

DIVHOPE

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

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 le **burn out**

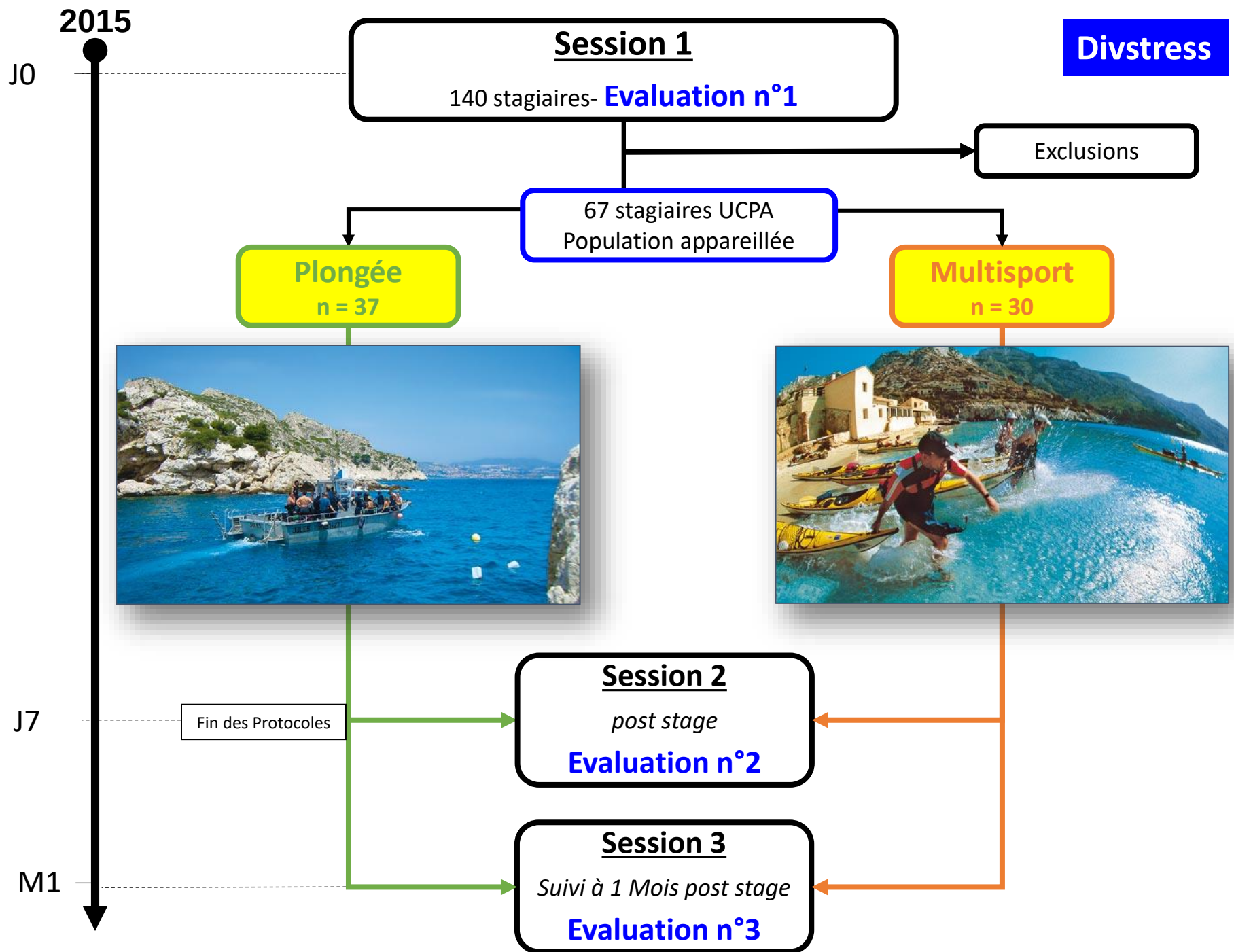




1

La **genèse** du projet

(Divstress)





Recreational Diving Practice for Stress Management: An Exploratory Trial

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OPEN ACCESS

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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

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**.

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Diving Practice for Stress
Management: An Exploratory Trial
Front. Psychol. 8:2192
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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

Réactiver la **cohérence cardiaque**... par la ventilation sur **détendeur**



Favoriser la **pleine conscience**... par un état de **méditation involontaire**



The background of the entire image is an underwater scene with two divers. One diver is on the left, partially visible, and another is on the right, more fully visible, wearing a mask and snorkel. The water is a deep blue with some light filtering through from above.

Plongée
loisir

Méditation
de pleine
conscience

Sophrologie



BATHYSMED
Dive & get rid of stress

Psychologie
sportive

Programmation
neuro-
linguistique

A silhouette of a diver is visible in the background, swimming upwards towards the surface. Bubbles are rising from the diver's equipment. The water is a deep blue, and light rays are visible filtering down from above.

2

Les bénéfices sur le **SPT**

(Divhope et Cognidive)

2017

J-45

J-15

J0

J12

M1

M3

Session 1

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

Divhope

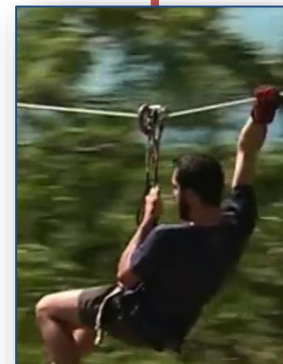
Exclusions

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

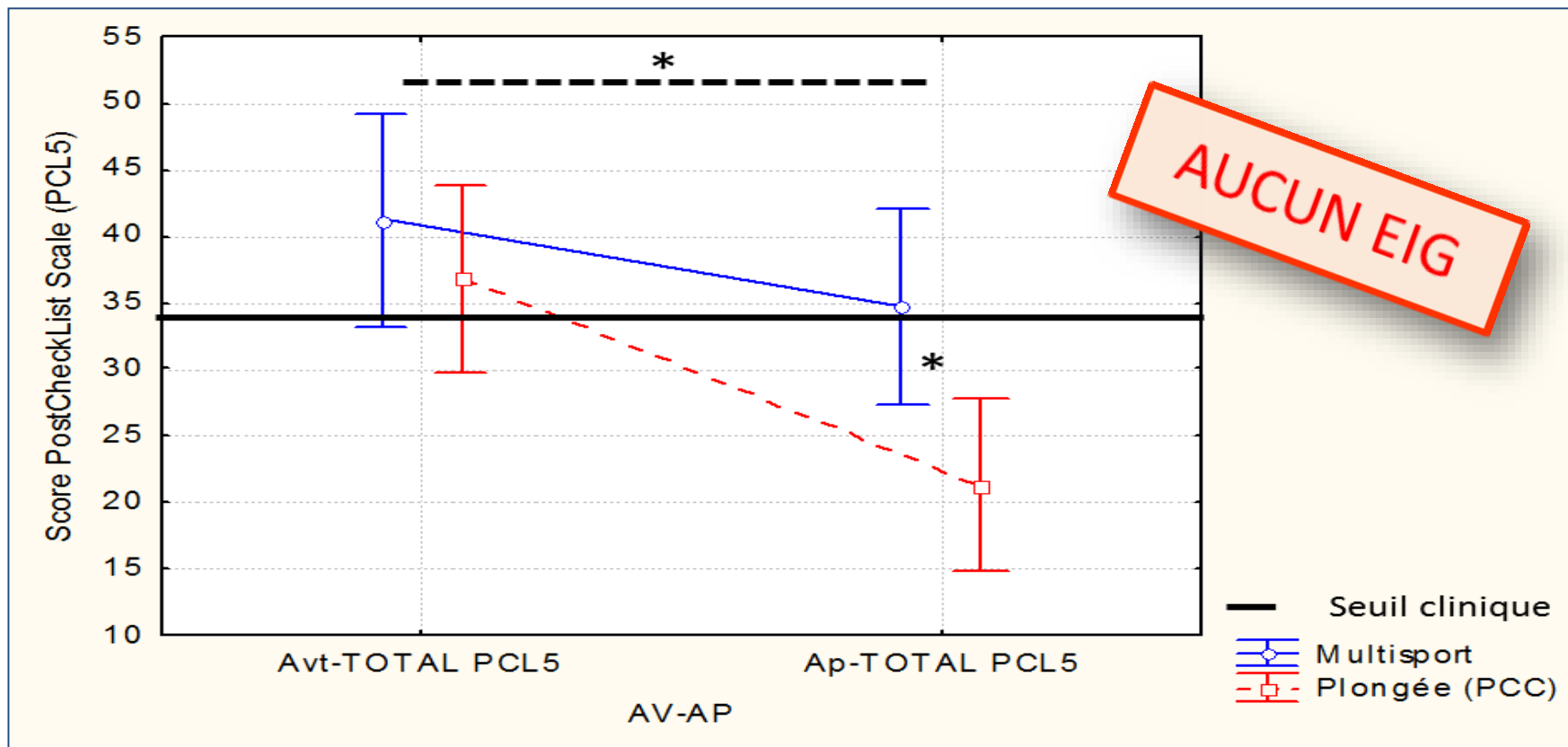
Session 4

Suivi à 3 Mois post stage

Evaluation n°4

Premiers résultats...

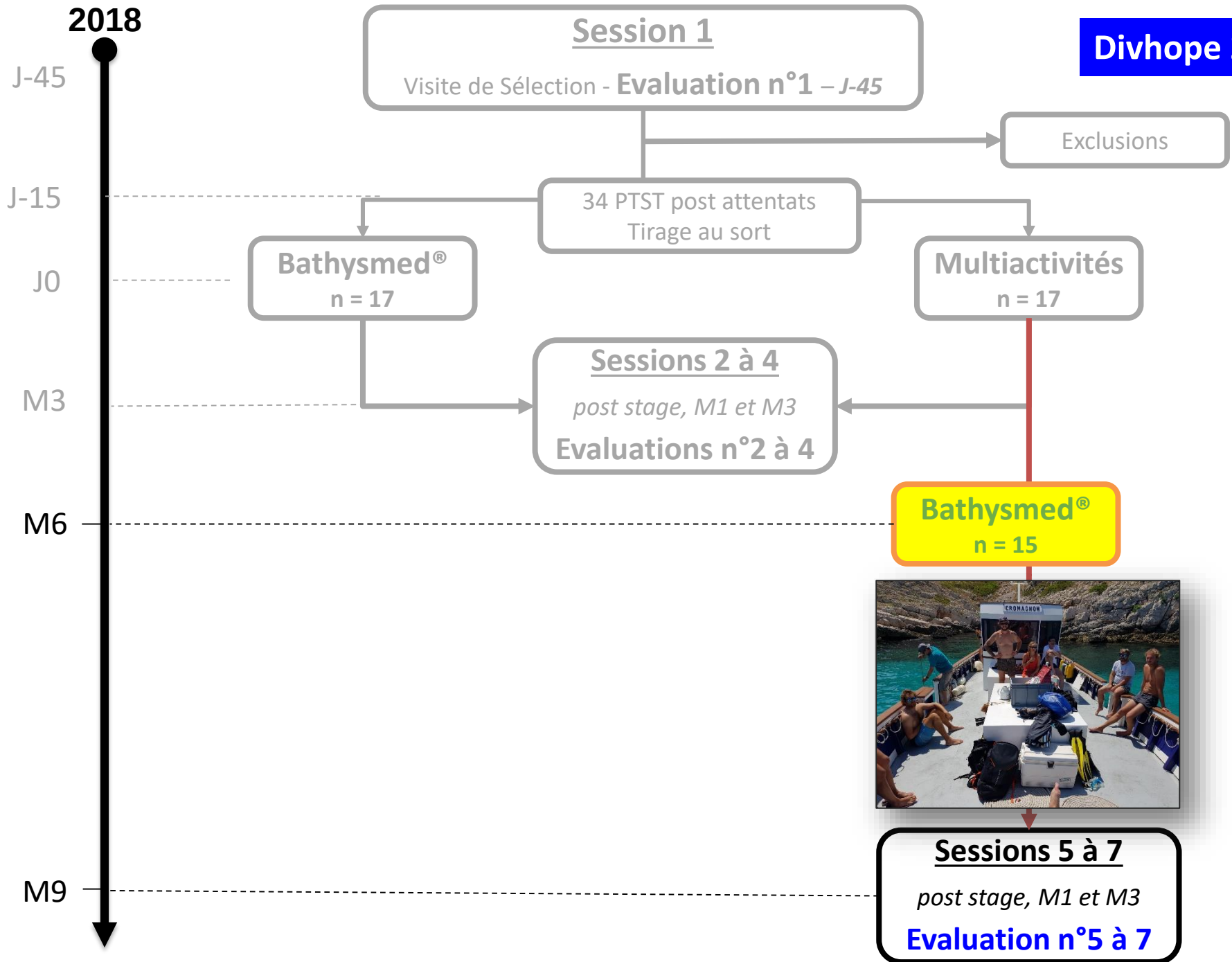
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Si les premiers résultats montrent une **réduction des symptômes** pour l'ensemble de la population, les analyses statistiques montrent que seuls le groupe BTY est en « **rémission clinique** »

2018

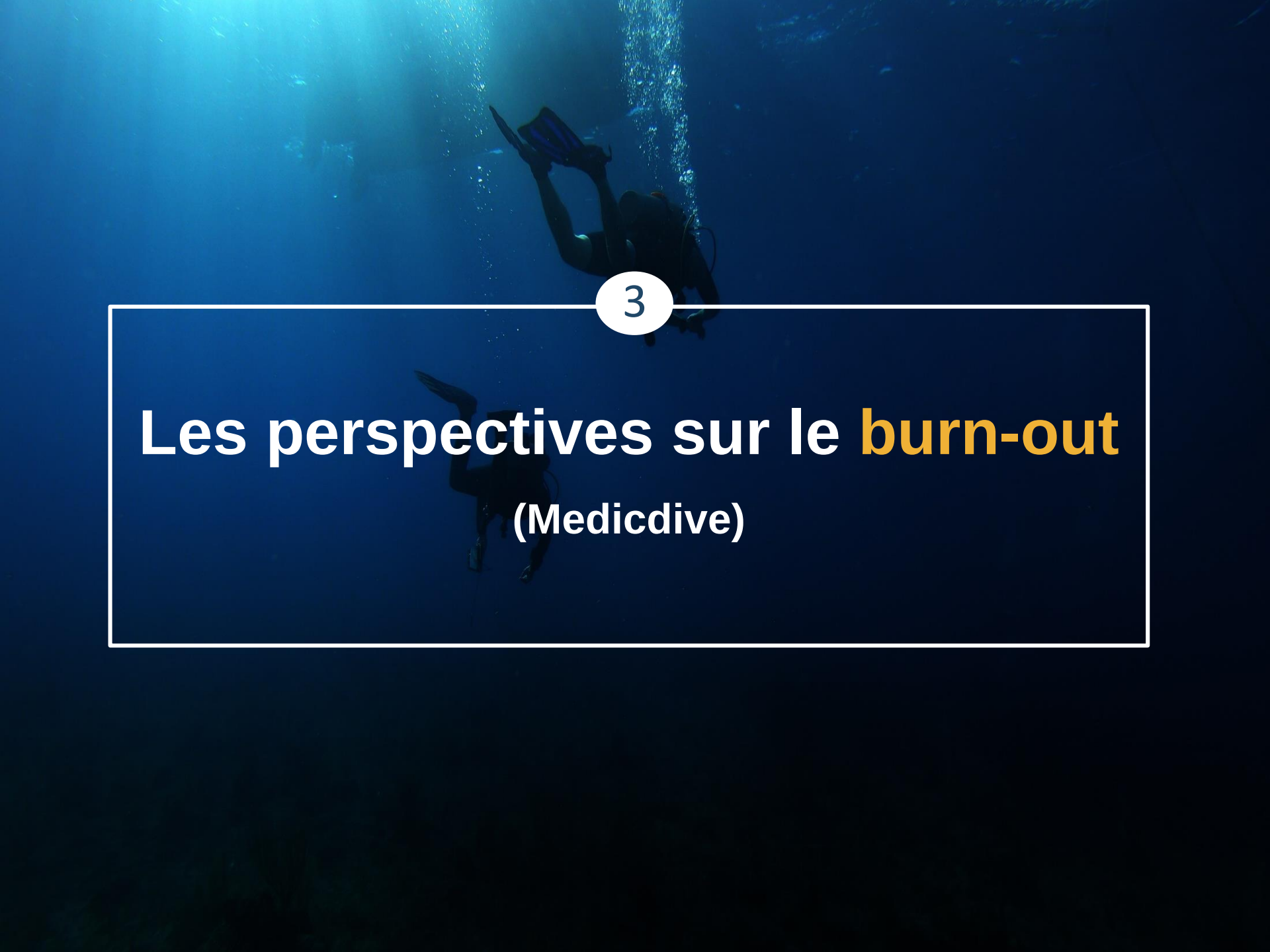
Divhope 2



A blurred background image showing a group of people walking on a path. The text 'AP-HM' is overlaid in the center in a bold, teal font.

AP-HM



An underwater photograph of two divers in a deep blue environment. One diver is positioned higher and further back, while the other is lower and closer to the camera. Bubbles are visible rising from the divers. A white circle with the number '3' is overlaid on the image.

3

Les perspectives sur le **burn-out**

(Medicdive)

Session 1

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

Exclusions

60 Médecins Urgentistes
Tirage au sort

Bathysmed®
n = 30

MBCT
n = 30

M2

Fin des Protocoles

Fin des Protocoles

Session 2

24H post stage

Evaluation n°2

Session 3

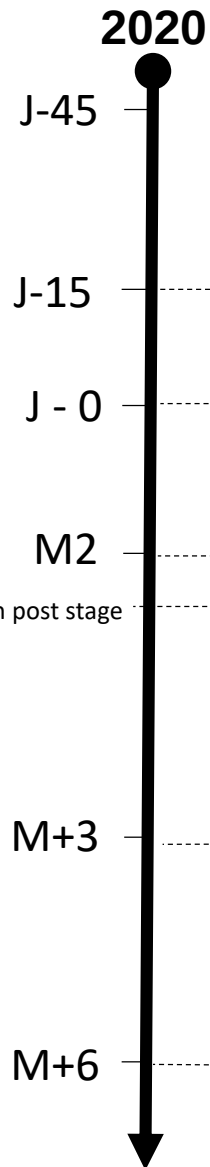
Suivi à 3Mois post stage

Evaluation n°3

Session 4

Suivi à 6Mois post stage

Evaluation n°4



Plongée de nuit
avec les Enfants de la Lune

Annecy – Août 2019



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