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## The relationship between disability-related identities and well-being in elite para athletes

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# Disability Identity-The Background

- Disability identity composed of personal and community dimensions.
- Personal identity = a person views themselves as a person with a disability
- Communal attachment = a person views themselves as connected to people with disabilities.
- Positive disability identity = higher satisfaction with life and well-being.



# Objectives

- To explore the relationship between disability identity and well-being.
- To develop applied implications regarding disability identity awareness and development for both athletes and practitioners.



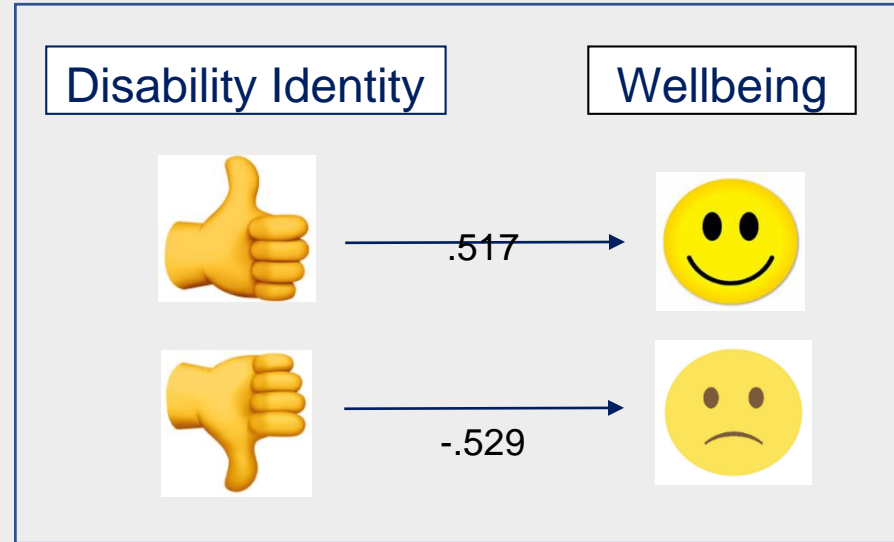
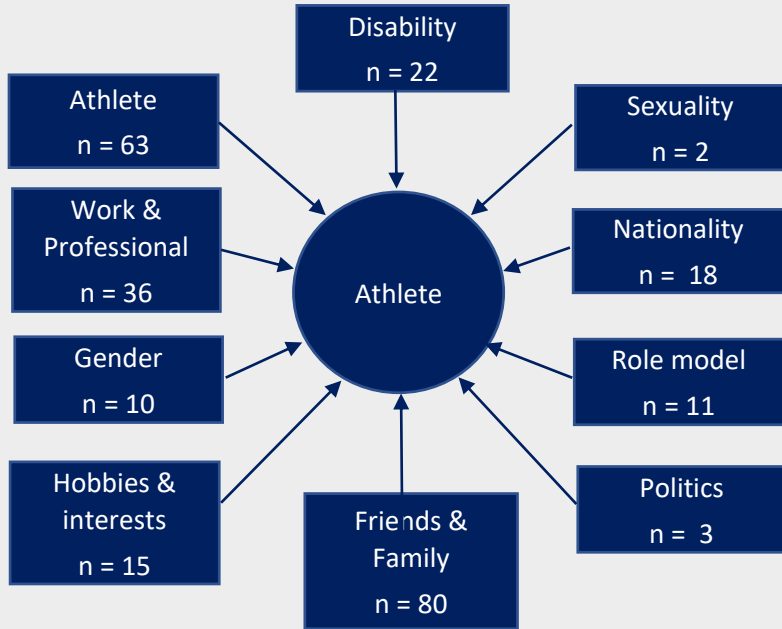
# Methodology

- Cross-sectional design
- 58 elite para athletes, 28 males and 30 females
- 43 elite para athletes are Paralympians, representing 16 sports
- Quantitative measures:
  - Eight item Disability Personal Identity Scale
  - Six item psychological health sub-scale, WHO Quality of Life Instrument



# Results

Important Identities listed (M=5.55; SD3.12) around 10 themes, 19 athletes listed personality traits rather than roles or groups.



Acceptance of disability is aligned with better well-being, whilst denial of disability is linked with poorer well-being.

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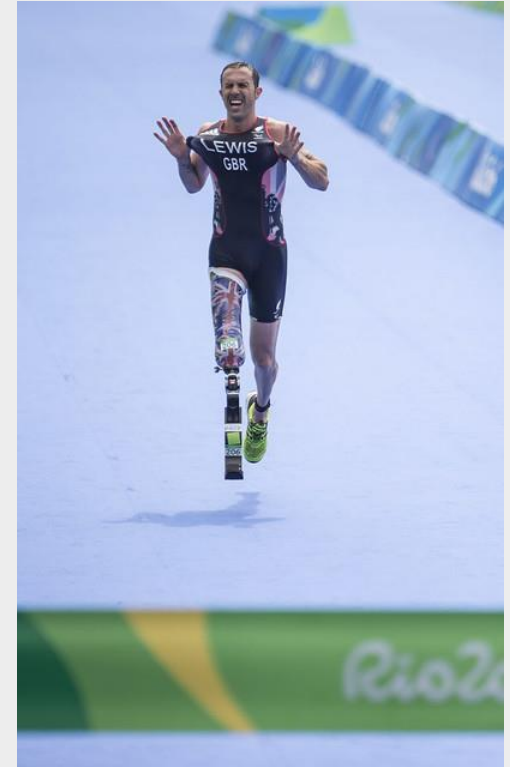
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# Questions?

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