

# PERFORMANCE RECOVERY AND OPTIMIZATION 4 WELLNESS (PRO-4-WELLNESS)

## Problem Statement

Recently, several sport organizations have proposed psychological skills training and mental health intervention programs in an effort to address athletes' mental health and performance challenges (Breslin & Leavey, 2019). However, the empirical grounds for these interventions have been found to be limited (see Vella et al., 2021). Accordingly, applied research aimed at developing evidence-based interventions in sport settings is urgently needed (Donohue et al., 2021).

## Project Description

Student-athletes face organizational, personal, academic, and performance stressors, and thus need to develop proactive recovery-stress balance strategies. In this context, the project outlined herein is grounded on the theoretical notion of recovery-stress balance (see Kellmann et al., 2018). Notably, we named the intervention program Performance Recovery and Optimization 4 Wellness (PRO-4-Wellness). This program reflects the idea of a strength-based, proactive, and periodized approach to psychological skills training (see Blumenstein & Orbach, 2020; Keegan, 2015). The PRO-4-Wellness program will take place over a four-week period and will be developed in collaboration with the Boston University Student Health Services. Student-athletes will participate in eight workshops aimed at developing (1) bio-psycho-social recovery awareness (first four sessions), and (2) performance optimization skills (last four sessions).

Bio-Psycho-Social Recovery Awareness	Performance Optimization Skills
Mental Health Literacy	Goal Setting
Mind-Body Connection	Imagery
Dealing with Injury & Transitions	Self-Talk & Self-Confidence
Burnout Prevention	Mindfulness

## Evaluation Plan

Two evaluation strategies will be implemented. First, student-athletes will be asked to complete the 36-item Recovery-Stress Questionnaire (RESTQ-Sport-36; see Kallus & Kellmann, 2016) at the beginning and the end of the intervention program. Second, single item measures and open-ended questions, which will be developed based on current psychometric guidelines in the field (Tenenbaum & Filho, 2018), will be used to evaluate the effectiveness of each workshop. Thematic analysis and descriptive and inferential statistics will be used to analyze the data.

## Estimated Budget

The total estimated cost is \$29,450. The itemized budget listed herein is based on recommended values by BU Payroll Services, Marketing and Communication, Printing, and Catering.

**Participant Payments (\$12,000).** Sixty student-athletes will each receive \$200 for participating in the project (\$25 per workshop). This sample size should allow for reliable inferential statistical analysis and computation of magnitude effect size differences (see the central limit theorem; Tenenbaum & Filho, 2018).

**Workshop Materials & Refreshments (\$6,000; \$100 cap per participant).** Program booklets, worksheets, and other materials will be distributed. Beverages and healthy snacks will be provided in each workshop.

**Graduate Research Time (\$7,500; \$25 per hour).** Two PhD students will be hired for 100 hours each, for a total of 200 hours. Additionally, two Master's students will be hired for 50 hours each, for a total of 100 hours.

**Website (\$2,500).** A website will be created to promote engagement and increase visibility of the program.

**Miscellaneous (\$1,425).** Unanticipated costs are estimated at 5% of running total.

## Project Deliverables

Student-athletes will be equipped with recovery-stress balance strategies and life and performance optimization skills. To maximize community outreach and ensure the sustainability of the program for the long run, program materials (e.g., booklet, worksheets, newsletter, project findings, best-practice recommendations) will be incorporated into BU Wellness Challenge initiative, distributed within the BU athletic department, and made publicly available on the program website.

## Project Team

Dr. Edson Filho and Tony Cheen (Assistant Director, Boston University Health Promotion and Prevention) will oversee the project. Piotr Piasecki and Dhruv Ramah, PhD students, and two Master's students will be involved in the development, delivery, and evaluation of the program.

