

RETURN TO SPORT:

Improving Athletes' Confidence and Mindset Post-ACL Surgery

Why this Study?

- Physical therapy is standard for post-surgical rehabilitation, though such protocols normally do NOT address directly athletes' psychological responses to the injury, surgery, and recovery, such as anxiety, depression, and loss of confidence.

Purpose of the Study:

- To determine the effectiveness of three different psychological interventions in improving athletes' physical rehabilitation post ACL surgery, their psychological responses to injury, overall psychological well-being, and their confidence in returning to sport.

Time Commitment for Participants

- Eligible athletes will participate in a total of eight 30 minute sessions (first four will be in person) during their first 4 months post-surgery. Participants will be asked to complete brief surveys (15 minutes) four times during the first 4 months and again at 6, 9, and 12 months.
- **The first session will occur during the 2 to 7 days prior to surgery.**

FREE for Participants:

- Participants will be randomly assigned to one of three psychological interventions and asked to comply with the protocol and complete all sessions and assignments. Participants will receive this service, which has been **valued at \$1000.00**, at NO COST.
- Participants can earn up to \$40 for their participation in this study.

Potential Benefits to Participants Post Surgery:

- Decreases in perception of pain
- Decreases in reinjury anxiety
- Decreases in depressive symptoms
- Improvement in knee strength and functioning
- Increased confidence in returning to sport
- Improvements in ability to cope effectively with the physical and psychological challenges associated with rehabilitation
- **ENHANCED SPORT PERFORMANCE** after physically being cleared to return to sport

Contact Us to Determine Eligibility:

If you have received this flier from your surgeon, you have met initial eligibility criteria for the study. If you are interested in being evaluated further to determine whether you (or your son or daughter) may participate, **please contact the University of North Texas Center for Sport Psychology and Performance Excellence at sportpsych@unt.edu or at (940) 369-SPORT (7767).** Dr. Trent A. Petrie, the Center's Director, or one of his research staff, will respond to your inquiry, answer any questions you may have, discuss your eligibility to participate, and enroll you in the program. **Remember, the first session of the study must occur in the 2 to 7 days prior to surgery. If your surgery is already scheduled, please contact us immediately.** This study has been approved by the University of North Texas' Institution Review Board for Human Subjects Research.