

DIVHOPE

FAVT Fondation d'Aide
aux Victimes du Terrorisme
Sous l'égide de la Fondation de France

DIVSTRESS



COGNIDIVE

Gueules Cassées
Sourire Quand Même

Plongée **thérapeutique**

de **l'intuition** empirique à la **validation** scientifique



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Hôpitaux
Universitaires
de Marseille | **ap·hm**

C2VN Marseille
Center for CardioVascular
and Nutrition research



PHYMAREX
Institut de Physiologie et de Médecine
en Milieu Maritime et en Environnement Extrême



CSM CENTRE
SCIENTIFIQUE
DE MONACO



- ☑ La **génése** du projet
- ☑ Le rationnel scientifique (**stress post traumatique, résilience post cancer...**)
- ☑ Les perspectives sur la **qualité de vie au travail...**





CALEDONIA
CONFÉRENCE

PLUS DE VIDÉOS ▶

La Santé Bleue - 2015



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Groupement Hospitalier
et Universitaire des Bouches-du-Rhône

 C2VN Marseille
Center for CardioVascular
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 PHYMAREX
The Institute of Physiology and Medicine
in Marine Environment and Extreme Environment

2015

Divstress

J0

Session 1
140 stagiaires - **Evaluation n°1**

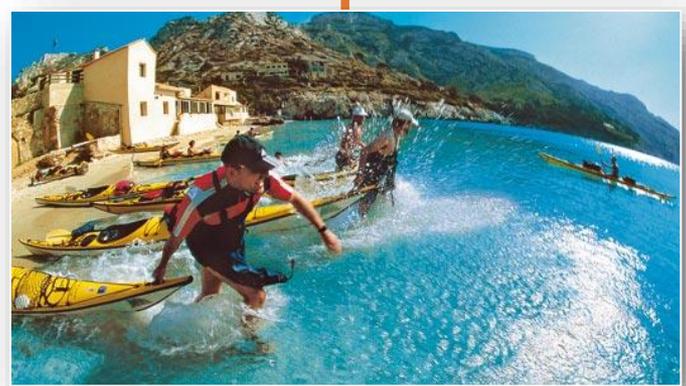
Exclusions

Population appareillée
67 stagiaires



Plongée
n = 37

Multisport
n = 30



J7

Fin des Protocoles

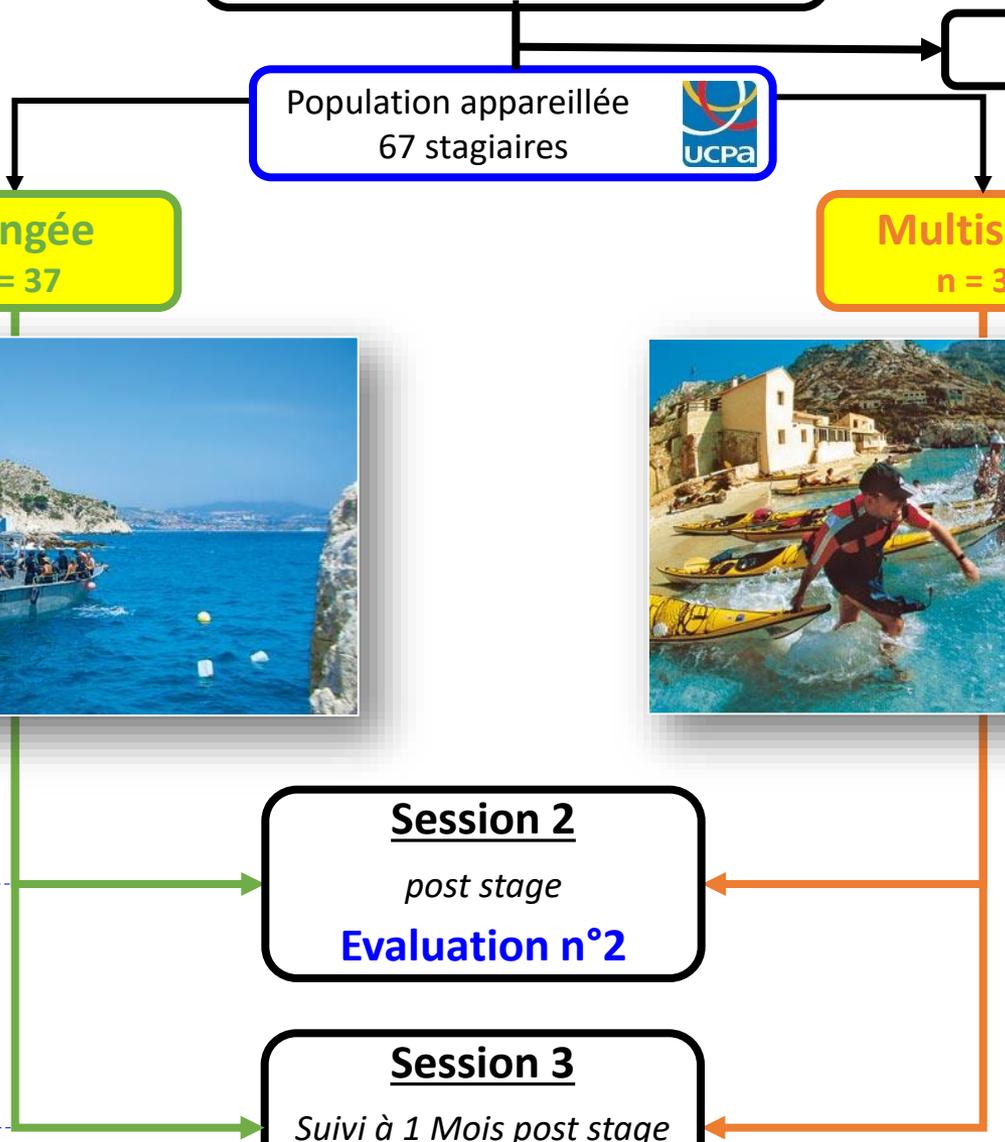
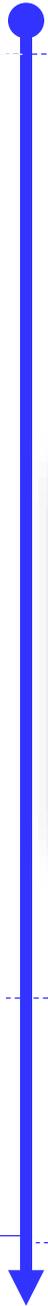
Session 2
post stage
Evaluation n°2

Session 3
Suivi à 1 Mois post stage
Evaluation n°3



Pr Marion Trousselard

M1





Recreational Diving Practice for Stress Management: An Exploratory Trial

Frédéric Boneton¹, Guillaume Michoud^{2,3}, Mathieu Coulanges⁴, Nicolas Lalno⁴, Céline Ramdani⁵, Marc Borgnotta⁶, Patricia Broton⁷, Régis Guleu⁸, J. C. Rostain⁹ and Marion Troussalard^{2,3,4,10*}

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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

OPEN ACCESS

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Marion Troussalard

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**.

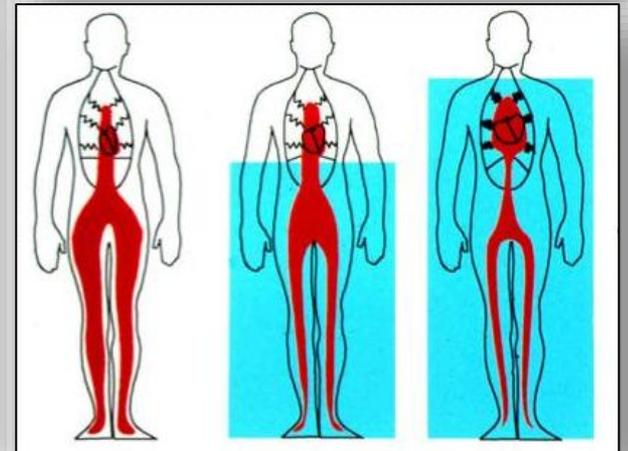
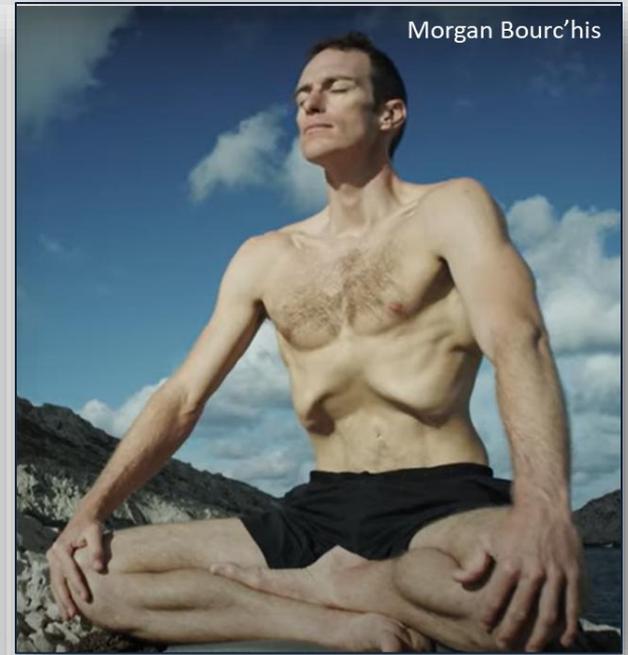
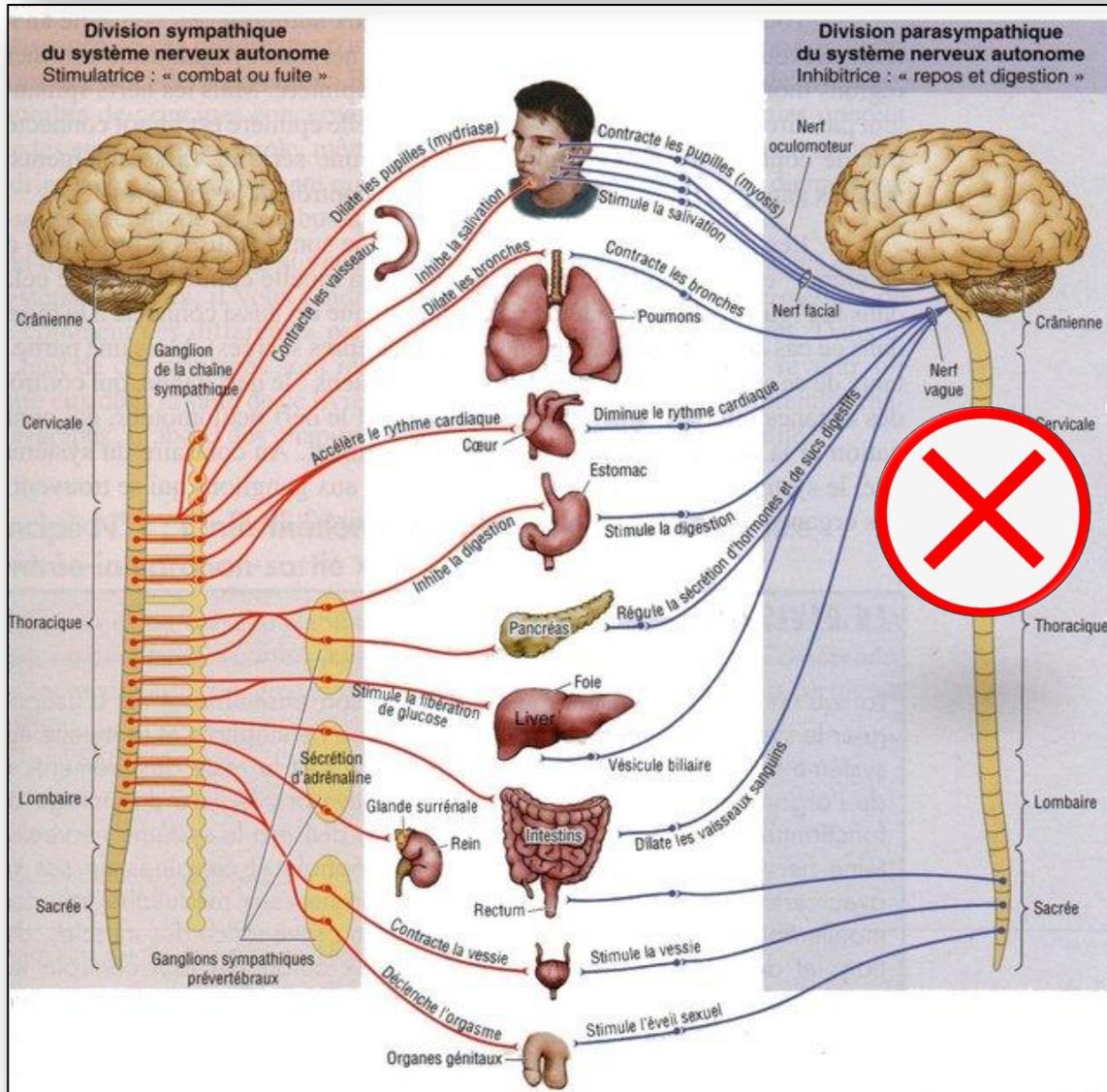
December 2017 | Recreational
Diving Practice for Stress
Management: An Exploratory Trial
Front. Psychol. 8:2192.
doi: 10.3389/fpsyg.2017.02192

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

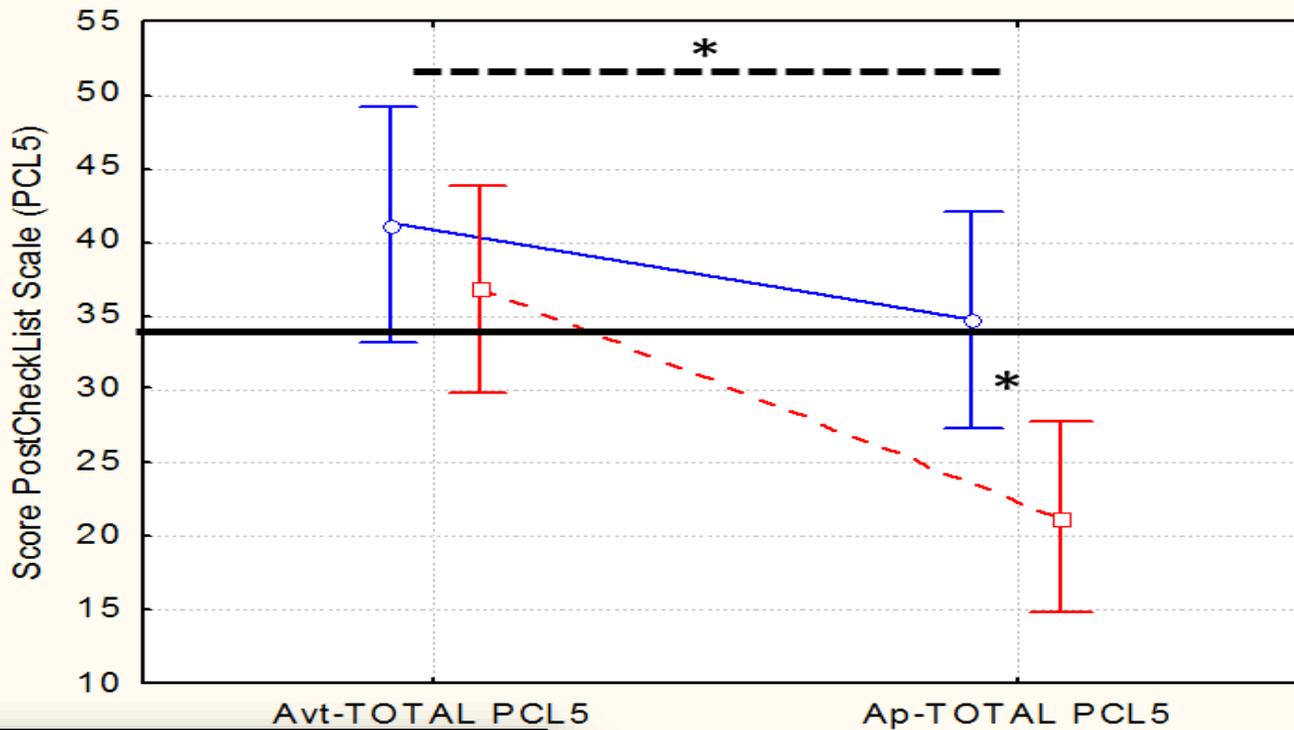
N°1 – Favoriser la **pleine conscience** par un état de **méditation involontaire**



N°2 – Réactiver le système **parasympathique** par la **ventilation** et l'**immersion**







— Seuil clinique
 [Blue line with error bars] Multisport
 [- - - Red dashed line with error bars] Plongée (PCC)

EUROPEAN JOURNAL OF PSYCHOTRAUMATOLOGY
 2022, VOL. 13, 2031590
<https://doi.org/10.1080/20087198.2022.2031590>



AV-AP

SHORT COMMUNICATION

OPEN ACCESS

Comparing meditative scuba diving versus multisport activities to improve post-traumatic stress disorder symptoms: a pilot, randomized controlled clinical trial

Lionel Gilbert^{a,b,c}, Mathieu Coulange^{a,d}, Jean-Charles Reynier^{a,e}, Frédéric Le Quiniat^{a,g}, Aymeric Molle^h, Frédéric Bénéton^h, Vincent Meurice^h, Jean Arthur Micoulaud^h and Marion Trousselard^h

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ABSTRACT

Background: Post-Traumatic Stress Disorder (PTSD) is a chronic and disabling disease that currently has no fully effective therapeutic solution. Complementary approaches, such as relaxation, sport, or meditation, could be therapeutic aids for symptom reduction. Scuba diving combines sport and mindfulness training and has been found to have a positive effect on chronic stress and PTSD.

Objectives: The first objective of this pilot study is to compare the effectiveness of diving associated with mindfulness exercises (the Bathysmed® protocol) with multisport activity in reducing PTSD symptoms. The secondary objective is to compare the impact of the Bathysmed® protocol on mindfulness functioning in the two groups of subjects suffering from PTSD.

Method: This proof-of-concept took the form of a controlled randomized clinical trial. The primary endpoint was the severity of PTSD symptoms, measured by the PCL-5 (PTSD Check List) scale. Half of the group were exposed to the Bathysmed® protocol (the experimental condition), and the other half to a non-specific multisport program.

Results: Bathysmed® protocol improved PCL-5 scores more than the multisport program but the result was not significant. The protocol was significantly better than the multisport activity in reducing intrusion symptoms of PTSD after one month. Globally, trait mindfulness scores improved up to one month after the course, but the result was not significant. Three months after the course, there was no difference between the two groups with regard to PCL-5 and Freiburg Mindfulness Inventory scores.

Conclusion: Our study demonstrates the value of the Bathysmed® protocol even though it suffers from a lack of power and could only obtain partial but encouraging results. Mindfulness must be practiced over the long term to achieve stable benefits. This probably explains why no differences persisted three months after the course. Further work is needed to confirm the initial results obtained with this pilot study.

ARTICLE HISTORY

Received 29 April 2021
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KEYWORDS

PTSD; scuba diving; mindfulness; terrorist attack

关键词: PTSD; 水肺潜水; 正念; 恐怖袭击

HIGHLIGHTS

- Meditative scuba diving improved overall PTSD symptoms after one month more than multisport activity but not significantly.
- PTSD intrusion symptoms were significantly improved after one month by the meditative diving.
- The positive effects of meditative diving faded after 3 months.

AUCUN EIG



2018





Association
Plongée & Résilience



Convention de Partenariat

ENTRE :

L'association Plongée & Résilience, association de loi 1901 à but non lucratif, dont le siège social est situé au GHPSO Service d'Oncologie Médicale, Boulevard Laennec, 60100 CREIL, créée sous le numéro W604005170 représentée par Madame Elisabeth CAROLA, en sa qualité de Présidente, dûment habilitée à l'effet des présentes.

Ci-après dénommée « L'Association »

ET

Le YACHTING CLUB DE LA POINTE ROUGE, dont le siège social est situé Port de La Pointe Rouge, 13008 MARSEILLE, numéro d'affiliation FFESSM 33130063, représentée par Monsieur Christian Tommasini, en sa qualité de président du Club, dûment habilitée à l'effet des présentes,

Ci -après désignée « Le Club »





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Sein' biose : Cancer et plongée

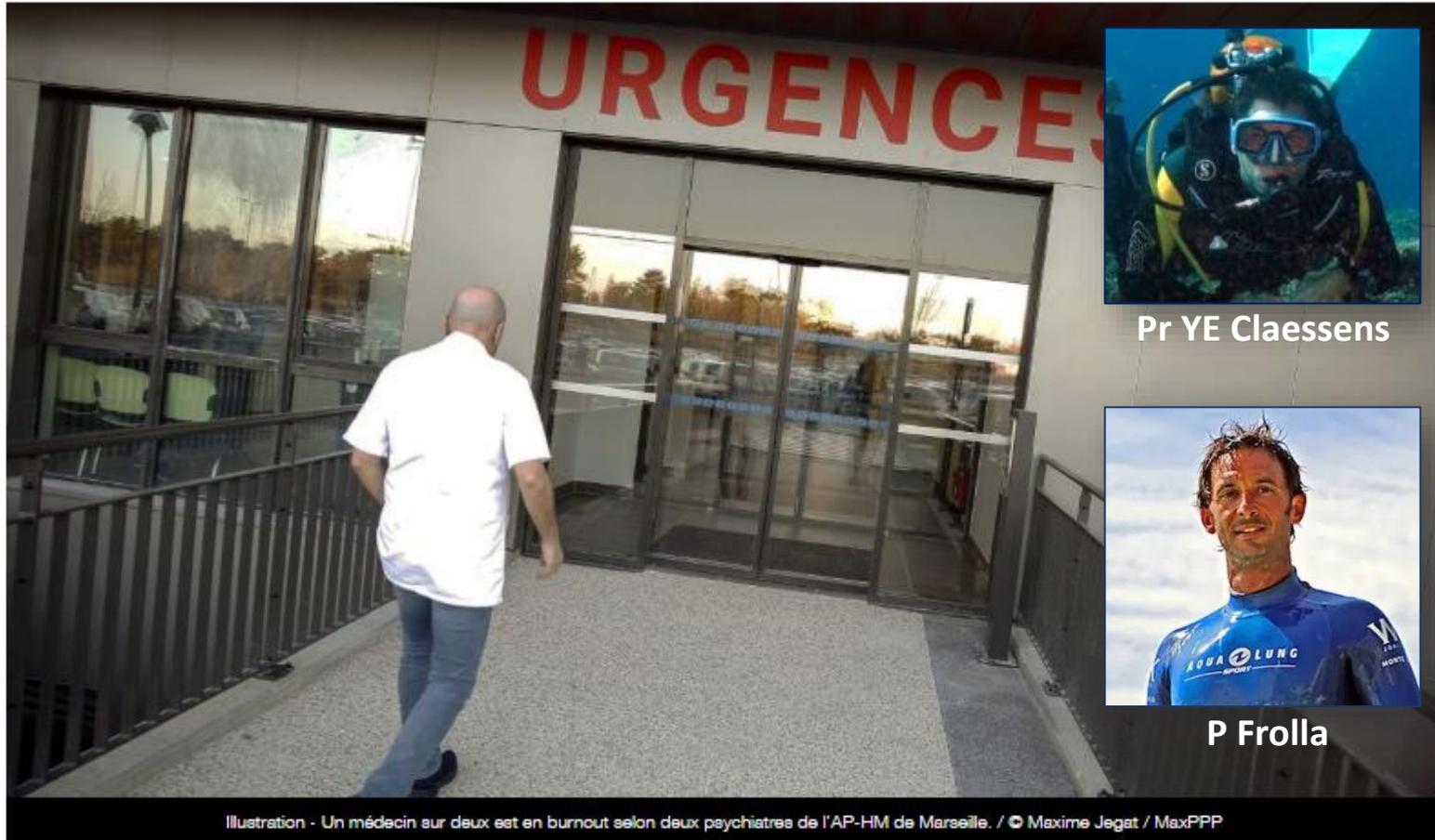
Ép. 3

Le parcours de soins d'une femme atteinte d'un cancer du sein est jalonné de rendez-vous médicaux. Mais la prise en charge d'un cancer ne s'arrête pas au traitement de la maladie seulement.

Lors de cette série de Podcasts Sein'Biose, nous allons découvrir ensemble des soins de support que vous ne connaissiez probablement pas encore.

Pour l'épisode d'aujourd'hui, nous écoutons le Dr **Élisabeth Carola**, chef de pôle oncologie à l'hôpital de Creil et le Dr **Mathieu Coulangue**, médecin urgentiste et chef de service du centre hyperbar à APHM de Marseille, nous parler du bénéfice de la plongée dans le parcours de soin des femmes atteintes d'un cancer du sein.

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



Pr YE Claessens



P Frolla

3

RÉSEAU
D'ENQUÊTES

LA THÉRAPIE DES PROFONDEURS





Article

The Beneficial Effects of Short-Term Exposure to Scuba Diving on Human Mental Health

Arнау Carreño ^{1,*} , Mireia Gascon ^{2,3,4} , Cristina Vert ^{2,3,4}  and Josep Lloret ¹ 

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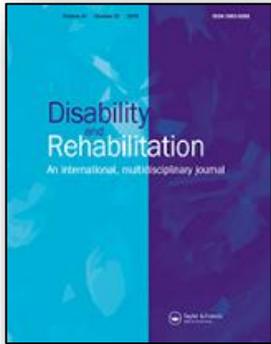
³ Department of Experimental and Health Sciences, Universitat Pompeu Fabra (UPF), 08003 Barcelona, Spain

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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 Depththerapy 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

➤ Morgan et al. (2019) — Étude sur les vétérans britanniques souffrant de TSPT (Depththerapy)

Lésions physiques et/ou psychologiques liées au combat - questionnaire GHQ-28 & entretien individuel

- ↑ **santé mentale** (Anxiété & Dépression)
- ↓ **dysfonction sociale**
- ↓ **douleur chronique**

Morgan A, Sinclair H, Tan A, Thomas E, Castle R. Can scuba diving offer therapeutic benefit to military veterans experiencing physical and psychological injuries as a result of combat? A service evaluation of Depththerapy UK. Disabil Rehabil. 2019 Nov;41(23):2832-2840.



Article

Influence of Scuba Diving on the Quality of Life of People with Physical Disabilities

Gabriela Henrykowska ^{1,*}, Joanna Soin ², Katarzyna Pleskacz ³ and Piotr Siermontowski ⁴

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⁴ Department of Underwater Work Technology, Polish Naval Academy of the Heroes of Westerplatte, 81-103 Gdynia, Poland; nurdok@o2.pl

* Correspondence: gabriela.henrykowska@umed.lodz.pl

➤ Henrykowska et al. (2021 & 2022) — Étude sur les bienfaits psychologiques de la plongée chez des personnes en situation de handicap (240 sujets - outil de réhabilitation psychologique)

- ↑ **estime** et **confiance** en soi
- ↑ sentiment de **liberté**
- ↓ **auto-stigmatisation** (↑ interaction sociale)
- ↑ **bien-être général** (↑ fonction ventilatoire, ↑ morticité et ↓ douleur)
- ↑ **qualité de vie** (SF36)

Henrykowska G, Soin J, Siermontowski P. Scuba Diving as a Form of Rehabilitation for People with Physical Disabilities. *Int J Environ Res Public Health*. 2021 Jun;18(11):5678.

Henrykowska G, Soin J, Pleskacz K, Siermontowski P. Influence of Scuba Diving on the Quality of Life of People with Physical Disabilities. *Healthcare (Basel)*. 2022 May;10(5):761.





<https://www.tedxpointeapitre.com/tedxpointeapitre-2023>



Quand l'Océan soigne l'Homme...



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