longer participation and better achievement. Research is supported by the Russian Science Foundation, project No. 19-78-10134.

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Keywords: Paralympic sports; Emotional Regulation; Commitment to sports

EPP0981

Coping with sport trauma and well-being in athletes

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Introduction: Sport trauma is a stressful situation demanding not only physical but also psychological rehabilitation (Clement et al, 2015, Ardern et al, 2012) including prevention of mental health symptoms. Revealing coping strategies that are related not only to rehabilitation effectiveness but also to well-being of athletes is important for rehabilitation programs (Crowther et al, 2017, Hamson-Utley, Vazquez, 2008, Johnston, Carroll, 1998).
Objectives: The aim was to reveal coping strategies that are related to better well-being in athletes after trauma after adjusting for trauma perception.
Methods: 61 athletes (15-25 years old, 31 males) rehabilitating after sport trauma filled COPE with specific instruction about trauma (Carver et al., 1989), Illness Perception Questionnaire (Moss-Morris et al., 2002) modified for trauma situation, Satisfaction with Life Scale (Diener et al., 1985), Scale of Positive and Negative Experience (Diener et al., 2009).
Results: After adjusting for subjective trauma representation humor related to trauma predicted better satisfaction with life (β=.43, R^2=43.7%). Active coping with trauma was related to more positive emotions (β=.31, R^2=9.8%) while emotion venting, substance use and lower instrumental support are related to negative emotions (β=.39, β=.24, β=-.29, respectively, R^2=30.5%), although these effects eliminate after adjusting for trauma representation.
Conclusions: Humor, active coping and instrumental support as well as control of emotion venting and substance use could be helpful strategies of promotion of better well-being in athletes after sport trauma. Research is supported by the Russian Science Foundation, project No. 19-78-10134.

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Keywords: Coping Strategies; well-being of athletes; sport trauma

EPP0982

Sociodemographic and psychological parameters of adult's commitment to exercise

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Introduction: Motivation is an important indicator of predicting an adult's commitment to exercise so it is important to explore the reasons that may lead a person to participate in physical activity programs.
Objectives: To investigate the socio-demographic and psychological parameters that motivate adults to participate in exercise programs and athletic activities.
Methods: 245 adults, being engaged in physical activity programs were given a questionnaire to collect information on socio-demographic characteristics, possible previous problems with body weight, type of exercise, frequency and main reason for their participation in exercise programs, as well as the somatometric characteristics of the participants.
Results: It is noteworthy that participants' motive for exercise was pleasure (for 46.1% of the participants), championship (for 20.8% of the participants), health reasons (for 18.4% of the participants), weight loss (for 7.8% of the participants) and improvement of physical appearance (for 6.9% of the participants). A greater percentage of male compared to female participants were engaged to exercise due to championship reasons, while more women than men exercised to a statistically significant extent in order to improve their appearance and for health reasons.
Conclusions: Understanding the main factors that make individuals being engaged to physical activity may help health professionals to implement educational and counseling intervention programs regarding the positive effects of exercise on individuals' mental and emotional health. Physical activity contributes to the improvement of their quality of life, which may be the most important issue for mental and public health.

Keywords: motivation; mental health; Physical Activity; athletics

EPP0983

Professional satisfaction of nurses in psychosocial rehabilitation services

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Introduction: The increase of job satisfaction in mental health nurses, working in community mental facilities, helps them to become more efficient and understand the needs of individuals suffering from mental health problems.
Objectives: To investigate sociodemographic and job characteristics, as well as the level of professional satisfaction of nurses working in psychosocial rehabilitation facilities of the psychiatric hospital of Athens, named Dafni.
Methods: 220 nurses, working in the field of psychosocial rehabilitation completed (a) a sociodemographic questionnaire, (b) Spector's Job Satisfaction Survey (JSS).
Results: Nursing staff consists of mental health nurses (44.1%) and nursing assistants (55.9%) in the present study. 90% of the participants were female; while the 65% were married, the 19.5% had a university-level education and the 25% had administrative responsibilities. The 44.1% of our sample worked in hostels, 41.8% in nursing homes and 6.8% in Community Mental Health Centers.

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