

# Flipturns of Adolescent Swimmers Psychological (in)Flexibility: An Idiographic study with DNA-V

Friday, September 12, 2025 12:30 PM (1h 45m)

## Background

Psychological flexibility is a key factor in athletic performance and well-being. This study investigates the effects of a DNA-V training on Italian adolescent competitive swimmers, focusing on the development of psychological flexibility and its impact on motivation and resilience in training and competition.

## Method

This idiographic longitudinal study involved four athletes (aged 13, 14 and 16). Participants engaged in a 12-session DNAV training program (60-minute sessions over six months), including in-water practice. Weekly self-report questionnaires assessed psychological flexibility, DNAV-related skills, motivation, and sport resilience during training and post-competition, aimed to compare psychological flexibility in both contexts.

## Results

Functional analysis suggests that one athlete overcame his initial performance-related difficulties, demonstrating increased flexibility in self-perception after the Values and Discoverer-based training sessions. The other three participants exhibited more inflexible Adviser. Over time, they also showed improvements in psychological flexibility. All participants displayed strong Noticer skills but exhibited higher commitment to their goals rather than to their values.

## Discussion

DNAV-based training may be an effective approach to enhancing psychological flexibility in competitive swimming. A context-specific training protocol will be presented.

**If you're submitting a symposium talk, what's the symposium title?**

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No

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