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Mitigating the mind: mental health and injury risk

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The cause of sport and exercise injury is complex including interactions between many internal and external risk factors.

Psychological factors are **potentially important** and **clinically relevant** prognostic risk factors of acute and overuse sport and exercise injury.



High-quality evidence has found an athlete's acute and chronic relationship with psychological stress is predictive of acute and over sport and exercise injury

(Ivarsson et al., 2017; Tranaeus, Martin & Ivarsson, 2022).



Engaging athletes in stress management monitoring and interventions may help manage risk of sport and exercise injury.

(Gledhill, Forsdyke & Murray, 2018; Tranaeus et al., 2024)



Take home messages

1



The cause of sport and exercise injury is complex,
and as such approaches to reducing athletes' **risk of injury** should be multifaceted.

2

Psychological factors are potentially clinically important internal risk factors of sport and exercise injury.

3

How psychological factors can contribute to sport and exercise injury is most likely explained by athletes' relationship with psychological stress.

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