



Posters

Posters will be available for conference attendees to view at their leisure from October 21, 2020 – April 30, 2021.

Posters are listed by theme, then alphabetical order by title.

Coaching

'Building Champions in Life': A Case Study of Renowned UCLA Gymnastics Coach Valorie Kondos Field, "Miss Val"

Kylee Ault, Michigan State University, USA; Jill Kochanek, Michigan State University, USA

"You Are In, You Are Out" – A Classification of Selection Processes in High Performance Team Sport

Sebastian Harenberg, Ithaca College, USA; Rachel Ford, Ithaca College, USA; Anna Bottino, Ithaca College, USA; Justine Vosloo, Ithaca College, USA

A Virtual Approach to Mental Skills Training for Coaches: The Virtual Coaches Education Program (VCEP)

Dabney Skutt, Ball State University, USA; Miata Walker, Ball State University, USA; Tyra Rucker, Ball State University, USA; Sarah Ciosek, Ball State University, USA; Jean-Charles Lebeau, Ball State University, USA

An Investigation of 'Swing' from the Perspective of Rowing Coaches: A Case Study

Zackary Bryant, Springfield College, USA

Coaching Regrets

Leilani Madrigal, Long Beach State University, USA; Jamie Robbins, Methodist University, USA; Kimberly Tolentino, Long Beach State University, USA; Joanny Valerio, Long Beach State University, USA; Taylor Jackson, Methodist University, USA

Developing and Utilising the Jordanian Version of the Talent Development Environment Questionnaire (TDEQ-5) for Sport in a Football Context in Jordan

Sadam Altwassi, Edinburgh Napier, UK; Russell Martindale, Edinburgh Napier, UK; George Andronikos, Edinburgh Napier, UK; John Sproule, The University of Edinburgh, UK

Differences in Intrinsic Motivation Between Elite and Non-Elite Basketball Players

David Laughlin, Grand Valley State University, USA; Rainer Meisterjahn, Courtex Performance LLC, USA;

Arya Alami, CSU Stanislaus, USA; Binuk Kodituwakku, Adelaide Football Club, Australia

Embodied Coaching: Applying Principles of Embodied Cognition

Mariah Sullivan, Arizona State University, USA

Expert Coaches Use of Attentional Focus Cues in the Discus Throw

Tatiana Zhuravleva, New Mexico State University, USA; Julie Partridge, Southern Illinois University Carbondale, USA; Christopher Aiken, New Mexico State University, USA

Influence of Locus of Control on Athletes Performance in Lagos State, Nigeria

Celina Adewunmi, University of Lagos, Nigeria; Jatto Charles, Sport Psychology Association of Nigeria, Nigeria

Mindful Approaches to Coaching Performance

Brian Tremml, Ball State University, USA

NCAA Coach Perceptions of Life Skills Development in Collegiate Sport

Sarah Carson Sackett, James Madison University, USA; Lori Gano-Overway, James Madison University, USA

Promoting the 5Cs: Designing and Implementing an Evidence-Based Education Program for Coaches

Marta Borrueco, Universitat Autònoma de Barcelona, Spain; Anna Jordana, Universitat Autònoma de Barcelona, Spain; Yago Ramis, Universitat Autònoma de Barcelona, Spain; Susana Pallarès, Universitat Autònoma de Barcelona, Spain; Jaume Cruz, Universitat Autònoma de Barcelona, Spain

Collegiate Sport

"All We've Known Is Sports:" Exploring Student-Athletes' Experiences with Physical Activity during the Transition out of Collegiate Sport

Erin Reifsteck, University of North Carolina at Greensboro, USA; Jamian Newton, UNC-Greensboro, USA; Melinda Smith, Messiah College, USA; DeAnne

Brooks, UNC Greensboro, USA; Shelby Anderson, UNC Greensboro, USA

A Cross Sectional Study of Collegiate Athletes' Stress, Coping, and Adjustment Across Years of Academic Transition

Jeffrey Shulze, USA; Janet Oberle, Saint Louis University, USA; Jeffrey Gfeller, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

A Development of a College Life Adaptation Program for Freshman Student-Athletes

Sanghuyn Kwon, Yonsei University, South Korea; Dong Won Yook, Yonsei University, South Korea; Seong Kwan Cho, Texas A&M International University, USA; Hun-Hyuk Choi, Kangwon National University, South Korea

An Examination of Perceived Social Support in Sports Officials

Matthew Symonds, Northwest Missouri State University, USA; William Russell, Missouri Western State University, USA; Tyler Tapps, Northwest Missouri State Univ, USA

An Exploratory Study of the Relationship of Resilience, Life Satisfaction, Perceived Social Support, and Experience on Burnout in Sports Officials.

William Russell, Missouri Western State University, USA; Matthew Symonds, Northwest Missouri State University, USA; Tyler Tapps, Northwest Missouri State University, USA

An Insider's Perspective: Captains' Insights on What it Takes to Be a Leader

Karen Collins, University of New Hampshire, USA; Kayla Sliz, University of New Hampshire, USA

College Wrestling: The Psychological Impact of Weight Loss

Anthony Rosado, Northern Illinois University, USA; Shaine Henert, Northern Illinois University, USA

Comparison of Mental Skills and Grit in Elite and Non-Elite Japanese College Karate Athletes

Tatsuo Yagi, Seiwa University, Japan

Connect or Disconnect? Athletes' Smartphone Usage Trends and Outcomes, with Implications for CMPCs to Optimize Self-Regulation, Well-Being, and Performance

Poppy DesClouds, University of Ottawa, Canada; Natalie Durand-Bush, University of Ottawa, Canada

Creating a Climate of Athletic Success- Assessing Collegiate Athletic Academic Centers

Arna Erega, Hurdling Through Life, LLC, USA

Detecting Patterns: Linking GPS Motion Analysis with Self-Reported Psychological Reflections Among Collegiate Women Soccer Players

Jeffrey Frykholm, University of Minnesota, USA; Ethan Wolfe, University of Minnesota, USA; Kaija Eckholm,

University of Minnesota, USA; Chase Straw, Texas A & M, USA; Diane Wiese-Bjornstal, University of Minnesota, USA

Development and Evaluation of a Resilience-Based Educational Program for First-Year Collegiate Student-Athletes

Liam O'Neil, Illinois State University, USA; Scott Pierce, Illinois State University, USA; Eric Martin, Boise State University, USA; Kelly Rossetto, Boise State University, USA

Differences in Performance Satisfaction and Athletic Coping Skills in Collegiate Athletes Who are Seeking or Not Seeking Sports Psychology Services

Luke Evans, Saint Louis University, USA; Lindsey Poe, Saint Louis University, USA; Jeffrey Shulze, USA; Jordan Collins, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

Differences in Sociocultural Attitudes Toward Appearance among Student-Athletes and Non-Athletes
Hannah Fitterman-Harris, Saint Louis University-Weight, Eating, & Lifestyle Lab (WELL), USA; Zachary Soulliard, Saint Louis University, USA; Lindsey Poe, Saint Louis University, USA; Joanne Perry, University of North Carolina Charlotte, USA; Michael Ross, Saint Louis University, USA

Effect of Psychological Stressors and Emotion Regulation on Subjective Performance Among Japanese University Track and Field Athletes

Yujiro Kawata, Juntendo University, Japan; Shinji Yamaguchi, Juntendo University, Chiba, Japan; Miyuki Nakamura, Juntendo University, Chiba, Japan; Ryusei Noguri, Juntendo University, Chiba, Japan; Kensuke Hasegawa, Juntendo University, Chiba, Japan; Yushi Kato, Juntendo University, Chiba, Japan; Yuka Murofushi, Juntendo University, Chiba, Japan; Masataka Hirofusa, Juntendo University, Chiba, Japan; Nobuto Shibata, Juntendo University, Chiba, Japan

Enriching Sport Performance through Social Media – An Online Educational Workshop

Patricia Lally, Lock Haven University, USA; Brian Foster, Lock Haven University, USA

Evaluating Superstitious Behaviors Among College Athletes

Alyssa Rogers, University of West Florida, USA; Christopher Wirth, University of West Florida, USA

Examining the Effects of a Combined Mindfulness-Imagery Intervention on Collegiate Soccer Performance

Maya Trajkovski, California State University, Chico, USA; Aubrey Newland, CSU Chico, USA

Exploring the Effects of Gratitude on Athletes' Well-Being During Their Transition Out of High-Performance Sport

Iman Hassan, University of Ottawa, Canada; Diane Culver, University of Ottawa, Canada

Factors Influencing Choice of Educational Institution of Mississippi High School Male Basketball Players
Lindsey Greviskes, University of Wisconsin-Whitewater, USA; Chris Croft, University of Southern Mississippi, USA; Morgan Hall, SOCEP, USA

Flow in College Athletes: An Examination of Both General and Sport-Specific Measures of Mindfulness and Anxiety
Hannah Thomas, Catholic University, USA; Carol Glass, The Catholic University of America, USA; Megan Hut, Catholic University of America, USA; Thomas Minkler, West Virginia University, USA; Caroline Weppner, The Catholic University of America, USA

Functionality Appreciation Among Student Athletes Outside of Sport vs. Following Sport Practice
Andrew McGrath, Saint Louis University, USA; Zachary Soulliard, Saint Louis University, USA; Joanne Perry, University of North Carolina Charlotte, USA; Lindsey Poe, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

Gratitude and Coach-Athlete Relationship Profiles: Assessing Burnout in Collegiate Student-Athletes
Mariya Yukhymenko, California State University, Fresno, USA; Jeff Ruser, Indiana University, USA; Nicole Gabana, Florida State University, USA; Jenelle Gilbert, California State University, Fresno, USA

Grit in Collegiate Sports: Does Perseverance of Effort Predict Meaningful Sport Outcomes Above and Beyond Conscientiousness?
Caroline Weppner, The Catholic University of America, USA; James Doorley, George Mason University, USA; Carol Glass, The Catholic University of America, USA

Ice in Their Veins: Collegiate Athlete Coping During a Physical Stressor Task
Isabella Fiorenzo, Saint Louis University, USA; Jeffrey Shulze, USA; Joanne Perry, University of North Carolina Charlotte, USA; Jordan Collins, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

Influence of Mindfulness Domains on Mental Toughness in Collegiate Athletes
Lindsey Poe, Saint Louis University, USA; Luke Evans, Saint Louis University, USA; Hannah Fitterman-Harris, Saint Louis University, USA; Jordan Collins, Saint Louis University, USA; Jeffrey Shulze, USA; Joanne Perry, University of North Carolina Charlotte, USA; Michael Ross, Saint Louis University, USA

Leaders in the Making: The Development of Skills and Strategies of an Effective Leader in Women's Collegiate Sport
Karen Collins, University of New Hampshire, USA; Sarah Phelps, Miami University Ohio, USA; Kayla Sliz, University of New Hampshire, USA

Mental Toughness as a Predictor of Coping in College Athletes
Luke Evans, Saint Louis University, USA; Jeffrey Shulze, USA; Jordan Collins, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

NCAA Athletes' Psychological Skills Differ Across Gender, but Not Divisions
Stephany Escandell, University of Wisconsin-Green Bay, USA; Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA; Craig Frea, University of Wisconsin-Green Bay, USA; Kyle VandeVenter, University of Wisconsin-Green Bay, USA

NCAA Division I Athletic Administrators' Perceptions of and Experiences with Mental Performance Consultants
Morgan Eckenrod, University of Southern Mississippi, USA; Rebecca Zakrajsek, University of Tennessee, USA; Johannes Raabe, West Virginia University, USA

Not Just for Girls: Body Dissatisfaction and Drive for Muscularity Predict Pathological Eating Behaviors in Male College Athletes
Hayley Perelman, Illinois Institute of Technology, USA; Matthew Murray, Illinois Institute of Technology, USA; Raven Townsel, Chicago School of Professional Psychology, USA; Jennifer Yeoward, University of Memphis, USA; Alissa Haedt-Matt, Illinois Institute of Technology, USA

Real Athletes, Real Challenges, Really Small Colleges: A Comparison of Sport Psychology Services at Division I & Division III Colleges
Sophia Hollingsworth, Cornell College, USA; Sophia Hollingsworth, Cornell College, USA; Christina Johnson, Cornell College, USA

Relationships Between Pre-Match Sleep, In-Match Running Metrics, and Post-Match Wellness Perceptions Among Women's Collegiate Club Soccer Midfielders
Ethan Wolfe, University of Minnesota, USA; Jeff Frykholm, University of Minnesota, USA; Kaija Eckholm, University of Minnesota, USA; Chase Straw, Texas A&M University, USA; Diane Wiese-Bjornstal, University of Minnesota, USA

Self-Handicapping in Relation to Achievement Goals, Personality, and Self-Esteem in College Athletes
David Tobar, Bowling Green State University, USA; Joshua Cermak, Bowling Green State University, USA; Bonnie Berger, Bowling Green State University, USA

Stress, Burnout, and Negative Thoughts: Implications for Collegiate Student-Athletes
Rachel Webb, Borlabi Consulting & Associates, LLC, USA; Conrad Woolsey, University of Western States, USA; Daniel Weigand, University of Western States, USA; Mark Otten, California State University, Northridge, USA; Vincent Lodato, National Sports Performance Institute, USA

The Influence of Fan Engagement through Social Media on Performance Anxiety

Breanna Naegeli, Grand Canyon University, USA

Under the Pressure: Collegiate Women Athletes' Experience of Introjected Motivation Across Career Stage and Team Types

Madeline Bruce, Saint Louis University-Violence and Traumatic Stress Lab/Billiken Sports Psychology, USA; Jeffrey Shulze, USA; Kimberly Lowell, Saint Louis University, USA; Andrew McGrath, Saint Louis University, USA; Jordan Collins, Saint Louis University, USA; Isabella Fiorenzo, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

Consulting & Interventions

A Comparison of Subjective Mental Fatigue Following Completion of the Stroop Test and a Task Designed to Replicate the Observation of Game Film

Anthony Magdaleno, California State University, Fullerton, USA; Lenny Wiersma, USA; Kathleen Wilson, California State University, Fullerton, USA; Joao Barros, California State University, Fullerton, USA

A Preliminary Investigation of Performance Beliefs in Division I Collegiate Athletes

Bianca Boling, Midwestern University, USA; Angela Breitmeyer, Midwestern University, USA; Thomas Virden, Midwestern University, USA; Martin Turner, Manchester Metropolitan University, USA

Adding a Technological Edge to Psychological Skills Training and Consulting

Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA; Anna Bomber, University of Wisconsin-Green Bay, USA

Can Baseball Players' Heads Get in the Right Space via a Smartphone-Based App? A Brief Mindfulness Training Intervention with Competitive Youth Baseball Players

Blake Costalupes, West Virginia University, USA; Jenelle Gilbert, California State University, Fresno, USA; Wade Gilbert, California State University, Fresno, USA; Michael G. Coles, California State University, Fresno, USA

Cognitive Performance Gaps: A Proposed Framework to Optimize Athletic Performance Through Exposure and Response Prevention (ERP)

Tamara Tasker, Pacific University, USA; Ethan Wallace, Pacific University, USA; Bjorn Bergstrom, Pacific University, USA

Connecting the Dots: Sport Psychology Consultants Explain the Purpose of Debriefing

Stefanee Maurice, California Polytechnic State University, USA; Megan Byrd, Georgia Southern University, USA; Holt Crawford, California Polytechnic State University, USA; Twila Tran, California Polytechnic State University, USA; Carolena Charalambous, Georgia Southern University, USA

Creating Pressure Training in Basketball: A Pilot Study of Feasibility

William Low, University of Essex, UK; Joanne Butt, Sheffield Hallam University, UK; Paul Freeman, University of Essex, UK; Ian Maynard, University of Essex, UK

Doing it Right - Mental Training for High School Athletes: Theoretical Model, Mentorship, Delivery, and Evaluation
Tim Herzog, Reaching Ahead Counseling and Mental Performance, USA; Virginia Iannone, Stevenson University, USA; Maurice Thornton, T.C. Williams High School, USA; Jonathon Gillette, DOD, Greater Washington D.C. Area, USA

Effect of Virtual Reality Assisted Imagery on Motorneuron Activation and Self-Efficacy in Track and Field Sprinters

Eric Baker, USA; Dawn Lewis, California State University, Fresno, USA; Cheryl Hickey, California State University, Fresno, USA; Wade Gilbert, California State University, Fresno, USA

Effectiveness of an Individualized Imagery Intervention on Golf Putting Performance

Seong Kwan Cho, Texas A&M International University, USA; Yong-Jin Yoon, Yonsei University, South Korea; Hun-Hyuk Choi, Kangwon National University, South Korea; Sanghuyn Kwon, Yonsei University, South Korea

Enhancing Mental Toughness Through Coach Athlete Relationships Over the Season

Leilani Madrigal, Long Beach State University, USA; Kimberly Tolentino, Long Beach State University, USA; Joanny Valerio, Long Beach State University, USA; Sergio Olvera, Long Beach State University, USA; Sarah Chaffee, Long Beach State University, USA; Carli Lucke, Long Beach State University, USA; Fausto Juarez, Long Beach State University, USA

Experiences and Effectiveness of a Small Group Mental Training Course for NCAA Division I Student-Athletes: A Case Study

Seth Rose, University of Idaho, USA

How Do You Headspace?: Exploring the Benefits of Meditation Applications on Student-Athlete Health and Well-Being

Stephany Coakley, Temple University Athletics, USA

Introducing Sport Psychology Techniques into Collegiate Competitive Dance

Patti Newton, Southern Illinois University Edwardsville, USA; Cameren Pryor, Southern Illinois University Edwardsville, USA; Alyssa Lowe, Southern Illinois University Edwardsville, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA

Is the Self-Regulated Learning for Sport Practice Survey a Universal Tool? Considering Research-assessment and Applied Perspectives

Malgorzata Siekanska, The University of Physical Education in Krakow, Poland; Stuart G. Wilson, University of Ottawa, Canada; Bradley W. Young, University of Ottawa, Canada; Jan Blecharz, University of Physical Education in Cracow, Poland

It Is Not Black or White: The Implementation of a Rational Emotive Behavior Therapy Workshop with Roller-Hockey Players

Anna Jordana, Universitat Autònoma de Barcelona, Spain; Marta Borrueco, Universitat Autònoma de Barcelona, Spain; Miquel Torregrossa, Universitat Autònoma de Barcelona, Spain; Yago Ramis, Universitat Autònoma de Barcelona, Spain

Let's Get Smart and Set SPORTS Goals

Lori Gano-Overway, James Madison University, USA; Sarah Carson Sackett, James Madison University, USA

Mental Skills Needs Assessment of Ice Hockey Goalies

Theodore Monnich, UNCG, USA; Diane Gill, UNCG, USA

Mindfulness and Development: Athletes' Transition from Adolescence to Young Adulthood

Megan Hut, Catholic University of America, USA; Kathryn Degnan, The Catholic University of America, USA; Carol Glass, The Catholic University of America, USA; Thomas Minkler, West Virginia University, USA

Positive Coaches: A New Perspective for Self-Compassion in Sport

Ashley Kuchar, University of Texas at Austin, USA; Ashley Kuchar, University of Texas at Austin, USA; Spencer Kimball, Brigham Young University, USA; Daniel Diehl, Brigham Young University, USA

Ranking Up: Using Psychological Skills Training with Esport Gamers

Anthony Piccone, Southern Illinois University Edwardsville, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA

Seeing Athletes Through a Bifocal Lens: The Unexplored Collaboration Between Psychology and Optometry Within Sport

Halle Gydesen, Midwestern University, USA; Angela Breitmeyer, Midwestern University, USA; Thomas Virden, Midwestern University, USA

Sleep Related Training Readiness

Lindsay Shaw, USOC, USA

The Effects of a Brief Mindfulness Intervention on Basketball Free-Throw Shooting Performance Under Pressure

Nathan Wolch, Magellan Federal, USA; Jessyca Arthur-Cameselle, Western Washington University, USA; Linda

Keeler, Western Washington University, USA; David Suprak, Western Washington University, USA

The Effects of Motivational and Instructional Self-Talk on Cross-Training Exercise Performance

Jack Sampson, New Mexico State University, USA; Phillip Post, New Mexico State University, USA

The Psychological Impacts of Physical Activity in the 65+ Population

Karen Swanner, Southern Illinois University at Edwardsville, USA

What Would a Positive Coach Say? Enhancing Goal-Directed Self-Talk Through Self-Compassion

Ashley Kuchar, University of Texas at Austin, USA; Ashley Kuchar, University of Texas at Austin, USA; Spencer Kimball, Brigham Young University, USA; Daniel Diehl, Brigham Young University, USA

Diversity & Culture

"Just Kidding" No Longer Cuts It: Microaggressions in College Sport

Miata Walker, Ball State University, USA; Tyra Rucker, Ball State University, USA; Lindsey Blom, Ball State University, USA

Age Differences in Physical Activity with Regard to Motivational Regulation Types in Youth Sport

Djenna Hutmacher, University of Luxembourg, Luxembourg; Melanie Eckelt, University of Luxembourg, Luxembourg; Andreas Bund, University of Luxembourg, Luxembourg; Georges Steffgen, University of Luxembourg, Luxembourg

Black Female Student-Athletes' Experiences with Microaggressions: The Intersectionality Between Their Athletic Identity and Racial Identity

Jessica Jones, Seton Hall University, USA; Justine Vosloo, Ithaca College, USA; Belisa Gonzalez, Ithaca College, USA

Coleman Griffith: A Pioneer but Not Patriarch of Sport Psychology

Kelzie Beebe, University of North Texas, USA

Consideration of Cultural Sport Psychology in a Mental Training Intervention with an Internationally Diverse High School Soccer Team

Maira Negri Silva, SIUE, USA; Courtney Kendrick, Southern Illinois University Edwardsville, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA

Consulting Through Language Barriers

Courtney Kendrick, Southern Illinois University Edwardsville, USA; Maira Negri Silva, SIUE, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA

HBCU Football Players' Perceptions of Athletic and Academic Identities

Suzanne Lawrence, Cal State Fullerton, USA; Lindsey Cox, Concordia University of Chicago, USA; C. Keith Harrison, University of Central Florida, USA; Jeffery Eyanson, San Diego Christian College, USA

What Is the Cost? Examining Athletes' Perceptions of Racial/Ethnic Microaggressions and Psychological Strain

Abigail Akpobiyeri, University of Denver, USA; Breigh Jones-Coplin, University of Denver, USA; Brian Gearity, University of Denver, USA

You Take Selfies Like a Girl! Sexism in the Sandlot of Athlete Social Media

Anastasia Blevins, Long Beach State University, USA; Leilani Madrigal, Long Beach State University, USA; Tiffanye Vargas, Long Beach State University, USA; Alison Ede, Long Beach State University, USA

Elite/Pro Sport

An Exploration into the Cognitive Component of Elite High Jumpers' Pre-Performance Routines

Thomas Gretton, Florida State University, USA; Lindsey Blom, Ball State University, USA; Dorice Hankemeier, Ball State University, USA; Lawrence Judge, Ball State University, USA

Creating a Thriving Environment: An Ethnographic Exploration of a Decentralized Olympic and Paralympic Sport Organization

Michael Passaportis, University of Portsmouth, UK; Daniel Brown, University of Portsmouth, UK; Chris Wagstaff, University of Portsmouth, UK; Rachel Arnold, University of Bath, UK; Kate Hays, English Institute of Sport, UK

Does Height Matter? Relationship Between Height and Psychological Parameters in Young Elite Female Basketball Players

Hallur Hallsson, Reykjavik University, Iceland; Hafrun Kristjansdottir, Reykjavik University, Iceland; Robert Weinberg, Miami University, USA; Jose M. Saavedra, Reykjavik University, Iceland

Effects of Social and Environmental Factors on Growth Following Adversity in Elite Athletes

Valerie Gaglione, USA

Involuntary Career Terminations of Irish Professional Rugby Union Players: A Qualitative Study

Cathal Sheridan, Munster Rugby, Ireland

Relationship between College Athletes' Grit and Perceived Performance

Sungho Kwon, Seoul National University, South Korea; DoHeung Lee, Seoul National University, South Korea; Youngho Kim, Seoul National University, South Korea; Taewoo Kim, Seoul National University, South Korea

Self-Regulation Assessment Tools for Elite Athletes: Two Case Studies

Jan Blecharz, University of Physical Education in Cracow, Poland; Malgorzata Siekanska, The University of Physical Education in Krakow, Poland

Sport Psychology Consultation Program for a 2019 Junior World Cup Woman Boxer from Japan

Yoichi Kozuma, Tokai University, Japan; Genju Kobayashi, Kyoto Institute of Technology, Japan; Noriyuki Kida, Kyoto Institute of Technology, Japan

Team Coordination 2.0: Algorithm-Based Analysis to Study Collective Coordination Patterns of Elite-Soccer Teams

Asaf Blatt, Israel; Hila Sharon-David, Florida State University; Gershon Tenenbaum, Interdisciplinary Center (IDC), Herzliya, Israel

The Development and Application of the ACT-based Career Group Counseling Program for Retired Athletes in their Teens

Woori Han, Korea National Sport University, South Korea; Dong Hyun Kim, Korea National Sport University, South Korea; DukSun Chang, Korea National Sport University, South Korea; JaeRyang Yoon, Korea National Sport University, South Korea; Mun Hee Kim, KNSU, South Korea; YoungEun Lee, Korea National Sport University, South Korea; YoungSook Yook, SungShinwomen's University, South Korea; KyongSun Lee, Yongin University, South Korea; JinHo Back, Kangwon National University, South Korea

The Effects of Adolescent Athletes' Achievement Goal Orientation and Perception of Error on the Confidence

Sungho Kwon, Seoul National University, South Korea; Seungjoo Lee, Seoul National University, South Korea; Minkwon Moon, Seoul National University, South Korea; Taewoo Kim, Seoul National University, South Korea

The Effects of Psychological Skills Training on Competitive State Anxiety and Self-Management of High School Taekwondo Athletes

YoungEun Lee, Korea National Sport University, South Korea; DukSun Chang, Korea National Sport University, South Korea; YoungJun Hong, Korea National Sport University, South Korea; SoYun Mun, Korea National Sport University, South Korea; MinJung Kim, Korea National Sport University, South Korea

The Impact of a High-Pressure Protocol on Psychological, Psychophysiological Response and Penalty Performance in Professional Soccer: A Mixed Methods Study

Louise Ellis, University of Huddersfield, UK; Paul Ward, The MITRE Corporation, USA

The Intangibles of Officiating

Karen Swanner, Southern Illinois University at Edwardsville, USA

Understanding How Senior Canadian National Team Endurance Athletes Experience and Manage Exercise-Induced Pain in Training and Competition Settings
Jonathan Lasnier, University of Ottawa, Canada; Natalie Durand-Bush, University of Ottawa, Canada

Exercise/Health/Fitness

Different Strategies for Different Stages: Emotion Regulation across the Transtheoretical Model Stages of Change
Casey Mathews, The Pennsylvania State University, Berks, USA; Andrew Friesen, Pennsylvania State University, USA

Does Noise Control Moderate the Effect of Music on Aerobic Exercise Experience
Jason Kostrna, Florida International University, USA; Ricardo Gonzalez, Florida International University, USA; Simon Wesly, Florida International University, USA; Anamaria Astudillo, Florida International University, USA; Jessenia Otalora, Florida International University, USA; Renata Pavanelli, Florida International University, USA

EPIK: Enhancing Progress Integrating Kinesthetics
Chelsie Smyth, Midwestern University, USA; Angela Breitmeyer, Midwestern University, USA

Essential Oils and Exercise: Effects on Perceived Effort, Task Pleasantness and Time on Task
Selen Razon, West Chester University of PA, USA; Katelyn Koser, West Chester University, USA; Umit Tokac, University of Missouri, St Louis, USA; Meghan Ramick, West Chester University, USA; Melissa Reed, West Chester University, USA; Melissa Whidden, West Chester University, USA

Exercise Self-Schema and Behavioral Regulations as a Function of Perceived Variety of Exercise
Michael Boyd, San Francisco State University, USA; Mi-Sook Kim, San Francisco State University, USA
Fitness Level and Stress Appraisal Effects on Stress Responses and Subsequent Cognitive Performance
Jean-Charles Lebeau, Ball State University, USA; Lucas Andersen, Ball State University, USA

Integrating Emotional Support within Fitness Training Delivery: A Proposed Intervention for Reducing Stress On-Campus
Hila Sharon-David, Florida State University, USA; Gershon Tenenbaum, Interdisciplinary Center (IDC), Herzliya, Israel; Sigal Ben Zaken, Wingate Institute, Israel; Pinto Jose, Florida State University, USA

Qualitative Analysis of Interaction Patterns Between Instructor and Senior Participants in a Six-Week Community-Based Exercise Program
Takahiro Sato, Western New Mexico University, USA; Susumu Iwasaki, Fort Lewis College, USA; Garrett Peltonen, Western New Mexico University, USA

She Can and She Did: A Case Study of Chasing the Fastest Known Time on the Backbone Trail
Sara Powell, Missouri State University, USA; Kimberly Fasczewski, Appalachian State University, USA; Hugh Gibson, Missouri State University, USA; Melinda Novik, Missouri State University, USA

The Effect of a Theory of Planned Behavior Intervention on Physical Activity
Taylor Gabler, Ball State University, USA; Jean-Charles Lebeau, Ball State University, USA

The Effect of Self-Determined Motivation and Self-Control on Exercise Participation and Adherence in University's General Physical Education Class Students
Sungho Kwon, Seoul National University, South Korea; Jihoon Ahn, Seoul National University, South Korea; Dojin Jang, Seoul National University, South Korea

The Effects of a Six-Week Exercise Intervention on Senior Citizens' Multidimensional Well-Being, Cardiometabolic Health, and Adherence
Takahiro Sato, Western New Mexico University, USA; Garrett Peltonen, Western New Mexico University, USA; Susumu Iwasaki, Fort Lewis College, USA

The Effects of HIIT on State Body Image among College-aged Females
Chelsea Duncan, James Madison University, USA

The Effects of Knowledge of Heart Rate on Ratings of Perceived Exertion and Attention Allocation
Robyn Trocchio, Texas Christian University, USA; Ashlynn Williams, Texas Christian University, USA; Kaitlyn Harrison, Texas Christian University, USA

The Power of Perception: Self Belief and Maximum Effort Weightlifting
Matthew Symonds, Northwest Missouri State University, USA

Using Discourse Analysis in Sport, Exercise, and Health Research: Systematic Review of the Literature
Ken Ildefonso, University of Wisconsin-Milwaukee, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA

Injury/Rehabilitation

"We Don't Always Get it Right:" Coaches' Perspectives on Supporting Injured Athletes
Stefanee Maurice, California Polytechnic State University, USA; Dana Voelker, West Virginia University, USA; Clayton Kuklick, University of Denver, USA; Megan Byrd, Georgia Southern University, USA

Attending to Personality Traits when Treating the Whole Extreme Sport Athlete with an Injury – A Guide to Practitioners
Robyn Antoyan, California State University, Fresno, USA; Dawn Lewis, California State University, Fresno, USA; Michael Botwin, California State University,

Fresno, USA; Kelli Eberlein, California State University, Fresno, USA; David A. Kinnunen, California State University, Fresno, USA

Factors Influencing NCAA Division-I Athletic Trainers' Use of Psychological Techniques During Sport Injury Rehabilitation

Alexander Bianco, University of Tennessee, USA; Rebecca Zakrajsek, University of Tennessee, USA; Johannes Raabe, West Virginia University, USA; Scott Martin, University of North Texas, USA

Limited Coping Skills, Young Age and High BMI Are Risk Factors for Injuries in Contemporary Dance: A 1-year Prospective Study

Diana van Winden, Codarts Rotterdam, University of the Arts, Netherlands; Rogier van Rijn, Codarts Rotterdam, University of the Arts, Netherlands; Geert Savelsbergh, Vrije Universiteit Amsterdam, Amsterdam University of Applied Sciences, Netherlands; Raoul Oudejans, Vrije Universiteit Amsterdam, Amsterdam University of Applied Sciences, Netherlands; Janine Stubbe, Codarts Rotterdam, University of the Arts, Netherlands

Psychosocial Strategies for Optimal Patient Outcomes: What Does the Evidence Tell Us?

Megan Granquist, University of La Verne, USA

The Impact of a One-Hour Active Listening Workshop on Athletic Training Students' Communication Self-Efficacy

Jason Rich, College at Brockport, USA; Suzanne Pottratz, Barry University, USA; Tim Henry, College at Brockport, USA; Beau Leaf, USA

Mental Health

Attitudes and Willingness Towards Seeking Mental Health Services Among a Sample of Division III Student-Athletes

Daniel Watson, Union County College, USA; Christina Galese, Kean University, USA; Arika Aggarwal, Kean University, USA; Marissa DeStefano, Kean University, USA; Jared Hammond, Kean University, USA; Marina Oganosova, Kean University, USA; Kendahl Shortway, Kean University, USA

Cannabis and Sport: 21st Century Conversation
LaTisha Bader, Denver Women's Recovery, USA

Declines in Adolescent Physical Activity and Links to Social Media Use: Application of Findings to the MOODment Program

Lindsey Forbes, Private Practice, Canada; Wendy Ellis, King's University College - Western University, Canada; Tara Dumas, Huron University College - Western University, Canada

Differences in Stigma and Attitudes Toward Counseling Between College Student-Athletes and Nonathletes

Robert Hilliard, Shenandoah University, USA; Lorenzo Redmond, Kalamazoo College, USA; Jack Watson II, West Virginia University, USA

Effect of Leisure Involvement on Happiness and Lifestyle in Outdoor sports: A Qualitative Analysis of Outdoor Sports Enthusiasts

Hideo Matsumoto, Tokai University, Japan

Goal Orientations in Exercise, Stress and Subjective Vitality after Wearing Smartwatch for 6 Days

Susumu Iwasaki, Fort Lewis College, USA; Takahiro Sato, Western New Mexico University, USA; Melissa Knight-Maloney, Fort Lewis College, USA; Maggie Shields, Fort Lewis College, USA

Initial Feasibility of an Evidence-Supported Approach to Mental Health and Sport Performance in Youth Athletes

Dereck Phrathep, University of Nevada Las Vegas, USA; Igor Kowal, University of Nevada, Las Vegas, USA; Brad Donohue, University Nevada Las Vegas, USA

Mental Health Buddy Aid – A Peer Mental Health Support Training

Aaron Lim, Ministry of Defence, Singapore

Risk Factors of Disordered Eating in Athletes

Hannah Stoyel, UK; Lucy Serpell, University College London, UK; Vaithehy Shanmuganathan-Felton, University of Roehampton, UK

Self-Compassion – A Key Strategy to Sustain Mental Health Among High-Performance Coaches

Goran Kentta, The Swedish School of Sport and Health Science, Sweden; Karin Häggglund, The Swedish School of Sport and Health Sciences, Sweden

Self-Objectification and Stress among Female College Students: A Pilot Study

Urska Dobersek, University of Southern Indiana, USA; Kaitlin Krout, University of Southern Indiana, USA; Jackson Peak, University of Southern Indiana, USA; Bridget Stalings, University of Southern Indiana, USA; Kelsey Teel, University of Southern Indiana, USA

Sport as a Protective Factor Against Negative Body Image and Mood: Results and Implications from Conversations with Adolescent Female Athletes

Alicia Deogracias, Ball State University, USA; Lindsey Blom, Ball State University, USA; Ausmus J.C., Ball State University, USA; Blake Allison, Ball State University, USA; Ashley Coker-Cranney, West Virginia University / MindRight Performance Consulting, LLC, USA; Stefanía Ægisdóttir, Ball State University, USA

Sport Confidence Moderates the Association Between Drive for Muscularity and Purging in Male Collegiate Athletes

Matthew Murray, Illinois Institute of Technology, USA; Matthew Murray, Illinois Institute of Technology, USA; Hayley Perelman, Illinois Institute of Technology, USA; Danielle Sandhu, Illinois Institute of Technology, USA; Isabel Quinones, Illinois Institute of Technology, USA; Alissa Haedt-Matt, Illinois Institute of Technology, USA

The Effects of Physical Activity on Academic Attention and Behavior in Developmentally Delayed Youth
Brian Butki, Colorado State University, USA

The Psychological Effects of Taper on Nonprofessional Ironman Triathletes
Emily Jakob, Springfield College, USA; Jasmin Hutchinson, Springfield College, USA; Daniel Smith, Springfield College, USA; Susan Sotir, Springfield College; Breakthrough Performance Coaching, USA

The Role of Personal Growth Initiative on the Relationship Between Trait Rumination/Trait Reflection and Mental Health Among University Athletes
Shohei Yamakoshi, Seisen University, Japan

Validation of the Intuitive Exercise Scale for Clients with Eating Disorders
Dana Voelker, West Virginia University, USA; Nick Galli, University of Utah, USA; Maya Miyairi Steel, Utah State University, USA; Justine Reel, University of North Carolina Wilmington, USA; Karley James, McCallum Place, USA

Non-Sport Performance Applications

Adapting Mental Performance Consulting for Leadership Development in Public High Schools
Olivia Wyatt, USA

An Effect of Informed Context on Individuals' Darts Performance, Psychological Responses, and Eye Fixation Patterns
Susumu Iwasaki, Fort Lewis College, USA; Takahiro Sato, Western New Mexico University, USA

Between Flow and Performance Anxiety: Study of the Factors Affecting the Musician's Performance
Roberta Antonini Philippe, University of Lausanne, Switzerland; Céline Kosirnik, University of Lausanne, Switzerland; Esther Ortuño, University of Lausanne, Switzerland; Michele Biasutti, University of Padova, Italy

Delivering Performance Psychology Services to Law Students
Luna Ugrenovic, West Virginia University, USA; Sofia Espana-Perez, West Virginia University, USA; Scott Barnicle, West Virginia University, USA

Have You Ever Rowed an Ocean? Anticipated Performance Factors of a 4-person Race Team in an Isolated, Confined, and Extreme Environment
Scotty Hanley, University of Denver, USA

Identity and Career Maturity in Kinesiology Students
Christopher Boyd, University of North Texas, USA; Malia Johnson, University of North Texas, USA; Taylor Casey, University of North Texas, USA; Scott Martin, University of North Texas, USA

Olympic Sport, International, and Global Perspectives

Effects of Neurofeedback and Vagus Nerve Stimulation on Archery Performance
Eleanor Rodriguez, USA

Private Practice

Daily Metrics Made Easy: Tracking Stress, Mood, & Performance
Michael Clark, Clark Performance Consulting, USA

Professional Development, Supervision, and Mentoring

Evidence-Based Supervision in Sport: A Proposed Mentorship Model
Teresa Fletcher, Adler University, USA; Terilyn Shigeno, Adler University, USA; Piotr Piasecki, Adler University, USA; Ari Sapinsley, USA; Rob Samp III, Adler University, USA; Ryan Fleming, Adler University, USA

The Utilization of Sport Psychology Consultants in Major League Soccer and the English Premier League
Bruce Klonsky, The State University of New York at Fredonia, USA; Alan Kornspan, University of Akron, USA; Joseph Carbone, Springfield College, USA; Farhan Shaikh, Liverpool John Moores University, UK

Where Are They Now? AASP Student Leader Edition
Carrie Scherzer, Mount Royal University, Canada
"Provide Us with Resources We Can Adapt to Our Sports:" Barriers faced by Sport Administrators in Advancing Safe Sport Strategies
Aalaya Milne, University of Toronto, Canada; Ashley Stirling, University of Toronto, Canada; Gretchen Kerr, University of Toronto, Canada

A Call for Collaboration in the Provision of Holistic Athlete Care
Lauren McHenry, University of Tennessee, USA; Lauren Beasley, University of Tennessee, USA; Rebecca Zakrajsek, University of Tennessee, USA; Robin Hardin, University of Tennessee, USA

Caring for the Carers: A Consensual Definition of Self-Care for Sport Psychologists' Professional
Alessandro Quartiroli, University of Wisconsin - La Crosse, USA; Chris Wagstaff, University of Portsmouth, UK

Safe Sport and the Professional Sport Service Provider
William Lineberry, Center for Life and Performance, Inc., USA; Shelba Waldron, USA

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The Journey to Replication: The Process, Challenges, and Wins in Replicating and Piloting a U.K. - Based Exercise and Empowerment Program for Girls
Leeja Carter, Long Island University - Brooklyn, USA; Reisha Hull, London South Bank University, UK; Keyana Spivey, Long Island University- Brooklyn, USA

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A Sport Psychology Lab Partners with the Women's Intersport Network (WIN) to Optimize Young Girls' Sport Camp Experiences
Troy Wineinger, University of Kansas, USA; Mary Fry, University of Kansas, USA

Burnout and Social Justice Activism: Building Support and Self-Care for Sport Psychology Professionals
Bernadette Compton, Bowling Green State University, USA; Hannah Bennett, Augusta University, USA

Hegemonic Masculinity Through the Social Media of Major League Baseball
Caitlin Haworth, Springfield College, USA; Mara Simon, Springfield College, USA; Elizabeth Mullin, Springfield College, USA

The Role of the Sport Culture in Extreme Weight Control Behaviors Amongst Adolescent Athletes
Véronique Boudreault, Université du Québec à Trois-Rivières, Canada; Marie-Pierre Gagnon-Girouard, Université du Québec à Trois-Rivières, Canada; Noémie Carbonneau, Université du Québec à Trois-Rivières, Canada; Sylvie Parent, Université Laval, Canada; Catherine Bégin, Université Laval, Canada

Understanding the Depth of Intersectional Microaggressions in Sport Settings: A Systematic Review
Leeja Carter, Long Island University - Brooklyn, USA; Carlos Davila Sanchez, LIU-Brooklyn, USA

Validation of the Sexual Prejudice in Sport Scale in the United States
Elizabeth Mullin, Springfield College, USA; Meghan Halbrook, Randolph College, USA; Allison Grace, Springfield College, USA; Caitlin Haworth, Springfield College, USA

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An Examination of Authentic Leadership as an Individual and Social Factor of Resilience in U.S. Army Soldiers
John Gaddy, Magellan Federal, USA; Stephen Gonzalez, Dartmouth College, USA

Combat Veteran Emotional Intelligence: Lessons on Performance Under Pressure
Amy Brown, University of Kentucky, USA; Eric Street, United States Sports Academy, USA; Amy Brown, University of Kentucky, USA

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Sarah Shue, Richard L. Roudebush VA Medical Center, USA; Jayme Brosmer, Richard L. Roudebush VA Medical Center, USA

Humans Are More Important Than Hardware: Applied Cognitive & Physical Performance for Air Force Pilot Training Next
Tyler Masters, SAIC/Pilot Training Next, USA; Robert Castillo, SAIC, USA; Scott Gaden, SAIC/Pilot Training Next, USA; Dave Brunner, SAIC/Pilot Training Next, USA

Influence of Using Quiet Eye on Perceptions of Firearm Self-Efficacy and Self-Regulation
Taylor Casey, University of North Texas, USA; Lauren Greenspoon, University of North Texas, USA; Rebecca Zakrajsek, University of Tennessee, USA; Scott Martin, University of North Texas, USA

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Anxiety and Confidence in Secondary Physical Education Pre-Service Teachers: A Pilot Study
Seth Rose, University of Idaho, USA; Chris Merica, University of Idaho, USA; Catherine Egan, University of Idaho, USA

Bag It! Enjoyment and Learning of Sport Psychology Skills by Playing Cornhole in the Classroom
Elizabeth Pacioles, Marshall University, USA

Coubertin's Corner: Replicating and Extending Research in the Classroom with Golf Putting
Samuel Forlenza, Shippensburg University, USA

Development of Mental Training Manuals to Teach the Scientific - Practitioner Model in Sport Psychology Graduate Students
Alyssa Lowe, Southern Illinois University Edwardsville, USA; Cameren Pryor, Southern Illinois University Edwardsville, USA; Courtney Kendrick, Southern Illinois University Edwardsville, USA; Savana Robinson, Southern Illinois University-Edwardsville, USA; Patrick Scipio, Southern Illinois University Edwardsville, USA; Harben Branco Filho, Southern Illinois University Edwardsville, USA; Maira Negri Silva, SIUE, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA

The Epic Finale: Escaping from the Traditional Final Exam Format
Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA

Youth Sport

A Resiliency Evaluation of English Academy Football
Mason Blake, Boston University, USA

Active Learning: Using Sport to Develop Character and Literacy with Urban Youth
Bryce Scottron, University of Massachusetts Boston, USA; Laura Hayden, University of Massachusetts Boston, USA; Laura Hayden, University of Massachusetts Boston, USA; Amy Cook, University of Massachusetts Boston, USA

Effect of Simulation Game Training on Breakaway in Football
Celina Adewunmi, University of Lagos, Nigeria; Uroh Clifford, Sport Psychology Association of Nigeria, Nigeria

Examining Passion in Older and Younger Athletes in Youth Competitive Gymnastics
Jessica Simpson, University of Windsor, Canada; Krista Chandler, University of Windsor, Canada; Kyle Paradis, Ulster University, UK

Experiences of High School Student-Athletes and Stakeholders Participating in a Longitudinal Life Skills Program
Roxane Carrière, Laval University, Canada; Christiane Trottier, Université Laval, Canada; Vicky Drapeau, Laval University, Canada; Claude Goulet, Laval University, Canada; Martin Camiré, University of Ottawa, Canada; Pierre-Nicolas Lemyre, University of Calgary, Canada; Éric Frénette, Laval University, Canada

High School Athletes' Perspectives on a Sport-Based Youth Development Program Theory of Change
Kristina Moore, Boston College, USA; Andrea Vest Ettekal, Texas A&M University, USA; Richard Lerner, Tufts University, USA

High School Sports Coaches' Perspectives of Mental Skills Training Implementation
Arlene Bauer, SAIC, USA

Investigating the Relations of Hedonic and Eudaimonic Motives with Thriving in Competitive Youth Sport: Cross-Cultural Study in Canada and Japan
Keita Kinsohita, University of Ottawa, Canada; Eric MacIntosh, University of Ottawa, Canada; Shintaro Sato, Waseda University, Japan

Psychosocial and Demographic Predictors of Doping Intentions Among Adolescent Athletes in Nigeria
Olufemi Adegbesan, University of Ibadan, Nigeria; Esther Ajayi, University of Ibadan, Nigeria; Oluwatoyin Jaiyeoba, University of Ibadan, Nigeria; Olawumi Adisa, University of Ibadan, Nigeria; Sikiru Famuyiwa, University of Ibadan, Nigeria

Satisfaction with Sport Practice and Motivation in Competitive Swimmers with Different Achievement Level
Malgorzata Siekanska, The University of Physical Education in Krakow, Poland; Anna Ostrowska-Karpisz, The University of Physical Education in Krakow, Poland; Agnieszka Wojtowicz, The University of Physical Education in Krakow, Poland

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Amanda Aguilar, University of North Carolina-Greensboro, USA; Diane Gill, UNCG, USA

The Perceived Motivational Climate on a High School Track & Field Team Linked to Athlete Depression, Psychosocial Stress, and Perceived Social Support
Candace Hogue, Penn State University, Harrisburg, USA; Chris Harris, Penn State Harrisburg, USA