

## **P-847 - PSYCHOLOGICAL EFFECT OF LOWER LIMB INJURIES AMONG FOOTBALL PLAYERS**

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**Objective:** The influence of psychological factors on sports injuries has been demonstrated in numerous empirical studies. Athletes experience significant mood changes throughout rehabilitation, which may hinder rehabilitation early in the process.

**Method:** Descriptive analytical case control study which includes fifty professional football players with lower limb injuries & another group of professional football players without any injury at all will be selected. All participants were subjected to Semi structured interview, Familial Socioeconomic Status Scale, Semi-Structured Pain Questionnaire, Beck Depression Inventory, Beck Anxiety Inventory, Life Satisfaction Scale, and Facing Daily Stressful Live Events Scale.

**Results:** The group of football players with lower limb injuries shows statistically significant higher depression ( $p < .001$ ), and higher anxiety ( $p < .001$ ) compared to the other group of players. There was highly statistical significant difference regarding Life Satisfaction Scale ( $p < .001$ ), and Facing Daily Stressful Live Events Scale. ( $p < .001$ ).

**Conclusion:** Depressive and anxiety disorders were more prevalent among football players with lower limb injuries. Also, among the same group there was higher degree of life dissatisfaction, and more stress caused by life events.