

Chandler, Krista

University of Windsor

Ely, Frank; Loughead, Todd & Martin, Jeffery

Insight Grant Supplement 2018

An online psychological skills training program for athletes with a disability: Perceptions of module functionality, engagement, and overall experience

Descriptive research examining the psychological skills of athletes with a physical disability is reasonably developed (e.g., Martin, 2005), however, applied intervention research in the area is rare. Although many elite para-athletes have the opportunity to work on their psychological skills with a mental performance consultant, few amateur athletes with a disability have the same opportunity to access this support (Dieffenbach & Statler, 2012). Therefore, the overall goal of this research program is to deliver and evaluate a longitudinal psychological skills training program for athletes with a physical disability. Eight evidence-based online modules have been developed and, in the current study, were tested for useability. Specifically, participants ($N=15$) completed four of the eight online modules and an online survey to gather their perceptions of module functionality, engagement, and overall experience. These data were analyzed using a thematic analysis (Braun & Clarke, 2019). Results indicated a number of strengths and weaknesses for module functionality and engagement. Moreover, all participants indicated having positive experiences with the modules overall. Results suggest that online modules related to sport psychology should contain interactive activities, allow for personalization, be relatively simple, and be deliberate and consistent with instructions and timing of content.