

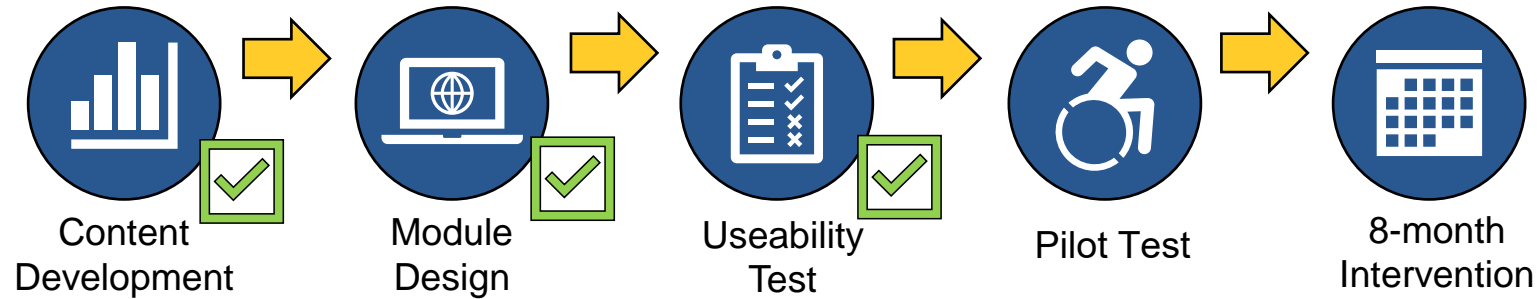
An Online Psychological Skills Training Program for Athletes with a Disability: Perceptions of Module Functionality, Engagement and Overall Experience

Krista Munroe-Chandler¹, Frank Ely¹, Loughead¹, and Jeffrey Martin²

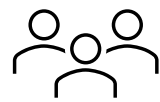
¹University of Windsor & ²Wayne State University



Deliver and evaluate a longitudinal PST program for athletes with a disability.



Useability Test



Para-athletes, able-bodied athletes, & graduate students (N = 15)



Online Modules



Online Survey



Thematic Analysis (Braun & Clarke, 2019)

Module Functionality

Module Engagement

Overall Experience

Strengths

1. Pace appropriate
2. User-friendly

1. Interactive content
2. Personalization

1. Translation of content
2. Positively framed

Weaknesses

1. Navigation difficult
2. Audio timing

1. More visuals needed
2. Force completion

No weaknesses reported.
Sample quote: "Translating the literature into a user-friendly product was very well done."

Key Takeaways

Include interactive activities, with personalization.

Short and sweet – do not overwhelm with too much content.

Be deliberate and consistent with instructions and timing.



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