport injury inventory (PRSII). The SSS is increasingly used to address social support in sport in relation to injuries (Rees et al, 2007; and Rees et al, 2007). For the purpose of this study the SSS was
adapted and put into interview questions that helped determine the social support that the participants received. The PRSII was developed because previous measures used to assess psychological responses to injury (profile of mood states, POMS) have little relevance to the psychological responses of injured athletes. Indeed, none were developed with the intent to predict variables associated with psychological responses to injury (Evans, Hardy, Mitchell and Rees, 2008). This suggests that POMS lacked reliability and validity when used to measure injury responses (Evans and Hardy, 1999; and Wiese-Bjornstal et al, 1998). POMS have been used in previous research that has looked at the psychological responses to injury (De Heredia, Munoz and Artaza, 2004; Green and Weinberg, 2001 and Quinn and Fallon, 1999). This means that there is support and justification for the present study, as most of the research conducted in this field is not as reliable as once thought.

There is support for the reliability and validity of the PRSII, in Evans et al (2008) studies, the results concluded that the PRSII has a number of characteristics that have not been researched or developed in previous studies conducted on injury responses. Evans at al (2008) has also suggested that researches should use the PRSII in a range of injuries and through different points of the rehabilitation and injury process.

3.2 interview guide

The interview guide (see Appendix B) used in the present study was split into four main sections. The onset of injury and the athlete’s responses, after diagnosis and the athlete’s responses, rehabilitation and the athlete’s responses,
and reentry back into sport and the athlete’s responses. This was looked at as research suggested that responses change over the injury process (La Mott, 1994; Morrey, 1997). Within these four sections questions adapted from the SSS were added into the interview guide to determine the social support available for the athletes at various times throughout the injury process. The interview guide was checked on various occasions by the dissertation supervisor and questions were checked in order to provide the best possible results for this study.

3.3 Procedure

Initially a pilot study of the interview guide was administered. This was conducted in order to find out if the interview guide flowed and was able to produce the right responses from the participants in finding out their psychological responses to injury and the social support networks available to them. Another purpose of the interview guide is to make sure that all the questions flow and that the researcher can practice interview skills in order to collect the best results possible. Once the pilot study had been conducted some of the questions were adapted. An example where the pilot study was changed, was that at the end of the interview, two questions were asked that were similar to questions previously, these questions had to be removed to avoid repetition. Other questions were changed and adapted so they made more sense when they were asked (Appendix A).

3.3.1 Interview protocol

All of the participants were interviewed face to face and tape recorded. All the interviews lasted between 25-30 minutes and were conducted in a study room away from any distraction or bias from the competitive environment. All of the
participants were asked the same questions; however the structure of the interview guide remained open (Silverman, 2006), in order to expand on questions and prompt clearer answers in order gain the most information. Patton (2002) suggested that the use of prompts to add to greater depth and clarification in the interview process. At the beginning of the interview neutral questions were asked in order to get a rapport going with the interviewees. According to Patton (2002) and Silverman (2006) asking neutral questions will make the interviewee feel that they can tell the interviewer anything without thinking that they are doing the interviewer a favor or a disfavor with relation to the context of their given response.

3.4 Data analysis
All the interviews were transcribed on a word document. The transcriptions were then commented on, selecting the key responses in relation to the themes suggested in the literature review and previous research conducted. The key themes were then colour coded (Orange for psychological responses, green for social support and yellow for rehabilitation). Once the data was analyzed it was checked again for reliability so that key quotes and themes were not missed. This way of analyzing the data will show clear patterns and differences in the way the athletes and rugby players respond to injury, and the social support networks that each sport has in place in order to help injured athletes in over coming their injuries. Once the key themes for all the interviewees were analysed, the data was then put into the key themes via tables (see Appendix C), and quotes were
used in order to back up the themes suggested. All the themes are explained in the results/discussion chapter of this study.
CHAPTER V

CONCLUSION
5.1 Conclusion

This section will look at concluding the results and distinguishing between the similarities and differences in the way that athletes and rugby players respond to injury and the social support networks that emerge whilst they are injured and when they return to sport.

All the athletes knew that the support was available if they needed it, whereas the rugby players looked for the support from their team mates because they wanted to feel included within the team. On the whole athletes and rugby players both felt isolated from their injury, but in different ways. Athletes tended to feel more isolated from their coach and their team mates due to the time in which the injury occurred, whereas the rugby players felt more isolated from their team by not being able to play. This agrees with Podlog and Eklund (2006) who suggested that team players felt isolated from their team when they became injured. The study also found that athletes know that the support is available if they need it, whereas rugby players will seek and want the support available to them. This shows that there is a clear difference in how team and individual sports view and receive the support given to them. This is shown further as the study found that rugby players perceived that they were not getting enough support, whereas the athletes perceived that the support they were getting was enough and knew that if they needed more support it was available.

However the results do disagree with the study by Podlog and Eklund (2006) who found that individual athletes view athletic identity as important and need to participate in their chosen sport in order to keep up with that particular
identity. This current study found that athletic identity was more important to the rugby players, participant F stated “It does feel like part of your life has been taken away”. Participant F needed to play rugby in order to keep up with his identity within the team.

In conclusion there are many similarities and differences in how team and individual sports respond psychological to injury and the amount and quality of social support that is provided to them. The main aim of this study was to provide interventions and structure within team and individual sports so that injured athletes know what support is available to them in order to help them overcome any injury problems that may occur. Although the study did not achieve its main aims, the study did provide critical advice to coaches and team managers in order to help their injured athletes feel supported and cope better throughout the injury process. The study also provided clear aims for future research questions.
CHAPTER VI

REFERENCES
6.1 Reference list


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- Green, S.L., and Weinberg, R.S. (2001). Relationships among athletic identity, coping skills, social support, and the psychological impact of


APPENDIX: A
Interview guide

Introduction

2.1: What sport/event do you participate in?
2.2: How long have you taken part in it?
2.3: What level do you compete?
2.4: What injury have you currently suffered with?
2.5: Describe how your injury happened?
2.6: Did someone else impact your injury?
   - Was it your fault?
2.7: Have you had any other injuries that have left you unable to participate in your sport for 3-4 weeks?
2.8: What was the injury and the situation?
2.9: In what ways do you think the previous injury has impacted your current response to the recent injury?
   - Respond differently?
   - Cope differently?
   - Influenced your coping in any way?

Onset of injury

2.10: When you first sustained your injury, how did you initially react?
   - Frustration
   - Anger
   - Devastation
   - Why?
2.11: Who did you blame for your injury?
   - Yourself?
   - Other people?
   - Why?
2.12: How did it make you feel about yourself/ other person involved?
   - Anger
   - Frustration
   - Guilty
   - Why?

2.13: Talk to me about the support you had initially after the injury?
   - Manager
   - Team mates
   - Family
   - What did they do?

2.14: How did this initially make you feel?
   - Supported
   - Increase in confidence towards the injury
   - Relieved
   - Why?

After Diagnosis

2.15: When you received the diagnosis from physios, GP etc., how did you respond?
   - Acceptance
   - Coping
   - Why?

2.16: In the first week of the injury did you go to the training sessions?
   - What made you decide either way?

2.17: How did your team mates/ training partners make you feel?
   - Included
   - Excluded
   - Envious
   - Cheated
   - Banter that made you feel guilty
   - Why?

2.18: Did you feel a sense of loss or socially out casted from you team mates/ training partners?
   - How did this make you feel?
   - Being replaced
   - Not talking to you as much

2.19: What were the things you did to try and cope with this?
   - Help in training sessions
- Keep in contact with team mates
- Go to training sessions
- Go for coffee with team mates
- Elaborate

2.20: If you couldn’t cope, how did you react?
- become isolated
- Shut yourself away from the group
- Why?

2.21: During the first two weeks of injury, did your feelings towards the injury change at all?
- Begin to feel like your old self
- Increase confidence
- More positive
- Still angry
- Restless
- Dispirited
- Why?

2.22: During this period of time how did your coach, manager and physios keep you motivated?
- did they keep you engaged
- did they leave you to get on with it
- How did this make you feel?
- Why?

2.23: How did your family, friends and team mates make you feel during this time?
- supported
- part of the team
- isolated

2.24: Did you receive any other type of social support to aid you through your injury?
- help with transport
- money
- What?

Begin Rehabilitation

2.25: In the weeks leading to the rehabilitation stage, how did you feel about your injury?
- Did it change from the beginning
- Confidence
- Motivation
- Uncertainty
- Anxious
- Why?

**2.26:** Throughout your injury was there a point when you saw the injury as a positive?
- starting rehab
- Why?

**2.27:** Were there any particular people that helped you cope with the injury the most?
- Family
- Friends
- Team mates
- Coach/ Manager
- What did they do?

**2.28:** During rehabilitation what did you club/ team mates do to help you recover?
- Making you feel more included
- Building confidence

**2.29:** Did you feel any type of pressure from your manager/ coach to come back to the sport earlier than you felt comfortable with?
- Making decisions for you
- Rushing you to play/ compete

**2.30:** Did you feel the same pressure from your team mates/ training partners as you did from your coach?
- Rushing you to compete/ play

**Reentry**

**2.31:** When you first joined in with a training session, how did you feel?
- Anxious
- Scared
- Worried
- Excited
- Why?

**2.32:** How did you feel when you first had to engage in the same activity that made you injured?
- worried
- scared
- anxious
- confident

2.33: What did your coach/ manager suggest to do, in order to cope with these feelings?
   - Interventions
   - Imagery
   - Self talk

2.34: Did your coach/ manager suggest you talk to a sport psychologist in order to help with your feelings of low self confidence?
   - If not, who helped you
   - Did it help

2.35: How long did it take in order to feel more confident playing or training with your team mates/ training partners?

2.36: Did you manage to do this by your self or did you have help?
   - friends
   - coach
   - physios
   - psychologist

2.37: Do you feel confident now when you are put into similar situations as when you became injured?

2.38: How long did it take to get back into similar situations?
   - days
   - weeks

Conclusion

2.39: Throughout your injury to what extent did you have someone that gave you moral support when you were feeling down?

2.40: Did this change significantly at all throughout the injury process?
   - person
   - Why?

2.41: To what extent did you have someone that you could turn to for advice about life directional issues to do with the injury?
   - who
   - did it change at all
2.42: To what extent did you have somebody who helped plan training to deal with injury problems?
   - Who?

2.43: Was communication with this person available at all stages of your injury?
   - If not, why not

2.44: Did the same person who helped with your training help you make the decisions about your injury?
   - What way?
   - If no, who helped with this side of things?

2.45: To what extent did you have somebody that would give you financial help for injury treatment?
   - Parents
   - Club
   - manager
   - Private health care.

2.46: Who did you rely on that motivated you and lifted your morale when you were down throughout your injury process?

2.47: Who did you have that listened to your concerns and reassured you about your injury?
   - Family
   - Friends
   - psychologist

2.48: Did you have somebody that helped you with transport to physios etc.??
   - Who is this person?
     - Is it always the same person?

2.49: To what extent did you have someone that helped you consider your options regarding your future in terms of your event/ sport and things that your injury might affect out of the sport?
   - work
   - social life
   - relationships

2.50: Looking back throughout your injury process do you think there is a difference in how you perceived the social support and how much social support you actually received?
   - wasn’t getting enough
   - missing key support such as psychologists
- left to get on with it
- Why?

2.51: What type of social support did you feel you benefited from the most?
- Informational (decisions)
- esteem and confidence
- emotional (listen)
- tangible (training and transport)

2.52: What type of social support do you feel you didn’t have enough of?
- Esteem
- Informational
- Tangible
- Emotional

2.53: Do you think you would have coped better with your injury if you would have had it?
- Why?
APPENDIX: C
### Participant: A

<table>
<thead>
<tr>
<th>Athletics</th>
<th>Psychological responses to injury</th>
<th>Social support networks</th>
<th>Rehabilitation and re-entry</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Onset of injury</strong>&lt;br&gt;&quot;Kinda surprised&quot; - didn’t think it would happen to him.&lt;br&gt;&quot;If I was guna get a serious injury it would have been earlier&quot; - in denial about injury.&lt;br&gt;&quot;A little bit down&quot; - negative emotion (Evans et al, 2006; Green and Weinberg, 2001; Tracey, 2003).</td>
<td><strong>Onset of injury</strong>&lt;br&gt;&quot;My friends were saying don’t make it worse, and my coach was saying well if you’ve got a bad injury you best sit out of training&quot;&lt;br&gt;&quot;My dad erm trusts me to work out the injury myself&quot; - not a lot of support from family, just left to get on with it. Support made him feel &quot;somebody was their if needed any advice&quot; (Hypoth 2).&lt;br&gt;&quot;Comfort of knowing someone was there if I needed it&quot; (Hypoth 2).</td>
<td>**Coach setting goals and providing support for directional issues (Hypoth 3 and 4)&quot; he suggested doing some light work and see how you manage, and if you feel strong enough to move up and train with the rest of the group, jump in&quot;.</td>
<td><strong>Rehabilitation</strong>&lt;br&gt;&quot;The worry was actually making it worse&quot; - fear of re-injury (Ievleva and Orlick, 1991).&lt;br&gt;&quot;Somewhere in the middle of the period I was out&quot; - La Mott, 1994; and Morrey, 1997 U type pattern.</td>
</tr>
<tr>
<td><strong>After diagnosis</strong>&lt;br&gt;&quot;Was a bit gutted&quot; - Negative emotion.&lt;br&gt;&quot;Felt like I was losing out when was from my training&quot; - felt excluded from the training he was missing.&lt;br&gt;&quot;When I started getting better I was happy because then I was thinking about training again soon&quot; - started to feel more positive about middle phase of injury (Le Mott, 1994; Morrey, 1997).</td>
<td><strong>After diagnosis</strong>&lt;br&gt;&quot;Figured it was best to sit back and let it recover&quot; - didn’t get involved with the training (Hypoth 1).&lt;br&gt;Kept him self away from training group throughout injury.&lt;br&gt;&quot;Didn’t have much contact with the coach&quot; - didn’t have much support from coach throughout injury process (Hypoth 2).&lt;br&gt;&quot;Kind of isolated but I did mention it now and then&quot; - isolated himself from family and friends.</td>
<td><strong>Friends motivated him the most. Gave him examples of other people that had similar injuries and managed to get back to full fitness - positive motivational technique.</strong></td>
<td><strong>Rehabilitation</strong>&lt;br&gt;Friends helped him cope with his injury the most Still no contact with his team mates.</td>
</tr>
</tbody>
</table>
## Participant B

<table>
<thead>
<tr>
<th>Athletics</th>
<th>Psychological responses to injury</th>
<th>Social support networks</th>
<th>Rehabilitation and re-entry</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Onset of injury</strong></td>
<td>&quot;Upset not to have finished the race&quot; - negative emotion (Evans et al, 2006; Green and Weinberg, 2001). &quot;I didn’t want to start something I didn’t want to finish&quot; - frustration about the injury (Evans et al, 2006). &quot;I knew it was my fault but then I forgot about it&quot; - didn’t think too much about his injury positive reaction.</td>
<td></td>
<td>Learnt he needed to rehabilitate the injury for the more recent injury, learnt to respond to the injury differently &quot;I learnt from the first one&quot;.</td>
</tr>
<tr>
<td><strong>After diagnosis</strong></td>
<td>&quot;Happy because they said it would take two weeks to heal&quot; - support made him feel happy and confident with his injury. Went to sessions &quot;not wanting to miss out on anything&quot; (Hypoth 1). &quot;I felt guilty not being able to train&quot; - negative emotion to injury. &quot;I was more positive everyday&quot; - thinking more positive. U type emotion (La Mott, 1994; Morrey, 1997).</td>
<td></td>
<td>Pressure to get back from himself (Bianco, 2001; Ievleva and Orlick, 1991; Podlog and Eklund, 2006). Set goals and used imagery in order to help with rehab (Theodorakis et al, 1996) &quot;I just thought imagine my muscles just being painless, being strong&quot;. Physio told him what he had to do, technical and informational support. Viewed the support from his coach and physio as the best support he received. Didn’t really feel he lacked in any support &quot;I didn’t think I lacked in anything&quot;. Didn’t think any more support would of made a difference to his injury process.</td>
</tr>
<tr>
<td><strong>Rehabilitation</strong></td>
<td>&quot;Think I was feeling stronger&quot; - more positive in rehab stage.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Re-entry</strong></td>
<td>&quot;Excited&quot; about getting back into athletics. Confident and had &quot;no worries of getting injured again&quot; when sprinting again.</td>
<td></td>
<td></td>
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</tbody>
</table>

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<table>
<thead>
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<tbody>
<tr>
<td><strong>Participant C</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Onset of injury</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;I cried&quot;</td>
<td>Lack of support from team mates</td>
<td>Coped better with injury due to previous injury problems, more prepared and knew the routine about what to do and how to cope. &quot;I think it helped me mentally because I knew what was going to be expected of me during the injury.&quot;</td>
<td></td>
</tr>
<tr>
<td>&quot;I was just angry with myself for falling&quot;</td>
<td>Lack of support in terms of team mates”</td>
<td>Only received support when she could start back training again &quot;went back to training to see my coach.&quot;</td>
<td></td>
</tr>
<tr>
<td>&quot;I was happy that I wasn't going to be out for so long&quot;</td>
<td>Family was really supportive</td>
<td>Pressure from the coach to train with everyone else &quot;do this, do the whole session&quot;, “I felt the pressure that I had to because didn’t want to let him down”</td>
<td></td>
</tr>
<tr>
<td>&quot;In terms with how the injury developed I was a lot happier that it was getting better&quot;</td>
<td>&quot;I didn’t receive a great deal&quot;</td>
<td>Self talk to try and build confidence again “kept telling myself that I would be ok”.</td>
<td></td>
</tr>
<tr>
<td><strong>Rehabilitation</strong></td>
<td>&quot;I still kept in contact with everyone&quot;</td>
<td>Knew the support was their and needed it (Hypothesis 2) &quot;I knew who were the people I could contact, even just to talk to or moan about how I felt”.</td>
<td></td>
</tr>
<tr>
<td>&quot;It was frustrating that I couldn’t do the sessions everyone else was doing&quot;</td>
<td>Supported mostly by family and friends</td>
<td>In terms of planning rehab, she planned it herself based on previous injuries.</td>
<td></td>
</tr>
<tr>
<td>&quot;Quite anxious&quot;</td>
<td>Friends kept her motivated by asking questions</td>
<td>-Knew she could contact her coach, but didn’t want to “I didn’t use it”. (Hypothesis 2).</td>
<td></td>
</tr>
<tr>
<td><strong>Re-entry</strong></td>
<td>&quot;I still kept in contact with everyone&quot;</td>
<td>Team mates nagging at her to do things in rehab and motivate her “they just kept telling me that over and over again”.</td>
<td></td>
</tr>
<tr>
<td>&quot;Quite anxious”</td>
<td>&quot;I still kept in contact with everyone&quot;</td>
<td>-Perceived she had more support than she actually received (Hypothesis 2, 3 and 4).</td>
<td></td>
</tr>
<tr>
<td>&quot;I didn’t receive a great deal&quot;</td>
<td>&quot;I still kept in contact with everyone&quot;</td>
<td>-Benefitted the most from esteem support, and felt she didn’t have enough informational support.</td>
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</table>

-Perceived she had more support than she actually received (Hypothesis 2, 3 and 4). -Benefitted the most from esteem support, and felt she didn’t have enough informational support.
<table>
<thead>
<tr>
<th>Athletics</th>
<th>Psychological responses to injury</th>
<th>Social support networks</th>
<th>Rehabilitation and re-entry</th>
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</thead>
<tbody>
<tr>
<td>Participant D</td>
<td>Onset of injury</td>
<td>He didn’t have a coach and suggested that if he had a coach he may have not been injured “If I had a coach that would have been able to recognize certain faults in my technique”. Coach asked him to leave the group when he became injured “I actually had to leave his training group” - struggles to find a coach to support him. Had a mentor to advice him on injury. Didn’t seek support from friends and family “My family don’t know too much about sport. Physio and doctor supported him technically (Rosenfeld et al. 1989).”</td>
<td>Learnt to cope better and think more positively about the injury from previous injuries (Williams, 2001) “I had to think quite positively about it and not get to down”. Tried to do training throughout injury process that wouldn’t aggravate the injury. He hit a point when it was getting better and then he felt more positive “Once I hit a stage when I was much more constantly getting better”. Felt he learnt a lot about himself and gained many positive from the injury “It gave me time to learn a lot about myself”. Felt pressure from his running club to get back to athletics sooner then he wanted “I was under pressure to try and get fit for my athletics club”. Completed the activity that got him injured in the rehab stage-still worried about it “There was a lot of doubt and worry”. Used a mental block to block out feeling of fear to do with injury “block out the fear”. He felt if he would have had the psychological help he would have been able to cope better “would have been beneficial”. However thought he could put a positive spin on the lack of support “Put the emphasis on me to sort of fix it”. Felt he only received emotional support; however he actually received emotional support from mentor (Hypoth 2, 4). Felt he didn’t have enough informational or esteem support.</td>
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<td></td>
<td>Onset of injury</td>
<td>Negative emotion at the start of the injury process (Evans et al. 2006; Green and Weinberg, 2001) “I was frustrated because I couldn’t do athletics, which I enjoy”. Frustrated and felt he pushed himself to hard before the injury occurred “I was probably pushing myself to hard”. Found it difficult to cope with the injury “I did question whether I would actually be able to come back from it”. Continued to have negative thoughts about his injury “It would be quite demoralizing how much progress I had”. After diagnosis</td>
<td>U type pattern- felt more positive (La Mott, 1994 and Morrey, 1997) “I was more positive because now I knew what it was”. Felt the coach excluded him, and distanced himself from the other athletes (Hypoth 1) “I think the coach excluded me a bit”. To cope with this he stayed close to the other injured athletes. Still angry and upset with injury “Still a little bit angry and upset”.</td>
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<td>U type pattern- felt more positive (La Mott, 1994 and Morrey, 1997) “I was more positive because now I knew what it was”. Felt the coach excluded him, and distanced himself from the other athletes (Hypoth 1) “I think the coach excluded me a bit”. To cope with this he stayed close to the other injured athletes. Still angry and upset with injury “Still a little bit angry and upset”.</td>
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<td>Rehabilitation</td>
<td>Felt positive at some points and negative in other throughout injury process “Like a bit of a rollercoaster ride”.</td>
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<td>Re-entry</td>
<td>Only felt positive about injury when could run again. Felt excited about training again but also felt anxious about re-entry. Still worries about his injury from time to time “There’s always a bit of a worry”. Friends helped him view his injury in a positive light. Looking back feels frustrated about his injury “it stopped me doing the one thing I really wanted”.</td>
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<tr>
<td>Rugby</td>
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<td><strong>Participant E</strong></td>
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<td>Onset of injury</td>
<td>-Negative reaction to injury (Evans et al, 2006; Green and Weinberg, 2001) &quot;What I was going to be missing in future weeks&quot;. &quot;Disappointed more that anything&quot;. -Felt angry at the person involved for causing her injury &quot;I was a bit frustrated that she took me out late&quot;. -Felt happy at the support she received.</td>
<td>Onset of injury</td>
<td>-Blames her shoes for her injury &quot;I was wearing blades at the time, which studies have show that they are not very good&quot;. -She felt like she couldn’t do anything &quot;I couldn’t physically go and do stuff, that was just hard&quot;. -Viewed the injury as a positive as she was able to concentrate on university work “Nice break as in it was quite nice just to do nothing&quot;. -Felt pressure from herself to get back into Rugby to play in the BUSA final &quot;I knew I had to get back into the squad playing to get selected&quot; -Felt the same pressure from her team mates “suppose they wanted me to come back”. -Did sessions at the start to build up her confidence “Slowly build it up, but in the end I just got stuck in”. -Worried it was down to her to decide when she was going to play again “It was down to me to decide when I played” -Not worried about injury now &quot;I’m defiantly more confident&quot; -Physio gave her a plan that she had to stick to “It was down to me to do everything and kind of adhere to it”. -Coach set her goals to get back to Rugby “I had a target to kind of get me back&quot; -She felt that she needed more support &quot;I thought I needed more kind of help”. Benefitted the most from esteem and confidence support. -Felt she needed more informational support from her coaches and overall thought she would have been playing sooner with that support “I would of come back a bit sooner” “I would have been a bit more kind of ready to play”.</td>
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<td>After diagnosis</td>
<td>Felt completely gutted about her injury &quot;I kind of just felt a part again&quot;. Knew she was missing out on important games/ didn’t feel like part of a team. Got annoyed when people asked her when she was going to be able to play again “A bit frustrating because I was like I don’t know”. Frustrated that she couldn’t play rugby- chose to isolate herself from the team “didn’t really want to get involved”. Still negative towards the injury &quot;I was still quite upset&quot;.</td>
<td>Felt isolated from the team “Felt really left out of the whole kind of scene”. Coaches supportive, making sure she was ok “they were quite supportive and helpful”. Family and boyfriend helping her with everyday tasks “washing my hair and driving me places”.</td>
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<td>Rehabilitation</td>
<td>More positive once the injury started to get better &quot;I could get a bit more involved with the team and stuff&quot;. Felt apprehensive about her injury &quot;I wasn’t sure if it was healed&quot; “It was quite scary&quot;.</td>
<td>Rehabilitation</td>
<td>Boyfriend and family providing support (Udry, 1996) &quot;Just being there for me&quot;. Team mates would support her by going to the gym with her &quot;The UWIC girls would come to the gym with me&quot;.</td>
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<td>Re-entry</td>
<td>Excited about training again &quot;I was quite enthusiastic&quot; Felt worried at the start then felt good about it- fear of re-injury (Podlog and Eklund, 2006) &quot;I was really nervous but then just got straight into it&quot;. Felt more worried about engaging in the same activity as got her injured &quot;I felt more nervous and more anxious then kind of tackling someone&quot;.</td>
<td>Re-entry</td>
<td>Friends and flat mates gave her most support (Udry, 1996). Injury span over the summer so support changed “More my family and friends back home”. Lack of faith on physio “I didn’t have that much faith in her”. Didn’t feel she had anyone to talk to about her injury “didn’t feel like I had really anyone to talk to about actually getting my leg better&quot;.</td>
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<td><strong>Participant F</strong></td>
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<td><strong>Onset of injury</strong></td>
<td>Negative response to injury innately “I was pretty devastated” (Evans et al, 2006; Green and Weinberg, 2001). Thought he had done everything to stop getting injured again “I thought I had done everything in my power to stop it”.</td>
<td>Onset of injury</td>
<td>Had depression in a previous injury, so responded differently to current injury “I saw there was some sort of light at the end of the tunnel”. Managed to cope better because he wasn’t playing so much rugby “My response to the injury was better”. Viewed his injury as an accident and didn’t blame anyone else. From previous injury learnt to focus on getting himself fit again “Concentrating on myself and getting myself back into shape”. After getting over the devastation he set himself goals “I need to set goals, need to set plans and targets”. Was able to try new positions and lose weight from the injury “that is a positive of the fact that now I know that I can play that position”. Coaches tried to make him not think about his injury by giving him an intervention “if you need to stop, take a step back and think about what you’re doing”. Father and friends took on the role of a sport psychologist. A lot of people looked out for him after his depression following a previous injury “I was a lot more open with my feelings so it was easier to cope with”. Physio made sure he was completely ready to play again “block by block and putting it back together”. Used interventions of pictures and how he used to play. Felt he received more support because people knew what he was like before. Benefitted from emotional support the most. Thought he didn’t have enough support in general but didn’t really lack in any of them. Felt that he coped well with the support he had “the support I had was great”.</td>
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<td><strong>After diagnosis</strong></td>
<td>Felt better about the diagnosis this time because he knew what to expect. However still negative “Anger at the fact I had been miss-diagnosed”. Felt very upset with the health care system “Complete and utter disgust at the NHS to be honest”. Knew he had to behave differently this time around “I knew what I had to do this time around”. Wanted to feel part of the team “Just to be part of the team” (Hypoth 1) wanted to support his team mates. Received support from his teammates “There was a lot of sympathy”. Didn’t feel excluded from his team mates, but felt excluded from the game “it does feel like part of your life had been taken away” (Hypoth 5). Kept in contact with team mates and physio. Didn’t receive any support from coach and didn’t get support from physio “they knew I knew what to do”. His mum kept him motivated by reminding him of previous performances “she kept me motivated by the fact of saying you can go back to playing at that level”.</td>
<td><strong>After diagnosis</strong></td>
<td>Felt he received more support because people knew what he was like before. Benefitted from emotional support the most. Thought he didn’t have enough support in general but didn’t really lack in any of them. Felt that he coped well with the support he had “the support I had was great”.</td>
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<td><strong>Rehabilitation</strong></td>
<td>Began to feel more confident about his injury- inverted u theory (La Mott, 1994 and Morrey, 1997).</td>
<td><strong>Rehabilitation</strong></td>
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<td><strong>Participant G</strong></td>
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<td>Onset of injury</td>
<td>Felt devastated about what she was going to missing out on &quot;I was devastated because it was the semi final of BUSA&quot;. (Evans et al, 2006; Green and Weinberg, 2001) Felt guilty about letting the rest of the team down &quot;guilty that I was letting the girls down&quot;.</td>
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<td>-Responded to injury differently as learnt that it wasn’t as bad as previous injuries “Only because I knew it not as bad as my first injury”.</td>
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<td>After diagnosis</td>
<td>Tried to block the injury out &quot;Denial&quot; “Kind of burst into tears”. Still upset and angry about the injury- tried to block the injury out “bit upset and angry, only because you know I was missing out on quite a bit” “I just blocked a lot of it out as well”</td>
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<td>-Went to a few training sessions but found it difficult due to the operation “I wasn’t allowed to really stand around”</td>
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<td>Rehabilitation</td>
<td>Began to see injury as a positive- inverted U theory (La Mott, 1994 and Morrey, 1997) “it was kind of my starting block before I came back”. Did feel a bit nervous about playing rugby again &quot;I was a bit nervous about going back to Rugby&quot;.</td>
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<td>-Coach only wanted her to play again when she was completely ready “so he made me wait another week”. until she could play in a home game.</td>
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<td>Re-entry</td>
<td>Felt most positive first game back “my most positive part was defiantly the first game that I played”. Went in thinking 100% to avoid re-injury “if I don’t go in 100% I’m going to get injured”. (Podlog and Eklund, 2006). Went into sessions feeling confident: I kind of had to feel confident because if I had any doubts I knew I would get injured or pull out”. Felt excluded from her teammates, but just put her head down and got on with it “Kind of excluded, but errn I kind of just got on with it.</td>
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<td>-Coach gave her targets in order to build her confidence “my coach said that I and to do at least four sessions before I played, and they had to be like not stopping”. (Rosenfeld et al, 1989).</td>
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<td>Onset of injury</td>
<td>Felt support was initially good and people were there for her “it was quite good initially” support from coaches. Support she received made her part of the team “kind of part of the team from my team mates, but I wasn’t forgotten because I was injured”.</td>
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<td>-Coaches and boyfriend motivated her to get back, however family and boyfriend lifted her morale if she was feeling down.</td>
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<tr>
<td>After diagnosis</td>
<td>Initially felt part of the team “I felt a bit included”. However due to the BUSA final the team just kept themselves to themselves “after that it was kind of you know their heads down”. She felt like she wasn’t part of the team anymore “I did feel a bit out of it and that I wasn’t part of the team anymore” was able to talk to other friends about this “you know just talk to your friends and stuff”. Coaches made sure she felt part of the team and included “put my input into what I thought that was going to be happening”. Parents were there for her emotionally and boyfriend gave her transport support “boyfriend kind of carted me around in his car”.</td>
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<td>-Injury effected her work and she couldn’t cope which resulted in her having to re-take the year “I couldn’t cope with going to university at that time”.</td>
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<td>Rehabilitation</td>
<td>Coach tried to get her thinking positive “she you know tried to get me thinking in a positive way”. Didn’t really see team mates because it was the summer –didn’t go to sessions because she found it hard “I felt it hard to see others training”</td>
<td></td>
<td>-Felt that she could do things with her team mates “well I didn’t feel like I could do anything”.</td>
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<td>Re-entry</td>
<td>Coach is a sport psychologist so she helped her talk about her injury. Boyfriend and friends provided emotional support (Udry, 1996). Physio around if she needed any help.</td>
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<td>-Didn’t receive as much support as she thought that she would “I didn’t get as much support as I thought I was going to get” (Hypoth, 2 &amp; 4).</td>
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<td>-Felt that she had a bit of most support but more emotional during re-entry to rugby.</td>
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<td>-Felt that she needed more social support from her friends like going out and socializing more.</td>
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<td>-She felt that at the beginning of her injury no amount of social support would of made her feel better “at first I took my injury hard so I don’t think anything could of bought my moral up”.</td>
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</table>