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## **Journal of Applied Sport Psychology Examines Impact of Emotional Disclosure, Self-Talk, Pre- Performance Routines & Noninvasive Brain Stimulation on Athletes**

**Indianapolis (September 25, 2018)** – Research in the latest issue of the [\*Journal of Applied Sport Psychology\* \(JASP\)](#) examines the efficacy and implications of emotional disclosure, motivational self-talk intervention, motor-mental preperformance routines and consumer-grade brain stimulation on athletic performance. *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:

- **[Can Emotional Disclosure Promote Sport Injury-Related Growth?](#)**  
This study made an original and rigorous contribution to the psychology of sport injury literature by examining the efficacy of emotional disclosure to promote sport-injury-related growth (SIRG). Participants were assigned to one of three groups (i.e., written disclosure [WD], verbal disclosure [VD], or control), 30 of whom took part in social validation interviews and member reflections to evidence methodological rigor. The VD group experienced SIRG. There was no significant difference between the WD and control groups. Practical implications are considered at intrapersonal, interpersonal, institutional, and cultural levels. Future research on emotional disclosure should proceed with caution and diversify.
- **[Beat the Heat: Effects of a Motivational Self-Talk Intervention on Endurance Performance](#)**  
The study examined the effects of a motivational self-talk intervention on endurance cycling performance in hot conditions. Participants were 16 physically active adult men. After a baseline VO<sub>2</sub> peak assessment and two training sessions, participants completed a 30 min cycling trial in a hot environment (35°C, 45% relative humidity) while maintaining a steady rate of perceived exertion. Participants of the intervention group produced greater power output during the final third of the trial. Findings suggested that the self-talk strategy seems to have compromised the aversive effects of the demanding

environmental conditions and provide support for the psychobiological model of endurance performance.

- **[The Effect of Motor-Mental Preperformance Routines on Motor Performance in Novice Learners](#)**

Two sequential studies were conducted to test the notion that preperformance routines (PPRs) positively affect motor performance. The first study consisted of observations and interviews with 115 elite athletes to explore crucial time periods and body positions inherent in expert preparation for performing a golf putt, tennis serve, volleyball serve, and basketball free throw. In the second study, these features of PPR were taught to novice performers. 240 male and female high school students were assigned to two motor-mental PPR, and one control condition. Findings revealed that PPR enhances motor performance and can be implemented at an early stage of learning.

- **[Consumer-Grade Brain Stimulation Devices in Sports: A Challenge for Traditional Sport Psychology?](#)**

The implementation of noninvasive brain stimulation (NIBS) techniques to improve sports performance is getting more and more popular. There are, however, practical and ethical concerns about the benefits of using NIBS in sports psychology. Two studies on the efficacy of two specific NIBS devices—AVWF method and OGIRO Modulation—were conducted and revealed no obvious benefits for cognitive and mental skills and psychophysiological activity in pupils and sport students. Recommendations derived from the empirical effectiveness of NIBS for the ethical application in routine training protocols are discussed. Finally, this study suggested guidelines for sports psychologists who are faced with modern technological devices.

Additional studies in this issue look at “Metacognitions in Triathletes: Associations with Attention, State Anxiety, and Relative Performance”; “The Experiences of Being a Talented Youth Athlete: Lessons for Parents” and “Assessing Differences in Athlete-Reported Outcomes Between High and Low-Quality Youth Sport Programs”.

**To request full copies of the studies or to schedule an interview with the authors, please contact Lindsay Spivak at [lindsay@rosengrouppr.com](mailto:lindsay@rosengrouppr.com).**

**About Association for Applied Sport Psychology ([www.appliedsportpsych.org](http://www.appliedsportpsych.org))**

*Founded in 1985, 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 administers the Certified Mental Performance Consultant® (CMPC) program, the leading competency-based credential which designates the most capable sport and performance psychology professionals. AASP currently has over 2,500 members in 55 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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