

Brief Structured Team Reflection Embedded in Elite Underwater Rugby Training

NCT07448012

Status	RECRUITING
Phase	Not Applicable
Sponsor	Federal University of Vicosa
Enrollment	27 participants

Key Eligibility Criteria

Inclusion (5)

- Male elite underwater rugby athletes aged 18 years or older.
- Officially rostered in the squad and training regularly (minimum 2 sessions per week).
- Able to complete Spanish-language questionnaires.
- Willing to participate and provide written informed consent.
- Available to complete assessments at baseline (T0), week 3 (T1), and week 6 (T2).

Exclusion (3)

- Unable to complete the questionnaires reliably (e.g., language/comprehension barriers).
- Anticipated prolonged absence during the 6-week period that would prevent meaningful exposure to the intervention and/or completion of follow-up assessments.
- Declines participation or does not provide informed consent.

Locations (1 total)

Tecnológico de Antioquia, Guarne, Antioquia, Colombia