**UQ Summer Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Investigating the Effectiveness of Mind-Body Therapies for Enhancing Pain Management, Reducing Burnout, and Improving Wellbeing in Competitive Athletes** |
| **Hours of engagement & delivery mode** | This project will run for 6 weeks, with a commitment of 20-30 hours per week. The research will follow a hybrid model, with involvement both online and in-person at The University of Queensland, St. Lucia Campus. |
| **Description:** | Competitive athletes constantly strive to achieve peak performance while carefully managing the risks of burnout and injury. A critical challenge they face is determining when to push through pain and when to pull back. Misinterpreting pain as mere muscle soreness can lead to severe injuries and prolonged recovery periods. This study aims to evaluate the effectiveness of brief mindfulness meditation and clinical hypnosis training in reducing burnout and stress reactivity among uninjured competitive athletes. Additionally, it will investigate the impact of these interventions on pain management and stress reactivity in injured athletes. The research will also gather qualitative insights from athletes regarding their perceptions of the interventions’ effectiveness and their plans for applying the learned skills in their training and recovery. The outcomes of this research have the potential to significantly reduce athletes’ uncertainty about pain, minimize time lost to injury, lower the risk of burnout, and improve pain management during rehabilitation and recovery. |
| **Expected learning outcomes and deliverables:** | The scholar will assist in coding and analysing qualitative data obtained from athlete interviews about their perceptions of the intervention. The scholar will gain skills in qualitative thematic analysis and have the opportunity to contribute to resulting publications. |
| **Suitable for:** | This project is ideal for a student with an interest in research, a willingness to learn new skills, and the ability to collaborate effectively with other researchers. A 3rd or 4th year Psychology student is preferred for this role. |
| **Primary Supervisor:** | Associate Professor Melissa Day |
| **Further info:** | For additional details or questions regarding this project, please contact Nicole Rickerby at [uqnricke@uq.edu.au](mailto:uqnricke@uq.edu.au) |