



# Physical activity-related injuries can be associated with somatic and psychological complaints and loneliness in adolescents.

## Physical activity-related injuries in adolescents: what are the associations with selected measures of well-being?

### INTRO

- Adolescents with nonfatal physical activity-related injuries (PARI) may experience serious consequences within their well-being.

### METHODS

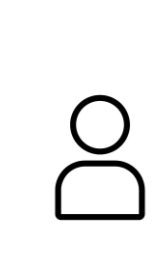
1. N = 235 (107 girls, age 12.0±2.0)
2. Self-rated health, life satisfaction, well-being (WHO-5 Well-Being Index), somatic complaints, psychological complaints, loneliness, general self-efficacy and perceived stress (Cohen Perceived Stress Scale), physical activity-related injuries in sports clubs (PARISC), physical activity-related injuries in leisure-time (PARILT), and physical activity-related injuries in schools (PARIS).
3. Logistic regression.


### RESULTS

- Significant associations found:
  - PARILT and somatic complaints (odds ratio (OR)=1.08, 95% confidence interval (CI) 1.00-1.16),
  - PARILT and psychological complaints (OR=1.09, 95% CI 1.02-1.16),
  - PARIS and loneliness (OR=1.55, 95% CI 1.10-2.17).

### DISCUSSION

- Acknowledging the limitations of our study in terms of the sample size and its cross-sectional design we can conclude that PARI can be associated with somatic and psychological complaints and loneliness in adolescents.

 Bakalár Peter<sup>1</sup>, Kopčáková Jaroslava<sup>2</sup>, Tlučáková Lenka<sup>1</sup>, Ružbarská Beáta<sup>1</sup>, Vašková Monika<sup>1</sup>, Karchynskaya Viktoriya<sup>2</sup>

 <sup>1</sup>Faculty of Sports, University of Prešov, <sup>2</sup>Faculty of Medicine, Pavol Jozef Šafárik University in Košice & University Medical Center Groningen, University of Groningen

### PARISC

- 81 adolescents (34.5%) attending sports clubs.
- 44 (54.3%) had ≥1 PARI in sports clubs' activities in previous year.
- On average 11.2±17.8 missed days from school or leisure-time activities.

### PARILT

- 96 adolescents (40.9%) had ≥1 PARI in leisure-time physical activities.
- On average 8.3±9.8 missed days from school or leisure-time activities.

### PARIS

- 31 adolescents (13.2%) had ≥1 PARI in school's physical activities.
- On average 16.1±22.7 missed days from school or leisure-time activities.

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