

**Impact of Sports on Psychological Status: Anxiety and Depression for the  
Spinal Cord Injury Patients**

**By**

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## ABSTRACT

In Bangladesh near about 10% of total population are disable of this disable people 43% are physically disable. Spinal cord injury (SCI) is one of them. Spinal cord injury causes severe physiological and functional disorder. A sport has an immense therapeutic value to rehabilitate of the SCI patients by physically and psychologically. Rehabilitation professional recognize the importance of sports and recreation in the successful rehabilitation of individual with disability. This study emphasized on sports activity and to improve SCI patients' psychological status specially anxiety and depression and regular exercise improve the health of SCI patients.

As for spinal cord injury patients' anxiety and depression both are major problem. With an aim to identify and compare the anxiety and depression level of SCI patients, before and after their participation in sports, and to explore the effectiveness of sports to reduce the anxiety and depression level of spinal cord injury patients. In this study a Pre-test and post-test experimental design of quantitative research design has been taken in to accounts. From CRP 31 patients were selected at randomly having spinal cord injury. Patients were allocated for sports and the subjects were participating in sports for 2 weeks. This is a quantitative same subject design study. Outcome was measured by State-Trait Anxiety Inventoty-X2, Depression scale developed by Md. Zahir uddin-National Institute of Mental health, Dhaka and Mohammad Mahmudur Rahman-Department of clinical psychology, University of Dhaka and Hospital Anxiety and Depression Scale. We get a positive change in psychological status and reduce the anxiety and depression level of SCI patients after participating in sports. The 'p' value (by which we can measure the significance of the result) of the variable is ( $<0.05$ ). Which indicate that the wheelchair sports program is effective for reducing depression level of SCI patients.

**Key words:** Spinal Cord Injury, Anxiety, Depression, Sports, Psychological Status.