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DETERMINANTS OF SPORTS INJURY IN YOUNG FEMALE SWEDISH COMPETITIVE FIGURE SKATERS

¹Moa Jederström, ²Sara Agnafors, ³Christina Ekegren, ⁴Kristina Fagher, ^{1,5}Håkan Gauffin, ⁶Laura Korhonen, ⁷Jennifer Park, ^{1,8,9}Armin Spreco, ^{1,8,9}Toomas Timpka. ¹Athletics Research Center, Department of Health, Medicine and Caring Sciences, Linköping University, Linköping, Sweden; ²Department of Biomedical and Clinical Sciences, Division of Children's and Women's Health, Linköping University, Linköping, Sweden; ³Rehabilitation, Ageing and Independent Living (RAIL) Research Centre, School of Primary Allied Health Care, Monash University, Melbourne, Victoria, Australia; ⁴Department of Health Sciences, Rehabilitation Medicine Research Group, Lund University, Lund, Sweden; ⁵Department of Orthopedics and Department of Biomedical and Clinical Sciences, Linköping University, Linköping, Sweden; ⁶Department of Child and Adolescent Psychiatry and Department of Biomedical and Clinical Sciences, Center for Social and Affective Neuroscience, Linköping University, Linköping, Sweden; ⁷Institute of Clinical Sciences, Department of Surgery, Sahlgrenska Academy, University of Gothenburg, Gothenburg, Sweden; ⁸Department of Health, Medicine and Caring Sciences, Division of Society and Health, Linköping University, Linköping, Sweden; ⁹Center for Health Services Development, Region Östergötland, Linköping, Sweden

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Background Although figure skating attracts several hundred thousand participants worldwide, there is little knowledge about physical health and sports injuries among young skaters. **Objective** To describe the health status of a geographically-defined Swedish population of licensed competitive figure skaters and to examine injury determinants.

Design Cross-sectional.

Setting All licensed competitive skaters in the south-eastern region of Sweden.

Participants In total, 142 (36%) of 400 skaters participated, 137 (96%) of whom were girls (mean (SD) age: 12.9 (SD 3.0) years). Participating boys (n=5) were excluded from further analysis.

Assessment of Risk Factors Age, skating level, eating habits, relative energy deficiency indicators, and training habits were assessed.

Main Outcome Measurements The primary outcome measure was the one-year prevalence of a severe sports injury episode (time loss > 21 days). The secondary outcome measure was the point prevalence of an ongoing sports injury.

Results The one-year prevalence of a severe sports injury episode was 31%, which in the multiple model, was associated with older age (odds ratio (OR) 1.2, 95% confidence interval (CI) 1.1–1.4; p=0.002) and an increased number of skipped meals per week (OR 1.1, 95% CI 1.0–1.3; p=0.014). The point prevalence of an ongoing injury episode was 19%, which was associated with older age (OR 1.4, 95% CI 1.2–1.7; p<0.001) and an increased number of skipped meals per week (OR 1.1, 95% CI 1.0–1.3; p=0.049).

Conclusions One-third of young female Swedish competitive figure skaters had sustained a severe injury episode during the past year, and a fifth reported an ongoing episode. Older age and an increased number of skipped meals per week were associated with a sports injury episode. Further prospective studies of injury determinants among competitive figure skaters are warranted before the findings are broadly applied in intervention programs.

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RUNNING-RELATED INJURY IN COMPETITIVE ADOLESCENT DISTANCE RUNNERS: A QUALITATIVE STUDY OF PSYCHOSOCIAL RESPONSES

¹Robert Mann, ²Carly McKay, ¹Alan Barker, ¹Craig Williams, ²Bryan Clift. ¹Children's Health and Exercise Research Centre, University of Exeter, Exeter, UK; ²Department for Health, University of Bath, Bath, UK

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Background Distance running is one of the most popular sports among children and adolescents around the world. Previous adult- and adolescent-based research indicates that injury is prevalent when participating in distance running. While knowledge related to the extent of the injury problem is important, an understanding of athletes' psychosocial responses to running-related injury (RRI), applying a qualitative lens of inquiry, is frequently overlooked.

Objective To investigate the psychosocial responses to 'serious RRI' (>28 days–6 months of time loss) in competitive adolescent distance runners in England.

Design Semi-structured interviews to facilitate a reflexive thematic analysis (deductive/latent) related to psychosocial responses to serious RRI.

Setting Competitive adolescent distance runners (i.e., 800 m to 10,000 m, including steeplechase) in England.

Patients (or Participants) Distance runners (13–18 y) were invited to participate if they had sustained a serious RRI within the previous 12-months, as self-reported via an online survey as part of a previous study. A total of 113 athletes completed the online survey, whereby 34 of these athletes had sustained at least one serious RRI.

Results Nineteen competitive adolescent distance runners were interviewed about their experiences of serious RRI, focussing on their response to and subsequent recovery from serious RRI. Based on a reflexive thematic analysis, three themes were developed: (1) performance uncertainty, (2) injury (mis) management, and (3) contested identity. These three themes were found to support a number of theoretical relationships proposed in Wiese-Bjornstal et al. (1998) integrated model of response to sport injury, alongside other previous research findings. In turn, each theme contributed towards an overarching understanding that serious RRI acts to destabilise the athletic identity of competitive adolescent distance runners, as a psychosocial recovery outcome.

Conclusions These findings will support the development of measures that aim to improve how competitive adolescent distance runners respond to RRI.

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PREVALENCE AND BURDEN OF HEALTH PROBLEMS IN MALE JUNIOR ELITE ICE HOCKEY PLAYERS – A 44-WEEK PROSPECTIVE COHORT STUDY

^{1,2}Anine Nordström, ¹Roald Bahr, ^{1,3}Ben Clarsen, ²Ove Talsnes. ¹Department of Sports Medicine, Oslo Sports Trauma Research Center, NO, Oslo, Norway; ²Innlandet Hospital Trust, Elverum, Norway; ³Center for Disease Burden Norwegian Institute of Public Health, Bergen, No, Bergen, Norway

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Background Little is known about the burden of overuse injuries and illnesses in junior elite ice hockey.

Objective The aim of this study was to describe the prevalence and burden of all health problems in junior elite ice hockey in Norway during one school year.

Design Prospective cohort study.

Setting Elite Sport Academy High Schools in Norway.

Participants 206 male junior ice hockey players.

Interventions (or Assessment of Risk Factors) Players reported all health problems, acute injuries, overuse injuries and illnesses weekly during the 2018/2019 school year (44 weeks) using the Oslo Sports Trauma Research Center Questionnaire on Health Problems.