

ARETE MINDSET



SPORT PSYCHOLOGY RESEARCH DIGEST

September 2026 | Expanded research edition

154 date-verified publication records
110 core sport/performance records + 44 related records
154 research entry summaries
120 source-based + 34 metadata-only descriptions
70 provisional leads, each with a topic description

Publication window: 1-30 September 2026
Search completed: 2 October 2026

SECTION 1 - Research Articles

Scope, coverage and date rules

This expanded digest covers mental skills, attention and decision-making, emotion and performance states, motivation, athlete identity, coaching relationships and psychological wellbeing. Related exercise and physical-education psychology is retained in a separately labelled directory. Purely physiological, biomechanical or general medical papers without a psychological connection were excluded from the targeted general-sport journal searches.

The search identified 154 unique records with an online publication date in September, including 110 core records and 44 related records. These counts include empirical studies, reviews and conceptual or perspective articles; they are not counts of independent experiments. 120 records have source-based summaries grounded in accessible articles, abstracts or explicitly identified publisher results. The remaining 34 have topic descriptions drawn from bibliographic metadata and clearly state that results were unavailable. Every entry now includes a summary or topic description; unavailable findings are not inferred from a title.

Date verification means that a September online date was found in publisher article metadata or publisher-deposited Crossref metadata. It does not imply that every record was checked in full text. September issue assignment, acceptance, preprint update, database registration and webpage update are different events and are not accepted as proof of new journal publication. The pending directory preserves these distinctions.

Coverage combines the complete retrieved September publication listing for the Frontiers in Psychology Sport Psychology section; Crossref date-filtered queries for specialist journals; targeted publisher and web searches; and relevant records from broader sports and psychology journals. Frontiers records outside the sport section were also sought for fatigue, cognition and neurofeedback. Duplicate DOI records were merged. Earlier preprints are not counted again as separate studies when a September journal article exists.

This is an extensive accessible-source search, not a certified exhaustive systematic review. Subscription Scopus, Web of Science, SPORTDiscus and PsycINFO were not queried directly. Non-English/local journals, records indexed late, missing online-date deposits and inaccessible publisher pages may be absent. Searches ending 2 October can miss late September records uploaded afterwards. Zero results from a registry query are not evidence that a journal published nothing.

How to use this edition

The research-entry section presents every date-verified record once, with its summary, research scope and evidence basis. Entries labelled metadata only explain the subject but do not report unavailable study findings. A separate pending section gives a topic description for every issue-date or registration-only lead. Section 2 gives the reference list for the verified directory. R-numbers connect summaries, directory entries and references.

Research entry summaries

All 154 date-verified entries include a summary. Source-based summaries describe accessible evidence; metadata-only descriptions state the topic and the access limit. Reported findings remain limited to the source population and design.

R001 | Evaluating the Efficacy of Biofeedback in Pain Management and Rehabilitation of Sports Injuries: A Systematic Review of Randomized Controlled Trials

Authors: Delgado Viana, Andrei Mateus; Pirwani, Neha; Szabo, Attila

Journal: Applied Psychophysiology and Biofeedback | 1 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Nine randomised trials were reviewed for biofeedback in sports-injury pain and rehabilitation. Techniques varied substantially, including muscle, autonomic, neurofeedback and visual movement feedback. The narrative synthesis described favourable pain, activation and functional-recovery findings. Heterogeneity prevented a pooled effect estimate and overall certainty was low. Benefits from one modality or injury type should not be assumed for all biofeedback approaches or for mental-performance training.

<https://doi.org/10.1007/s10484-026-09809-2>

R002 | Transcutaneous Auricular Vagus Nerve Stimulation in Powerlifters: An Exploratory Pilot Study on Psychological, Sleep, and Performance Outcomes

Authors: Staffel, Simone; Richlan, Fabio

Journal: Applied Sciences | 10 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Ten adult powerlifters used auricular vagus-nerve stimulation for four weeks in an uncontrolled pilot. Nominal improvements appeared in positive affect and self-reported attention, without correction for the many tested outcomes. Other psychological and sleep measures showed no meaningful change. Only two athletes supplied complete baseline training data, preventing reliable performance conclusions. Without a sham group, the study cannot distinguish stimulation effects from expectation, time or normal training variation.

<https://doi.org/10.3390/app16188978>

R003 | Comparing the effects of PETTLEP imagery and mindfulness interventions on passing and goal-kicking performance in male novice soccer players (Ages 10-14): A randomized controlled study

Authors: Mohammad Yousefi; Razieh Khanmohammadi

Journal: BMC Psychology | 9 September 2026

Record type: Randomised controlled study | 60 players

Date evidence: Publisher article date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Researchers compared PETTLEP imagery, mindfulness and a control condition in 60 male novice footballers aged 10-14. Players trained three times weekly for four weeks, with passing and goal-kicking assessed before and afterwards. Imagery outperformed both other groups on both skills. Mindfulness exceeded the control group for goal-kicking, but its between-group passing advantage was not statistically significant. The results support a short-term, skill-specific benefit of imagery in this population; lasting effects and transfer to match performance remain untested.

<https://doi.org/10.1186/s40359-026-05564-5>

R004 | Who is at risk? Mental health and perfectionism-coping profiles in strength and conditioning coaches

Authors: Tomasz Kowalski; Joanna Gorgol-Waleriańczyk

Journal: BMC Psychology | 18 September 2026

Record type: Questionnaire and cluster analysis | 303 coaches

Date evidence: Publisher article date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This study examined perfectionism, coping, depressive and anxiety symptoms, and life satisfaction in 303 strength and conditioning coaches. Cluster analysis identified high-strain coaches, internal critics and sustainable professionals. The first two profiles reported more depressive and anxiety symptoms; internal critics had the lowest life satisfaction. The findings show that psychological difficulties vary across staff profiles rather than being uniform. These questionnaire-based clusters are exploratory associations, not diagnoses or evidence that any particular support intervention works. The publisher supplied an early, peer-reviewed citable version.

<https://doi.org/10.1186/s40359-026-05602-2>

R005 | The association of physical activity levels with motivational function, cognitive function, and psychological resilience in para-athletes

Authors: Özbey, Ömer; Bingöl, Erkan; Özden, Fatih; Özkeskin, Mehmet; Özkan, Kadir; Yıldız, Mevlüt; Öntürk, Yavuz; Sarı, Zübeyir

Journal: BMC Sports Science, Medicine and Rehabilitation | 17 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

One hundred Turkish para-athletes completed activity, self-talk and resilience questionnaires. Perceived vigorous activity had a weak positive association with resilience, while sitting time related negatively to motivational and cognitive self-talk functions. Some subgroup correlations were stronger. The cognitive measures concerned functions of internal dialogue rather than a direct neuropsychological test battery. Cross-sectional and subgroup findings do not establish causality or prescribe impairment-specific training.

<https://doi.org/10.1186/s13102-026-02094-w>

R006 | Coach and athlete perceptions of internal training load in U-16 male water polo: an exploratory single-team mixed-methods case study

Authors: Barrenetxea-García, Josu; Ordóñez, Enrique García; Calleja-González, Julio; Miguel-Ortega, Álvaro

Journal: BMC Sports Science, Medicine and Rehabilitation | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

One coach and fifteen under-16 water-polo players recorded intended and perceived session loads over 24 weeks. Coaches generally intended greater loads than players perceived, although most weekly differences were not significant. Interviews described benefits for communication and reflection, alongside inconsistent recording and interpretation challenges. The evidence comes from one team. It does not establish that these differences reduce performance or that monitoring alone improves outcomes.

<https://doi.org/10.1186/s13102-026-02053-5>

R007 | Psychological experiences and consequences of classification and reclassification in competitive Para sport: a scoping review

Authors: Mehmet Aydoğan; Aygül Çağlayan Tunç

Journal: BMC Sports Science, Medicine and Rehabilitation | 22 September 2026

Record type: Scoping review | 17 studies

Date evidence: Publisher article date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This review mapped psychological experiences surrounding eligibility and classification decisions in Para sport. Seventeen studies were included, mostly qualitative or cross-sectional. Poor explanations, perceived inconsistency and unexpected changes were linked to disruptive emotional experiences, identity concerns and reduced trust. Themes also covered motivation, self-efficacy and performance. Longitudinal evidence was scarce, no classification-specific support strategy had been prospectively evaluated, and formal critical appraisal was not performed. The publisher supplied an early, peer-reviewed citable version.

<https://doi.org/10.1186/s13102-026-02096-8>

R008 | Modeling Dropout Intentions in Sports Teams: Coach-Athlete and Peer Motivational Interdependence

Authors: De Clerck, Tom; Haerens, Leen; Bouten, Arne; Lefever, Elisa; Loeys, Tom

Journal: Behavioral Sciences | 7 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Data from 268 athletes and 50 coaches were analysed using models of interpersonal motivation. Athletes' own motivation related to dropout intentions, while coach partner effects were not detected. Peer comparisons produced a more complex pattern, including counterintuitive amotivation associations. These exploratory results need independent replication. The outcome was intended withdrawal rather than observed dropout, and the findings cannot establish that changing teammates' motivation prevents departures.

<https://doi.org/10.3390/bs16091589>

R009 | Psychological Profiles, Stress, Sleep Quality, and Psychological Risk Indicators Across Teams and Competitive Levels in Elite Football Players

Authors: Morelló, Eduardo; Larruskain, Jon; Gil-Caselles, Laura; Olmedilla-Zafra, Aurelio

Journal: Behavioral Sciences | 24 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Researchers assessed 376 footballers aged 14-37 across 11 teams in one elite organisation. Profiles and risk indicators varied across teams and psychological and sleep measures. The sample included different sexes, ages, seasons and competitive levels whose distributions overlapped. Differences therefore cannot be cleanly attributed to sex or playing standard independently. This is a descriptive cross-sectional study; it does not validate a causal risk model or show that screening improves outcomes.

<https://doi.org/10.3390/bs16101738>

R010 | Further psychometric examination of the third-generation athletic identity measurement scales (AIMS-3G): evidence from a German-language version

Authors: Schmid, Michael J.; Brewer, Britton W.; Schmid, Jürg

Journal: Current Psychology | 25 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A German-language athletic-identity measure was examined in 285 young adults. Analyses supported five related but distinct factors and acceptable internal consistency. Partial or full strict measurement invariance was reported across selected demographic and sport groups. Associations with related measures broadly matched expectations. This provides measurement evidence in the studied population, rather than proof of diagnostic utility, performance prediction or treatment sensitivity.

<https://doi.org/10.1007/s12144-026-10068-x>

R011 | No Influence of Sleep Quality and Chronotype on the Effects of Mental Fatigue: Evidence From an Exploratory Analysis

Authors: Habay, Jelle; Ezzy, Quinten; Arauz, Y. Laurisa Arenales; Proost, Matthias; Russell, Suzanna; De Pauw, Kevin; Van Cutsem, Jeroen; Roelands, Bart; Pattyn, Nathalie

Journal: European Journal of Sport Science | 10 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This exploratory secondary analysis examined 104 healthy adults from a randomised crossover mental-fatigue experiment. Most responses did not differ meaningfully across self-reported sleep-quality or chronotype groups. Limited differences concerned subjective fatigue and sleepiness rather than a consistent physical-performance moderation effect. Tests were exploratory and not controlled for the multiple comparisons. The findings do not prove that sleep is irrelevant to performance, and athlete-specific confirmation is needed.

<https://doi.org/10.1002/ejsc.70247>

R012 | Individual SMR neurofeedback responsiveness during a single session and its associations with autonomic regulation and shooting performance in elite rifle athletes

Authors: An, Yan; Feng, Zhengning; Lu, Jiaojiao

Journal: Frontiers in Human Neuroscience | 4 September 2026

Record type: Research article

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Thirteen elite air-rifle athletes completed one ten-minute sensorimotor-rhythm neurofeedback session. Nine showed increasing SMR activity and four did not. Some associations with shooting changes and autonomic measures were nominally significant, but none of the highlighted effects survived false-discovery-rate correction. The small, unequal groups and absence of a sham condition make the findings exploratory. This is not evidence that one session reliably improves shooting.

<https://doi.org/10.3389/fnhum.2026.1922593>

R013 | Effects of mental fatigue on lower-limb explosive power and anaerobic capacity: a systematic review and meta-analysis

Authors: Wang, Ning; Chen, Zhengxiang; Zhao, Kewei

Journal: Frontiers in Physiology | 23 September 2026

Record type: Research article

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Seventeen studies with 302 participants were synthesised to examine mental fatigue and high-intensity physical performance. Pooled estimates suggested small reductions in lower-limb explosive power and anaerobic capacity. Subgroup comparisons did not detect reliable differences by athlete level, induction duration or test specificity. Anaerobic findings were less certain and imprecise. The review extends the evidence beyond endurance but does not imply that every athlete or task is equally affected.

<https://doi.org/10.3389/fphys.2026.1916804>

R014 | Longitudinal associations between group-sport-related physical activity and psychological distress in adolescents: the parallel indirect roles of self-esteem and perceived social support

Authors: Wu, Liyan; Pan, Jie; Chen, Jun

Journal: Frontiers in Psychology | 3 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A three-wave study followed 545 adolescents and examined group-sport-related activity, social support, self-esteem and distress. Greater initial activity was associated with lower later distress. Self-esteem and perceived support formed temporally ordered indirect associations after baseline adjustment. Not every construct was measured at each wave, so the design could not separate stable individual differences using a complete within-person panel model. Convenience sampling and possible confounding prevent causal conclusions.

<https://doi.org/10.3389/fpsyg.2026.1880098>

R015 | Mindfulness and athlete burnout among olympic combat sport athletes: the mediating role of athlete self-compassion and the moderating role of emotion regulation

Authors: Kaçay, Zülbiye; Seçer, Emrah; Işık, Özkan; Şahinler, Yunus; Talaghir, Laurentiu-Gabriel; Constantinescu, Mariana; Bențea, Cristina-Corina; Ionomescu, Teodora Mihaela

Journal: Frontiers in Psychology | 3 September 2026

Record type: Cross-sectional survey | 379 athletes

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This survey examined mindfulness, self-compassion, emotion regulation and burnout in 379 combat-sport athletes. Researchers used questionnaires and moderated mediation models. Mindfulness was associated with greater self-compassion, which was associated with less burnout. The indirect association was stronger at higher emotion-regulation levels. Because all variables were measured at one time, the proposed pathway cannot establish temporal order or prove that mindfulness training prevents burnout.

<https://doi.org/10.3389/fpsyg.2026.1941380>

R016 | Resilience in female athletes: a meta-analysis of levels, gender differences, and associations across psychosocial, performance, and health domains

Authors: Li, Xiangnan; Pan, Jiajie; Liu, Rouhan; Chen, Yao; Zhu, Xinxue; Su, Yongqiang

Journal: Frontiers in Psychology | 3 September 2026

Record type: Meta-analysis | 76 studies

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

The review combined 76 studies with 27,386 coded participants, including at least 14,804 female athletes. Female resilience-related scores generally exceeded scale midpoints, although they were slightly lower than male scores in comparative studies. Age stage explained some variation in those differences. Higher resilience-related capacities correlated with better psychosocial functioning, coping and performance-related indicators, and less distress. The synthesis supports a contextual view of resilience, but correlational findings do not show that raising resilience causes better performance.

<https://doi.org/10.3389/fpsyg.2026.1948554>

R017 | Daily academic and sport-related strain and mental-health-related states among university students in sport-related majors: a 14-day ecological momentary assessment network study

Authors: Wang, Aozhou; Ao, Can; Guan, Nongqin; Ma, Cong

Journal: Frontiers in Psychology | 7 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Sixty university students in sport-related majors completed three daily assessments over 14 days, yielding 2,520 observations. Network models connected physical strain, academic stress, performance worry, emotional symptoms, rumination and attention difficulties. Fatigue and soreness showed prominent outgoing temporal links. Some associations varied with training, academic and time-of-day context. Brief study-specific measures and a single-university sample limit generalisation, and network links do not establish intervention effects.

<https://doi.org/10.3389/fpsyg.2026.1889946>

R018 | Revisiting judging reliability in taekwondo freestyle Poomsae: implications for AI-supported evaluation

Authors: Jeon, Min-Woo; Kim, Hong-Suk; Park, Ji-Yong; Cho, Hye-Soo

Journal: Frontiers in Psychology | 7 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Ten internationally certified taekwondo judges scored ten competition videos twice, one week apart. Total scores increased at the second session, and reliability differed markedly between scoring components. Agreement between individual judges was poor, even where repeated scores from the same judge were more stable. These are different aspects of reliability and should not be conflated. The paper identifies measurement problems that need resolving before AI-assisted judging can be validated.

<https://doi.org/10.3389/fpsyg.2026.1881296>

R019 | Longitudinal association between perceived stress and depressive symptoms among student-athletes: the mediating roles of positive reframing and behavioral disengagement and moderating role of stress mindset

Authors: Huang, Ziyong; Pan, Lei; Xu, Yajie; Li, Xiaofen; Deng, Weida

Journal: Frontiers in Psychology | 8 September 2026

Record type: Three-wave observational study | 769 completers

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Researchers followed Chinese student-athletes across three waves six months apart; 769 of 840 baseline participants completed all waves. Greater initial stress was associated with later depressive symptoms. Lower positive reframing and greater behavioural disengagement showed small indirect associations with this relationship. A more positive stress mindset was associated with weaker stress-related links. The longitudinal design strengthens temporal evidence, but it does not establish that changing coping or mindset would reduce symptoms.

<https://doi.org/10.3389/fpsyg.2026.1938720>

R020 | Development and validation of the Mental Toughness Scale for Chinese Snow Sports Athletes: a mixed-methods study

Authors: Gao, Huanyu; Ren, Yangyang; Qin, Yimeng; Liang, Yuxiang; Cao, Dawei; Cao, Lianzhong

Journal: Frontiers in Psychology | 10 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A mixed-methods project developed a snow-sport-specific mental-toughness scale. Interviews with 14 elite athletes informed an item pool, followed by pilot testing in 148 respondents and validation in 342. The final 20 items represented achievement motivation, positive cognition and adaptive coping. Internal consistency and model fit were promising in the sampled Chinese athletes. Cross-cultural validity, predictive performance value and sensitivity to change remain to be established.

<https://doi.org/10.3389/fpsyg.2026.1905613>

R021 | Personality profiles and coaching leadership preferences among Chinese female basketball players: a latent profile analysis

Authors: Ye, Jiahui; Pan, Xiang

Journal: Frontiers in Psychology | 10 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Female professional and collegiate basketball players completed personality and preferred-coaching-style questionnaires. Analysis identified three personality configurations, labelled Sensitive, Average and Resilient. Training and instruction were the most preferred behaviours across all profiles, while several other preferences varied between profiles. Relationships between individual personality traits and preferences also depended on profile. These findings concern reported preferences and do not show that matching coaching to personality improves performance.

<https://doi.org/10.3389/fpsyg.2026.1909620>

R022 | The effects of motivational verbal phrases on isoinertial force production and sustained force output: a comparison of positive and negative conditions

Authors: Aydın, Gökhan Recep; Kasap, Murat

Journal: Frontiers in Psychology | 10 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Forty sport-science students completed maximal squat tests under silent, positive-phrases and negative-phrases conditions in a randomised crossover study. Both phrase conditions increased measured force relative to silence. Negative phrases produced more force than positive phrases but also greater perceived difficulty. No sex differences were detected in these responses. The short laboratory test does not establish beneficial long-term coaching effects or justify generalising negative feedback to athlete development.

<https://doi.org/10.3389/fpsyg.2026.1852572>

R023 | The effects of brain endurance training on physical endurance performance under mental fatigue and non-fatigued conditions: a systematic review and meta-analysis

Authors: Wang, Ning; Chen, Zhengxiang; Zhao, Kewei

Journal: Frontiers in Psychology | 11 September 2026

Record type: Research article

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This meta-analysis included ten trial reports representing 12 independent experiments on brain endurance training. Under induced mental fatigue, eight experiments involving 275 participants favoured the combined cognitive-physical training approach. Evidence without mental fatigue was heterogeneous and its confidence interval included no effect. A formal comparison did not establish different effects between fatigue states. Bias concerns, inconsistency and certainty ranging from very low to moderate make the promising fatigued-condition result provisional.

<https://doi.org/10.3389/fpsyg.2026.1858200>

R024 | Organizational stressors and athlete burnout in elite soccer players: the mediating role of basic psychological need frustration and the moderating role of coach autonomy support

Authors: Yuan, Song; Chai, Yunmei; Cui, Zhibo; Lu, Quanhong

Journal: Frontiers in Psychology | 14 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A questionnaire study of 513 Chinese elite football student-athletes related organisational stress to burnout and frustrated psychological needs. Need frustration formed an indirect statistical pathway. Greater perceived coach autonomy support modestly weakened the stress-need-frustration association. All variables were self-reported at one time in a single educational setting. The findings identify potential contextual research targets rather than proving that autonomy-supportive coaching prevents burnout.

<https://doi.org/10.3389/fpsyg.2026.1933382>

R025 | Frequency-specific resting-state EEG modulation during eyes-closed and eyes-open transitions in female soccer players

Authors: Gu, Zhi; Ma, Hao-Wei; Gong, Bo

Journal: Frontiers in Psychology | 15 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Resting EEG was compared in 25 female footballers and 20 female university students under eyes-open and eyes-closed conditions. The condition change affected all frequency bands, with no group-related effects in alpha or theta. Some beta and delta differences were exploratory and did not survive correction for multiple comparisons. The comparison does not establish training-induced brain changes. The functional or competitive significance of the patterns remains uncertain.

<https://doi.org/10.3389/fpsyg.2026.1907876>

R026 | A coach leadership reflection tool: facilitating coach reflection as a pathway for interpersonal development

Authors: KurtzFavero, Mia; Wilson, Stuart G.; Côté, Jean

Journal: Frontiers in Psychology | 16 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Twelve competitive youth coaches were interviewed before and after a leadership-reflection intervention. The programme combined preparation, observation, reflection cards and debriefing. Coaches described greater awareness, confidence and appreciation of interpersonal skills. These accounts support perceived usability and development. They do not establish independently observed behaviour change or improved athlete performance and wellbeing.

<https://doi.org/10.3389/fpsyg.2026.1894977>

R027 | Configurational and predictive mechanisms of performance anxiety in female collegiate athletes: the synergistic roles of evaluative pressure, self-efficacy, and mental toughness

Authors: Lei, Yuhang; Cai, Li

Journal: Frontiers in Psychology | 16 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A survey of 143 female collegiate basketball athletes examined evaluation fears, efficacy, toughness and performance anxiety. Linear models and configurational analysis suggested that combinations of external pressure and internal resources mattered. No single condition was necessary for high anxiety. Competitive experience did not appear uniformly protective when psychological resources were low. These exploratory questionnaire models need replication and cannot demonstrate that changing any one resource reduces anxiety.

<https://doi.org/10.3389/fpsyg.2026.1898041>

R028 | Effects of an 8-week self-compassion-based mental preparation program on mood states and 3,000 m performance in cadet cross-country athletes

Authors: Bouallagui, Najha; Goumni, Chiraz; Hammami, Achraf; Driss, Adel; Khalifa, Riadh; Hammami, Raouf; Amar, Imen Ben

Journal: Frontiers in Psychology | 16 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Thirty-two male cadet cross-country athletes received either eight weeks of self-compassion preparation or usual training. The intervention group reported better mood and self-compassion scores. Its mean 3,000-m time improved from 9:55 to 9:46, compared with 9:48 to 9:49 in controls. The sample was small and allocation was described without establishing randomisation in the abstract. The reported performance statistics warrant checking against the full analysis, and long-term or race transfer was not demonstrated.

<https://doi.org/10.3389/fpsyg.2026.1904853>

R029 | Growth mindset and adolescent exercise persistence: a moderated serial mediation model through self-efficacy and intrinsic motivation

Authors: Huo, Xiaoliang; Hui, Ming

Journal: Frontiers in Psychology | 17 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A study of 860 Chinese adolescents linked growth mindset with exercise persistence assessed one month later. Self-efficacy and intrinsic motivation formed statistical indirect pathways, with a stronger mindset-efficacy association under a mastery-oriented perceived climate. Models adjusted for baseline persistence and school clustering. The outcome was exercise adherence rather than athletic achievement. The study supports prospective associations, without demonstrating that a mindset intervention causes continued participation.

<https://doi.org/10.3389/fpsyg.2026.1860747>

R030 | Visual search advantages in tactical decision-making of male soccer players: evidence from 3V2 and 3V3 scenarios

Authors: Zhao, Yang; Hu, Shunding; Shi, Peng; Feng, Xiaosu

Journal: Frontiers in Psychology | 17 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Thirty-two male footballers with different training experience viewed first-person attacking situations while eye movements were recorded. More experienced players responded faster and made better-rated tactical decisions in both 3-versus-2 and 3-versus-3 situations. Their attention to gaps, goals and teammates varied with scenario complexity. The study identifies experience-related visual-search differences. It does not show that teaching the observed gaze pattern produces equivalent gains in live play.

<https://doi.org/10.3389/fpsyg.2026.1931011>

R031 | A distributed event-triggered framework for coordinating athlete autonomic states via wearable sensor networks

Authors: Wang, Chao; Li, Shixin

Journal: Frontiers in Psychology | 18 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This engineering study models wearable devices as a network intended to coordinate autonomic-state signals. Simulations examined communication delays, changing network connections and energy use. The proposed approach reduced transmissions while achieving convergence of modelled states. Small existing physiological datasets supplied starting conditions rather than an athlete intervention trial. The findings concern mathematical and network feasibility, without establishing physiological benefits or sport-performance gains.

<https://doi.org/10.3389/fpsyg.2026.1858564>

R032 | Becoming a fighter: phenomenological dimensions of personal development in beginner martial arts and combat sports practitioners

Authors: Lázaro Santos, Yan; Gutiérrez-García, Carlos; Barreira, Cristiano Roque Antunes

Journal: Frontiers in Psychology | 18 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Seventeen retrospective interviews with beginner combat-sport practitioners in Brazil and Spain explored personal development under pressure. Accounts connected emotional challenges, concern for partners and technical bodily engagement. Some experiences involved growth, while others involved avoidance, excessive force, injury or withdrawal. Development depended on the training relationships and conditions described by participants. The qualitative evidence challenges the idea that difficult combative experiences automatically build character or resilience.

<https://doi.org/10.3389/fpsyg.2026.1910206>

R033 | Sport specialization predicts athletic identity exclusivity in youth athletes: a three-wave RI-CLPM study of controlling coaching and non-sport peer restriction with implications for adolescent care

Authors: Liu, Xishan; Liu, Hao; Shao, Feng; Ma, Dongdong

Journal: Frontiers in Psychology | 18 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A three-wave study followed 542 adolescent athletes over six months. Within-person increases in specialisation preceded greater identity exclusivity, controlling coaching and restricted non-sport peer involvement. Coaching control and peer restriction also formed longitudinal indirect pathways to identity narrowing. Reciprocal links suggested that controlling environments and specialisation could reinforce each other. The design improves temporal interpretation but remains observational, and cannot prove that reducing specialisation changes identity development.

<https://doi.org/10.3389/fpsyg.2026.1933284>

R034 | Exercise identity and psychological distress among university sport participants: the roles of self-compassion and training stress

Authors: Zhang, Runyi; Liu, Haonan; Yu, Yang
Journal: Frontiers in Psychology | 21 September 2026
Record type: Original Research
Date evidence: Publisher article metadata
Scope: Core sport/performance psychology
Summary basis: Source-based research summary

A one-time survey of 363 university sport participants examined exercise identity, self-compassion, training stress and distress. Stronger exercise identity and training stress related to more symptoms, while self-compassion related to fewer symptoms. Complete-case models suggested a stronger protective association under high stress. Important indirect and interaction patterns failed to reproduce in sensitivity analyses using the larger core-variable sample. The instability and missing-data dependence substantially limit conclusions about mechanism or intervention targets.

<https://doi.org/10.3389/fpsyg.2026.1926280>

R035 | Interventions for developing selective and sustained attention in adolescent athletes: a scoping review

Authors: Pleinica, Solvita; Šuriņa, Sanita; Semjonova, Guna; Peleckis, Gints; Tang, Jason; Liepa, Agris
Journal: Frontiers in Psychology | 21 September 2026
Record type: Systematic Review
Date evidence: Publisher article metadata
Scope: Core sport/performance psychology
Summary basis: Source-based research summary

A scoping review identified six attention-intervention studies involving 393 participants, primarily adolescent athletes. Approaches included cognitive tasks, combined cognitive-motor training, mindfulness and sport-specific perceptual training. Most studies reported improvements in selective or sustained attention. Different interventions, measures and designs made direct comparison difficult. The small evidence base does not establish a preferred method or reliable improvement in competitive performance.

<https://doi.org/10.3389/fpsyg.2026.1816887>

R036 | Structuring the psychological “State” assessment process for sports psychologists: a proposal for a theory-based holistic model

Authors: Büyükbasmacı, Yunus Emre; Tazegül, Ünsal
Journal: Frontiers in Psychology | 21 September 2026
Record type: Perspective
Date evidence: Publisher article metadata
Scope: Core sport/performance psychology
Summary basis: Source-based research summary

This perspective proposes a holistic psychological assessment framework for sport psychologists. Sixteen domains are represented by 48 proposed items, developed through theory synthesis and expert review. Domains span motivation, attention, emotions, relationships and mental resilience. The paper offers a conceptual structure rather than a tested intervention or established diagnostic instrument. Psychometric validation and evidence of practical benefit are needed before treating its scores as reliable assessment outcomes.

<https://doi.org/10.3389/fpsyg.2026.1919803>

R037 | Beyond the huddle: a comparative analysis of sense of belonging, group cohesion and interpersonal closeness in rugby, soccer, and basketball

Authors: Cammarata, Ivan Giuseppe; Galioto, Marina; Tavares, Paula; Zumbino, Gabriele; Bianco, Antonino; Boca, Stefano

Journal: Frontiers in Psychology | 22 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A comparison of 169 adult rugby, football and basketball athletes examined belonging, cohesion and interpersonal closeness. Rugby participants reported higher levels on all three measures. Cohesion and closeness were positively related to belonging across sports. The authors interpret the differences in relation to each sport's social and physical interdependence. Group differences may also reflect recruitment or environmental factors, and the study does not show that moving athletes into one sport increases belonging.

<https://doi.org/10.3389/fpsyg.2026.1878284>

R038 | Longitudinal associations between structured teaching and attentional functioning in youth badminton: evidence from fixed effects quantile regression

Authors: Zhou, Han; Liu, Dong; Zhang, Yu

Journal: Frontiers in Psychology | 22 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Researchers followed 433 badminton players aged 12-16 across four waves. Within-person models linked perceived structured teaching with better attention, but the association differed across the attention-score distribution. It was stronger at high conditional attention levels and weak at the lowest level. This complicates the assumption that uniform structure benefits every athlete equally. The observational design does not establish that a particular coaching intervention caused attention changes.

<https://doi.org/10.3389/fpsyg.2026.1908358>

R039 | The impact of work pressure on the occupational wellbeing of coaches in grassroots sports schools: a chain mediation effect of emotional intelligence and self-efficacy

Authors: Zhang, Duanhua; Zhang, Shuyi; Xu, Jianhua

Journal: Frontiers in Psychology | 22 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A questionnaire study of 518 grassroots sport-school coaches examined work pressure, emotional intelligence, efficacy and wellbeing. Greater pressure was associated with poorer occupational wellbeing. Emotional intelligence and self-efficacy formed separate and sequential indirect statistical pathways. All measures were taken within a cross-sectional design. The results cannot establish that either resource develops first or that training these resources prevents work-related distress.

<https://doi.org/10.3389/fpsyg.2026.1929444>

R040 | From single errors to negative psychological momentum in youth basketball: post-error mechanisms and coach-mediated resetting

Authors: Shi, ZhengYu; Zhu, Yifu; Zhao, Xitang

Journal: Frontiers in Psychology | 23 September 2026

Record type: Mini Review

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This mini-review considers how an error can carry psychological effects into later basketball possessions. It integrates emotional reactions, attention, efficacy beliefs and social evaluation into a proposed repeating cycle. Supportive, task-focused coaching is discussed as a possible means of interrupting that cycle. Direct youth-basketball evidence was limited, so the synthesis also drew on broader sport research. The complete model and its proposed resetting strategies remain hypotheses requiring possession-level testing.

<https://doi.org/10.3389/fpsyg.2026.1961600>

R041 | Future anxiety and psychological wellbeing among sport sciences students: the mediating role of mental toughness and the moderating roles of income level and gender

Authors: Tan, Çetin; Şanlı, Önder; Özgüner, Mert; Özgüner, Zeynep; Bingölbalı, Abdullah; Çağlar, Esin Çağla; Türkmen, İrem; Büyükbasmacı, Yunus Emre; Karakulak, İzzet; Belli, İsmail; Koç, Serdar

Journal: Frontiers in Psychology | 23 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A survey of 423 sport sciences students linked greater future anxiety with poorer wellbeing and lower mental toughness. Toughness was positively related to wellbeing and formed a statistical indirect pathway between the other measures. Hopelessness appeared more strongly related to the outcomes than fear of the future. An income interaction was exploratory because income groups were unevenly represented. These are associations in students, rather than evidence that toughness training protects competitive athletes from anxiety.

<https://doi.org/10.3389/fpsyg.2026.1909115>

R042 | Listening first: mapping the inner game of an elite women's rugby national team and its staff

Authors: Pecchini, Alessia; Robazza, Claudio; Vitali, Francesca

Journal: Frontiers in Psychology | 23 September 2026

Record type: Mixed-methods intake | 32 athletes and 12 staff

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Researchers assessed psychological needs in the Italian women's national rugby team using interviews and self-report measures. The sample included 32 players and 12 staff. Cohesion emerged as the leading team priority, while players frequently requested help with confidence and emotional regulation. Low self-rated mental-health scores were reported among athletes and female staff, and women staff reported greater stress. The study maps participant-identified needs rather than testing an intervention. Its single-team setting limits generalisation.

<https://doi.org/10.3389/fpsyg.2026.1927634>

R043 | Mapping the use of mental imagery for stress management in athletes: a scoping review

Authors: Zhao, Luxia; Wang, Yan; Anuar, Nurwina

Journal: Frontiers in Psychology | 23 September 2026

Record type: Systematic Review

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This scoping review mapped 39 core empirical studies of imagery and athlete stress, with an updated search in July 2026. It distinguished imagery ability, content, use and intervention format. Much of the literature concerned appraisal and emotional processes, often within programmes containing several psychological components. Null, mixed and feasibility-limited findings were also identified. Without formal quality appraisal or component-controlled evidence, the review cannot establish one uniform benefit attributable to imagery alone.

<https://doi.org/10.3389/fpsyg.2026.1931753>

R044 | Multidimensional cognitive functioning across sport classifications: insights from high-performance athletes

Authors: Camilleri, Carmel; Johnston, Kathryn; Wattie, Nick; Baker, Joseph; Wojtowicz, Magdalena

Journal: Frontiers in Psychology | 23 September 2026

Record type: Research article

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A cognitive test battery was administered to 188 developing high-performance athletes with a mean age of about 16.6 years. Team-sport athletes outperformed speed/strength and precision/skill groups on several memory and inhibition measures. They were also more likely to achieve multiple high cognitive scores. The analysis compares sport classifications rather than testing training-induced changes. Selection, experience and other differences may contribute to the observed cognitive profiles.

<https://doi.org/10.3389/fpsyg.2026.1837191>

R045 | Psychological skills and mindfulness for distance runners: a systematic review of performance, psychological outcomes, and implications for coaching practice

Authors: Zhai, Wenhua; Zhai, Qinghua; Peng, Ying
Journal: Frontiers in Psychology | 23 September 2026
Record type: Systematic review | 15 evidence units
Date evidence: Publisher article metadata
Scope: Core sport/performance psychology
Summary basis: Source-based research summary

This review examined psychological skills training and mindfulness interventions in distance runners. Sixteen reports represented 15 distinct evidence units, with 11 examining skills training and four mindfulness. Mindfulness showed favourable signals for selected outcomes such as flow, refocusing, worry and cognitive anxiety. Direct race or time-trial effects were sparse and inconsistent, while skills-training findings were more mixed. Small samples, bias and varied designs limited confidence. Neither approach was shown to reliably improve running performance.

<https://doi.org/10.3389/fpsyg.2026.1971379>

R046 | Temporal dynamics of alpha-band cortico-cortical coherence during motor preparation for successful and unsuccessful football penalty kicks

Authors: Lu, Guo; Cheng, Ming-Yang; Li, Dan; Elbanna, Hatem; Wang, Kuo-Pin
Journal: Frontiers in Psychology | 23 September 2026
Record type: Original Research
Date evidence: Publisher article metadata
Scope: Core sport/performance psychology
Summary basis: Source-based research summary

Sixteen skilled footballers took penalties while researchers recorded EEG activity during preparation. Successful shots showed lower coupling between selected temporal and midline electrode pairs than unsuccessful shots. The differences varied with the preparation period rather than reflecting universally reduced connectivity. The interpretation is consistent with less interference from verbal or analytical processing during execution. This small observational comparison does not establish a training method or a usable individual performance predictor.

<https://doi.org/10.3389/fpsyg.2026.1949955>

R047 | The effects of working memory training on decision-making in collegiate basketball referees: a randomized controlled trial

Authors: Kang, Pengfei; Zhang, Heng; Wang, Qiulin
Journal: Frontiers in Psychology | 23 September 2026
Record type: Original Research
Date evidence: Publisher article metadata
Scope: Core sport/performance psychology
Summary basis: Source-based research summary

Twenty-eight collegiate basketball referees were randomly assigned to eight weeks of working-memory training or a control group. Trained referees improved working-memory scores and made faster, more accurate decisions on static laboratory images. The findings concern officials with limited experience and a small sample. Live officiating adds movement, dynamic play and social pressure that were not reproduced by the test. Replication and field-transfer tests are needed before extending the result to elite referees.

<https://doi.org/10.3389/fpsyg.2026.1946720>

R048 | The effect of optimism, pessimism, and jealousy on emotional regulation in athletes

Authors: Aydoğan, Mehmet; Şahinler, Yunus; Atasoy, Taner

Journal: Frontiers in Psychology | 24 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Researchers surveyed 628 athletes in Istanbul about optimism, pessimism, jealousy and emotional regulation. Optimism and pessimism were analysed separately, with different direct and indirect associations. Optimism related to lower jealousy and better regulation, while pessimism showed a negative direct association with regulation alongside a differently signed indirect pathway. The complex pattern cautions against treating optimism and pessimism as one continuum. Cross-sectional mediation cannot establish how changing these beliefs would affect emotions.

<https://doi.org/10.3389/fpsyg.2026.1862982>

R049 | The effect of sport-specific mindfulness on dispositional flow in collegiate athletes: the sequential mediating roles of cognitive reappraisal and sport confidence

Authors: Wang, Zhenyu; Zhang, Jingwen; Song, Pengwei

Journal: Frontiers in Psychology | 24 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

In a survey of 583 collegiate athletes, sport-specific mindfulness correlated with habitual flow, cognitive reappraisal and confidence. Reappraisal accounted for most of the model's indirect association with flow; the sequential pathway through reappraisal and confidence was smaller. A direct mindfulness-flow association remained after adjustment. Despite the title's causal wording, this was a cross-sectional questionnaire study. It neither tested mindfulness training nor established that these processes unfold in the proposed order.

<https://doi.org/10.3389/fpsyg.2026.1859598>

R050 | The mediating role of psychological resilience in the relationship between attitudes toward sport and life satisfaction

Authors: Han, Muhammet Talha; Kan, Emirhan; Venâncio, Tiago F.; Valente, Nelson; Teixeira, José E.; Afonso, Pedro; Ferraz, Ricardo; Forte, Pedro; Branquinho, Luís

Journal: Frontiers in Psychology | 24 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Researchers surveyed 481 undergraduates at two Turkish universities about attitudes towards sport, resilience and life satisfaction. More favourable attitudes were associated with greater resilience and satisfaction. Resilience accounted statistically for part of the attitude-satisfaction association. Actual sport participation and the proposed basic psychological needs were not measured. The study therefore concerns beliefs and self-reports rather than a demonstrated effect of sport participation.

<https://doi.org/10.3389/fpsyg.2026.1904263>

R051 | Oculomotor response inhibition and distractor suppression following prior self-control exertion in athletes

Authors: Fan, Maoyan; Zhou, Junyi; Xu, Wenxin

Journal: Frontiers in Psychology | 25 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Two experiments studied athletes' visual control after a demanding Stroop task. The first included 75 participants and found slower antisaccades and greater inhibitory costs, without corresponding differences in ordinary saccade speed or error rate. The second included 62 participants and found more interference from salient distractors under an activation condition following prior exertion. These findings suggest selective latency costs rather than a general visual deficit. Laboratory attention tasks leave transfer to competitive sport uncertain.

<https://doi.org/10.3389/fpsyg.2026.1928706>

R052 | From interaction to identification: a mixed methods study on the formation mechanism of group identity among Ultimate Frisbee club members

Authors: Chen, Ruyin; Chang, Fangjin; Xu, Kaijuan

Journal: Frontiers in Psychology | 28 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Interviews with 22 Ultimate Frisbee club members informed a model subsequently examined in a survey of 332 members. The model connected interaction rituals with group identification through emotional energy and perceived relational benefits. Both indirect pathways were supported statistically. The qualitative accounts add context, but the quantitative survey was cross-sectional. The study does not prove that changing club rituals produces stronger identity or continued membership.

<https://doi.org/10.3389/fpsyg.2026.1878237>

R053 | Peripheral vision as a key factor for decision-making in soccer

Authors: Ivosevic, Lovro; Stöckel, Tino

Journal: Frontiers in Psychology | 28 September 2026

Record type: Brief Research Report

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Forty male footballers completed a peripheral-field assessment and video-based passing decisions. A wider usable peripheral field was associated with a better combined speed-accuracy score after adjustment for playing level. The association was mainly attributable to faster responses, with weaker evidence for accuracy. Eye tracking checked central fixation during the visual assessment. The result identifies a perceptual correlate of decision efficiency; it does not test whether peripheral-vision training improves match decisions.

<https://doi.org/10.3389/fpsyg.2026.1907506>

R054 | Coach behaviors, coach-athlete relationships, and competitive psychological processes in elite sport: a temporal narrative synthesis

Authors: Gül, Oğuzhan; Toros, Turhan; Gül, Mehmet; Eryücel, Mehmet Emre; Bülbül, Cihan; Bayansaldüz, Mehmet

Journal: Frontiers in Psychology | 29 September 2026

Record type: Systematic search and narrative synthesis | 30 studies

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This review integrated coaching behaviour, relationship quality and psychological processes across the competitive cycle. Thirty empirical studies were included after searches of Web of Science, SPORTDiscus and Scopus. Evidence was strongest during ongoing competition and peak events, linking coaching and relationships with confidence, coping, motivation, wellbeing and perceived performance. Evidence for early foundation building was limited, with major gaps after competition and across seasons. The proposed phase framework is an evidence-informed research model, not a verified causal sequence.

<https://doi.org/10.3389/fpsyg.2026.1969318>

R055 | Navigating the systemic labyrinth: the dual-track breakthrough of student-athletes under China's "Integration of Sports and Education"

Authors: Chen, Yinru; Li, Lin

Journal: Frontiers in Psychology | 29 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Nineteen Chinese high-level student-athletes described their development across sport and higher education. The qualitative analysis found that athletic achievement could open educational access without guaranteeing lasting competence, recognition or belonging. Injury, changing performance and institutionally conditional support complicated athletes' expectations and identities. The authors frame dual careers as a process of conditional inclusion. These retrospective accounts explain experiences rather than test an educational intervention.

<https://doi.org/10.3389/fpsyg.2026.1882691>

R056 | The association between coach-athlete relationship and self-reported task, contextual, and overall athletic performance among university student-athletes

Authors: Duyan, Mehdi; Günel, İlker; Bayansalduz, Mehmet

Journal: Frontiers in Psychology | 29 September 2026

Record type: Correlational survey | 276 athletes

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

The study surveyed 276 university athletes from individual and team sports. Better coach-athlete relationships correlated with higher self-rated task performance, contextual performance and overall performance, with correlations of approximately .41-.47. Associations remained after demographic adjustment. Contextual performance includes cooperative and team-oriented behaviour. All measures were self-reported, so the findings concern perceived performance and cannot establish improved competitive results or a causal effect of relationship quality.

<https://doi.org/10.3389/fpsyg.2026.1879798>

R057 | Effects of psychological skills training on self-control, perceived physical self-defense capacity, and mental toughness in elite female wrestlers: a randomized controlled trial

Authors: Tatal, Varol; Demir, Okan; Şahin, Oktay; Albayrak, Ahmet Yılmaz; Bayansalduz, Mehmet; Uzun, Recep Nur; Öz, Faik; Şahinler, Yunus; Ceylan, Levent; Yılmaz, Coşkun

Journal: Frontiers in Psychology | 30 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Thirty-six elite female wrestlers aged 18-25 were randomly assigned to eight weeks of psychological skills training or usual training. Questionnaire scores favoured the intervention for self-control, confidence, control, persistence and perceived self-defense capacity. Several effects were substantial within this small sample. The study assessed psychological scales rather than match results, technical execution or actual self-defense ability. It therefore supports short-term psychological benefits, while competitive transfer and durability remain unresolved.

<https://doi.org/10.3389/fpsyg.2026.1956445>

R058 | The associations between wearable device feedback perception and athletes' training load management behavior: the chain mediating role of physiological data literacy and recovery self-regulation

Authors: Han, Yufeng; Fan, Junli

Journal: Frontiers in Psychology | 30 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A questionnaire study of 357 athletes examined how understanding wearable feedback relates to managing training loads. Feedback perception, physiological data literacy and recovery self-regulation were positively associated with reported load management. Statistical models supported indirect links through both proposed resources. However, reversing the sequence of the mediators produced the same model-fit indices. The study cannot establish that greater data literacy causes better recovery decisions or validate the proposed temporal pathway.

<https://doi.org/10.3389/fpsyg.2026.1910446>

R059 | The Effectiveness of Mindfulness-Based Interventions in Enhancing Psychological Well-Being in Athletes: A Scoping Review of Randomised Controlled Trials

Authors: Cherappurath, Nafih; Ceylan, Halil İbrahim; Anakha, E.; Satheesan, Saranya T.; Öztürk, Deniz; Thoompentodi, Muhammed Ali; Elayaraja, Masilamani; Raj, Rinsa; Muntean, Raul Ioan; Firdousiya, P. C

Journal: Healthcare | 8 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Seventeen randomised trials were mapped in a scoping review of athlete mindfulness interventions. Several psychological outcomes showed favourable findings, including attention, flow, self-compassion and distress measures. Anxiety findings were inconsistent, with mixed evidence for depression, acceptance and self-esteem. Programmes and outcomes varied, so benefits were not uniform. A scoping map does not provide a pooled performance effect or establish the best intervention format.

<https://doi.org/10.3390/healthcare14182899>

R060 | Late Bedtime and Poor Sleep Quality Among University Esports Players: A Cross-Sectional Study

Authors: Yuksel, Aysun; Onal, Hulya Yilmaz; Bilen, Ayşe Betül

Journal: Healthcare | 20 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A survey of 164 university esports competitors found poor sleep quality in approximately half the sample. Later bedtime remained associated with worse sleep quality after adjustment and several sensitivity analyses, including among participants reporting seven hours of sleep. Chronic disease also showed an association. Bedtimes and sleep quality were self-reported at the same time. The study cannot establish directionality or show that changing bedtime improves esports performance.

<https://doi.org/10.3390/healthcare14183103>

R061 | Dopaminergic Gene Polymorphisms and Personality Traits in Athletes: A Systematic Review and Exploratory Quantitative Synthesis

Authors: Łosińska, Kinga; Hamza, Amr Saber; Depta, Julia; Reclaw, Remigiusz; Grzywacz, Anna; Jaworski, Łukasz; Maszczyk, Adam

Journal: International Journal of Molecular Sciences | 23 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Fourteen primary association studies were reviewed for dopamine-related genes and athlete personality. Most evidence came from a largely overlapping research network, with few independent cohorts. Reported associations were generally small or inconsistent, and conventional pooling was unsuitable. No gene-trait association was independently replicated, and cumulative certainty was weak. The review does not support using individual dopamine variants to infer athlete personality or mental-performance potential.

<https://doi.org/10.3390/ijms27198484>

R062 | Effects of transcranial direct current stimulation over the motor or dorsolateral prefrontal cortex on endurance performance in mentally fatigued cyclists

Authors: Solon-Júnior, Luiz José Frota; Boullosa, Daniel; Dias, Cesar Verçosa; Fortes, Leonardo De Sousa

Journal: International Journal of Sport and Exercise Psychology | 1 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The study compares stimulation over motor and prefrontal brain regions in mentally fatigued cyclists, using endurance performance as an outcome. It addresses whether stimulation location changes responses when cognitive fatigue precedes exercise.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2722361>

R063 | Effects of cognitively demanding acute exercises on N-back task performance and P3 event-related potential: a three-arm crossover randomized controlled trial

Authors: Chang, Chen; Hsieh, Chih-Chen; Lin, Ting-Yu; Chueh, Ting-Yu; Hung, Tsung-Min

Journal: International Journal of Sport and Exercise Psychology | 10 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The title identifies a three-condition crossover randomised trial of cognitively demanding exercise. It examines working-memory task performance and an electrical brain-response marker, addressing immediate cognitive responses rather than established long-term training benefits.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2730160>

R064 | Acute effects of slow- and fast-paced breathing on endocrine, autonomic and psychological outcomes following intense physical exertion in healthy recreational athletes

Authors: Wirges, Philipp; Wiewelhove, Thimo; Laborde, Sylvain

Journal: International Journal of Sport and Exercise Psychology | 11 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The study compares slow- and fast-paced breathing after intense exertion in recreational athletes. It considers psychological outcomes alongside endocrine and autonomic responses, making the central question one of immediate recovery and regulation.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2730162>

R065 | A scoping review of positive youth development coach education programmes: implications for future research

Authors: Ferreira, Marta; Santos, Fernando; Fernández-Villarino, Maria; Newman, Tarkington J; Mergler, Jason; Strachan, Leisha; Dias, Luís; MacDonald, Dany J.

Journal: International Journal of Sport and Exercise Psychology | 16 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This scoping review maps coach-education programmes aimed at positive youth development. Its focus is the nature and coverage of available programmes and research, rather than a single tested performance intervention.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2730161>

R066 | Influence of physical and cognitive exertion on executive function during acute physical activity: behavioral and ERP evidence

Authors: Zhong, Weitan; Xu, Shanshan; Zhao, Caifeng; Dong, Weizhong; Hu, Liang
Journal: International Journal of Sport and Exercise Psychology | 17 September 2026
Record type: Journal article - metadata record
Date evidence: Crossref publisher-deposited online date
Scope: Core sport/performance psychology
Summary basis: Topic description - metadata only

The paper examines physical and cognitive demands in relation to executive function during acute activity. It combines behavioural outcomes with event-related brain potentials to investigate immediate cognitive processing.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2730156>

R067 | Mitigating short-form video addiction through table tennis: testing the role of attentional processes in a randomized controlled trial

Authors: Wang, Kanglin; Qiu, Fen; Sun, Jian
Journal: International Journal of Sport and Exercise Psychology | 28 September 2026
Record type: Journal article - metadata record
Date evidence: Crossref publisher-deposited online date
Scope: Core sport/performance psychology
Summary basis: Topic description - metadata only

The title identifies a randomised trial of table tennis in relation to problematic short-video use. Attentional processes are a proposed explanatory target, connecting participation with digital-behaviour regulation.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740801>

R068 | Mental health profiles in Turkish elite athletes and their associations with psychological safety and intrinsic motivation: a latent profile analysis

Authors: Adiloğulları, Gamze Elif; Adiloğulları, İlhan; Şenel, Ender
Journal: International Journal of Sport and Exercise Psychology | 29 September 2026
Record type: Journal article - metadata record
Date evidence: Crossref publisher-deposited online date
Scope: Core sport/performance psychology
Summary basis: Topic description - metadata only

The study uses latent-profile analysis to examine mental-health configurations in Turkish elite athletes. It relates those configurations to psychological safety and intrinsic motivation, addressing differences within the athlete population.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740797>

R069 | When exercise becomes necessary: a dual-gate approach to understanding harm-persistent compulsive exercise

Authors: Lev Arey, Dalit; Levental, Orr; Szabo, Attila

Journal: International Journal of Sport and Exercise Psychology | 29 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The paper presents a dual-gate account of compulsive exercise that continues despite harm. It addresses the boundary between ordinary commitment and harmful persistence, rather than assuming that more exercise is always beneficial.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740796>

R070 | Perceived parental expectations and pre-competitive states in adolescent tennis players: a self-determination perspective on the mediating role of basic psychological needs

Authors: Huang, Yuanyan; Chen, Zhaoyuan; Peng, Lu

Journal: International Journal of Sport and Exercise Psychology | 30 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The paper examines parental expectations and pre-competition psychological states in adolescent tennis players. It uses a self-determination perspective, with basic psychological needs proposed as an intermediate explanation.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740794>

R071 | Success through effort: growth mindset, grit, and deliberate practice in athletic performance

Authors: Kim, Minseo; Lee, Ji-Hang; Cho, Heetae

Journal: International Journal of Sport and Exercise Psychology | 30 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This paper connects growth mindset, grit and deliberate practice with athletic performance. It addresses how beliefs about development and persistence relate to training engagement and achievement.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740804>

R072 | When achievement goals meet burnout: interactive effects on doping intention in competitive cyclists

Authors: Filleul, Valentine; Corrion, Karine; Vivier, Emma; Fruchart, Eric; Meinadier, Eric; Maillot, Jacky; Isoard-Gautheur, Sandrine; d'Arripe-Longueville, Fabienne

Journal: International Journal of Sport and Exercise Psychology | 30 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The study considers achievement goals and burnout jointly in relation to cyclists' doping intentions. The psychological outcome is intention to use doping rather than confirmed substance use or an observed anti-doping intervention effect.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740220>

R073 | The influence of physical and mental fatigue on physical effort-based decisions: a systematic review

Authors: Vitalucci, Davide; Metin, Ayse Nur; Valeriani, Federica; De Maria, Alessandra; Mallia, Luca; Zelli, Arnaldo; Galli, Federica

Journal: International Review of Sport and Exercise Psychology | 5 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This systematic review examines experimentally induced physical or mental fatigue and choices involving physical effort in healthy adults. Its database search extended to May 2026. It separates effort-related decisions from maximum physical capacity; the accessible source did not supply enough results to report a pooled conclusion.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1750984x.2026.2725257>

R074 | From two to four or more? Multiple performance states in elite shooters

Authors: Robazza, Claudio; Di Liborio, Massimiliano; Ruiz, Montse C.

Journal: Journal of Applied Sport Psychology | 3 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Ten elite male rifle and pistol shooters performed 120 shots each, with emotion and perceived-control ratings linked to actual scores. All eight combinations specified by the multi-states framework were observed. Moderate levels of the predictors generally corresponded to better performance, and relationships differed between shooters. Ratings and scores were analysed observationally rather than through a randomised regulation intervention. The study supports individual variation in performance states, without establishing one ideal emotional state for every athlete.

<https://doi.org/10.1080/10413200.2026.2714768>

R075 | Beyond visualization: Elite alpine skiers and coaches' insights into simulation training

Authors: Tajet, Simen Leithe; Meland, Anders; Magelssen, Christian; Lemyre, Pierre-Nicolas; Reid, Robert; Pensgaard, Anne Marte

Journal: Journal of Applied Sport Psychology | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Interviews with 16 elite alpine skiers and eight coaches examined imagery and action observation when realistic practice was restricted. Familiar settings helped athletes recall embodied experience and plan tactics, while unfamiliar settings encouraged more abstract preparation. Lack of feedback was identified as a barrier to learning complex movements through simulation alone. The authors propose explanations grounded in cognition and internal-model theories. Qualitative accounts do not establish comparative training effectiveness or competitive gains.

<https://doi.org/10.1080/10413200.2026.2733248>

R076 | Can coach education foster youth flourishing? A multi-informant evaluation of the PREPAR coach education programme in youth rugby

Authors: Gérard, Pierre; Campo, Mickaël

Journal: Journal of Applied Sport Psychology | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This evaluation examines the PREPAR coach-education programme in youth rugby using more than one informant perspective. The accessible publisher result reports changes in coaches' own ratings of development-supportive practice. Those changes were not reflected in players' perceptions or flourishing. This distinguishes coach-reported improvement from demonstrated benefits for young participants. Without the complete methods and results, sample size, effect magnitude and causal confidence are not reported.

<https://doi.org/10.1080/10413200.2026.2716240>

R077 | Women of color collegiate head coaches experiences of mistreatment and its effects: a qualitative analysis

Authors: Hayes, Carmyn J.; Petrie, Trent A.; Lue, Cachet

Journal: Journal of Applied Sport Psychology | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This qualitative study examines mistreatment experienced by women of colour serving as collegiate head coaches. It focuses on the personal and occupational consequences of those experiences, extending the digest beyond athlete-only psychology.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/10413200.2026.2734456>

R078 | “Continue or quit?” Configurations of career resources and their association with career termination: a person-oriented study with Swiss elite athletes

Authors: Zuber, Claudia; Örencik, Merlin; Amor, Lauren S.; Schmid, Jürg; Ronkainen, Noora J.; Schmid, Michael J.

Journal: Journal of Applied Sport Psychology | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

A person-oriented study examines combinations of career resources among Swiss elite athletes in relation to career termination. It frames continuation and withdrawal as potentially different configurations of resources rather than a single universal risk factor.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/10413200.2026.2733249>

R079 | “It will never come as a shock”: exploring how staff members experience and perceive the player release process from professional football academies

Authors: McGlinchey, Thomas Ryan; Saward, Chris; Healy, Laura C.; Sarkar, Mustafa

Journal: Journal of Applied Sport Psychology | 23 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This study explores staff perspectives on releasing players from professional football academies. It concerns how a psychologically significant transition is understood and managed within the academy environment.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/10413200.2026.2734451>

R080 | Effects of Episodic Specificity Induction and Acute Exercise on Visual Search and Sustained Attention in DII College Athletes

Authors: Lauro, Justin; Papadakis, Zacharias

Journal: Journal of Cognitive Enhancement | 14 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Fifty-seven collegiate athletes completed combinations of episodic-memory priming, moderate aerobic exercise and control conditions. Exercise improved visual-search speed, while both manipulations benefited sustained-attention accuracy and reduced false alarms. Combining them produced different visual-search effects depending on distractor load, including slower responses under high load. The result therefore does not indicate a universal cognitive benefit. Sport-performance transfer and repeated-training effects were not tested.

<https://doi.org/10.1007/s41465-026-00373-5>

R081 | The Feeling of Flying: Understanding and Training Emotional Calibration in Ski Flying

Authors: Hetland, Audun; Kjelstrup, Eirik; Meland, Anders; Vittersø, Joar

Journal: Journal of Sport Psychology in Action | 10 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This applied paper concerns emotional calibration in ski flying. Its central topic is understanding and training emotion in a demanding performance setting, rather than assuming that reducing arousal alone is the appropriate objective.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/21520704.2026.2724979>

R082 | Relationship between stress and job burnout among Olympic and Paralympic coaches: Moderated mediation effects by job status, social support, and self-efficacy

Authors: Oh, Youngtaek; Uhm, Jun-Phil

Journal: Journal of Sports Sciences | 7 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A study of 231 Korean Olympic and Paralympic coaches examined stress and burnout in relation to social support, efficacy and employment status. Greater stress was associated with more burnout. The statistical protective pathway through social support was stronger for permanent staff, while self-efficacy was more prominent for temporary staff. Employment context therefore mattered within the fitted model. The study does not establish that changing contracts or psychological resources causally prevents burnout.

<https://doi.org/10.1080/02640414.2026.2728790>

R083 | Coaches' verbal encouragement in soccer: A systematic review of its effects on internal training load, physical and time-motion performance, and technical skills

Authors: Selmi, Okba; Marzouki, Hamza; Bouassida, Anissa; Ammar, Achraf; Soylu, Yusuf; Boukhris, Omar; Husain, Waqar; Jahrami, Haitham; Trabelsi, Khaled

Journal: Journal of Sports Sciences | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Eighteen studies involving 518 footballers were reviewed for coaches' verbal encouragement. Most studies assessing training load reported increases, and many reported favourable physical or technical outcomes. Findings were more consistent in youth and amateur players than in elite youth or professionals. Protocols and outcome measures varied across studies. The synthesis supports selected short-term effects, without establishing one optimal encouragement style or long-term benefit.

<https://doi.org/10.1080/02640414.2026.2735708>

R084 | Inside the minds of football athletes: Examination of age, expertise, and gender disparities in personality traits

Authors: Spielmann, Jan; Altmann, Stefan; Steindorf, Lena; Herr, Christoph; Mayer, Jan

Journal: Journal of Sports Sciences | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Personality traits were examined across 2,085 male and female participants, including footballers and comparison groups. Footballers differed on several Five Factor traits, with greater expertise generally associated with lower neuroticism and higher conscientiousness. Age and gender differences were also reported within football. Group differences do not identify the cause of sporting success. The results should not be treated as a validated personality test for selection or evidence that personality change improves performance.

<https://doi.org/10.1080/02640414.2026.2735697>

R085 | From observation to immersion: A comparative analysis of emerging technologies for developing decision-making in team sport

Authors: Profeit, Mitchell C.; Hancock, David J.; Bespomoshchnov, Vladislav A.; Martin, Luc J.

Journal: Journal of Sports Sciences | 29 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This comparative paper examines 2D video, 360-degree video, mobile eye tracking and immersive virtual reality for team-sport decisions. It considers realism, implementation cost, time demands and suitability for individual or team training. Each technology offers different feedback and practical strengths, alongside limitations. The article is an analytical overview rather than a head-to-head intervention trial. Its discussion does not establish that more immersive or expensive technology produces superior learning.

<https://doi.org/10.1080/02640414.2026.2741479>

R086 | Supplementary VR batting training with slow-replay augmented feedback improves bat-ball contact precision

Authors: Hayashi, Hiroki; Hayashi, Tsuyoshi; Ikudome, Sachi; Fukuhara, Kazunobu; Morishita, Yoshitaka; Takamido, Ryota; Cañal-Bruland, Rouwen; Nakamoto, Hiroki

Journal: Journal of Sports Sciences | 30 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Thirty-seven collegiate batters were randomly assigned to usual practice or usual practice plus eight virtual batting sessions over four weeks. The supplementary sessions supplied slow replay and still images showing the bat-ball relationship. The training group improved contact precision more on evaluation tasks, including some unpractised locations. The intervention bundled VR practice and augmented feedback, so their separate contributions are unresolved. The abstract does not establish gains in competitive batting statistics or long-term retention.

<https://doi.org/10.1080/02640414.2026.2741470>

R087 | Acute Physical, Mental and Sequential Combined Fatigue Protocols Differentially Affect Basketball Shooting and Psychomotor Vigilance: A Randomized Crossover Study

Authors: Karaca, Burak; Özdal, Mustafa; Bilgiç, Fatma Beyza; Koyunlu, Ahmet; Bilgiç, Murat; Yıldırım, Ali

Journal: Life | 26 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Twelve male basketball players completed four crossover conditions involving cognitive fatigue, physical fatigue, their sequence or control. The combined sequence reduced dynamic shooting accuracy relative to control and cognitive fatigue alone. Cognitive and combined conditions worsened end-of-session vigilance. Some free-throw and variability findings were sensitive to modelling, and several other outcomes were not significant after correction. The small sequential protocol does not establish all possible interactions between physical and mental fatigue.

<https://doi.org/10.3390/life16101620>

R088 | Psychological and Behavioural Correlates of Dietary Intake in Adolescent Elite Female Handball Players

Authors: Sziráki, Zsófia; Führer, Diána; Biró, Lajos; Kosik, Zsófia; Szmodis, Márta

Journal: Nutrients | 4 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Seventy-two adolescent elite female handballers were analysed after dietary outlier exclusions. Eating-behaviour dimensions had different associations with reported nutrient intake. Greater resilience was related to less sport anxiety and lower sugar intake in selected analyses. Dietary estimates relied on a food-frequency questionnaire. The exploratory cross-sectional findings do not establish that resilience training changes nutrition or improves performance.

<https://doi.org/10.3390/nu18172904>

R089 | Beyond Conventional Coaching: The Role of Transitional Information in Guiding Athlete Attentional Search for Adaptive Performance

Authors: Jones, Gérard E.; Stone, Joseph Antony; Rothwell, Martyn; Otte, Fabian Werner; Davids, Keith

Journal: Perceptual and Motor Skills | 28 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This position paper presents the Transitional Learning Model for using verbal cues, questions and challenges in coaching. The model proposes guiding athletes' attention towards usable environmental information and possible movement solutions. It extends ecological-dynamics ideas about instruction and practice design. No new controlled test of the model's effectiveness is reported. The framework requires applied and in-situ evaluation before performance benefits can be claimed.

<https://doi.org/10.1177/00315125261492454>

R090 | The role of simulator immersion on learning and transfer of decision-making skill in sport

Authors: Hoyne, Zachariah G.; Morris-Binelli, Khaya; Müller, Sean; Piggott, Benjamin; Chivers, Paola; Dekker, Evan

Journal: Psychological Research | 3 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Twenty-eight Australian Rules footballers were randomly assigned to four weeks of immersive 360-degree video training, ordinary two-dimensional video or control. The two-dimensional group performed better on the field-transfer decision test than the other groups. It also showed an advantage over control on the virtual test. The findings challenge the assumption that greater immersion necessarily improves learning. The small sample and particular training material limit generalisation to other sports or virtual-reality systems.

<https://doi.org/10.1007/s00426-026-02372-9>

R091 | 'I am a why person': reflections on physical self-perceptions and physical activity among academically high-achieving students

Authors: Augustsson, Felicia; Högman, Johan; Gustafsson, Henrik; Mellroth, Elisabet

Journal: Qualitative Research in Sport, Exercise and Health | 1 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The paper explores physical self-perceptions and activity experiences among academically high-achieving students. It considers how participants understand themselves and participation across educational and physical domains.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2725664>

R092 | "I just don't want to do it knowing that I'd struggle": chronic breathlessness, Breathe Easy and the paradox of exercise as medicine

Authors: Weedon, Gavin; Brown, James C.

Journal: Qualitative Research in Sport, Exercise and Health | 9 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This paper concerns exercise experiences in the context of chronic breathlessness and a Breathe Easy setting. It addresses the tension between exercise as a proposed health resource and the perceived difficulty of participating.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2721381>

R093 | The role of sport and physical activity within the rehabilitation and reintegration process: a longitudinal case study of a formerly incarcerated man

Authors: Müller, Johannes; Morgan, Haydn

Journal: Qualitative Research in Sport, Exercise and Health | 10 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

A longitudinal case study follows sport and activity within one formerly incarcerated man's rehabilitation and reintegration. Its focus is personal experience over time rather than an average effect estimated across a trial population.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2731103>

R094 | 'He has been the worst coach, but he's also the one that said "let's give it a go"': exploring the promise and potential of inclusive research in disability sport coaching

Authors: Barry, Katie; Townsend, Robert C.; Frawley, Patsie; Dalton, Sarah; Ward, Debbie

Journal: Qualitative Research in Sport, Exercise and Health | 10 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The paper examines inclusive research in disability sport coaching. It addresses the promise and challenges of involving those whose experiences are being studied, rather than treating inclusion as only a programme-design claim.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2731099>

R095 | A grounded theory study of return-to-contact following concussion in Canadian adolescent girls rugby

Authors: Dane, Kathryn; Foley, Geraldine; Wilson, Fiona; McKay, Carly D.; Schneider, Kathryn J.; Blazey, Paul; Caron, Jeffrey G.; Emery, Carolyn A.

Journal: Qualitative Research in Sport, Exercise and Health | 14 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

A grounded-theory study examines return to contact after concussion among Canadian adolescent girls in rugby. Its focus is the experiences and processes around re-entry to a contact setting; it does not serve as a clinical return-to-play protocol.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2729159>

R096 | Beyond underrepresentation: narratives of identity and healing among Indigenous post-secondary student-athletes

Authors: Tomin, Megan A.; Schaefer, Lee; Kowalski, Kent; McHugh, Tara-Leigh

Journal: Qualitative Research in Sport, Exercise and Health | 14 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This paper centres identity and healing narratives among Indigenous post-secondary student-athletes. It addresses lived experience and representation in a population that can be obscured by aggregate athlete findings.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2732178>

R097 | Agency for change: children's rights in ballet schools

Authors: Wensel, Sophie; Kerr, Gretchen; Tamminen, Katherine A.

Journal: Qualitative Research in Sport, Exercise and Health | 15 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The paper examines children's rights and agency in ballet schools. It connects the training environment with young performers' voice and opportunities for change.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2731094>

R098 | Understanding auto-photography in coaching research: A reflexive account

Authors: Lee, Han Wool; Corsby, Charles L. T.; McNarry, Gareth; Lewis, Emlyn J.

Journal: Qualitative Research in Sport, Exercise and Health | 17 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This methodological paper offers a reflexive account of auto-photography in coaching research. It concerns how participant-generated visual material can be used and interpreted in understanding coaching experiences.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2734234>

R099 | Promoting physical activity participation: the importance of place-belonging within inclusive community sports clubs

Authors: Morgan, Haydn; Manley, Andrew; Bush, Anthony

Journal: Qualitative Research in Sport, Exercise and Health | 18 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The study concerns belonging to place and activity participation within inclusive community sport clubs. It frames participation in relation to local social environments rather than individual motivation alone.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/2159676x.2026.2735001>

R100 | Linking Imagery Perspective and Imagery Speed to Athletes' Imagery Content

Authors: Lee, Seungmin; Uhm, Jun-Phil

Journal: Sage Open | 21 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A survey of 378 Japanese collegiate athletes examined how imagery perspective and imagined speed relate to ease of imagining different content. First-person perspective showed prominent direct associations with several imagery domains, while third-person associations often involved imagined speed. Patterns differed across skills, strategies, goals, emotions and mastery content. These were self-perceived imagery relationships, not experimentally assigned training conditions. The study does not show that a particular perspective-speed combination improves sporting performance.

<https://doi.org/10.1177/21582440261490964>

R101 | Effects of an 8-week Mindfulness-Acceptance-Commitment intervention on competitive anxiety, mindfulness, and 200-m sprint performance in junior female sprinters: a quasi-experimental study

Authors: Chiraz Goumni; Amayra Tannoubi; Aymen Hawani; Riadh Khalifa; Medina Srem-Sai; John Elvis Hagan; Vlad Adrian Geantă

Journal: Sport Sciences for Health | 2 September 2026

Record type: Quasi-experiment | 30 sprinters

Date evidence: Publisher article date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Thirty national-level female sprinters aged 17-18 received either eight weekly MAC sessions or usual training. The intervention group reported lower cognitive and somatic anxiety and higher confidence and mindfulness. Mean 200-m time improved by 0.43 seconds, while controls were slightly slower. Allocation depended entirely on club membership, so coaching, environment and expectations could explain some differences. The findings are preliminary and do not establish a specific causal effect of MAC.

<https://doi.org/10.1007/s11332-026-01931-2>

R102 | “I constantly felt between a rock and a hard place”: Parents’ experiences of elite athletes’ injuries.

Authors: Benstead, Caitlin; Wade, Ross; Thrower, Sam; Principe, Francesca; Day, Melissa; Cavallerio, Francesca

Journal: Sport, Exercise, and Performance Psychology | 3 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The paper examines parents' experiences when elite athletes are injured. Its focus is the pressures and role of families around injury, expanding attention beyond the injured athlete's individual response.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1037/spy0000423>

R103 | Mental Health and Psychological Constructs Related to Performance in Professional, Semi-Professional, and Competitive Adolescent Women’s Soccer Players: A Scoping Review

Authors: Montenegro-Bonilla, Aura D.; Becerra-Patiño, Boryi A.; Olivares-Arancibia, Jorge; Plaza-Díaz, Julio; Rojas-Valverde, Daniel; Yañez-Sepúlveda, Rodrigo; López-Gil, José Francisco

Journal: Sports | 3 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

Thirteen empirical studies from 2020-2025 were mapped for mental health in competitive women's football. Stress, anxiety, resilience, motivation and wellbeing were prominent topics. Performance demands, fatigue and pressure appeared as potential risks, alongside support, cohesion and confidence as resources. Resilience was often discussed conceptually but measured directly in only two studies. Small, heterogeneous coverage and limited geographic and multi-season evidence prevent broad causal conclusions.

<https://doi.org/10.3390/sports14090390>

R104 | Indirect Associations Between Perceived Coach-Athlete Relationship Quality and Mental Health Through Competitive State Self-Confidence: A Cross-Sectional Study Among Hungarian Athletes

Authors: Papp, Nóra; Berki, Tamás; Tóth, Renátó; Géczi, Rita; Tóth, László

Journal: Sports | 21 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A cross-sectional study of 211 Hungarian adult athletes examined relationships, state confidence and positive mental health. Better perceived coach-athlete relationships were associated with greater confidence. Confidence was associated with emotional, psychological and social wellbeing, and indirect statistical associations were significant. The corresponding direct relationship-wellbeing links were not significant in those models. One-time self-report data cannot establish that relationship improvements first raise confidence and subsequently improve mental health.

<https://doi.org/10.3390/sports14090416>

R105 | Reconsidering the role of preparation in perception-action coupling: a critical response to the preparation-perception-action framework

Authors: Smith, Steve; Saib, Raphael; Whelan, Steve; Jones, Calum; Armstrong, Stuart

Journal: Sports Coaching Review | 2 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This critical response examines preparation within perception-action coupling. It is a theoretical debate about how skilled behaviour is organised, rather than a new test of a particular training routine.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/21640629.2026.2722817>

R106 | Examining the experience of psychological safety in football academies: Players' perspective

Authors: Hillyer, Matthew; Martindale, Russell; Young, Steven; Sproule, John; Collins, Dave

Journal: Sports Coaching Review | 8 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This study examines football academy players' experiences of psychological safety. It addresses the perceived interpersonal climate of the development environment, rather than assuming that staff and players experience that climate in the same way.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/21640629.2026.2730388>

R107 | “Should I stay or should I go?” Is there a use by date on coach-athlete relationships? Shifting, temporal and contextual notions of power-relations within track and field athletics

Authors: Consterdine, Alexandra; Groom, Ryan; Oldfield, Samantha; Gale, Laura

Journal: Sports Coaching Review | 8 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

The paper examines changing power relationships between coaches and athletes in track and field. It considers time and context in decisions about continuing a coaching relationship.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/21640629.2026.2729904>

R108 | “The gym became a bit of a lab”: International Olympic Weightlifting coaches’ situated knowledges of training women athletes

Authors: Nelson, Monica; Thorpe, Holly; Wheaton, Belinda; Clarke, Gloria Hinemoa; Sims, Stacy

Journal: Sports Coaching Review | 30 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Topic description - metadata only

This qualitative coaching paper explores international Olympic weightlifting coaches' situated knowledge of training women athletes. It addresses how practical knowledge is formed within coaching environments.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/21640629.2026.2739908>

R109 | Augmenting rhythm: a scoping review of technologies and feedback modalities in elite sport

Authors: Hossain, Md. Tanvir; Lindeman, Robert W.; Ingram, Matt; Lukosch, Stephan

Journal: Sports Engineering | 22 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

This scoping review mapped 129 technology-focused studies potentially relevant to rhythm training. Wearable sensing and visual displays dominated the retrieved literature. Much of the evidence concerned novices and discrete movement metrics, with limited elite-context validation. Almost one fifth of included works lacked formal evaluation. The review identifies engineering opportunities and gaps, without establishing that a particular feedback technology improves elite timing or performance.

<https://doi.org/10.1007/s12283-026-00562-7>

R110 | Self-Report Health Screening Tools in Female Athletes: A Systematic Review of Domain Coverage, Validation, and Use Across Participation Levels

Authors: Steele, Charlotte; Simpson, Matthew H.; Jacobs, Emily; Galan-Lopez, Natalia; Taylor, Lee; Christmas, Bryna C. R.

Journal: Sports Medicine | 4 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Core sport/performance psychology

Summary basis: Source-based research summary

A systematic review mapped 360 studies covering 134,506 female participants and 273 self-report screening tools. Mental health, disordered eating and body image received substantial attention, while several female-specific health domains were less represented. Half the studies reported using at least one validated tool. Evidence was concentrated in professional and elite sport. The findings identify uneven coverage and validation reporting, rather than endorsing one comprehensive screening instrument.

<https://doi.org/10.1007/s40279-026-02532-2>

R111 | Research Trends in Sport Pedagogy and Physical Education: A Bibliometric Analysis of Motivation, Self-Efficacy, Creativity, and Critical Thinking

Authors: Ruiz Sánchez, Laura; Ceciliani, Andrea; Russo, Gabriele; Chacón-Cuberos, Ramón

Journal: Behavioral Sciences | 17 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A bibliometric review mapped 206 documents at the intersection of physical education and several psychological constructs. Motivation dominated the corpus, with less representation of self-efficacy, creativity and critical thinking. Keyword networks showed particularly consolidated work around self-determination theory. The search captured a defined intersectional literature rather than the entire field. Citation and topic patterns do not measure intervention effectiveness or athlete performance gains.

<https://doi.org/10.3390/bs16091673>

R112 | Comparative changes in problematic smartphone use tendencies across four active exercise modalities among college students: an exploratory multicategorical relative indirect-effect analysis

Authors: Dai, Bin; Ji, Canzhong; Zhong, Tingting

Journal: Frontiers in Psychology | 3 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Eighty-five students were randomised to four active exercise programmes, with 77 included in the complete-case analysis after twelve weeks. Smartphone-use tendency scores declined across groups, with combined training showing the largest change. Emotion-regulation changes formed exploratory indirect pathways. There was no non-exercise group and no intention-to-treat analysis. The results cannot establish exercise-specific treatment effects or causal mediation for a diagnosed disorder.

<https://doi.org/10.3389/fpsyg.2026.1896277>

R113 | Exercise-based interventions for problematic short-video use: a narrative review of current evidence and potential psychological pathways

Authors: Hu, Wenbo; Tang, Donghui

Journal: Frontiers in Psychology | 3 September 2026

Record type: Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

This narrative review organises possible links between exercise and problematic short-video use into four psychological pathways. They concern alternative rewards, emotion, control and real-world social reconnection. Direct evidence was limited, with much of the argument drawn from associated or transferable findings. The review does not treat problematic short-video use as a formally established independent disorder. Proposed pathways and practical exercise prescriptions remain preliminary.

<https://doi.org/10.3389/fpsyg.2026.1865897>

R114 | Exploring the influence of problematic smartphone use on physical activity: chain mediation of Self-Control and Exercise Procrastination and moderation by Independent and Interdependent Self-Construal

Authors: Shen, Yibo; Yang, Taeyang; Lee, Gyuil

Journal: Frontiers in Psychology | 3 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 1,049 Chinese college students connected problematic smartphone use with lower physical activity. Exercise procrastination accounted for an indirect association, and a sequential path involving self-control was also supported. Relationships differed with independent or interdependent self-construal. The single pathway through self-control alone was not significant. Cross-sectional modelling cannot establish that phone use causes inactivity or that improving control will change exercise habits.

<https://doi.org/10.3389/fpsyg.2026.1886306>

R115 | Traditional Chinese mind-body practices and depressive symptoms in university students: a multilevel dose-response meta-analysis

Authors: Zhang, Yuming; Hu, Shaoyang; Liu, Yonghua; He, Haoran; Lan, Jiajun; Qin, Zhikai

Journal: Frontiers in Psychology | 3 September 2026

Record type: Systematic Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Fifteen randomised trials were synthesised for traditional Chinese mind-body practices and university students' depressive symptoms. The pooled estimate favoured the practices by a moderate amount after influence checks. Heterogeneity was substantial and certainty was assessed as moderate. Exploratory dose modelling used sparse, uneven exposure data. It does not establish an optimal dose or equal benefits for Tai Chi, Qigong and other practices.

<https://doi.org/10.3389/fpsyg.2026.1939249>

R116 | The relationship between perceived peer motivational climate and moderate-to-vigorous physical activity in middle school physical education classes using triaxial accelerometers: an analysis of a dual-process model

Authors: Chu, Shuangyang; Lee, Gyuil; Yu, Jieun; Joo, Wooyoung

Journal: Frontiers in Psychology | 4 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Questionnaires and accelerometers were used with 596 South Korean middle-school students to examine peer climate and activity during PE. Task-oriented climate was associated with more activity, while ego-oriented climate showed a negative pattern. Autonomous and controlled motivation formed different statistical pathways. Girls and older-grade students showed lower values on several measures. The study supports contextual associations rather than proving that altering the peer climate increases measured activity.

<https://doi.org/10.3389/fpsyg.2026.1868378>

R117 | Developing a Taijiquan exercise pattern for Chinese older adults: a qualitative study based on the exercise commitment model

Authors: Xianghao, Sun; Arsapakdee, Kritchapol; Choosakul, Chairat

Journal: Frontiers in Psychology | 7 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Sixteen administrators, instructors, researchers and older practitioners were interviewed to develop a Taijiquan commitment framework. Proposed components cover exercise content, self-directed language, leadership, peer support and participation monitoring. They were designed around several forms of commitment and perceived support. The study developed a theory-informed intervention structure. It did not implement or test the complete programme, so its effect on adherence remains unknown.

<https://doi.org/10.3389/fpsyg.2026.1883642>

R118 | Appearance-ideal internalization and appearance-related physical activity avoidance among female university students in Sichuan, China: the role of social physique anxiety and body surveillance

Authors: Xu, Yang; Zhang, Meilu; Xiao, Xianlin; Li, Huangyan

Journal: Frontiers in Psychology | 8 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 1,687 female university students in Sichuan examined appearance ideals and avoidance of sport or exercise. Both thin-body and muscular ideals were associated with greater avoidance, physique anxiety and body surveillance. Anxiety and surveillance accounted for indirect statistical associations. Alternative sequences fit equally well, preventing temporal interpretation. The study does not establish that appearance beliefs cause avoidance or evaluate a body-image intervention.

<https://doi.org/10.3389/fpsyg.2026.1870099>

R119 | Three wave cross-lagged associations between traditional Chinese ethnic sports adherence and anxiety symptoms: parallel mediating roles of emotion regulation difficulties and perceived stress

Authors: Fan, Xuefeng

Journal: Frontiers in Psychology | 8 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Researchers followed 546 students at three time points to study traditional ethnic-sport adherence and anxiety. Greater adherence preceded lower emotion-regulation difficulties and perceived stress. Both resources showed modest indirect associations with later anxiety. The repeated observations strengthen temporal evidence. However, the observational model cannot establish that taking up these sports causes anxiety reductions.

<https://doi.org/10.3389/fpsyg.2026.1904091>

R120 | Effects of different types of physical exercise interventions on aggressive behavior among children and adolescents: a network meta-analysis

Authors: Zhang, Yuhang; Lee, Gyuil

Journal: Frontiers in Psychology | 9 September 2026

Record type: Systematic Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Twenty-five studies involving 2,772 children and adolescents were synthesised for exercise and aggression-related outcomes. Pooled estimates favoured exercise for hostility, anger, overall aggression and physical aggression. The review compared open-skill, closed-skill and multicomponent activities using network methods. It included both randomised and non-randomised studies. Rankings and indirect comparisons do not establish a universally best activity or equal benefits across settings.

<https://doi.org/10.3389/fpsyg.2026.1927181>

R121 | From body shaping to character formation: international research progress and mechanisms of exercise training interventions for juvenile delinquency

Authors: Xu, Jing; Chen, Hongjin; Tian, Mengdi

Journal: Frontiers in Psychology | 9 September 2026

Record type: Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

This review examines structured exercise and sport interventions in relation to juvenile delinquency. It discusses physical, psychological and social pathways and the importance of programme quality. The synthesis describes promise for sustained, well-supported programmes and combined approaches involving family or cognitive-behavioural support. It is not a new experiment testing one mechanism. Claims about programme effects depend on the design and quality of the underlying evidence.

<https://doi.org/10.3389/fpsyg.2026.1888577>

R122 | From motivation to movement: autonomous motivation and physical activity levels among students in the Global Health Program

Authors: Ale, O. J. A.; Bélisle, J.; Doré, I.; Carboneau, N.; Barnett, T.; Girard, S.; Guimaraes, R. F.

Journal: Frontiers in Psychology | 9 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Baseline survey data from 664 students in a Québec school programme related autonomous motivation to reported activity. Identified and intrinsic regulation showed the strongest positive associations.

School-leader support and peer affiliation did not significantly moderate the main association, while programme duration did. Data were cross-sectional despite variation in reported participation history. The findings do not establish that the programme or a motivational intervention caused greater activity.

<https://doi.org/10.3389/fpsyg.2026.1910169>

R123 | Predictors of university students' leisure participation within the context of the theory of planned behavior

Authors: Yağar, Gül; Yamaner, Faruk; Yerlisu Lapa, Tennur

Journal: Frontiers in Psychology | 10 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 709 sport-science undergraduates examined leisure attitudes, motivation and strategies for overcoming participation constraints. The measures jointly accounted for about one third of variation in leisure participation. Several factors also related to engagement and leisure exercise. The analysis used a theory-of-planned-behaviour framework. One-time responses cannot establish whether these beliefs promote activity or develop through participation.

<https://doi.org/10.3389/fpsyg.2026.1899265>

R124 | Physical literacy and adolescent mental well-being: A chain mediation of basic psychological needs satisfaction and emotion regulation

Authors: Zhang, Bing

Journal: Frontiers in Psychology | 11 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

In 687 Chinese adolescents, physical literacy was positively associated with mental wellbeing. Psychological-need satisfaction and emotion regulation formed separate and sequential indirect statistical pathways. A direct association remained after these variables were included. The model used cross-sectional self-report measures rather than an intervention. It cannot confirm the proposed sequence or show that improving literacy causes better mental health.

<https://doi.org/10.3389/fpsyg.2026.1950111>

R125 | Balancing demands and resources toward better flourishing and life satisfaction: a two-wave path analysis of school burnout and teens' resilience

Authors: Métais, Clément; Oger, Marie; Fenouillet, Fabien; Martin-Krumm, Charles

Journal: Frontiers in Psychology | 15 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A two-wave observational study followed 525 French adolescents. Greater perceived school demands related to burnout, while resources and optimism related to resilience. Resilience was positively connected with flourishing and life satisfaction. The authors integrated these findings in a school demands-resources model. The study concerns educational wellbeing and does not demonstrate effects of a sport or resilience-training programme.

<https://doi.org/10.3389/fpsyg.2026.1897438>

R126 | Exercise adherence and subjective well-being: the chain mediating roles of self-efficacy and outcome expectations

Authors: Liang, Jiaqi; Zhao, Jia

Journal: Frontiers in Psychology | 16 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A questionnaire study of 435 university students linked exercise adherence with subjective wellbeing. Self-efficacy and expected outcomes each accounted for indirect statistical associations, including a sequential pathway. A direct adherence-wellbeing association remained. The design did not establish temporal order between participation and beliefs. Intervention benefits cannot be inferred from the mediation model alone.

<https://doi.org/10.3389/fpsyg.2026.1821014>

R127 | Psychosocial transformation in women new to fitness: a phenomenological study on body image, self-confidence, and identity construction

Authors: Duyan, Mehdi; Ok, Gamze; Gunel, Ilker; Bayansalduz, Mehmet; Geantă, Vlad Adrian

Journal: Frontiers in Psychology | 16 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Sixteen women attending women-only fitness centres described body image, confidence and identity experiences. Written interview accounts identified reasons for starting, changing self-perceptions and mixed social influences. Participants described strength, autonomy and solidarity alongside continuing external judgement. Their experiences were interpreted through phenomenological thematic analysis. The qualitative study does not estimate average effects of gym attendance or establish causality.

<https://doi.org/10.3389/fpsyg.2026.1882501>

R128 | Key competencies of physical education and exercise-related positive wellbeing among secondary school students: indirect pathways through physical self-perception and autonomous motivation

Authors: Wang, Jiawei; Liu, Dachao

Journal: Frontiers in Psychology | 17 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A cross-sectional survey in Beijing related PE competencies to exercise-related positive wellbeing. Physical self-perception and autonomous motivation formed indirect statistical pathways. Supplementary models did not find significant links from those variables to distress or fatigue. Positive wellbeing therefore should not be treated as interchangeable with lower symptoms. The study did not test a competency-development intervention or temporal mediation.

<https://doi.org/10.3389/fpsyg.2026.1902000>

R129 | Digital health literacy and sports participation among college students: the role of cognitive flexibility and physical activity self-efficacy

Authors: Xu, Yuming; Peng, Jun; Xu, Yuting; Wen, Nuan

Journal: Frontiers in Psychology | 18 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Six hundred Chinese students completed measures of digital health literacy, cognitive flexibility, exercise efficacy and sport participation. These variables were positively associated within a prespecified model. The sequential indirect association was small, although its bootstrap interval excluded zero. All measures were obtained at one time. Model fit and a nonzero indirect path do not demonstrate how the proposed process unfolds or whether digital-literacy training increases activity.

<https://doi.org/10.3389/fpsyg.2026.1921192>

R130 | Fifteen-minute recess freestyle rope skipping enhances classroom attention in junior high school students in the context of healthy school development: mechanisms and implications

Authors: Li, Jianmin; Chen, Xiaoting; Cen, Wei; Liu, Chao

Journal: Frontiers in Psychology | 18 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A quasi-experimental study followed 160 pupils during sixteen weeks of individual or group rope-skipping at recess. Self-reported attention and emotional measures improved over time, with trajectories differing by grade and activity format. Changes in academic emotions related to attention changes. The proposed sequential emotional pathway was not significant. The design and self-report outcomes limit causal claims and do not establish cognitive-test or sport-performance improvement.

<https://doi.org/10.3389/fpsyg.2026.1906224>

R131 | How key opinion leader characteristics influence women's participation in soccer referee training

Authors: Li, Kun-Feng; Wang, Chao; Zhang, Yi-Chi; Hua, Kai

Journal: Frontiers in Psychology | 18 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 744 respondents examined influential role-model characteristics and women's participation in football-referee training. Perceived value and fit related to participation intentions, which in turn related to reported behaviour. Direct paths from role-model characteristics, value and fit to behaviour were not significant. The findings describe indirect statistical relationships. They do not show that a particular recruitment or role-model campaign increases participation.

<https://doi.org/10.3389/fpsyg.2026.1938303>

R132 | The influence of DanceSport on the mental health of patients with chronic diseases: a systematic review

Authors: Zhang, Yibei; Zhu, Kang; Ma, Gulandanmu

Journal: Frontiers in Psychology | 21 September 2026

Record type: Systematic Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

This review included 21 dance studies involving 1,087 people with chronic diseases. Studies reported changes across depression, anxiety, cognition, confidence and other psychological outcomes. Dance formats and health conditions varied, with considerable attention to tango and Parkinson's disease. The authors describe potential benefits that depend on the activity and outcome. Evidence from clinical populations should not be translated directly into competitive-athlete performance claims.

<https://doi.org/10.3389/fpsyg.2026.1937157>

R133 | A healthier day, a healthier mind: linking 24-h movement behavior guideline adherence to mental health in university students

Authors: Shan, Siwen; Zheng, Biao

Journal: Frontiers in Psychology | 23 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 1,856 undergraduates examined adherence to activity, screen-time and sleep guidelines. Greater breadth of adherence was modestly associated with positive mental health. University adaptation and resilience accounted for separate and sequential statistical indirect associations. Few participants met all three guidelines. Cross-sectional self-reports do not establish that guideline adherence causes better wellbeing or validate a mediation sequence.

<https://doi.org/10.3389/fpsyg.2026.1889704>

R134 | Effects of exercise intervention parameters on anxiety symptoms in adolescents: a systematic review and meta-analysis of randomized controlled trials

Authors: Shiyue, Cheng; Dawei, Cao; Yue, Qi; Hongbo, Shi

Journal: Frontiers in Psychology | 23 September 2026

Record type: Systematic Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Twelve randomised trials involving 1,874 adolescents were synthesised for exercise and anxiety symptoms. The pooled reduction was small and its confidence interval approached no effect. Heterogeneity was high. Some exploratory subgroups suggested differences by session length, frequency and programme duration. Sparse subgroup evidence does not support a definitive optimal exercise prescription.

<https://doi.org/10.3389/fpsyg.2026.1893629>

R135 | The influence of exercise intentions on university students' exercise behavior: the chain mediation of basic psychological needs and intrinsic motivation

Authors: Luan, Jinsong

Journal: Frontiers in Psychology | 23 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 994 university students related exercise intentions, psychological needs and intrinsic motivation to reported activity. These factors showed positive associations. A sequential indirect pathway through needs and motivation was supported statistically. The measures do not establish that intention comes first and subsequently changes the other factors. The findings concern correlates of participation rather than an experimentally demonstrated exercise-adherence strategy.

<https://doi.org/10.3389/fpsyg.2026.1873425>

R136 | Association between college students 'physical fitness index and negative emotional symptoms: an empirical study based on college students in Chongqing City, China

Authors: Tan, Shijun; Li, Caifeng

Journal: Frontiers in Psychology | 24 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Standardised fitness tests and symptom questionnaires were administered to 2,190 Chinese university students. Higher fitness was associated with lower odds of negative emotional symptoms after adjustment. Directional findings were supported across several sensitivity analyses, but some categorical estimates were extreme. The study used sample-relative thresholds and cross-sectional data. It does not validate fitness as a clinical screening threshold or show that training reduces symptoms.

<https://doi.org/10.3389/fpsyg.2026.1927005>

R137 | Mindfulness and exercise-related health beliefs: associations with perceived stress dimensions among university students

Authors: Sezan, Turan; Şahbudak, Murat; Sezan, Canan Sarıyar; Işıkgöz, Mustafa Enes

Journal: Frontiers in Psychology | 24 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 1,269 Turkish university students examined stress appraisals, mindfulness and exercise-related health beliefs. Stress dimensions related negatively to mindfulness and health beliefs, while mindfulness showed positive associations. Statistical indirect pathways through mindfulness were supported. Actual exercise behaviour was not evaluated. The study cannot establish that mindfulness training changes health beliefs, stress or activity.

<https://doi.org/10.3389/fpsyg.2026.1853780>

R138 | Perceived physical education teacher autonomy support and intention to be physically active among Chinese senior high school students: cross-sectional serial indirect associations involving physical activity enjoyment and exercise identity

Authors: Yuan, Tiantian; Zhu, Hui; Jiao, Yang; Gan, Lintong

Journal: Frontiers in Psychology | 24 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey examined perceived teacher autonomy support, enjoyment, exercise identity and intentions to be active. Autonomy support related positively to intentions through direct and indirect statistical paths. Reversing the ordering of enjoyment and identity produced identical model fit and another significant sequential pathway. The data therefore do not identify a unique sequence. The outcome was intention rather than observed physical activity.

<https://doi.org/10.3389/fpsyg.2026.1935171>

R139 | Blended learning experience, student engagement, and civic engagement in university physical education with ideological and political education

Authors: Wang, Peng; Luo, Kangrong

Journal: Frontiers in Psychology | 25 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A cross-sectional survey of 2,035 undergraduates examined blended learning, engagement and civic outcomes in university PE. Perceived teaching, social and cognitive presence were associated with learning engagement and self-reported civic actions and intentions. Indirect associations were robust to several model checks. Civic action and intention measures overlapped substantially. The study does not demonstrate learning-induced civic change or sporting-performance benefits.

<https://doi.org/10.3389/fpsyg.2026.1888349>

R140 | Community-based sport-leisure participation and perceived community psychological resilience: a three-wave RI-CLPM study of community identification and collective efficacy

Authors: Dong, Shuai; Li, Ruoyu; Zhao, Zexi

Journal: Frontiers in Psychology | 28 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Three waves of data from 386 Hangzhou residents linked within-person changes in community sport-leisure participation with later perceived community resilience. Community identity and collective efficacy formed a significant sequential indirect association. The model separated stable between-person differences from within-person dynamics. Effects were modest and participation was not experimentally manipulated. This provides longitudinal prediction rather than a demonstrated community intervention effect.

<https://doi.org/10.3389/fpsyg.2026.1947539>

R141 | Digital empowerment of dance movement therapy: innovative applications and evidence-based evaluation in mental health interventions

Authors: Zhang, Qilin; Wu, Jianjun; Fang, Yifan; Yang, Dong; Cheng, Yu

Journal: Frontiers in Psychology | 28 September 2026

Record type: Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

This narrative review examines digital technologies in dance movement therapy and distinguishes direct trials from adjacent analogue evidence. Direct digital-therapy studies were sparse and heterogeneous. Much of the supportive evidence came from conventional dance therapy or different digital interventions. The paper proposes development and localisation priorities. Benefits from those adjacent approaches should not be presented as established effects of digital dance movement therapy itself.

<https://doi.org/10.3389/fpsyg.2026.1935660>

R142 | From “viewing” to “participation”: a study on the mechanisms underlying consumption behavior among sports streaming audiences

Authors: Wang, Ziqi; Chen, Simin; Zhai, Feng

Journal: Frontiers in Psychology | 28 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A questionnaire study of 563 Chinese sports-stream viewers examined viewing motives, emotions, belonging and consumption. Motives were associated with consumption directly and through separate and sequential statistical pathways involving emotion and belonging. The model concerns audience behaviour rather than athlete development. Cross-sectional survey data cannot establish the proposed ordering. It does not test whether changing broadcasts or community experiences increases spending or participation.

<https://doi.org/10.3389/fpsyg.2026.1941880>

R143 | The effect of project-based learning on students' motivation in school-based physical Education and behavioral intention toward sport participation: a theoretical and empirical perspective in educational sport contexts

Authors: Liang, Lihong; Xia, Yao; Huang, Yu

Journal: Frontiers in Psychology | 28 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A twelve-week quasi-experiment compared project-based PE with traditional instruction in 120 students across eight classes. The project-based group showed larger gains in motivation, intentions, need satisfaction and efficacy. Analyses considered repeated measures and class clustering. Proposed mediators and outcomes were assessed concurrently at the end, limiting mechanism claims. The findings do not establish lasting participation or effects of individual programme components.

<https://doi.org/10.3389/fpsyg.2026.1915768>

R144 | Comparing physical education course satisfaction between students with hearing and visual impairments in Mainland China: a revised importance-Performance analysis

Authors: Cui, Lihua; Zhan, Wenpeng

Journal: Frontiers in Psychology | 29 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 449 students at ten Chinese universities compared PE experiences among students with hearing or visual impairments. Communication clarity and individual support were prominent for the hearing-impaired group. Accessibility, safety and sustained engagement were prominent for the visually impaired group. Both groups valued inclusive immediate experiences. These reported priorities can inform programme design, but the study did not test an adaptation or its effectiveness.

<https://doi.org/10.3389/fpsyg.2026.1895953>

R145 | Dynamic associations among exercise self-efficacy, extracurricular exercise involvement, and perceived physical fitness in Chinese undergraduates: a three-wave RI-CLPM study

Authors: Gai, Yihe; Duan, Shengli; Dai, Meng

Journal: Frontiers in Psychology | 29 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Chinese undergraduates completed three surveys approximately eight weeks apart, with 1,673 students at baseline. Within-person increases in exercise efficacy predicted later involvement, and involvement predicted later perceived fitness. Some reverse relationships were present, but perceived fitness did not significantly predict later efficacy or involvement. The proposed indirect pathway was small and had mixed statistical support. Observational data and perceived fitness do not establish causal training effects or objective fitness gains.

<https://doi.org/10.3389/fpsyg.2026.1909123>

R146 | Negative school gossip, self-esteem, and exercise intention among Chinese adolescents: a mediation model

Authors: Ma, Jiaxin; Chen, Xingtong

Journal: Frontiers in Psychology | 29 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A survey of 1,713 Chinese adolescents connected negative school gossip with lower esteem and weaker exercise intentions. Esteem was positively associated with intentions and accounted for part of the gossip-intention association. Sensitivity checks retained the general pattern after demographic adjustment. Intentions were general rather than PE-specific. The study does not establish that gossip causes reduced activity or that an anti-gossip intervention increases participation.

<https://doi.org/10.3389/fpsyg.2026.1923752>

R147 | Sculpting the developing brain: a review of neural mechanisms linking physical activity to executive function and emotion regulation in youth

Authors: Wen, Deng-tai; Lin, Ying; Sun, Jing-yao; Lv, Shou-zhi; Wang, Ji-ying; Yuan, Tian-shuo; Zhu, De-yu

Journal: Frontiers in Psychology | 29 September 2026

Record type: Review

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

This review considers physical activity, executive function and emotional brain processes in young people. It describes small-to-moderate cognitive benefits alongside variation between domains and exercise conditions. Proposed biological mechanisms often relied on inference and imperfect peripheral markers. Successful-study characteristics are discussed as broad patterns rather than a precise optimal prescription. Small imaging samples and heterogeneous designs limit mechanistic and individualised conclusions.

<https://doi.org/10.3389/fpsyg.2026.1865879>

R148 | The association of high school male teachers' physical education classroom environment with academic buoyancy among female students: a chain mediating role of positive academic emotions and learning engagement

Authors: Song, Xiaojun; Meng, Xiangzheng

Journal: Frontiers in Psychology | 29 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Questionnaire data from 601 female pupils related perceived PE classroom environment to academic buoyancy. Positive emotions and learning engagement formed separate and sequential indirect statistical associations. A direct association remained after those measures were included. The classroom measures concerned male teachers in the sampled schools. The self-report, cross-sectional design does not establish that classroom changes cause better coping with academic setbacks.

<https://doi.org/10.3389/fpsyg.2026.1897866>

R149 | How do virtual exercise technology and social presence influence motivation to exercise?

Authors: Sitsky, Sarina; Crowther, Rian H.; Kelly, Vincent G.; Wilkins, Luke; Coulter, Tristan J.; Gorman, Adam D.

Journal: Frontiers in Psychology | 30 September 2026

Record type: Original Research

Date evidence: Publisher article metadata

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

Twenty-four young adults completed counterbalanced virtual-cycling conditions showing metrics alone, a solo avatar or a second rider. The paired condition produced greater effort, performance-related measures, motivation and perceived exertion than the other conditions. Interviews linked it to enjoyment and competition. A solo virtual display was described as relaxing but less engaging. These short laboratory rides do not establish lasting exercise adherence or the same response in competitive athletes.

<https://doi.org/10.3389/fpsyg.2026.1891596>

R150 | Media use preference and physical exercise in late life: testing a psychosocial model of subjective social status and social participation

Authors: Wang, Hong; Liu, Juan; Ye, Zexi

Journal: International Journal of Sport and Exercise Psychology | 10 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Related exercise, education or participation psychology

Summary basis: Topic description - metadata only

The paper examines media preferences and physical exercise in later life through a psychosocial model. Subjective social status and social participation are its proposed explanatory variables.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2730158>

R151 | Applying sport and performance psychology to space exploration: enhancing astronaut training, performance and mission readiness

Authors: Caso, Simone

Journal: International Journal of Sport and Exercise Psychology | 16 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Related exercise, education or participation psychology

Summary basis: Topic description - metadata only

This paper extends sport and performance psychology to astronaut preparation and mission readiness. Its relevance lies in applying psychological-performance concepts to another demanding domain, rather than supplying an athlete intervention trial.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2730159>

R152 | The role of prosocial climate in the associations between transformational leadership and perceived motor self-efficacy among physical education students

Authors: Reigal, Rafael E.; Morales-Sánchez, Verónica; Martín-Tamayo, Ignacio; Hernández-Mendo, Antonio

Journal: International Journal of Sport and Exercise Psychology | 29 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Related exercise, education or participation psychology

Summary basis: Topic description - metadata only

The study examines leadership, prosocial climate and perceived motor efficacy among PE students. It asks whether interpersonal conditions help explain relationships between leadership and students' confidence in movement capabilities.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740799>

R153 | A qualitative study of university students' perspectives on using dance to address social anxiety and body esteem

Authors: Du, Min; Hancox, Jennie E.; Hooper, Oliver; Sandford, Rachel

Journal: International Journal of Sport and Exercise Psychology | 30 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Related exercise, education or participation psychology

Summary basis: Topic description - metadata only

A qualitative study explores university students' perspectives on dance in relation to social anxiety and body esteem. Its focus is participants' meanings and experiences rather than a demonstrated clinical treatment effect.

Evidence limit: The abstract or full results were not accessible in this search. Methods beyond those identified in the title, numerical findings and effectiveness claims cannot be reported reliably.

<https://doi.org/10.1080/1612197x.2026.2740791>

R154 | Individual Differences in Self-Regulation Do Not Predict Firearm Skill Acquisition During Police Training: A Longitudinal Study of 205 Trainees

Authors: Bonuzzi, Giordano Marcio Gatinho; Silva, Athos Asano e; do Carmo, Jake Carvalho; de Andrade, Marcelino Monteiro; Rocha Júnior, Valdinar de Araújo

Journal: Perceptual and Motor Skills | 19 September 2026

Record type: Journal article - metadata record

Date evidence: Crossref publisher-deposited online date

Scope: Related exercise, education or participation psychology

Summary basis: Source-based research summary

A retrospective longitudinal study followed 205 Brazilian police trainees during a thirteen-week firearm course. Performance improved, and early skill scores predicted final attainment. Broad self-report measures of impulsivity, stress and control did not significantly predict initial performance, improvement rate or final results after adjustment. This is a null finding for the sampled highly structured training context. It should not be generalised to all self-regulation measures, emergency decision-making or competitive sport.

<https://doi.org/10.1177/00315125261490981>

Pending and issue-dated records

These leads are provided for transparency and further checking. They are excluded from the date-verified September counts and from effectiveness conclusions. Psychology of Sport and Exercise issue records can include articles published online before September; newly registered records can be assigned to future issues.

P001 | Bio-banding in football: a scoping review with evidence gap map

Frontiers in Psychology

Status: September publisher listing; article metadata retrieval failed

<https://doi.org/10.3389/fpsyg.2026.1960364>

Provisional summary: This review maps football bio-banding research and its evidence gaps.

Bio-banding groups players by biological maturity, making its psychological relevance the experience of development and competition alongside maturity differences.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P002 | The mechanism linking self-determined motivation to pickleball continuance intention: mediating role of leisure specialization and gender heterogeneity

Frontiers in Psychology

Status: September publisher listing; article metadata retrieval failed

<https://doi.org/10.3389/fpsyg.2026.1806235>

Provisional summary: The paper examines self-determined motivation and intentions to continue pickleball. It considers leisure specialisation and gender differences as part of the proposed relationship.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P003 | A Collaborative Rapid Response to Abuse in U.K. Gymnastics Using Group Focused Acceptance and Commitment Therapy-Based Program

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2025-0006>

Provisional summary: This applied paper concerns a group-based acceptance and commitment response to abuse in UK gymnastics. It addresses support following harmful experiences within a sport environment.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P004 | Erratum. The Mountaineering Expedition as a Mental Health Support Metaphor for European High-Performance Athletes

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2026-0075>

Provisional summary: This record is an erratum relating to a paper using a mountaineering expedition as a metaphor for athlete mental-health support. It is a correction notice rather than an independent new intervention study.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P005 | Exploring the Efficacy of Student-Athlete Career Construction Groups on Career Development

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2024-0012>

Provisional summary: The study evaluates career-construction groups for student-athletes. Its focus is career development support alongside the demands and identity of athletic participation.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P006 | How Do Shooting Athletes Select Strategies? Emotional Intensity and Time Constraints Influence Shooters' Emotion Regulation Choice

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2025-0004>

Provisional summary: The paper examines shooters' choices of emotional-regulation strategies under different emotional intensities and time constraints. It addresses strategy selection rather than assuming that one regulation technique fits every situation.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P007 | Impression Motivations and Mental Health in Collegiate Athletes and Musicians: The Benefits of Promoting Virtues

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2024-0045>

Provisional summary: The paper connects impression-related motives with mental health in collegiate athletes and musicians. It considers virtue promotion across two performance settings.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P008 | It Was the Best of Times, It Was the Worst of Times: Understanding the Relationship of Hassles and Depressive Symptoms in New Zealand Elite Athletes

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2024-0008>

Provisional summary: The paper examines everyday hassles and depressive symptoms in New Zealand elite athletes. It focuses on ordinary stress experiences alongside high-performance participation.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P009 | Longitudinal Associations Between Sleep and Needs Satisfaction on Mental Health Outcomes in Athletes

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2025-0009>

Provisional summary: A longitudinal study examines sleep, psychological-need satisfaction and athlete mental-health outcomes. It addresses how these variables relate across time rather than only in a single survey.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P010 | Psychological Needs Unveiled: A Qualitative Investigation of Psychological Needs Related to Stressors in Conversations Among Athlete Dyads

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2026-0031>

Provisional summary: This qualitative study explores stress-related psychological needs in conversations between pairs of athletes. It focuses on expressed needs and interpersonal meaning rather than testing a support programme.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P011 | Suicidality Among Canadian University Student-Athletes

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2024-0064>

Provisional summary: The paper examines suicidality among Canadian university student-athletes. Its psychological focus is serious distress within the student-athlete population.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P012 | Validity Evidence of the Brazilian Version of Characteristics of Resilience in Sports Teams Inventory

Journal of Clinical Sport Psychology

Status: September issue date; first online publication not established

<https://doi.org/10.1123/jcsp.2024-0049>

Provisional summary: The paper evaluates validity evidence for a Brazilian Portuguese measure of team resilience. It concerns whether the instrument represents and measures the intended construct in that context.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P013 | A cluster-randomised controlled trial of Ahead of the Game: Mental health literacy and resilience in organised youth sport

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103259>

Provisional summary: The title identifies a cluster-randomised trial of Ahead of the Game in organised youth sport. The intervention targets mental-health literacy and resilience, which should be distinguished from objective sport-performance outcomes.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P014 | A narrative scoping review exploring parents' emotion knowledge and abilities in youth sport

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103187>

Provisional summary: This narrative scoping review maps parents' emotional knowledge and abilities in youth sport. It concerns the family's role in understanding and supporting young athletes' emotional experiences.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P015 | Abandoning the Big Mick: A commentary on Smith et al.'s 25 years of qualitative research in sport and exercise psychology

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2025.103025>

Provisional summary: This commentary responds to a review of qualitative research in sport and exercise psychology. It concerns research interpretation and disciplinary practice rather than new athlete outcome data.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P016 | Affective and physiological predictors of exercise motivation: Evidence from HRV-based profiling

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103182>

Provisional summary: The paper examines exercise motivation using emotional and physiological measures, including heart-rate-variability profiles. It addresses links between internal states and willingness to exercise.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P017 | Age-dependent cross-level gradients of exercise-associated advantages in behavioural, latent, and neural efficiency

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103185>

Provisional summary: The study examines age-related variation in exercise-associated cognitive advantages. It considers behavioural, model-derived and neural measures rather than assuming that one efficiency measure represents the whole construct.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P018 | All you need is sleep: Can basic psychological need satisfaction improve athletes' sleep quality?

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103181>

Provisional summary: The paper examines psychological-need satisfaction in relation to athlete sleep quality. It asks about a psychosocial correlate of sleep rather than only the amount of sleep obtained.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P019 | Anticipating the movement of football (soccer) goalkeepers

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103261>

Provisional summary: The paper studies anticipation of football goalkeepers' movements. Its performance-psychology focus is how movement information informs predictive decisions.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P020 | Better at what cost? The contrasting effect of norm feedback on exercise behaviours and body image

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103269>

Provisional summary: The study examines normative feedback in relation to exercise behaviour and body image. It considers possible differences between participation-related outcomes and psychological experiences of the body.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P021 | Cognitive exertion reduces real-world effortful choice without corresponding shifts in self-reported motivation

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103268>

Provisional summary: The paper examines demanding cognitive activity and subsequent willingness to choose physical effort. It distinguishes behavioural choice from self-reported motivation; detailed results require access to the full abstract or article.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P022 | Cognitive performance in youth football players: Evidence from spectral and temporal EEG analyses

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103201>

Provisional summary: The study examines cognitive performance in youth football through temporal and frequency-based EEG analyses. It concerns how neural measurements relate to cognitive functioning in young players.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P023 | Comparing positive rates in traditional articles and registered reports within sport and exercise science: A stage 2 registered report

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2025.102995>

Provisional summary: This stage-two registered report compares positive-result rates in conventional articles and registered reports. It addresses research-method and reporting practices rather than a mental-skills intervention.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P024 | Conjointly-created parent and coach motivational climate profiles: Adolescent athletes' goal orientations, enjoyment, and stress

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103216>

Provisional summary: The paper examines configurations of parent and coach motivational climates. It relates those joint environments to adolescent goals, enjoyment and stress.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P025 | Creativity in motion: Exploring the dynamics of adaptive and creative states in youth tennis

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103171>

Provisional summary: The study considers adaptive and creative states in young tennis players. It addresses how performance experiences and creative action vary rather than reducing creativity to a single stable trait.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P026 | Distance runners' stories of sport injury and disordered eating

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103197>

Provisional summary: The paper explores distance runners' narratives of injury and disordered eating. It considers lived experience at the intersection of health, training and sporting identity.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P027 | Do coaches see the game better than players? Testing tactical decisions with video scenarios

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103262>

Provisional summary: The study compares coaches' and players' tactical decisions using video scenarios. It tests a perceptual-cognitive question about expertise roles rather than assuming coaches necessarily make better decisions.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P028 | Does exercise rehabilitate the mind behind bars? The impact of physical activity on anxiety, depression, and stress in incarcerated individuals: A systematic review and multilevel meta-analysis

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103198>

Provisional summary: This systematic review and multilevel meta-analysis examines physical activity and psychological symptoms in incarcerated populations. Its outcomes include anxiety, depression and stress, with a population distinct from competitive athletes.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P029 | Editorial Board

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

[https://doi.org/10.1016/s1469-0292\(26\)00168-8](https://doi.org/10.1016/s1469-0292(26)00168-8)

Provisional summary: This record lists the journal's editorial board. It contains publication information rather than a research question, sample or study findings.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P030 | Effects of a cognitive-motor dual-task exercise program versus exergaming on cognitive function in children with down syndrome: A single-blinded randomized trial

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103190>

Provisional summary: The title identifies a randomised comparison of cognitive-motor dual-task activity and exergaming in children with Down syndrome. Its central outcome is cognitive function in a specific developmental population.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P031 | Effects of a trauma- and violence-informed physical activity program on mood and wellbeing among women who have experienced violence

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103260>

Provisional summary: The paper examines a trauma- and violence-informed activity programme for women who have experienced violence. It concerns mood and wellbeing in a support context rather than athletic-performance enhancement.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P032 | Effects of acute physical activity on executive functions: The role of cognitive engagement and social interaction

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103192>

Provisional summary: The study examines acute activity and executive functions, with attention to cognitive engagement and social interaction. It asks which features of an activity may matter beyond physical exertion alone.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P033 | Emotional profiles across physical activity: exploring interoception, emotional regulation and attitudes toward physical effort

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103214>

Provisional summary: The paper examines emotional profiles in physical activity alongside interoception, regulation and attitudes towards effort. It connects perceived bodily states with emotional and motivational experience.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P034 | Examining the role of the environment in facilitating the development of self-regulated learning skills in high-performance female academy youth footballers

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103186>

Provisional summary: The study examines environmental support for self-regulated learning in female academy footballers. Its focus is the development setting around athletes' planning, monitoring and learning practices.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P035 | Exergames revisited: A narrative review and classification framework for application-specific design

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103200>

Provisional summary: This narrative review proposes a classification framework for designing exergames for different applications. It concerns matching activity technologies to intended purposes rather than proving universal cognitive or health benefits.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P036 | Expert Advantage in Multisensory Anticipation During Sport Depends on Integrable Audiovisual Evidence

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103271>

Provisional summary: The study examines expert anticipation using combined auditory and visual sport information. It considers whether the cues can be integrated, rather than treating the mere presence of multiple senses as sufficient for an advantage.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P037 | Family sport commitments in a professionalized landscape: An exploration of parental pressures and beliefs

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103193>

Provisional summary: The paper explores parental commitments, pressures and beliefs in increasingly professionalised sport. It addresses family experiences surrounding participation and development.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P038 | Feasibility and acceptability of a social media-based physical activity intervention for college women

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103154>

Provisional summary: The study examines whether a social-media activity intervention is feasible and acceptable for college women. Feasibility and acceptability should be distinguished from confirmed effectiveness or sustained adherence.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P039 | From arbitrary metrics to meaningful change: Empirical smallest effect sizes of interest for the Feeling Scale during exercise

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103177>

Provisional summary: The paper examines empirically meaningful change in the Feeling Scale during exercise. Its focus is interpreting effect sizes rather than relying solely on statistical significance.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P040 | Holding the line between challenge and harm: A reflexive thematic analysis of pressure training in sport

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103184>

Provisional summary: A reflexive thematic analysis explores pressure training and the boundary between challenge and harm. It concerns how training pressure is understood and managed in sport environments.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P041 | It's like panem et circense: Evolving life themes and constructing a continuous sense of self in the transition out of elite sport

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103220>

Provisional summary: The paper explores identity continuity during transition out of elite sport. It examines life narratives and changing themes rather than assuming that sporting retirement has one uniform psychological outcome.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P042 | Jumping through hoops: (How) does basketball help develop young female athletes?

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103176>

Provisional summary: The study examines young female basketball players' development through sport. It asks how participation relates to wider development rather than treating participation itself as proof of benefit.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P043 | Longitudinal links between executive functions and motor skills: A cross-lagged analysis

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103267>

Provisional summary: A longitudinal cross-lagged analysis examines relationships between executive functions and motor skills. It addresses temporal associations between cognitive and movement development.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P044 | Morning anticipated leisure pleasure and planned activity type jointly predict daily physical activity: An ecological momentary assessment study

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103196>

Provisional summary: An ecological momentary assessment study examines expected leisure pleasure and planned activity types in relation to daily activity. It focuses on within-day experience and planning rather than distant retrospective reports alone.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P045 | Motor experience does not uniformly shape attentional flexibility: Behavioral and neural evidence

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103258>

Provisional summary: The study examines motor experience and attentional flexibility using behavioural and neural measures. Its central question is whether experience-related cognitive differences vary across measures or situations.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P046 | Neuroelectrophysiological effects of Wuqinxi exercise on reactive inhibition deficits in Parkinson's disease

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103162>

Provisional summary: The paper studies Wuqinxi exercise and reactive inhibition in Parkinson's disease using electrophysiological measures. It concerns a clinical population and cannot automatically be applied to athlete attention training.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P047 | Physical activity is only part of the story: Prototyping supports for women's transition to retirement

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103188>

Provisional summary: The paper develops support ideas for women transitioning into retirement, with physical activity as one component. It takes a broader transition-support perspective rather than assuming activity addresses every challenge.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P048 | Redefining recovery: Closing the perinatal technology gap for athlete-mothers

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103189>

Provisional summary: The paper concerns recovery and the use of technology around pregnancy and the postnatal period for athlete-mothers. It addresses a specific athlete-health and support context.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P049 | Reevaluating attentional focus on motor performance according to expertise: A stratified network meta-analysis

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103215>

Provisional summary: A stratified network meta-analysis compares attentional-focus effects according to expertise. It considers whether motor-performance findings differ between skill levels rather than supporting one cue for every performer.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P050 | Rethinking women's experiences of sport and exercise: An interdisciplinary perspective

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103180>

Provisional summary: This interdisciplinary perspective examines women's experiences of sport and exercise. It is a conceptual contribution to understanding those experiences rather than a new controlled training trial.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P051 | Selective behavioral, computational, and neural efficiency in executive function among open-skill athletes

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103194>

Provisional summary: The study examines selected executive-function differences in open-skill athletes through behavioural, computational and neural approaches. It addresses which measures show efficiency differences rather than assuming a general advantage across all cognition.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P052 | Self-compassion buffers associations between body-related threats and appearance-motivated physical activity behaviour in daily life

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103178>

Provisional summary: The paper examines body-related threats, self-compassion and appearance-motivated activity in daily life. It considers whether associations differ with self-compassion, rather than establishing a self-compassion treatment effect from its title.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P053 | Temporal dynamics of subjective experience and performance during a dual-task in trained cyclists

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103202>

Provisional summary: The study examines subjective experience and performance over time during a dual task in trained cyclists. It connects cognitive demands with the changing experience of physical performance.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P054 | The emotional aftermath of football: How national team performance during the UEFA Men's EURO 2024 shapes spectators' daily emotions

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103265>

Provisional summary: The paper examines national-team results at EURO 2024 and spectators' subsequent daily emotions. It concerns fan experience rather than athletes' competition regulation.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P055 | The foundational role of perception-action couplings for expert performance in jump rope

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103195>

Provisional summary: The paper examines perception-action coupling in expert jump-rope performance. It focuses on coordination with available information rather than isolated reaction speed alone.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P056 | The holistic development of elite male hockey players in Canada

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103183>

Provisional summary: The study concerns holistic development among elite male hockey players in Canada. It considers development beyond individual technical or physical performance measures.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P057 | The impact of virtual reality acute aerobic exercise on the inhibitory control function of anxious college students: An exploratory neurological mechanism study based on fNIRS

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103203>

Provisional summary: The paper compares virtual-reality aerobic activity and inhibitory control in anxious students, using fNIRS. It addresses acute cognition and a proposed neural account rather than a demonstrated long-term clinical intervention.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P058 | The influence of effort intensity and duration on exercise choices

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103191>

Provisional summary: The study examines how exercise effort intensity and duration relate to activity choices. It treats willingness to choose an activity as distinct from maximum physical capacity.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P059 | The relative association of coaches' technical and interpersonal behaviours on perceptions of cohesion and performance in university sport teams

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103170>

Provisional summary: The paper examines coaches' technical and interpersonal behaviours in relation to perceived team cohesion and performance. These perceptions should be distinguished from independently measured competitive results.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P060 | Transitions in exercise motive profiles and their association with physical activity adherence among low-active middle-aged adults: An exploratory ancillary analysis

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103179>

Provisional summary: This exploratory ancillary analysis examines changes in exercise-motive profiles and adherence among low-active middle-aged adults. It concerns patterns of motivation over time in a population distinct from elite athletes.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P061 | Understanding risk acceptance in performance enhancing substance use: A cluster randomized prevention study among recreational fitness athletes

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103255>

Provisional summary: The title identifies a cluster-randomised prevention study of acceptance of performance-enhancing substance risks among recreational fitness participants. Its focus is risk-related decision-making and prevention.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P062 | What parent behaviors are the norms at youth sport events in the US? Perceptions of sport parent sideline behaviors and social norms

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103160>

Provisional summary: The study examines perceived norms for parents' sideline behaviour at US youth sport events. It considers what participants regard as usual conduct in a socially influential setting.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P063 | When core training meets play: Comparing trunk muscle activation and motivation across conventional exercises and games-based approaches

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103199>

Provisional summary: The study compares conventional core exercises with games-based alternatives. It considers muscle activation and motivation together, rather than assuming that one physical response captures engagement.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P064 | When physical activity becomes a personal choice: How psychological ownership in physical activity motivates sustained participation among college students

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103263>

Provisional summary: The paper examines psychological ownership of activity and continued participation among college students. It addresses whether perceiving participation as personally chosen relates to sustained engagement.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P065 | When scientific methods mirror stereotypes: Rethinking sex and gender differences in sport and exercise science

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103155>

Provisional summary: This methodological paper critiques how research practices may reproduce sex and gender stereotypes. It concerns interpretation and study design rather than proving a particular between-group performance difference.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P066 | When the season takes a toll - Severity and stability of anxiety and depression symptoms in German elite and amateur female soccer players

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103264>

Provisional summary: The paper examines severity and stability of anxiety and depressive symptoms in German elite and amateur female footballers. It focuses on the course of symptoms across the sporting context rather than only one overall prevalence estimate.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P067 | Women's body image across resistance training modalities: A multidimensional mixed methods study

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103156>

Provisional summary: A mixed-methods study examines women's body image across resistance-training formats. It considers several dimensions of experience rather than treating body image as a single physical outcome.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P068 | “Shut up! Don't look at me!": A qualitative description of body image and attention among elite athletes

Psychology of Sport and Exercise

Status: September issue date; first online publication not established

<https://doi.org/10.1016/j.psychsport.2026.103175>

Provisional summary: This qualitative study examines body image and attention among elite athletes. It explores whether appearance-related experiences enter athletes' attentional focus during sport.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P069 | “To be a personal trainer, you have to look like 4% body fat”: How online personal trainers negotiate social media and body image

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103266>

Provisional summary: The paper explores online personal trainers' experiences of social media and body image. It addresses appearance expectations in a professional exercise context rather than competitive athlete outcomes alone.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

P070 | “We Know What We Don't Know” a reflexive synthesis of research and lay knowledge regarding group decision-making in mountaineering

Psychology of Sport and Exercise

Status: Crossref registration in September; registration is not publication

<https://doi.org/10.1016/j.psychsport.2026.103257>

Provisional summary: This reflexive synthesis combines research and lay knowledge about group decisions in mountaineering. It concerns collective judgement in a demanding environment rather than a controlled mental-skills trial.

Evidence limit: the description above identifies the topic from metadata; findings have not been verified. The first journal-publication date remains unresolved. This record is excluded from the confirmed September count.

Search coverage record

Search terms combined athlete/sport with mental performance, psychological skills, mindfulness, imagery, self-talk, attention, decision-making, flow, anxiety, fatigue, resilience, self-compassion, burnout, motivation and coaching. Publisher queries used September 2026 and relevant titles or DOI strings. Crossref queries used from-online-pub-date and until-online-pub-date bounds of 2026-09-01 and 2026-09-30. The Psychology of Sport and Exercise registration-date query was retained only as a lead-generation search.

Journal of Applied Sport Psychology: 6 raw online-date records retrieved before relevance screening.

International Journal of Sport and Exercise Psychology: 15 raw online-date records retrieved before relevance screening.

International Review of Sport and Exercise Psychology: 1 raw online-date records retrieved before relevance screening.

Journal of Sport Psychology in Action: 1 raw online-date records retrieved before relevance screening.

Sport, Exercise, and Performance Psychology: 1 raw online-date records retrieved before relevance screening.

Journal of Sports Sciences: 15 raw online-date records retrieved before relevance screening.

Perceptual and Motor Skills: 9 raw online-date records retrieved before relevance screening.

Sports Coaching Review: 4 raw online-date records retrieved before relevance screening.

Qualitative Research in Sport, Exercise and Health: 9 raw online-date records retrieved before relevance screening.

European Journal of Sport Science: 16 raw online-date records retrieved before relevance screening.

Journal of Sport and Health Science: 0 raw online-date records retrieved before relevance screening.

Additional date searches: Journal of Sport and Exercise Psychology and Case Studies in Sport and Exercise Psychology returned zero records in the retrieved online-date query. Journal of Clinical Sport Psychology yielded ten issue-dated records, retained as pending. Psychology of Sport and Exercise yielded 46 issue-dated and 15 newly registered leads. These are raw query results, not estimates of a journal's entire publication output.

Frontiers Sport Psychology: 83 published September listings after excluding corrections and retractions; article-metadata retrieval failed for two listed records. Five outside-section Frontiers leads were checked, with one retrieval failure. Pending entries retain the failed listings. Additional verified Springer/BMC, MDPI, SAGE and Wiley records appear in the directory.

Date discrepancy resolved: the Wiley mental-fatigue/sleep paper uses the article-level first-publication date of 10 September, consistent with Crossref. A search result for the journal contents suggested 8 September, but that listing date was not used.

SECTION 2 - APA Reference List

References cover the date-verified directory only. Author names and bibliographic fields derive from publisher or Crossref metadata. Where volume, issue or pagination were unavailable, advance online publication is used. Pending records have DOI links in Section 1 and are not presented as verified September references.

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