

# Increasing Para-athletes' Access to Sport Psychology

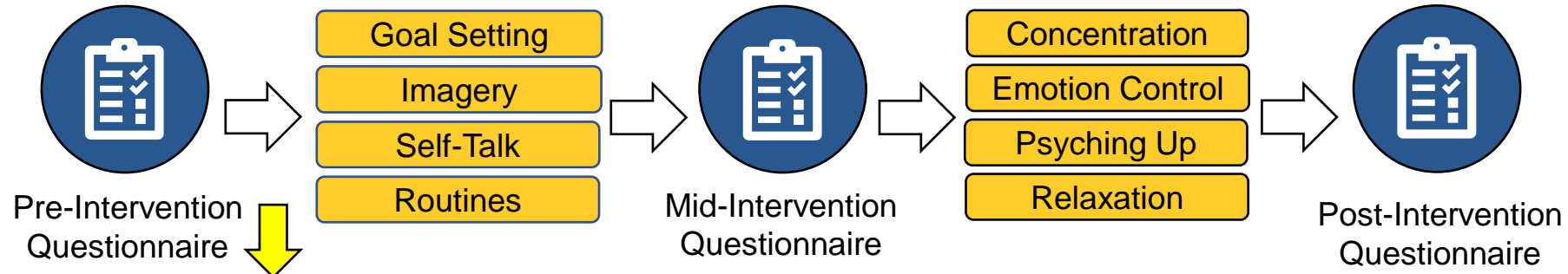
Krista Munroe-Chandler<sup>1</sup>, Frank Ely<sup>1</sup>, Todd Loughead<sup>1</sup>, and Jeffrey Martin<sup>2</sup>

<sup>1</sup>University of Windsor & <sup>2</sup>Wayne State University



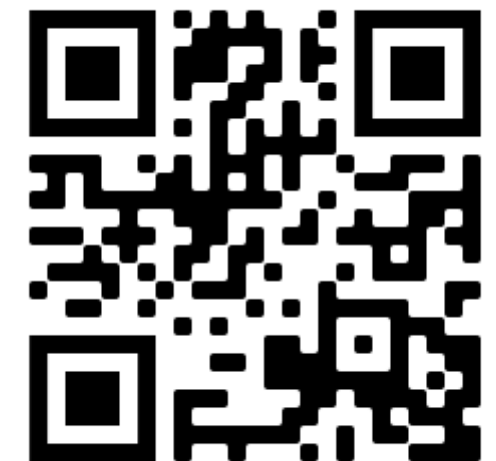
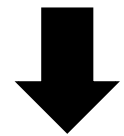
## Purpose:

To deliver and evaluate a longitudinal PST program for athletes with a disability.

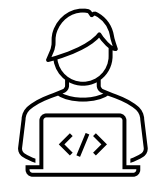


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Interactive Modules



Fully Asynchronous



8 Mental Skills



Designed for Para-athletes

## Participants (N = 27)

♂ n = 7 | M<sub>age</sub> = 34.34  
♀ n = 20 | (SD = 12.70)

Acquired (48%)  
Congenial (52%)

Mental Toughness  
(M = 5.49, SD = 0.96)  
Athlete Engagement  
(M = 4.48, SD = 0.54)  
Life Satisfaction  
(M = 4.15, SD = 1.71)

Participate at various Levels of Sport

International



Recreational

## Broad Reach



6 Provinces



5 Countries

## Limited Exposure to Sport Psychology

63% no prior experience

## Variety of Sports

11 sports

## Module time to complete?

~ 29 minutes

“This Psychological Skills Training makes me realize how every aspect of the sport is important and impactful” (P1)



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