



FOR IMMEDIATE RELEASE

Contact:

Lindsay Spivak

646.695.7048

lindsay@rosengrouppr.com

**New Issue of *Journal of Applied Sport Psychology*
Examines Anxiety, Stressors and Construct of Thriving in Elite and
Amateur Sports**

Indianapolis (March 27, 2018) – Research in the new issue of the [*Journal of Applied Sport Psychology*](#) (JASP) explores the stressors athletes face in sport, how they might thrive under such conditions and how the technique of eye movement desensitization can be used to reduce detrimental imagery. A publication of the [Association for Applied Sport Psychology](#) (AASP), JASP is designed to advance thought, theory and research on applied aspects of sport and exercise psychology.

JASP research highlights include:

[A Qualitative Exploration of Thriving in Elite Sport](#)

Athletes are often described as thriving in sport; however, the existing research on this construct in sport has been divergent. This study aimed to provide the first dedicated exploration of thriving in elite sport performers by considering its characteristics, outcomes, and facilitators. Semi-structured interviews were conducted with athletes, coaches, and sport psychology practitioners and were analyzed using applied thematic analysis. Thriving was perceived to comprise a sustained high-level of performance and dimensions of well-being. Furthermore, predominantly positive outcomes of thriving were described, and participants identified a network of personal and contextual enablers that could facilitate thriving.

[“There's No Place to Hide”: Exploring the Stressors Encountered by Elite Cricket Captains](#)

This study aimed to enhance understanding of stressors that elite sporting captains face in their role. The autobiographies of 12 international cricket captains were sampled. Stressors relating to the captaincy role were identified, and following thematic analysis, 7 general dimensions of stressors were recognized: multiple roles, team stressors, interactions with players, selection, interactions with other personnel, the media, and extreme situations. The study demonstrated that stressors are heightened due to a combination of playing and leadership responsibilities that captains experience. Findings are considered, including how they might be used to inform practitioners and coaches who work with captains.

[The Effects of Eye Movement Desensitization and Reprocessing on Prospective Imagery and Anxiety in Golfers](#)

This study examined the effects of an Eye Movement Desensitization and Reprocessing (EMDR) intervention on detrimental prospective imagery in 4 amateur golfers, using a single-case multiple-baseline across-participants design. Postintervention, all participants reported reduced negative imagery effects; Participants 1, 3, and 4 showed reduced cognitive anxiety, Participants 1 and 4 reduced somatic anxiety, and Participant 3 positively relabeled somatic anxiety experiences. Social validation data demonstrated EMDR to be perceived positively and effective in delivering notable changes. Consultancy experiences of using EMDR in golf are discussed, and areas for future researchers and applied practitioners are outlined.

Additional studies in this issue look at “Exploring Perceptions of Group Processes in Ice Hockey Officiating” and “How to Improve Athletes' Return of Investment: Shortening Questionnaires in the Applied Sport Psychology Setting”.

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 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](#).

###