



22
FEB

🕒 14h00
📍 INSEP

RECHERCHE

Reducing the risk of injury by promoting health behaviors

Despite current efforts, injuries are still common at top level. This risk could be partially reduced if athletes were more motivated to adopt appropriate injury prevention behaviours (e.g., sleep hygiene, diet, adaptation of warm-up and recovery, communication with sports and medical staff, and adaptation of equipment).

📅 ADD TO THE CALENDAR

According to social-cognitive theories of health behaviour promotion, the most important elements to consider are athletes' beliefs about injury prevention, such as self-efficacy, risk perceptions or outcome expectations. The Health Action Process Approach is a theoretical framework that emphasises motivational factors as well as the volitional self-regulatory skills needed to achieve desirable health behaviours - recognising that good intentions alone are not enough to initiate and sustain behaviour change.

The Health Action Process Approach has already been used to identify the determinants of initiating injury prevention programmes and as the basis for interventions with coaches to implement injury prevention programmes. While such individual interventions have been successful, the PREVAIL project aims to promote injury prevention behaviours through an institutional campaign in 2024, in INSEP.

BIO:

Lisa Marie Warner is a full professor of Social Psychology at the Medical School Berlin. She obtained her PhD in Health Psychology from the Free University of Berlin and worked as a post-doctoral scientist at the German Centre of Gerontology, with stays abroad at the Universities of Arizona, Leiden, and Zurich. She designs and tests theory-based behaviour change programmes in various behavioural domains, such as physical activity, healthy diet, and medication adherence, for different populations, including older adults and e-health-platform users. Additionally, she is interested in

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social exchange processes and their impact on health, such as the conditions for healthy prosocial behaviour. Her behaviour change projects have received funding from various national and international agencies (such as EU Commission, German DFG, German Federal Ministry of Education and Research, Polish NCN, and Swiss SNSF). She currently sits on the editorial boards of four scientific journals: *British Journal of Health Psychology*, *Annals of Behavioral Medicine*, *International Journal of Behavioral Medicine*, and *Applied Psychology: Health and Well-Being*.

PROGRAMME :

14H00 – 14H15 : INTRODUCTION DE LA CONFÉRENCE

- Gaël Guilhem, Directeur du laboratoire Sport Expertise et Performance (SEP) de l'INSEP

14H15 – 14H30 : CONNAISSANCES SUR LES COMPORTEMENTS RÉDUISANT LE RISQUE DE BLESSURES DANS LE SPORT

- Alexis Ruffault, Chercheur en psychologie du sport et de la santé au laboratoire SEP de l'INSEP

14H30 – 15H00 : AU-DELÀ DES INTENTIONS : PROMOUVOIR LES COMPORTEMENTS RÉDUISANT LE RISQUÉ DE BLESSURES CHEZ LES SPORTIFS DE HAUT-NIVEAU DE L'INSEP EN UTILISANT L'APPROCHE DES PROCESSUS D'ACTION EN SANTÉ (PRÉSENTATION EN ANGLAIS, SANS TRADUCTION)

- Prof Lisa Warner, Professeur de psychologie social à la faculté de médecine de Berlin

15H00 – 15H15 : LE PROJET PREVAIL : CONSTRUCTION D'UNE CAMPAGNE DE PROMOTION DES COMPORTEMENTS RÉDUISANT LE RISQUE DE BLESSURE À L'INSEP

- Charlie Sentenac, Master en psychologie de la santé à l'Université de Bordeaux

15H15 – 16H00 : DISCUSSION ET CONCLUSION



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