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ORIGINAL ARTICLE

Structural Modeling of the Relationships between Personality Style and Sports Identity with Psychological Resilience in Athletes with a Disability

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Abstract: This study's purpose was to structurally model the relationships between personality style and sports identity with psychological resilience in athletes with a disability. The research method was descriptive-correlational, using structural equation modeling. The sample included active athletes with a disability (club, provincial) who had experienced at least one sports injury in the past two years. Data collection utilized McCrae and Costa's Personality Questionnaire, Brewer et al.'s Sports Identity Questionnaire, and the Connor-Davidson Resilience Scale. Data were analyzed using partial least squares. Findings showed personality style has a positive, significant effect on psychological resilience. Sports identity also had a positive, significant effect on resilience. These variables explained a significant variance in resilience. Results indicate athletes with positive personality traits and stronger sports identity have a greater ability to bounce back from difficult situations. From an applied perspective, findings can be used in designing psychological interventions to enhance resilience. Sports federations should include personality skills development.

Keywords: Rehabilitation Centers, Personal Skills, Sports Performance, Sports Federations.



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Highlights

- Athletes with positive personality traits have a greater ability to bounce back from difficult situations.
- Athletes with stronger sports identity have a greater ability to bounce back from difficult situations.
- Sport education organizations/officials have a responsibility in athletes personality development.

Introduction

Professional and competitive sports present a landscape rife with physical, psychological, and social pressures, subjecting athletes to various chronic and situational stressors. These can range from the demands of competition and media scrutiny to the challenges posed by injuries and environmental changes (Rice et al., 2016; Abdoshahi, 2024). Within this framework, psychological resilience emerges as a crucial factor for achieving success and sustaining performance. It equips athletes with the ability to bounce back or even enhance their performance following setbacks, defeats, or external pressures, all while maintaining emotional stability and motivation (Galli and Gonzalez, 2015). Consequently, resilience has evolved from a simple individual trait to a fundamental aspect of athletes' preparation and professional development.

Psychological resilience in sports has garnered significant interest over the past decade, recognized as a crucial factor for athletes' sustained performance and mental well-being (Fletcher and Sarkar, 2012, 2013). Moving away from essentialist perspectives, resilience is understood as a dynamic outcome of interactive processes that evolve over time, encompassing individual, team, and organizational dimensions (Ilkim, 2024). This involves a complex interplay of cognitive, emotional, and social mechanisms that activate in response to stress, facilitating a return to or maintenance of optimal performance levels (Den Hartigh et al., 2022). Recent literature in sport psychology emphasizes that resilience models should reflect its multifaceted and contextual nature, highlighting not only individual traits but also the importance of support systems and performance culture (Gupta et al., 2022). Thus, resilience transcends mere recovery; it encompasses the capacity to adapt and learn from experiences, enabling athletes to not only withstand challenges but also to redefine their goals, manage emotions, and seek necessary support for future development (Sadeghi Pour, 2024).

The urgency of addressing resilience in disability sports is particularly pronounced, as para-athletes encounter numerous challenges, including structural barriers, social discrimination, and accessibility issues, alongside increased financial and time commitments compared to their able-bodied peers. Despite these obstacles, research indicates that engaging in adaptive sports can significantly improve mental health, social support, and resilience (Mira et al., 2023). Concurrently, recent studies have revealed high levels of anxiety and depression among elite para-athletes, often linked to injuries and health issues, underscoring the necessity for supportive programs within training and competitive settings (Bentzen et al., 2025). The International Olympic Committee has highlighted the interconnectedness of mental and physical health, advocating for interventions that address both areas simultaneously, which necessitates the implementation of screening and support systems at major sporting events (Reardon et al., 2019; Mountjoy et al., 2023). Additionally, emerging research points to the importance of "hardiness" and coping strategies in fostering resilience and distress tolerance among para-athletes, ultimately contributing to their overall well-being and sustained involvement in sports (Goh et al., 2024).

One key factor influencing athletes' reactions to pressure is their sports identity, which reflects the extent to which they embrace the athlete role. This concept, initially defined and measured by Brewer et al. (1993), encompasses dimensions such as role sociality, role exclusivity, and role affect, all of which impact an athlete's commitment, training choices, and time dedication. Recent systematic reviews have reinforced the idea that a stronger sports identity correlates with heightened engagement, more intense emotional experiences, and varied coping strategies, with fluctuations occurring throughout an athlete's career in response to events like injuries or changes in competition levels (Edison et al., 2021; Lochbaum et al., 2022; Renton et al., 2021). Additionally, qualitative research involving Paralympic athletes has highlighted how disruptions to training and competition schedules, such as those experienced during a pandemic, can significantly affect identity and lead to emotional and motivational shifts (Hu et al., 2021). Moreover, the development of updated identity assessment tools aims to capture a broader range of dimensions and indicators, facilitating more detailed analyses of sports identity (Brewer, 2022).

The phenomenon of "sports identity blockage" arises when individuals become overly committed to their roles as athletes without considering other aspects of their identity. This fixation can lead to negative outcomes such as burnout, anxiety during transitions, and challenges in adjusting to performance declines or retirement (Brewer, 2017). Research on career transitions indicates that the effectiveness of these changes is closely linked to identity factors, the availability of social support, and proactive planning, with strategic interventions showing promise in enhancing psychological well-being (Park et al., 2013). In the context of parasport, notable differences in identity development have been observed between individuals with acquired versus congenital disabilities, influencing their adaptation processes and support systems (Rougeau et al., 2025). This body of evidence highlights that identity can serve as both a protective factor and a source of vulnerability in the face of competitive pressures, emphasizing the importance of considering a diverse range of non-sporting roles and the quality of one's support network.

Personality style is intricately connected to resilience, reflecting stable individual differences. Meta-analyses indicate that neuroticism has a negative correlation with resilience, while traits such as extraversion, openness, agreeableness, and conscientiousness show positive correlations, a trend that holds true across diverse samples and contexts (Oshio et al., 2018). The Five Factor Model's theoretical foundations highlight its broad relevance across various cultures, establishing it as a foundational framework in the study of individual differences (McCrae & John, 1992). In sports, research indicates that personality traits significantly affect motivational patterns, self-regulation, and coping strategies, although the impact varies depending on factors like skill level, discipline, and age (Shuai et al., 2023). Recent studies examining "resilience profiles" reveal that athletes exhibiting high resilience tend to demonstrate better health behaviors and psychosocial outcomes, enhancing our understanding of how personality traits interact with environmental resources (Chrétien et al., 2024).

The significance of social support in alleviating the challenges associated with training and competition has been well-established at the interpersonal level. Research indicates that when the type of support provided aligns with the specific stressor—such as informational support versus evaluative support—there is a notable enhancement in both performance and well-being (Rees & Hardy, 2004). In the context of injury, the transition back to competition often brings about worries related to adequacy, pain, and the fear of re-

injury. If the rehabilitation process fails to address the fundamental needs for autonomy, competence, and relatedness, individuals may find themselves trapped in a cycle characterized by avoidance, anxiety, and diminished functioning (Clement et al., 2015). Furthermore, recent studies highlight a reciprocal relationship between mental health and injury risk, suggesting that unresolved psychological distress not only hinders performance but also raises the chances of future injuries and prolongs recovery times (Rogers et al., 2023). Consequently, a comprehensive understanding of resilience mechanisms must take into account the social and organizational contexts, as well as the effectiveness of return-to-competition protocols.

Research conducted domestically has yielded significant insights into the experiences of athletes with a disability. For instance, Mollanorouzi et al. (2023) demonstrated that resilience is closely linked to psychological well-being, with perceived stress acting as a crucial mediator in this dynamic. Similarly, Safi et al. (2024) identified a notable positive impact of resilience and optimism on self-efficacy among individuals with physical and motor disabilities in Mashhad, highlighting the mediating role of motivation to progress. Furthermore, Dirmanchi and Khanjani (2019) found that athletes with a disability exhibit higher levels of resilience and self-efficacy compared to their non-athletic counterparts, underscoring the beneficial influence of sports participation on psychological support resources. These findings underscore the relevance of the current study, which aims to explore the interplay between personality style and sports identity in predicting resilience.

Despite the existing body of research, significant gaps persist in our understanding of the relationship between personality and resilience, particularly in para-athletic contexts. Much of the current evidence is derived from general populations or non-athletes with a disability, leaving the applicability to para-athletes largely unexamined (Oshio et al., 2018). Additionally, while the literature on sport identity has primarily concentrated on its outcomes, the potential mediating or moderating effects of identity on the connection between personality traits and resilience remain underexplored (Lochbaum et al., 2022; Renton et al., 2021). Furthermore, there is a scarcity of studies investigating how individual factors interact with contextual elements, such as social support and the dual education-sport pathways, in fostering resilience among athletes with disabilities. Research indicates that adaptive sports can enhance support networks and overall well-being (Mira et al., 2023), yet barriers faced by these athletes in their career and educational pursuits can significantly impact their identity and motivation (Maciá Andreu et al., 2023). To bridge these gaps, it is essential to develop testable causal models that can assess both direct and indirect effects while accommodating sample diversity.

The theoretical framework of the present study is based on the integration of the Five-Factor Model of Personality (McCrae & John, 1992), the Sport Identity Model (Brewer et al., 1993), and multifactor models of resilience in sport (Fletcher & Sarkar, 2012, Galli & Gonzalez, 2015). According to this framework, personality traits as the basis of the individual's reactive and regulatory patterns and sport identity as a motivating and meaningful role factor can directly affect the capacity for psychological resilience. Choosing a structural model to simultaneously test these relationships allows for the measurement of the relative and common contributions of these two psychological sources and helps identify the pathways of

influence in the population of athletes with disabilities. There exists a notable gap in the literature regarding the interplay between personality styles, sports identity, and psychological resilience among athletes with disabilities. While previous research has typically focused on these variables in isolation, there is a scarcity of studies that explore their combined effects on psychological resilience, particularly within this specific population. Consequently, this study seeks to address two primary relationships: the influence of personality style on psychological resilience and the impact of sports identity on psychological resilience among athletes with disabilities. By examining these factors together, the research aims to provide a more nuanced understanding of the psychological elements that contribute to the adaptation and performance of athletes with disabilities, thereby informing the development of targeted psycho-sport interventions.

Materials and Methods

This study employed a quantitative and causal-correlational approach, utilizing structural equation modeling to explore the relationships among personality style, sports identity, and psychological resilience in athletes with a disability.

Participants. The target population consisted of athletes with a disability engaged in both individual and team sports at club, provincial, and national levels, all of whom had sustained a sports injury at least once in the previous two years. The inclusion of injury experience was crucial, as it contextualizes the concepts of sports resilience and coping strategies in relation to returning to training and competition. The study focused on adult athletes aged 18 and older to adhere to ethical standards concerning informed consent. A purposive-accessible sampling method was employed, targeting athletes who had experienced an injury within the last 24 months, with a planned sample size of 300 to ensure adequate statistical power for estimating coefficients and testing mediation effects, while a minimum of 250 participants was deemed acceptable. Inclusion criteria for the study required participants to have an active sports membership within the past six months and to have experienced at least one documented or self-reported sports injury in the last 24 months that necessitated a cessation of training or competition for a minimum of seven days. Participants needed to be 18 years or older and capable of reading Persian sufficiently to complete the questionnaire, or willing to receive assistance from the researcher if they had mobility or vision impairments. Informed consent was also mandatory. Exclusion criteria encompassed individuals reporting acute psychiatric disorders with unstable symptoms, recent acute injuries lasting less than seven days without functional impact, incomplete responses exceeding 15% of the questionnaire, and failure to meet the injury experience requirement within the designated timeframe.

Instruments. To account for demographic and sports-related variability, a questionnaire was designed to collect data on age, gender, type and severity of disability, type of discipline, competition level, sports history, weekly training volume, recent injury specifics, and the time elapsed since the injury, which would serve as control variables in the analyses or for potential multigroup comparisons. The study utilized three standardized and psychometrically validated Persian scales for measurement. The ARS-30 scale assessed sports resilience through 30 items across six dimensions: emotional stability, goal focus, emotional control, self-confidence, social support, and adaptability, using a five-point Likert scale ranging from strongly disagree to strongly agree. Scoring was conducted according to the scale's guidelines, with reverse items recoded prior to aggregation. For personality assessment, the Persian version of the Big Five Factor

Inventory (NEO-FFI) was employed, consisting of 60 items that evaluate the traits of neuroticism, extraversion, openness, agreeableness, and conscientiousness, also on a five-point scale. Scores for each dimension were calculated as means or sums, with each trait treated as a first-order construct for modeling. Additionally, the Persian version of the Athlete Identity Scale (AIMS) measured various aspects of athlete role identity, including social identity, role exclusivity, and role affect, using a five-point Likert scale to derive total and dimensional identity scores.

Procedure. To facilitate equal access, data collection was conducted through an accessible online format compatible with screen readers and high-contrast settings, as well as a paper version administered via interviews at selected sports centers. For those with mobility or vision challenges, assistance from a trained facilitator was available. Prior to participation, participants were provided with a research information form and an informed consent document written in clear language, highlighting the voluntary nature of the study and the right to withdraw at any time without repercussions. Data were collected anonymously, assigned unique codes, and utilized exclusively for research purposes. The research design received approval from the ethics committee of the conducting university, ensuring compliance with all data protection and confidentiality standards.

Analysis. Prior to the main analyses, internal reliability for each instrument was assessed using Cronbach's alpha and composite reliability (CR), with acceptable thresholds set at 0.70. Convergent validity was evaluated through average variance extracted ($AVE \geq 0.5$), while divergent validity was determined using the Fornell-Larcker criterion and HTMT ratios, ideally maintaining HTMT values below 0.85. In the initial phase, the dataset was scrutinized for incomplete entries, missing patterns, and outliers. For item-level missing data, if the absence was below 5%, mean imputation or full maximum likelihood estimation (FIML) was employed for CB-SEM, while the EM method was utilized for PLS-SEM. In cases of systematic missingness, multiple imputation techniques were applied. The normality of the data distribution was assessed using skewness and kurtosis indices, adhering to the thresholds of permissible skewness (≤ 2) and kurtosis (≤ 7), alongside the Shapiro-Wilk test. Outliers were detected through a combination of boxplots, Z-Scores, and Mahalanobis distance calculations. The analysis of multicollinearity between the independent variables, specifically personality style and sports identity, was conducted using Variance Inflation Factor (VIF) and Tolerance indices, with a VIF threshold of 3.3 established as the acceptable limit. To mitigate common method bias, several procedural strategies were implemented, including anonymizing participant responses, randomizing the order of items, and employing varied response scales for demographic questions. Additionally, Harman's univariate factor statistical test was utilized to further assess potential bias in the data. In the modeling phase, personality style and sports identity were examined as predictor variables, while psychological resilience served as the criterion variable, all represented through first-order structures based on valid questionnaire indicators. The parameters were estimated utilizing the partial least squares (PLS) method within the SmartPLS 4 software. The adequacy of both the measurement and structural models was assessed through various indices, including SRMR, NFI, R^2 , Q^2 , and f^2 .

The importance of the direct paths was evaluated through the bootstrap method, utilizing 5000 samples and a 95% confidence interval. The model's predictive capability was analyzed using the PLSpredict approach.

To examine the consistency of the results across various subgroups, including team and individual disciplines as well as different types of motor and sensory disabilities, a multigroup analysis was conducted within the SmartPLS 4 framework. This analysis included assessments of measurement homogeneity (both Configural and Metric) and comparisons of path coefficients. All statistical analyses were carried out at a significance level of 0.05, with effect sizes (β and f^2) and confidence intervals reported to ensure that the results were interpretable from both statistical and practical perspectives.

Results

Demographic characteristics of the participants in the study are shown in the table below.

Table 1. Demographic characteristics of the research sample

Characteristic	Group	Frequency (n)	Percentage (%)
Gender	Male	180	60
	Female	120	40
Age	18–25 years	85	28.3
	26–35 years	140	46.7
	36 and over	75	25
Type of disability	Motor	200	66.7
	Visual	60	20
	Hearing	30	10
	Combined	10	3.3
Sports field	Team	165	55
	Individual	135	45
Level of competition	Club	90	30
	Provincial	120	40
	National	90	30
Sports experience	1–5 years	80	26.7
	6–10 years	145	48.3
	More than 10 years	75	25
Distance from injury	Less than 6 months	75	25
	6–12 months	120	40
	More than 12 months	105	35
Injury severity	Mild	95	31.7
	Moderate	140	46.7
	Severe	65	21.7
Type of recent injury	Strain	85	28.3
	Tear	70	23.3
	Fracture	55	18.3
	Joint Injury	55	18.3
	Other	35	11.7

Weekly training volume	1–5 hours	65	21.7
	6–10 hours	170	56.7
	More than 10 hours	65	21.7

Indices of the data normality are shown in the table below.

Table 2. Data normality indices (skewness, kurtosis, and k-s)

Variable	Mean	SD	Skewness	Kurtosis	K-S	P value
Neuroticism	2.87	0.65	0.21	- 0.45	0.089	0.021
Extroversion	3.45	0.72	- 0.32	0.58	0.073	0.047
Openness	3.28	0.69	0.15	- 0.25	0.061	0.089
Agreement-seeking	3.75	0.62	- 0.27	0.39	0.058	0.115
Conscientiousness	3.90	0.65	- 0.41	0.44	0.082	0.033
Sports identity	4.12	0.58	- 0.23	0.33	0.064	0.072
Sports resilience	3.98	0.61	- 0.25	0.29	0.071	0.051

The skewness and kurtosis values for all variables fall within acceptable limits (skewness ≤ 2 and kurtosis ≤ 7), suggesting that the overall data distribution is not significantly skewed (West et al., 1995). While the Kolmogorov-Smirnov test indicated significance for some variables ($p < 0.05$), this result is not necessarily indicative of a substantial departure from normality, particularly given the large sample size. Since the PLS-SEM method does not require strict adherence to normality assumptions, the data were deemed appropriate for structural analysis.

Table 3. Reliability and validity indices of constructs

Construct	Cronbach's alpha (α)	Composite reliability (CR)	Average variance extracted (AVE)
Neuroticism	0.78	0.84	0.57
Extroversion	0.82	0.88	0.60
Openness	0.75	0.83	0.55
Agreement-seeking	0.79	0.85	0.58
Conscientiousness	0.84	0.89	0.62
Sports identity	0.85	0.90	0.64
Sports resilience	0.88	0.92	0.65

The values of Cronbach's alpha and composite reliability for all constructs exceed 0.70, while the average variance extracted (AVE) values are above 0.50. These results demonstrate a strong level of convergent reliability and validity for the instruments utilized in the study. Consequently, this suggests that the items within each construct effectively capture their respective dimensions and exhibit a robust internal correlation among the indicators.

Table 4. Divergent validity (Fornell–Larcker criteria)

	1	2	3	4	5	6	7
1. Neuroticism	0.75						
2. Extroversion	0.32	0.77					
3. Openness	0.21	0.36	0.74				
4. Agreement-seeking	- 0.18	0.28	0.33	0.76			
5. Conscientiousness	- 0.35	0.41	0.29	0.38	0.79		
6. Sports identity	- 0.27	0.52	0.34	0.41	0.48	0.80	
7. Sports resilience	- 0.30	0.45	0.28	0.33	0.51	0.56	0.81

The principal diameter values, represented by the square root of the AVE (noted as highlighted numbers), consistently exceed the inter-construct correlations found in the respective rows and columns. This observation supports the divergent validity of the constructs, indicating that each construct demonstrates a stronger correlation with its own indicators compared to those of other constructs.

Table 5. Model fit indices in PLS-SEM

Index	Value	Desired limit
SRMR	0.057	≤ 0.08
NFI	0.91	≥ 0.90
R ²	0.55	≥ 0.26
Q ²	0.36	≥ 0.00
GOF	0.58	≥ 0.36

A SRMR index below 0.08 and an NFI above 0.90 suggest that the model fits well. The R² value of 0.55 indicates that the predictor variables, personality style and sports identity, account for over half of the variance in sports resilience. Additionally, the positive Q² and a GOF of 0.58 further validate the model's predictive capability and robust fit.

Table 6. Path coefficients and significance test

Predictor variable	Dependent variable	β	t-value	P value	Result
Neuroticism	Sports resilience	- 0.21	4.35	< 0.001	Negatively significant
Extroversion		0.28	5.12	< 0.001	Positively significant

Openness	0.19	3.48	< 0.001	Positively significant
Agreement-seeking	0.09	2.15	0.032	Positively significant
Conscientiousness	0.31	6.02	< 0.001	Positively significant
Sports identity	0.37	5.62	< 0.001	Positively significant

The findings indicate that all six primary research pathways are significant and exhibit positive correlations, with the exception of neuroticism. This suggests that a more optimistic personality and a robust sports identity contribute to enhanced sports resilience among athletes with a disability. The research model is illustrated below, detailing the path coefficients and t-values associated with these relationships.

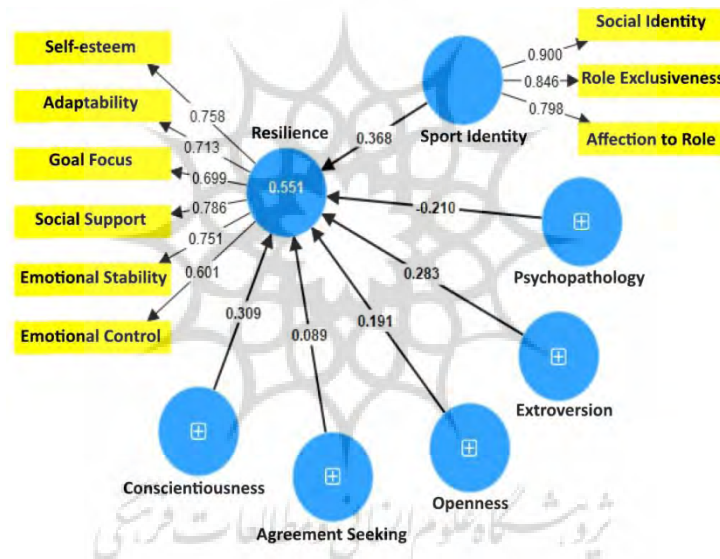


Figure 1. Model in path coefficient mode

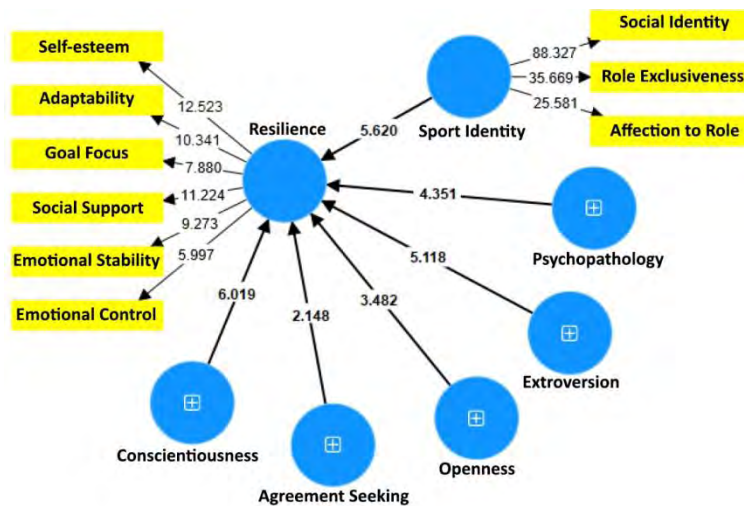


Figure 2. Research model based on T-value

Discussion

The results of this study indicate that two primary sources of stable personality traits, along with the internalization of the athlete identity, account for a substantial portion of the variations in psychological resilience among athletes with disabilities. This finding aligns with existing theoretical and empirical research. Within this context, personality serves as the foundational "behavioral-emotional infrastructure," while sports identity functions as a mechanism for "meaning-making and resource mobilization." The interplay between these elements fosters effective coping strategies, ultimately contributing to psychological and functional resilience.

The personality component of the model aligns closely with findings from quantitative reviews. Meta-analyses indicate that traits such as conscientiousness and extraversion are frequently linked to higher levels of agreeableness, emotional regulation, and perseverance, while neuroticism correlates with heightened sensitivity to threats, rumination, and the recollection of negative emotions (Oshio et al., 2018). A mechanistic interpretation of these results suggests that adaptive personality traits enhance three key processes: self-regulation (including goal setting, progress tracking, and adherence to rehabilitation protocols), emotional processing (such as cognitive appraisal and reducing catastrophizing), and social behavior (like effective help-seeking and utilizing support networks). In the context of parasport, which faces challenges like accessibility issues, additional costs, and societal stereotypes, these processes can confer a psychological competitive edge. Athletes who are disciplined and motivated are more likely to endure delays in recovery, recognize incremental progress, and adhere to their rehabilitation plans (Fletcher & Sarkar, 2012). Conversely, traits associated with neuroticism can lead to detrimental cycles, characterized by negative appraisals of physical symptoms, anxiety about performance, and motor avoidance—patterns that have been documented in the literature regarding return to sport post-injury (Clement et al., 2015). This perspective aligns with longitudinal studies that link psychological distress to an increased risk of injury and extended recovery times (Rogers et al., 2023).

The identity component of the model aligns with existing research on "sports identity," highlighting its significance in an athlete's self-concept. Since the introduction of the AIMS scale, studies have demonstrated that the internalization of the athlete role correlates with training dedication, coping mechanisms, and emotional investment (Brewer et al., 1993). Recent findings indicate that a stable identity serves as a protective factor during transitional phases, such as injuries or competition suspensions, and is linked to more adaptive coping strategies (Edison et al., 2021; Renton et al., 2021; Lochbaum et al., 2022). In the context of the Paralympics, disruptions like the COVID-19 pandemic have illustrated how such upheavals can destabilize identity and lead to emotional challenges (Hu et al., 2021). The current results underscore that when role identity offers a sense of meaning and belonging, resilience is also maintained. This notion is further supported by recent research on resilience among para-athletes (Goh et al., 2024).

The comparison of our findings with Iranian studies is promising. Research within Iran indicates that athletes with disabilities exhibit greater resilience and self-efficacy compared to their non-athletic peers, with resilience showing a positive correlation to psychological well-being (Mollanorouzi et al., 2023; Shafiee et al., 2023). Furthermore, the influence of psychological resources on self-efficacy, particularly through the mediation of motivation among individuals with disabilities, has been established (Safi et al., 2024). This body of domestic research not only aligns with our overall conclusions but also underscores a critical insight: in the Iranian context, focusing on personality and identity development is essential for fostering well-being and sustaining participation in sports, rather than being viewed as an optional enhancement.

Conclusion

It is recommended that team psychology units establish a pre-season screening protocol to assess key indicators of personality, sports identity, resilience, and risk factors such as injury history, perceived stress, and training volume. These assessments can inform tailored intervention strategies: for athletes exhibiting neurotic tendencies, interventions could focus on reducing rumination and enhancing cognitive appraisal and distress tolerance; for those with low extroversion, promoting help-seeking behaviors, expanding support networks, and gradually exposing them to stressors may be beneficial; and for individuals with low conscientiousness, implementing structured micro-goals, regular feedback, and accountability measures can enhance performance. Concurrently, to foster a sense of identity, team policies should emphasize "role ownership" by involving athletes in training design, assigning micro-leadership roles, sharing narratives of recovery through internal media, and engaging in community outreach. These initiatives not only cultivate a sense of meaning and belonging but also serve as a psychological buffer during challenging times.

Organizational synergy is crucial for effective mental health care in sports. The International Olympic Committee highlights the importance of integrating mental health services with physiotherapy and establishing clear referral pathways (Reardon et al., 2019; Mountjoy et al., 2023). It is advisable for clubs and federations to incorporate regular screenings for psychological distress, re-injury risk, and resilience into their standard practices. Additionally, providing mental health literacy training for coaches and physiotherapists, along with ensuring confidential access to sports psychology services, is essential for fostering a supportive environment (Purcell et al., 2019).

To mitigate the adverse effects of "overidentity," it is advisable to implement personal development programs that foster complementary roles, such as adaptive identities alongside the primary sports identity. Engaging in roles like student, athlete, assistant coach, and community ambassador can enhance psychological resilience and lessen vulnerability in the face of setbacks or disruptions (Brewer, 2017; Park et al., 2013). Consequently, technical staff should adopt a balanced approach in their feedback and evaluations, focusing not only on outcomes but also on the processes involved and the cultivation of psychosocial skills. Furthermore, educational planning must consider individual differences related to disability type and severity, competitive level, and discipline to ensure equitable access to support resources (Mollanorouzi et al., 2023; Shafiee et al., 2023).

Future research should focus on several key areas: employing multi-wave longitudinal designs to investigate the directionality of relationships and the temporal aspects of resilience; utilizing multi-source assessments from athletes, coaches, and therapists to mitigate common method bias; conducting multi-group analyses to examine variations based on the type and severity of disabilities as well as different disciplines; exploring nonlinear and threshold models to determine if the risk of obstruction escalates beyond a certain level of identity; and implementing bi-axial interventions that are personality-based, identity-based, or a combination of both, while using objective outcome measures. Additionally, in light of recent discussions regarding the psychometric properties of resilience scales in sports and advancements in mental health screening for athletes, it is recommended that updated, context-specific versions of these instruments be utilized, with their validity independently assessed within para-populations.

The current findings highlight the significance of "individual wisdom," represented by stable personality traits, and "meaning and belonging," reflected in sports identity, as essential components of resilience among athletes with disabilities. These insights advocate for practical applications such as early-season assessments, tailored interventions based on personality profiles, initiatives to foster identity and role within teams, integration with mental health services, and data-driven evaluations. This approach aligns with existing theoretical frameworks and consensus literature, such as Reardon et al. (2019), while also being straightforward, cost-effective, and measurable, thereby enhancing its potential for acceptance and sustainability within the disability sports community.

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