

# A Correlational Study Examining The Relationship Between Personality Dimensions and Athletic Rehabilitation Duration

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## Abstract

Research has shown that personality can predict coping styles (Allen, Greenless, & Jones, 2011) and specific coping styles predict faster recovery from injury (Albinson & Petrie, 2003). The current study aimed to extract the effect of coping styles and test the correlation between personality and injury rehabilitation directly. If a link could be found between the two variables this can help coaches, athletes and athletic trainers be prepared to work more effectively with injured athletes. Personality was assessed using the Big Five Inventory (BFI V44, John, Donahue, & Kentle, 1991). The BFI measures five broad dimensions of personality: (O)penness to experience, (C)onscientiousness, (E)xtroversion, (A)greeableness and (N)euroticism. The participants ( $n = 26$ ) of this study were athletes who had successfully completed injury rehabilitation in a clinic within the last five years. At the time of their injury the participants ranged from 17 to 35 years of age. There were 11 males, 14 females and one transgender; 15 Non-Hispanic White, six Black/African-American, three Hispanic/Latino, one Multiracial and one Asian/Asian American. The reported sport levels were recreational, high school, collegiate, professional and elite. A completion ratio was created for each of the participants (actual rehabilitation duration/ prescribed rehabilitation duration). The completion ratio was correlated with each personality dimension on the BFI. It was hypothesized that O, C, E, and A would correlate with a completion ratio below 1.0, indicating an accelerated rehabilitation time; N would be correlated with a completion ratio above 1.0 showing a delayed rehabilitation. The hypotheses were not upheld, no significant relationships were found between any of the Big Five personality traits and participants' completion ratios. However, the findings from this study still provide insight into the role personality may play in injury rehabilitation. These findings open up many more questions and further areas to explore. Brewer et al.'s (2002) Biopsychosocial Model of Sport Injury Rehabilitation identifies other factors that can influence athletes' recovery from injury such as cognition, behavior, and life stress. Since the majority of participants' rehabilitation length matched their prescribed time future research should focus on athletes who rehabilitated early or late to discover what sets them apart. Qualitative research examining their experience during rehabilitation and possible manifestations of personality such as behavior patterns should be emphasized.

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