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New Issue of Journal of Applied Sport Psychology Explores Psychological States in Clutch Performance, Coping with Emotional Abuse from Coaches, the Influence of Grit and More

Indianapolis (October 26, 2017) – Research in the current issue of the [Journal of Applied Sport Psychology](#) (JASP) explores athletes' psychological states and coping mechanisms in response to performance and varied relationships. JASP—a publication of the [Association for Applied Sport Psychology](#) (AASP) —is designed to advance thought, theory and research on applied aspects of sport and exercise psychology.

JASP research highlights include:

- **[Psychological States Underlying Excellent Performance in Sport: Toward an Integrated Model of Flow and Clutch States.](#)**

This study investigated the psychological states underlying excellent performance in 26 athletes across a range of sports (team, net/wall, sprint, endurance, adventure) and standards (world class to recreational). Participants were primarily interviewed on average 4 days after excellent performances. The data were analyzed thematically. Distinct states of flow and clutch were reported, each of which occurred through separate contexts and processes, while athletes also transitioned between states during performance. These findings extend current knowledge of the psychology of excellent performance and are discussed in terms of implications for future research and applied practice.

- **[Elite Athletes' Experience of Coping With Emotional Abuse in the Coach–Athlete Relationship.](#)**

Coping strategies used by elite athletes in response to emotional abuse experienced within the coach–athlete relationship were explored. The athletes in this study adopted emotion- and avoidance-focused coping strategies to manage their feelings in the moment that emotional abuse occurred. Over time, athletes accessed support networks and engaged in sense making to rationalize their experiences. The potential of coping-level intervention to develop individual resources and to break the cycle of emotional abuse in sport is highlighted. This study suggests that as primary agents of ensuring athlete's protection, sport psychologists need appropriate safeguarding training.

- Grit Happens: Moderating Effects on Motivational Feedback and Sport Performance.**

Research on motivational climates within athletics has focused on mastery and ego achievement approaches, yielding different psychological consequences (Smith, Smoll, & Cumming, 2007). Further, the motivational climate may interact with athletes' trait characteristics, such as grit, resulting in different outcomes. Grit may alter athletes' experience of the motivational climate by helping them remain oriented to their long-term quest in sport. However, to date, the impact of these motivational climates and potential moderating factors on athlete performance remains in question, as the research utilizing objective measures of athletic performance is limited. This study used a motivational research paradigm (e.g., Mueller & Dweck, 1998) to examine the effects of mastery- or ego-involving feedback on 71 high school adolescent soccer players' performance on a kicking task. The research demonstrated that athletes performed significantly better receiving mastery- as opposed to ego-involving feedback. Further, grit was a significant moderator of the feedback-shooting performance relationship, accounting for 3.9% of variance. These results suggest that the feedback athletes receive matters, especially for those low in grit.
- Psychological Skills and “the Paras”: The Indirect Effects of Psychological Skills on Endurance.**

This study examined the indirect effects of basic psychological skills (PS) on military endurance through enhanced advanced PS while controlling for fitness. British Army recruits participated in three endurance events for Parachute Regiment selection and completed an adapted Test of Performance Strategies questionnaire (Hardy et al., 2010). Following confirmatory factor analyses, the multiple mediation regression analyses using PROCESS (Hayes, 2013) suggested that goal setting, imagery and relaxation all had positive indirect effects on endurance via activation, with goal setting also impacting on endurance via negative thinking. The data provides some support for basic PS influencing endurance via advanced PS.

Additional studies in this issue look at the Effect of Manipulating Training Demands and Consequences on Experiences of Pressure in Elite Netball; A Case Study of Forms of Sharing in a Highly Interdependent Soccer Team During Competitive Interactions and Self-Presentation Concerns May Contribute Toward the Understanding of Athletes' Affect When Trialing for a New Sports Team.

To request full copies of the studies or to schedule an interview with the authors, please contact Lindsay Spivak at lindsay@rosengrouppr.com.

About Association for Applied Sport Psychology (www.appliedsportpsych.org)

Founded in 1986, the Association for Applied Sport Psychology (AASP) has been the preferred organization for sport psychology consultants and professionals who work with athletes, coaches, non-sport performers (dancers, musicians), business professionals, and tactical occupations (military, firefighters, police). AASP currently has over 2,400 members in 50 countries worldwide, with backgrounds in a variety of areas including sport science, social work, counseling and clinical psychology. Follow AASP on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).

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