

technological resources that contribute to effective interaction and clinical evaluation.

Methods: A qualitative cross-sectional study was conducted using focus group discussions. Brazilian physical therapists, both male and female, with at least three months of experience in Deaf Sports participated. Two online focus group sessions were held via Google Meet®. The discussion guide was developed by the research team based on existing literature on physical therapy and Deaf Sports. Data analysis was performed using Braun and Clarke's (2006) Thematic Analysis approach and Bardin's (2016) Content Analysis principles.

Results: Four physical therapists participated in the research and identified several key facilitators for the physical therapy assessment of athletes who are D/HoH. The presence of sign language interpreters was highlighted as essential for conducting comprehensive evaluations and ensuring clear communication. The use of technology, such as messaging apps and smartphones, was also considered a significant tool in bridging communication gaps. Additionally, lip reading and the use of gestures were reported as complementary methods to enhance interaction. The utilization of Brazilian Sign Language (Libras) and assistance from oralized athletes who are D/HoH further facilitated the assessment process.

Conclusion: The findings indicate that multiple strategies contribute to improving communication and assessment efficiency in the physical therapy care of athletes who are D/HoH. The integration of interpreters, technological resources, and alternative communication methods strengthens the therapist-athlete interaction and enhances evaluation accuracy.

Implications: These results emphasize the need for an inclusive approach that incorporates sign language interpreters, continuous training in sign language, and the adoption of digital communication tools in clinical practice. Supporting the use of these facilitators can significantly enhance accessibility, inclusion, and the overall effectiveness of physical therapy services for athletes who are D/HoH in Brazil.

Keywords: Physical Therapy Services, Persons With Hearing Impairments, Sports for Persons with Disabilities

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66

ANXIETY AND DEPRESSION IN SWIMMERS WITH AND WITHOUT SHOULDER PAIN: A CROSS-SECTIONAL ANALYSIS

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Background: Musculoskeletal injuries are common in overhead sports. Repetitive use of the upper limb in specific movements can lead to the development of pain and significant functional impairments, affecting athletic performance and quality of life. Psychological factors, such as anxiety and depression, can influence athletes' performance and overall well-being, particularly in those experiencing musculoskeletal pain. Shoulder pain is a common issue among swimmers due to the high demands of repetitive overhead movements, potentially impacting their mental health. Identifying

whether athletes with shoulder pain present higher levels of anxiety and depression can provide valuable insights for developing comprehensive rehabilitation strategies that address both physical and psychological aspects. The Hospital Anxiety and Depression Scale (HADS) is a widely used tool for assessing anxiety and depression symptoms in clinical and research settings. However, the relationship between shoulder pain and psychological distress in competitive swimmers remains unclear.

Objectives: To assess whether athletes with shoulder pain present higher scores for anxiety and depression based on the HADS.

Methods: This is a cross-sectional observational study, which was approved by the Ethics Research Committee. We included competitive swimmers, both with and without musculoskeletal pain, of both sexes, aged between 12 and 60 years, with at least one year of competitive experience and a training regimen of at least twice a week. Anxiety and depression were assessed using the HADS, which consists of 14 questions divided into two subscales. Statistical analysis was performed using the Statistical Package for the Social Sciences (SPSS), version 23.0. Data normality was assessed using the Shapiro-Wilk test. Between groups comparisons for normally distributed data were conducted using Student's t-test, while the Mann-Whitney U test was used for non-normally distributed data. Effect size (Cohen's d) was calculated for between-group differences.

Results: A total of 49 competitive swimmers were included in the study, with a mean age of $30,82 \pm 14,34$, $7,18 \pm 6,41$ years of sports practice, and 22 (44,9%) were women. No statistically significant differences were found between the groups for anxiety and depression. For the total HADS score the mean difference was 0.41 ((95% confidence interval [CI]: -3.094, 3.92, $p = 0.81$); Effect size (Cohen's d) = 1.74). For the anxiety subscale the mean difference was 0.85 ((95% CI: -1.34, 2.98, $p = 0.44$); Effect size (Cohen's d) = 1.83). For the depression subscale the mean difference was -0.43 ((95% CI: -2.22 to 1.35; $p = 0.62$); Effect size (Cohen's d) = 0.014).

Conclusion: The results indicate no statistically significant difference in anxiety and depression scores between athletes with and without shoulder pain.

Implications: The results of this study suggest that the anxiety and depression scores are not different between swimmers with and without shoulder pain. However, different results may be found using other measurement instruments to assess the anxiety and depression scores.

Keywords: Athletes, Anxiety, Depression

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67

PREVALENCE AND IMPACT OF CERVICAL AND SHOULDER PAIN ON RUNNING PERFORMANCE: PARTIAL SURVEY RESULTS FROM BRAZILIAN RUNNERS

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Background: Lower limb musculoskeletal injuries in runners are well-established in the literature; however, musculoskeletal injuries of the upper limbs related to running have been less frequently studied, and its impact on running performance remains unknown.