DIVHOPE *DIVSTRESS* *COGNIDIVE*

LES BIENFAITS DE LA PLONGEE SUR LES PATHOLOGIES DU STRESS

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- La **génèse** du projet
- Les bénéfices sur le **stress post traumatique**
- Les perspectives sur l'**épuisement professionnel…**

1

La genèse du projet

(Divstress)

Divstress

2015

J0

Session 1

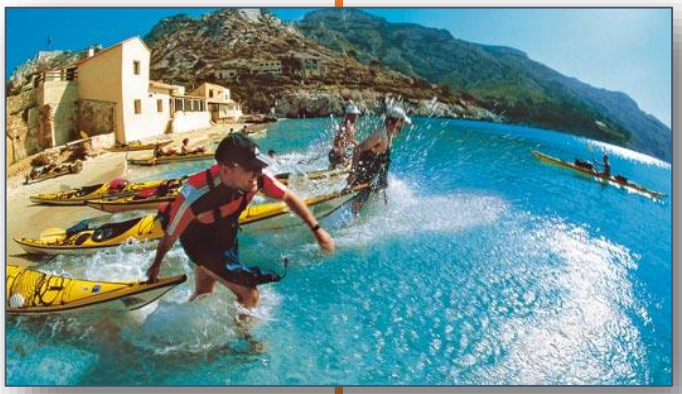
140 stagiaires- **Evaluation n°1**

Exclusions

67 stagiaires **UCPA**
Population appareillée

Plongée
n = 37

Multisport
n = 30



J7

Fin des Protocoles

Session 2

post stage

Evaluation n°2

M1

Session 3

Suivi à 1 Mois post stage

Evaluation n°3

Frédéric Bénéton

frontiers in Psychology

ORIGINAL RESEARCH
published: 18 December 2017
doi: 10.3389/fpsyg.2017.02193

Recreational Diving Practice for Stress Management: An Exploratory Trial

Frédéric Bonaton[1], Guillaume Michoud[2,3], Mathieu Coulange[4], Nicolas Laine[4], Céline Ramdani[5], Marc Borgnetta[6], Patricia Breton[7], Regis Guieu[8], J. C. Rostain[9] and Marion Trousselard[2,3,8,10]

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Background: Within the components of Scuba diving there are similarities with meditation and mindfulness techniques by training divers to be in a state of open monitoring associated with slow and ample breathing. Perceived stress is known to be diminished during meditation practice. This study evaluates the benefits of scuba diving on perceived stress and mindful functioning.

Method: A recreational diving group (RDG; $n = 37$) was compared with a multisport control group (MCG; $n = 30$) on perceived stress, mood, well-being and mindfulness by answering auto-questionnaires before and after a 1-week long UCPA course. For the diving group, stability of the effects was evaluated 1 month later using similar auto-questionnaires.

Results: Perceived stress did not decrease after the course for the MCG [The divers showed a significant reduction on the perceived stress score ($p < 0.05$) with a sustainable effect ($p = 0.01$)]. An improvement in mood scale was observed in both groups. This was

Trousselard M (2017) Recreational Diving Practice for Stress Management: An Exploratory Trial. Front. Psychol. 8:2193. doi: 10.3389/fpsyg.2017.02193

with them. Chronic stress can occur in response to everyday stressors that are ignored or poorly managed. The reaction of individuals to chronic stress is theorized in the general alarm syndrome (Selye, 1956) and allostasis theories (McEwen, 2004), contributing to high biological cost featuring the allostatic load (Chrousos, 2009). Excessive chronic stress, which is constant and persists over

Marion Trousselard

Conclusions: The practice of a recreational sport improves the mood of subjects reporting the thymic benefits of a physical activity performed during a vacation period. The health benefits of recreational diving appear to be greater than the practice of other sports in reducing stress and improving well-being.

Réactiver la cohérence cardiaque… par la ventilation sur détendeur

Favoriser la pleine conscience… par un état de méditation involontaire

Vincent Meurice

Plongée loisir

Sophrologie

Méditation de pleine conscience

BATHYSMED

Dive & get rid of stress

Psychologie sportive

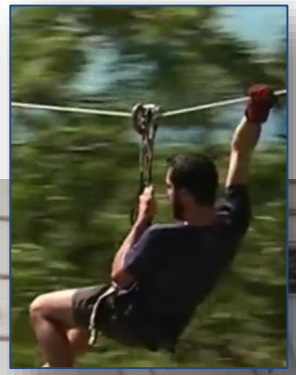
Programmation neuro-linguistique

2

Les bénéfices sur le SPT

(Divhope et Cognidive)

Divhope



https://www.youtube.com/watch?v=6fTlUSR-QGY&fbclid=IwAR3OOkoBH4ERgRmBgpVONT7RxfNkP09gtrjdq9SrfGebxicuRG23XPemJH0

Divhope

2017

J-45

J-15

J0

J12

M1

M3

Session 1

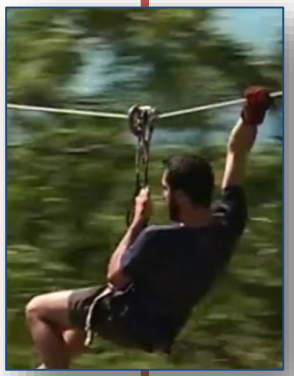
Visite de Sélection - **Evaluation n°1** – ***J-45***

Exclusions

34 PTST post attentats
Tirage au sort

Bathysmed®
n = 17

Multiactivités
n = 17



Fin des Protocoles

Session 2

post stage

Evaluation n°2

Session 3

Suivi à 1 Mois post stage

Evaluation n°3

Session 4

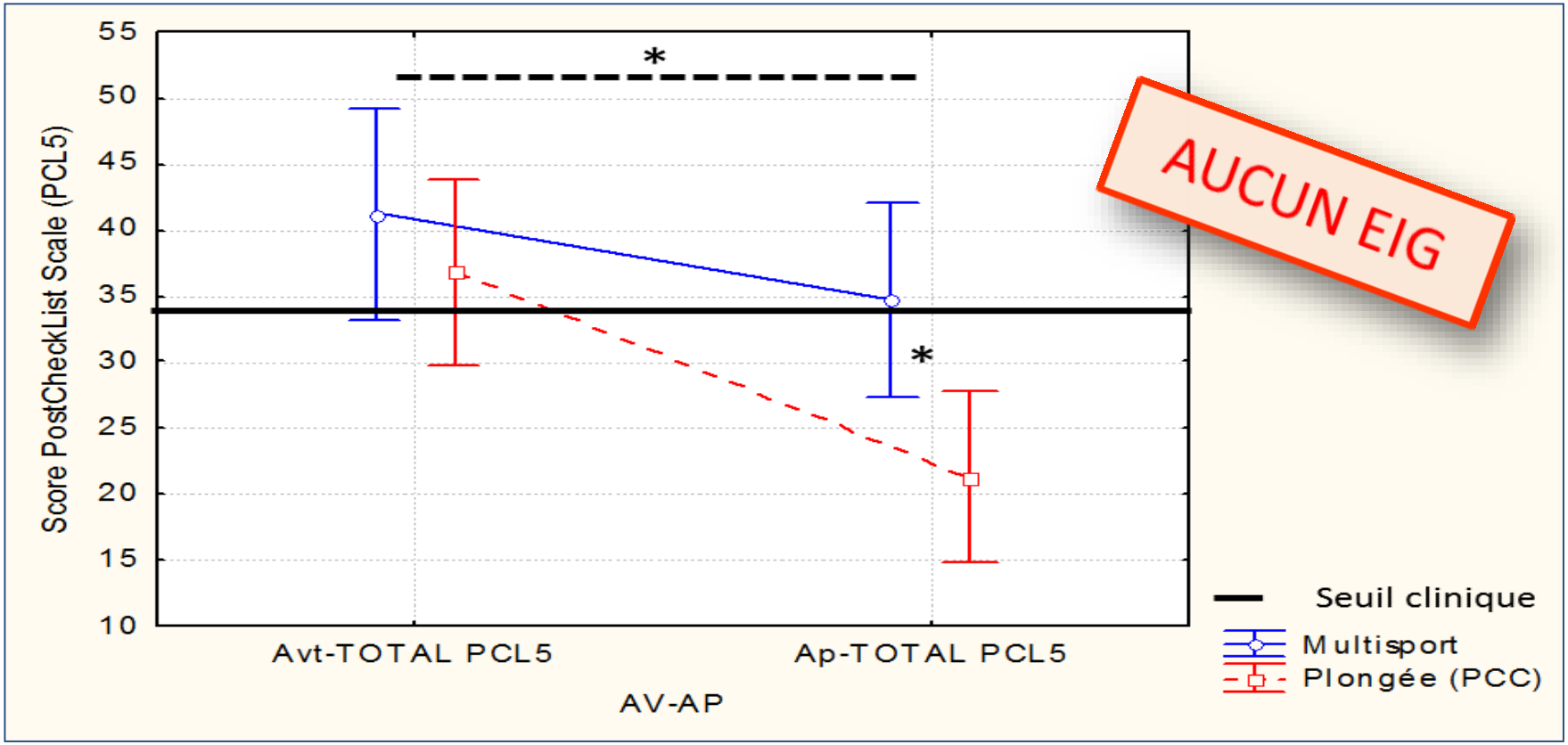
Suivi à 3 Mois post stage

Evaluation n°4

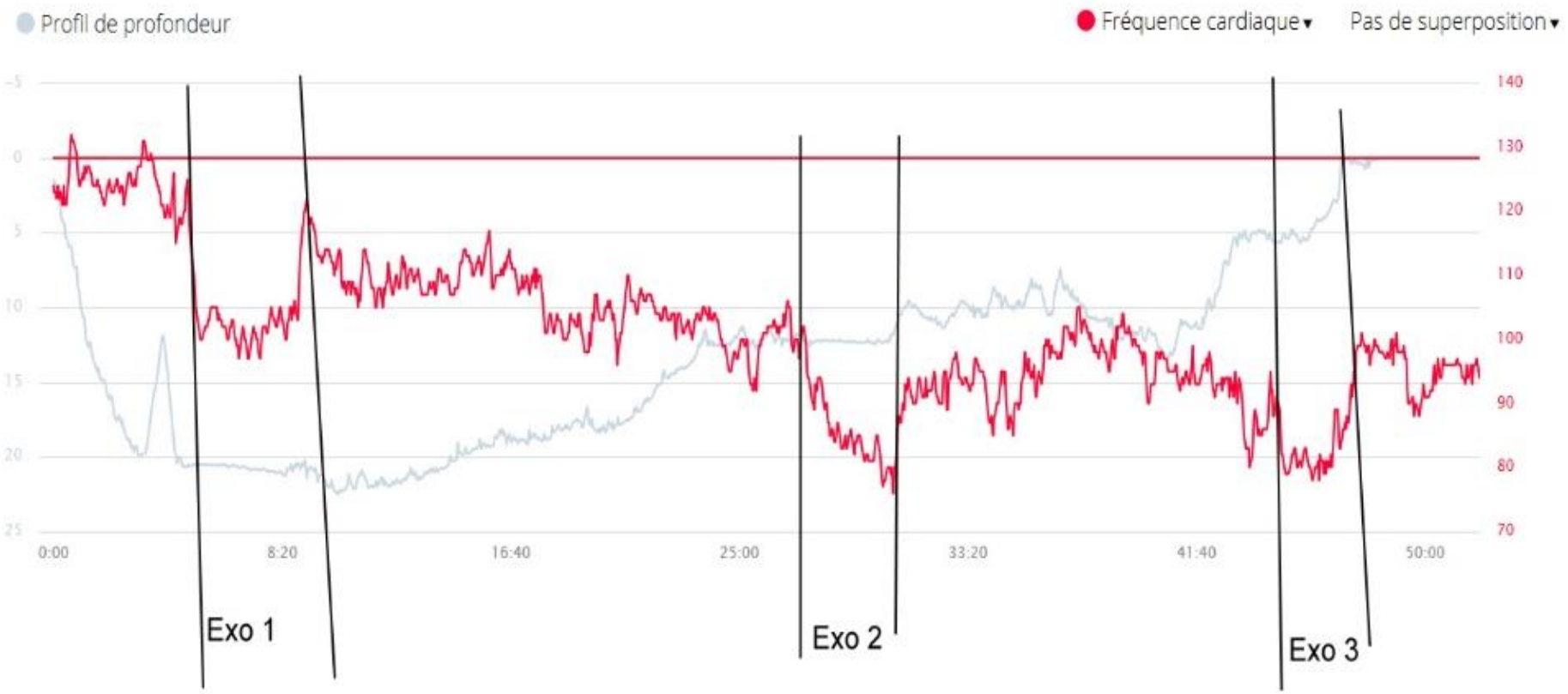
DIVHOPE
GUADELOUPE 2017

Premiers résultats…

Divhope



Si les premiers résultats montrent une réduction des symptômes pour l'ensemble de la population, les analyses statistiques montrent que seuls le groupe BTY est en « rémission clinique »


Profil de profondeur
Fréquence cardiaque
Pas de superposition
-5
0
5
10
15
20
25
140
130
120
110
100
90
80
70
0:00
8:20
16:40
25:00
33:20
41:40
50:00
Exo 1
Exo 2
Exo 3

Divhope 2

2018

J-45

Session 1

Visite de Sélection - **Evaluation n°1** – ***J-45***

Exclusions

J-15

34 PTST post attentats
Tirage au sort

J0

Bathysmed®
n = 17

Multiactivités
n = 17

M3

Sessions 2 à 4

post stage, M1 et M3

Evaluations n°2 à 4

M6

Bathysmed®
n = 15

M9

Sessions 5 à 7

post stage, M1 et M3

Evaluation n°5 à 7

Gueules Cassées
Sourire Quand Même
Union des Blessés de la Face et de la Tête
Fondation des «Gueules Cassées»

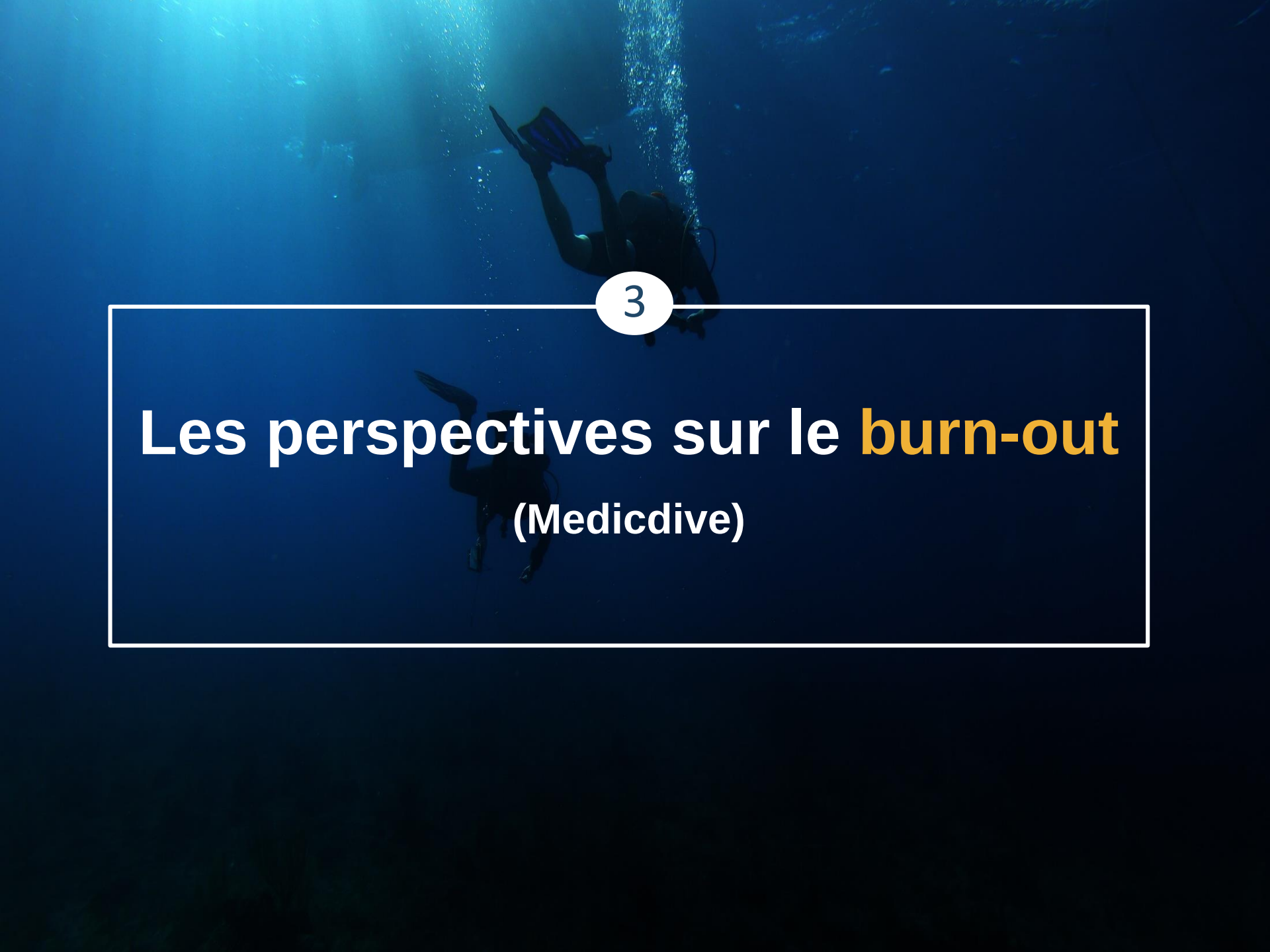
Cognidive

Original Article

Can scuba diving offer therapeutic benefit to military veterans experiencing physical and psychological injuries as a result of combat? A service evaluation of Deptherapy UK

Alice Morgan, Harriet Sinclair, Alexander Tan, Ellen Thomas & Richard Castle

Pages 2832-2840 | Received 30 Apr 2017, Accepted 22 May 2018, Published online: 29 Jun 2018



3

Les perspectives sur le burn-out

(Medicdive)

Projet Medicdive

Marseille : des psychiatres de l'AP-HM révèlent qu'un médecin sur deux est en burnout en France

Pierre Michelet

Illustration - Un médecin sur deux est en burnout selon deux psychiatres de l'AP-HM de Marseille. / © Maxime Jegat / MaxPPP

AP HM — Aix*Marseille université — Centre Hospitalier Princesse Grace — CSM Centre Scientifique de Monaco — Centre Hospitalier Universitaire de Nice — Université Nice Sophia Antipolis

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