

Working as an MDT: Integrating Sport Psychology

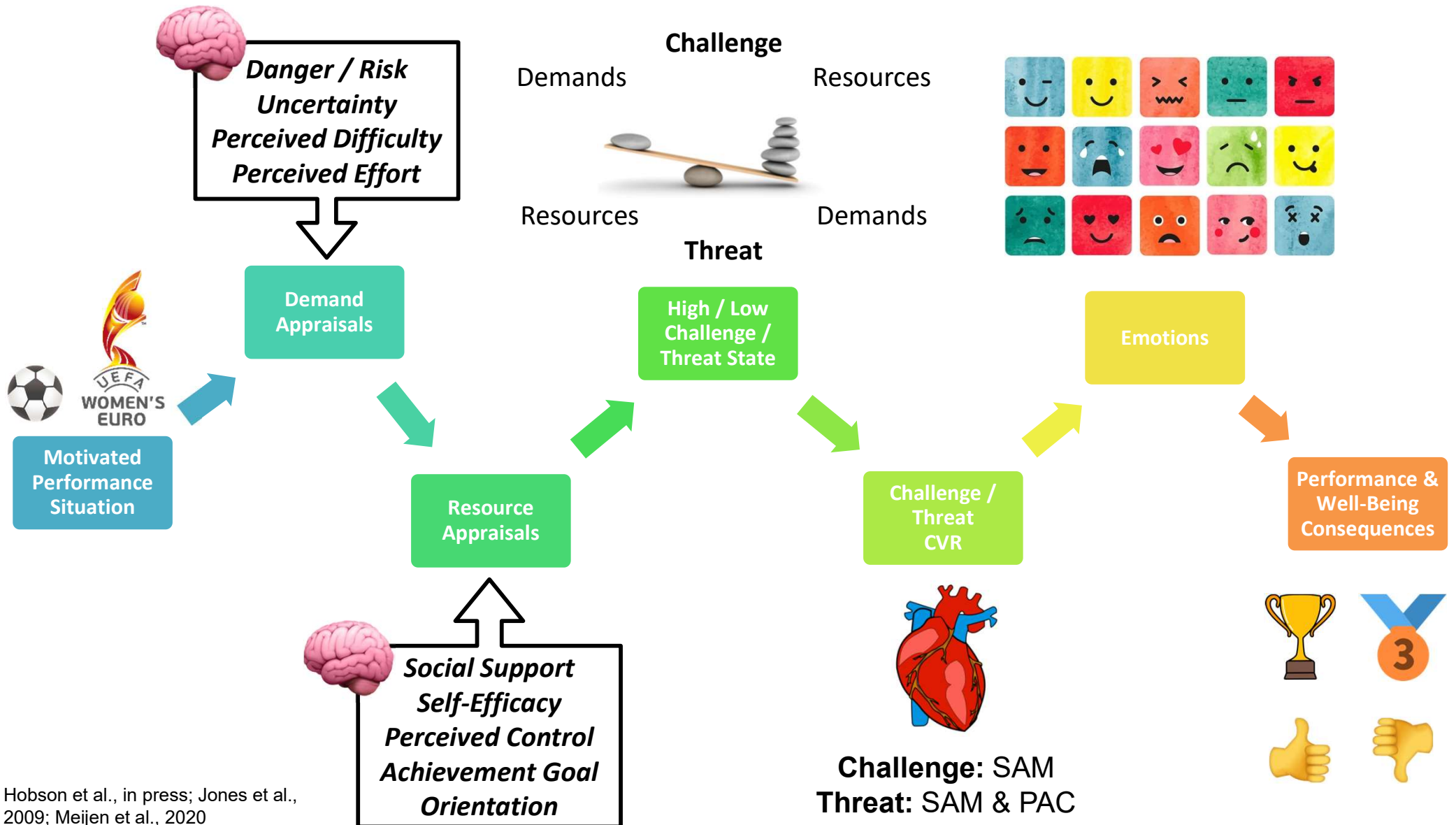


| Integrated Sport Psychology

- Evidence based
- Measurable
- Flexible (MDT)

Evidence Based

Theory of Challenge and Threat States in Athletes (TCTSA)




Evidence Based?

The benefits of a challenge approach on match day: Investigating cardiovascular reactivity in professional academy soccer players

J. G. Dixon , M. V. Jones & M. J. Turner 

Pages 375-385 | Accepted author version posted online: 06 Jun 2019, Published online: 23 Jun 2019

 Download citation  <https://doi.org/10.1080/17461391.2019.1629179>

 Check for updates



- ✓ Challenge CVR = better performance than threat or blunted response
- ✗ Self report → CVR

> *J Sport Exerc Psychol.* 2013 Aug;35(4):387-97. doi: 10.1123/jsep.35.4.387.

Who thrives under pressure? Predicting the performance of elite academy cricketers using the cardiovascular indicators of challenge and threat states

Martin J Turner ¹, Marc V Jones, David Sheffield, Matthew J Slater, Jamie B Barker, James J Bell



- ✓ Challenge CVR = performed well
- ✓ Threat CVR = performed poorly
- ✗ Self report → CVR , performance = inconsistent

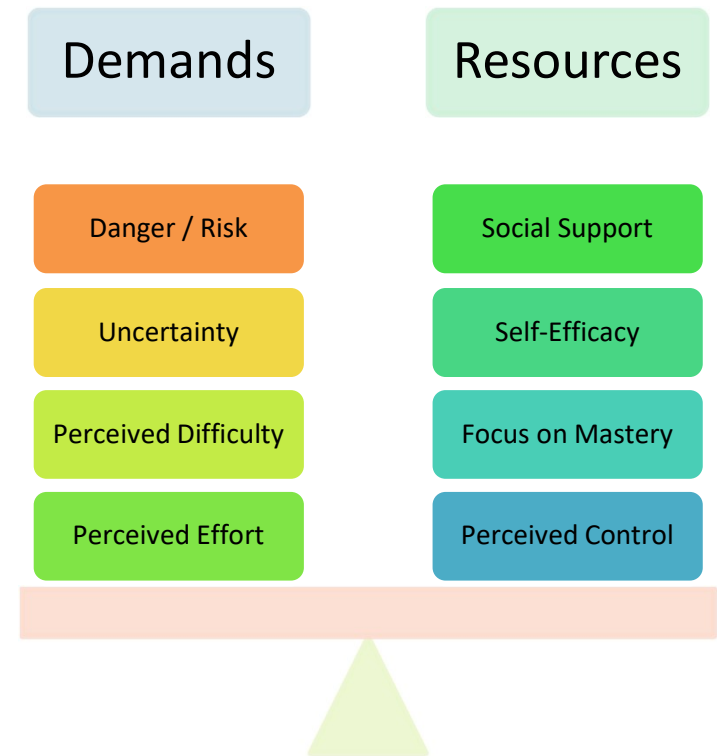
- ✓ **BPSM** resources, perceived coping predicted performance over & above TCTSA resources
- ✗ Previous trials biggest predictor of performance

Turner, M. J., Massie, R., Slater, M. J., & Braithwaite, E. (2021). Do challenge and threat evaluations predict netball performance and selection at trials in youth netball players? *Sport, Exercise, and Performance Psychology*, 10(1), 71-87.

<https://doi.org/10.1037/spy0000248>



| In pairs discuss...



1. A 'Motivated Performance Situation' you have faced / will face
2. Assess...
 - a. Task demands
 - b. Resources available to you
 - c. Were/are you in a challenge or threat state?

Measurable

In groups discuss what challenge and threat behaviours might look like during a match, at training & in the gym?

Threat						Challenge				
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5

	Challenge State	Threat State
Match		
Training		
Gym		

Measurable

Challenge and Threat Behaviour

Threat						Challenge				
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5

Threat Behaviours	Challenge Behaviours
<ul style="list-style-type: none"> - Negative response to the challenge - Avoids a battle (less effort) - Blaming others / having a go at teammates - Gives up - Makes a meal of little things - Lack of aggression / negative aggression* - Emotional reactions 	<ul style="list-style-type: none"> - Positive response to the challenge - Increased effort - Encouraging teammates - Acknowledges / takes responsibility - Takes risks - Focused on task / achieving success - Positive aggression* - Controls emotions

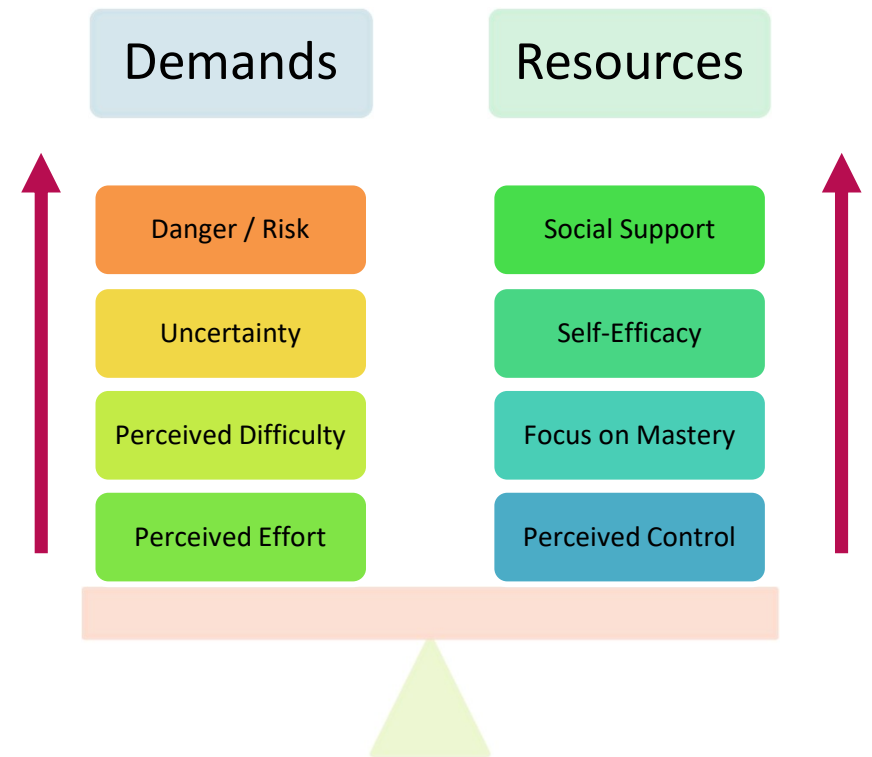


Flexible

Develop Challenge States

Demand Exposure

Enhance Resources



Demand Exposure

- Task design
 - Instructions / language
 - Consequences
 - Distractions, stressors
 - Goals
- Planned disruptions
- Feedback
- Surprises / change the routine

Danger / Risk

Uncertainty

Perceived Difficulty

Perceived Effort

> [Front Psychol.](#) 2019 Oct 10;10:2295. doi: 10.3389/fpsyg.2019.02295. eCollection 2019.

Investigating Irrational Beliefs, Cognitive Appraisals, Challenge and Threat, and Affective States in Golfers Approaching Competitive Situations

Nanaki J Chadha ¹, Martin J Turner ¹, Matthew J Slater ¹

> [Int J Psychophysiol.](#) 2014 Oct;94(1):9-18. doi: 10.1016/j.ijpsycho.2014.07.004. Epub 2014 Jul 15.

Manipulating cardiovascular indices of challenge and threat using resource appraisals

Martin J Turner ¹, Marc V Jones ², David Sheffield ³, Jamie B Barker ⁴, Peter Coffee ⁵

Psychology

Examining the relationships between challenge and threat cognitive appraisals and coaching behaviours in football coaches

Martin Dixon ✉, Martin J. Turner & Jamie Gillman

Pages 2446-2452 | Accepted 12 Dec 2016, Published online: 26 Dec 2016

Enhance Resources

- Education Interventions
 - Imagery, self-talk, goal setting, relaxation
 - Reappraisal
- Reflection
- Team building
- Support from staff

Social Support

Self-Efficacy

Focus on Mastery

Perceived Control

> Int J Psychophysiol. 2017 Jul;117:111-118. doi: 10.1016/j.ijpsycho.2017.04.011. Epub 2017 Apr 29.

Challenge and threat imagery manipulates heart rate and anxiety responses to stress

Sarah E Williams¹, Jet J C S Veldhuijzen van Zanten², Gavin P Trotman², Mary L Quinton², Annie T Ginty³

Optimizing stress responses with reappraisal and mindset interventions: an integrated model

Jeremy P. Jamieson, Alia J. Crum, J. Parker Goyer, Marisa E. Marotta & Modupe Akinola

To cite this article: Jeremy P. Jamieson, Alia J. Crum, J. Parker Goyer, Marisa E. Marotta & Modupe Akinola (2018) Optimizing stress responses with reappraisal and mindset interventions: an integrated model, *Anxiety, Stress, & Coping*, 31:3, 245-261, DOI: 10.1080/10615806.2018.1442615

To link to this article: <https://doi.org/10.1080/10615806.2018.1442615>



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The influence of identity leadership principles on followers' challenge and threat states and motor performance

Anthony J. Miller^a, Matthew J. Slater^a, Martin J. Turner^b

Final Thoughts...

Sport Psychologists

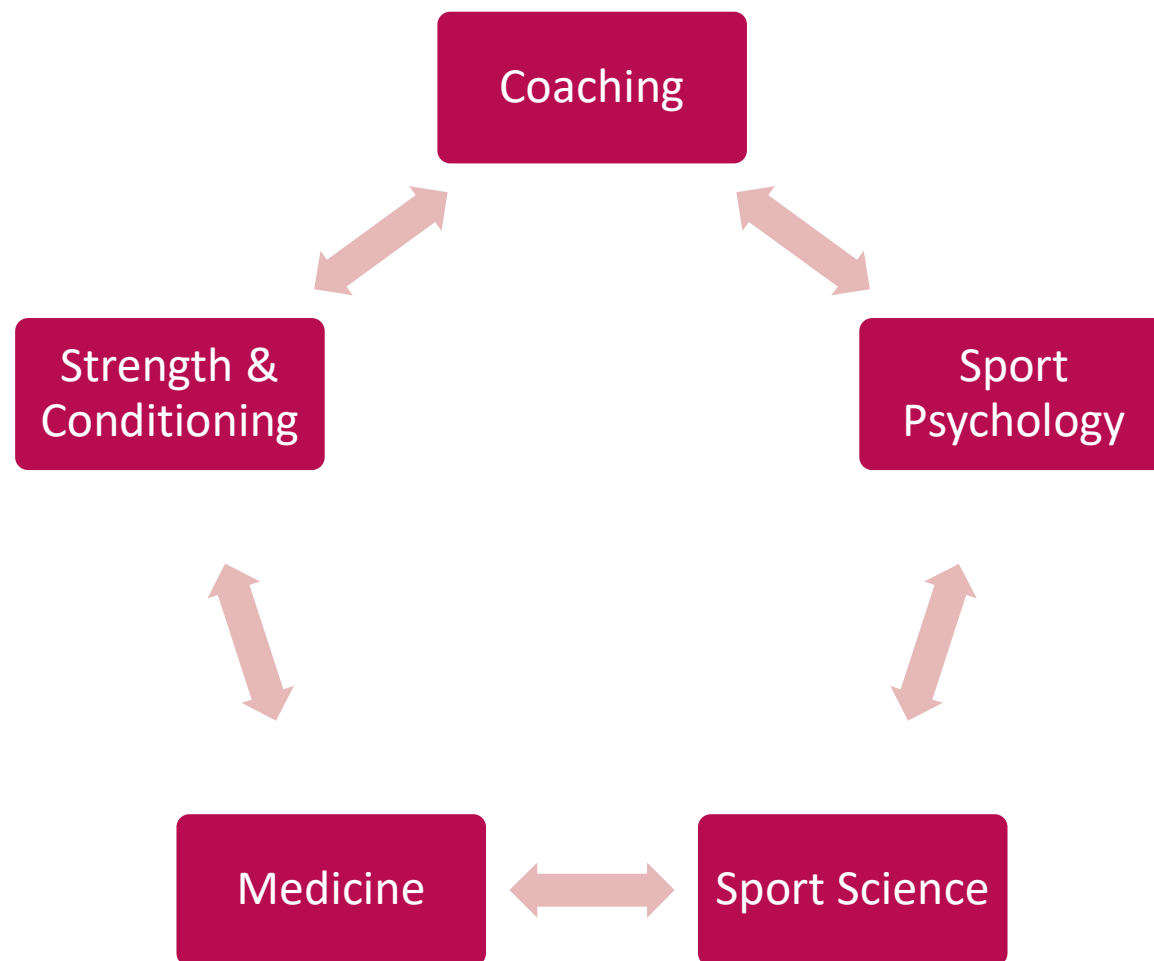
- Be evidence based* & pragmatic
- Flexible approach to working & measurement; easier to work across disciplines

Non-Sport Psychologists

- How can you integrate psych into your work?
- Which psych behaviours are relevant in your setting? How can we start to measure these?

Final Thoughts...

Multi-Disciplinary Working



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