

Outcomes of a skiing program on level and stability of self-esteem and physical self in adults with spinal cord injury

BARBIN & NINOT (2008)



PURPOSE

To determine the **short-term impact** of a 1-week skiing program on the level and stability of **self-esteem and physical self** for a group of adults with spinal cord injury.

METHODS

Sample: Adults with spinal cord injury (n = 10)

Design: Time Series Analysis

Measure: Physical Self Inventory

Intervention: 1-week adaptive skiing program



RESULTS



Level

Increase

Global Self-esteem
Physical Self-worth

Perceived Endurance
Physical Appearance
Sport Competence

Stabilization

Physical Condition
Sport Competence
Physical Strength

Subdomain

IMPLICATIONS

The adaptive ski program provides opportunities to **modify, improve, and stabilize** self-perceptions in individuals with spinal cord injuries.



FUTURE RECOMMENDATIONS

There is a need for **longitudinal** and **individual** approach to the study of self-perception level and stability in persons with spinal cord injuries.

