

University of Texas of the Permian Basin

**FalconCommons**

---

College of Health Sciences & Human  
Performance

Dissertations & Theses

---

6-2005

## **Athletic Training and Sports Psychology: A Survey of Texas High School Athletic Trainers**

Sheridan Melson

Follow this and additional works at: <https://falconcommons.utpb.edu/utpb-nur>

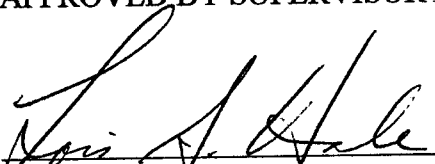
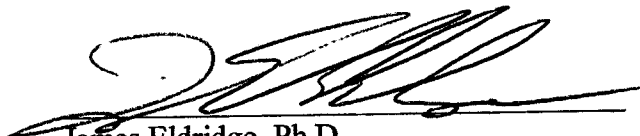
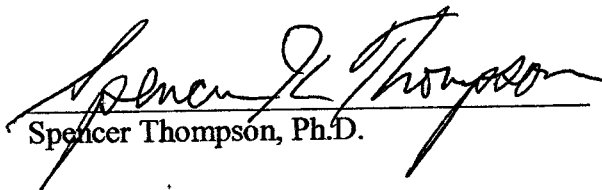


Part of the [Health Psychology Commons](#), [Sports Management Commons](#), and the [Sports Sciences Commons](#)

---

ATHLETIC TRAINING AND SPORTS PSYCHOLOGY:  
A SURVEY OF TEXAS HIGH SCHOOL  
ATHLETIC TRAINERS

APPROVED BY SUPERVISORY COMMITTEE:

  
\_\_\_\_\_  
Lois Hale, Ph.D.  
Chair  
\_\_\_\_\_  
Steve Aicinena, Ed.D  
\_\_\_\_\_  
James Eldridge, Ph.D  
\_\_\_\_\_  
Spencer Thompson, Ph.D.

ATHLETIC TRAINING AND SPORTS PSYCHOLOGY:  
A SURVEY OF TEXAS HIGH SCHOOL  
ATHLETIC TRAINERS

by

SHERIDAN MELSON, B.S.

PROJECT

Presented to the Faculty of Kinesiology  
The University of Texas of the Permian Basin  
in partial Fulfillment  
of Requirements  
for the Degree of  
MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

June 2005

## Abstract

As a result of their role in the athletes' recovery, athletic trainers should have an understanding of the many aspects involved in the psychological effect of an injury, and how to assist an athlete in their psychological recovery. This includes the components of injury, factors affecting recovery, psychosocial intervention strategies, counseling, and referral. The purpose of this study was to survey licensed athletic trainers in Texas 5A high schools relating to psychological issues and psychological techniques used in treating and rehabilitating injured athletes. 180 surveys were returned from 128 (51%) out of 250 Texas 5A high schools. Athletic trainers responded to referral information, athletes' responses to injury, characteristics of athletes dealing with injuries, psychological techniques used, and those important to learn more about. The results of this study reflect the athletic trainers' ability to recognize the psychological effects of an injury and the need for additional sports psychology training.