The Psychosocial Domain: Evaluating a Protocol for Athletic Trainers
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**Context:** Athletic trainers encounter athletes and other patients with mental health and substance abuse problems. These problems often interfere with achieving intended health care goals. The Decision Making Model is a protocol designed to assist athletic trainers with psychosocial intervention and referral. **Objective:** The purpose of the study was to assess the effectiveness of the Decision Making Model (2007) along with an enhanced training module to increase the ability and confidence of the professional to effectively facilitate psychosocial interventions and referrals. **Design:** Subjects were identified from three geographic locations in the US. A mixed methods design was used. A pre- and post-test to assess participant knowledge about behavior change and motivational interviewing techniques, and a qualitative component was used to identify how the model and training changed their practice. **Setting:** Participants first completed the informed consent, demographic questionnaire, and pre-test, then read two books on their own, attended a workshop and completed the post-test. Participants responded to four questions via email 4-6 weeks after the workshop. **Participants:** Subjects (N=33) were selected from three different geographic locations in the US. Females comprised 64% of the thirty-three participants, while the other 36% were male. Ages ranged from 24-57 years. Professional experience ranged from 1-24 years, with a mean of 6 years. Subjects were primarily athletic trainers; other disciplines represented included physical therapy and exercise science. **Data Collection and Analysis:** Upon completion of the informed consent, demographic questionnaire and pre-test administered by the site coordinator, subjects were given two books to read on their own. Two to four weeks later subjects attended a workshop at their place of employment and completed a post-test. Four to six weeks after the workshop subjects responded to four qualitative questions via email. The demographic and pre- and post-test data were analyzed using SPSS for Windows, Release 16.0. Qualitative data was collected following the workshop using open-ended statements to assess if the Decision Making Model along with an enhanced training module increased the ability and confidence of professionals to effectively facilitate psychosocial interventions and referrals. Qualitative data was analyzed using NVIVO 8. **Results:** All subjects reported the need for training to effectively facilitate help-seeking behavior with clients who abuse substances and/or have mental health concerns. The analysis of the pre- and post-test data supported the participants’ learning over time, the usefulness of the Decision Making Model, reading material, and the workshop. **Conclusions:** Using the Decision Making Model as a guide along with evidenced-based strategies has been shown to increase the effectiveness of psychosocial interventions and referral. **Word Count:** 441.