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## **NASPSPA 2010 Conference Program and Abstracts**

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physiotherapists received one hour of training in evidence-based treatment for CLBP, including PA promotion advice and home-based exercises. Intervention group physiotherapists also received six hours of autonomy-support training, utilizing the '5A' health behavior change model. Patients ( $n = 28$ , mean age = 46.60 years) completed questionnaires at Week 1 and Week 4 following their initial visit. Compared with the control group, intervention group participants reported more PA ( $d = .26$  in Week 1,  $d = .50$  in Week 4), greater adherence to prescribed home-based exercise ( $d = .40$  in Week 1,  $d = .15$  in Week 4) and larger improvements in satisfaction with level of back pain ( $d = .41$ ). However, decreases in pain levels were similar across the groups and improvements in functional outcomes were less for the intervention group than the control group ( $d = .25$ ). Compared with control group participants, the intervention group reported similar or higher levels of autonomy support ( $d = .24$  in Week 1, no difference in Week 4), autonomous motivation (no difference in Week 1,  $d = .21$  in Week 4), and perceived competence ( $d = .32$  in Week 1,  $d = .46$  in Week 4). A focus group interview indicated that intervention group physiotherapists valued the training and believed it had provided them with useful skills. Findings provided preliminary evidence supporting the feasibility of this intervention. More in-depth study into the effectiveness of this training is warranted.

### **Motivational climate, self-determination motivation, and psychological well-being in Mexican young athletes.**

Lopez-Walle, Jeanette M, Facultad de Organizacion Deportiva; Isabel Balaguer, University of Valencia; Isabel Castillo, University of Valencia; Jose L. Tristán, University of Nuevo Leon; Jose A. Perez, University of Nuevo Leon; Marina Medina, University of Nuevo Leon

Drawing from the frameworks of Achievement Goal Theory (Ames, 1992; Dweck, 1999; Nicholls, 1989) and the Self-Determination Theory (Decy Ryan, 1985; 2000) the present study tested the following sequential relationship model of motivational processes and indicators of optimal psychological functioning in the case of Mexican athletes: Motivational Climate - Self-determined motivation - Psychological Well-being (Subjective Vitality and Self-esteem). The mediational role of self-determined motivation was also studied. Six hundred fifty-one Mexican young athletes (330 female and 321 male,  $M$  age = 13.99  $SD = 1.88$ ) completed a multi-section questionnaire tapping the targeted variables. Structural Equation Modeling (SEM) analysis revealed that task-involving climate positively predicted self-determined motivation ( $\beta = .30, p < .01$ ), however ego-involving climate negatively predicted self-determined motivation ( $\beta = -.31, p < .01$ ). In turn, the self-determined motivation positively predicted psychological well-being indicators, that is, Subjective Vitality ( $\beta = .22, p < .01$ ) and Self-esteem ( $\beta = .59, p < .01$ ). In addition, the results ( $\Delta \chi^2(4) = 29.19, p > .05$ ) of the mediation analysis (Holmbeck, 1997) showed that the self-determined motivation totally mediated the path between Task-involving climate and Self-esteem, and partially mediated the path between Task-involving climate and Subjective Vitality. The results are discussed in terms of their theoretical and practical utility.

### **Examining the Relationship Between Athlete Leadership Behaviors and Cohesion in Team Sports**

Loughead, Todd M, University of Windsor; Diana J Vincer, University of Windsor

Athlete leadership has been defined as an athlete occupying a formal or informal role within a team who influences a group of team members to achieve a common goal (Loughead et

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