



IRMES

LABORATOIRE SEP



CHERCHEUR EN PSYCHOLOGIE DE LA PERFORMANCE SPORTIVE

**RUFFAULT ALEXIS**

**PHD**

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## RESEARCH TOPICS

- > Determinants and psychological impacts of the injury
- > Injury prevention behaviours
- > Mental health of athletes

## SCIENTIFIC SUPPORT (ASP)

- > **Interventions** : mental preparation, psychological follow-up, behaviour change
- > **Measurements**: mental performance skills, beliefs about health behaviour, personality, psychopathology
- > **Federations** : rugby, athletics, football, swimming, football, wrestling, fencing, ...

## MAIN SCIENTIFIC PUBLICATIONS

- > [Ruffault, A.](#), Bernier, M., Podlog, L., & Guegan, C. (2024). An examination of changes in psychological status across four phases of injury recovery and return to sport: A prospective weekly study of competitive athletes from acute care to return to sport. *Scandinavian Journal of Medicine & Science in Sports*, 34(4), e14632. <https://doi.org/10.1111/sms.14632>
- > [Ruffault, A.](#), Sorg, M., Martin, S., Hanon, C., Jacquet, L., Verhagen, E., & Edouard, P. (2022). Determinants of the adoption of injury risk reduction programmes in athletics (track and field): An online survey of 7715 French athletes. *British Journal of Sports Medicine*, 56(9), 499–505. <https://doi.org/10.1136/bjsports-2021-104593>
- > [Ruffault, A.](#), Gagnon, A., Seil, K., Seil, R., & Martens, G. (2022). Santé mentale chez les athlètes de haut niveau: Synthèse ReFORM de la position de consensus du CIO. *Science & Sports*, 37(3), 219–222. <https://doi.org/10.1016/j.scispo.2022.04.002>
- > [Ruffault, A.](#), Bernier, M., Fournier, J., & Haww, N. (2020). Anxiety and Motivation to Return to Sport During the French COVID-19 Lockdown. *Frontiers in Psychology*, 11, 610882. <https://doi.org/10.3389/fpsyg.2020.610882>
- > Delaunay, E., Zamia, S., Bouthier, S., & [Ruffault, A.](#) (2021). Préparation mentale en pôle espoirs rugby: Impact sur les habiletés mentales, la motivation, le stress, la récupération et les blessures. *Movement & Sport Sciences - Science & Motricité*, 114, 9–18. <https://doi.org/10.1051/sm/2020013>
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