

Glazer, D. D. Injury and. Psychological Readiness to Return to Sport. D.P.E., 2004. 148 pp. (M. Murray)

The study provides preliminary evidence for the reliability and validity of the Injury - Psychological Readiness to Return to Sport scale (I-PRRS). The trends in psychological readiness and mood disturbances across 4 time intervals following athletic injury were also examined. A total of 12 intercollegiate athletes participated in the study. The participants completed the I-PRRS and the Profile of Mood States short form (POMS; McNair,- Lorr, & Droppleman, 1992) following athletic injury, before returning to full practice, before returning to competition, and after competition. Significant differences were found following one-way repeated measures analyses of the I-PRRS and the Total Mood Disturbance (TMD) of the POMS. Psychological Readiness scores were lowest after injury, increased before practice and before competition and decreased after competition. TMD scores were highest after injury, decreased before practice and competition and increased after practice. A Pearson product-moment correlation analysis was used to determine the relationship between the I-PRRS and the TMD at 4 time intervals. A negative correlation was found before practice. As Psychological Readiness scores increased, TMD decreased. A one-way doubly repeated measures analysis was computed to determine the trends for the six mood states across the 4 time intervals. Tension-Anxiety, Depression-Dejection, Anger-Hostility/ and Fatigue-Inertia was highest after injury, decreased before practice and before returning to competition. Anger Hostility, Depression-Dejection, and Fatigue-Inertia levels increased after competition. Tension-Anxiety was lowest after the competition. Confusion-Bewilderment was highest after injury, decreased before practice, slightly increased before competition, and then decreased after competition. Vigor-Activity was lowest after injury and increased before returning to full practice and competition and decreased after competition. Internal consistency reliability, content validity, as well as some preliminary concurrent validity evidence of the I-PRRS was demonstrated. The I-PRRS is a step toward being able to predict when athletes are psychologically ready to return to competition following athletic injury.