

# Examining the Efficacy of Positive Psychology Interventions for Reducing Symptoms of Burnout Among NCAA Division-I Athletic Trainers

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## ABSTRACT

This study sought to examine the efficacy of three positive psychology interventions (i.e. *Three Good Things in Life*, *Using Signature Strengths in a New Way*, and *Peer Support*) for reducing symptoms of burnout and enhancing well-being. This study employed multiple case study methods, and consisted of five athletic trainers.

The Maslach Burnout Inventory was used to assess the severity of participant's burnout symptoms. Qualitative data was collected at five intervals, before engaging in the positive psychology interventions, after each intervention, and two months after the final intervention.

Three participants rated the *Using Signature Strengths in a New Way* intervention as the most effective, where the remaining two participants reported the *Three Good Things in Life* intervention as most effective. Overall, participants reported that these interventions were an effective means of reducing symptoms of burnout. Furthermore, participants reported that engaging in positive psychology interventions encouraged them to engage in more self-care activities.

The findings of this study suggest that educating athletic trainers on self-care strategies such as positive psychology interventions may reduce risk of burnout and alleviate severity of burnout symptoms.