

MASTERPROEF PSYCHOLOGIE I SEMINARIE 2 **PROBLEEMSTELLING**

AJ 24-25

Prof. Dr. Olivier Mairesse

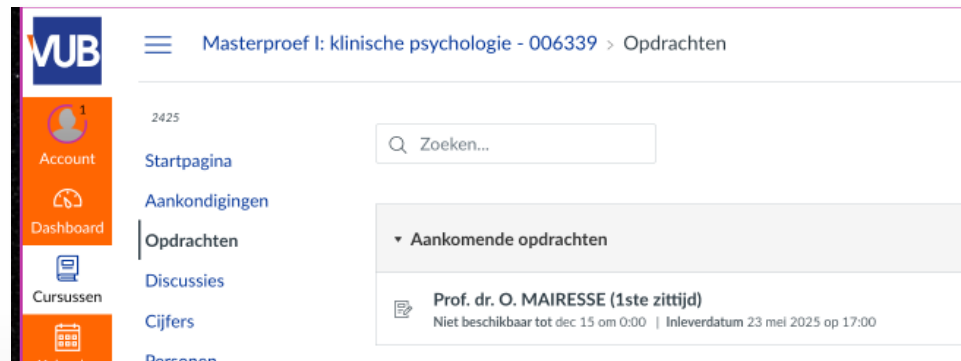
Dra. Aurore Roland

Dra. Bérénice Delwiche

Wijze examineren

- **Indienen Masterproef I opdracht:**

- Elke student dient afzonderlijk in (maar vermeldt naam duo)
- tot **23 mei 2025 om 17:00** (1^{ste} zittijd)
- tot **1 september 2025 om 17:00** (2^{de} zittijd)
- **Laattijdig indienen → AFW (!)**



PLANNING

datum	HOC	Deadline WP
11-02-25	introdutie SEM2 + principles and practice of writing papers (1: reading) + bronnen en hun vermelding (opzoeken)	
18-02-25	Systematic reviews/Meta-analyses (Nils Runge DIGILES)	
25-02-25	Probleemstelling + principles and practice of writing papers (2: structure)	
04-03-25	Literatuurstudie (first draft) + bronnen en hun vermelding (verkort)	Probleemstelling
11-03-25		
18-03-25		
25-03-25	OZ/hypothesen	Literatuurstudie (first draft)
01-04-25	Data-analysestrategie	OZ/hypothesen
08-04-25	paasvakantie	
15-04-25	paasvakantie	
22-04-25	Samenvatting/abstract	Data-analysestrategie + Samenvatting/abstract (tijdens de les)
29-04-25		Final draft --> Inge De Cleyne
06-05-25	Herschrijfsessie (Inge De Cleyne)	
13-05-25	Preregistratie en open science (Nils Runge)	Doorsturen naar promotor/begeleider!
20-05-25	Ethische Commissie (Bart Colson / Aurore Roland)	

Wijze examineren

- Beoordeling van een **paper** (onderzoeksvoorstel) gebeurt **door de promotor** van de masterproef.
- Eindresultaat = **BEHAALD/NIET BEHAALD** (1/0 → B/NB) → géén deliberatie mogelijk
- **Elke student dient de paper in**, ook al zijn duo-thesissen de norm! **Geen paper ingediend → NIET BEHAALD** (ook al heeft de thesispartner ingediend onder beide namen!)
- Opnemen van MP1 en niet slagen of AFW → **géén enkele garantie** dat je je gekozen **onderwerp/thesispartner** mag/kan behouden
- **Behaald** ($\geq 10/20$) betekent dus niet dat de eindpaper *goed* is en integraal kan overgenomen worden voor MP2. Vraag feedback!

PROCESEVALUATIE: WERK ERAAN VANAF DE START

1. Sociale en organisatorische vaardigheden

1.1 Contact met de begeleider:						
Vormelijk: de student weet de begeleider(s) op een correcte manier aan te spreken of aan te schrijven.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
Inhoudelijk: de student is in staat om problemen, vragen en dergelijke meer op een duidelijke manier te formuleren.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
1.2. Initiatiefname:						
De student doet constructieve voorstellen (m.b.t. het onderzoeksontwerp, de planning, de steekproefselectie, de gegevensanalyse, enz.).	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
1.3. Planmatigheid:						
De student kan het werk efficiënt plannen en houdt zich ook aan de vooropgestelde planning.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
1.4. Stiptheid:						
De student is punctueel en goed voorbereid voor bijeenkomsten met de begeleider(s).	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
1.5. Ethisch handelen:						
De student hanteert de ethische en deontologische normen, evenals de onderzoekswaarden van de VUB (bv. Vrij Onderzoek).	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
1.6. Omgaan met kritiek:						
De student accepteert en gaat constructief om met zowel positieve als negatieve feedback en zet deze om in efficiënt gedrag.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
1.7. Volharding:						
De student kan na een tegenslag de draad opnieuw opnemen en heeft steeds het best mogelijke resultaat voor ogen.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.

PROCESEVALUATIE

2. Specifieke vaardigheden (enkel voor psychologiestudenten)

2.1. Schrijfstijl: De student ontwikkelt tijdens het proces een betere schrijfstijl of werkt duidelijk aan een betere schrijfstijl.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
2.2. Informatie verzamelen: De student kan zelfstandig relevante informatie verzamelen (literatuur opzoeken, elektronische bronnen, enz).	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
2.3. Inhoud: De student is in staat zelfstandig het domein af te bakenen in de loop van het proces.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
2.4. Hypothesen: De student kan zelfstandig onderzoeksvragen en, indien van toepassing, hypothesen formuleren en opstellen.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
2.5. Positief kritische ingesteldheid: Tijdens en na discussies denkt de student kritisch na over het gebruik van methoden en technieken en kan deze op een positieve manier in vraag stellen.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
2.6. Dataverzameling: De student is in staat zelfstandig de doelgroep samen te stellen en data te verzamelen.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
2.7. Data- analyses: De student is in staat de correcte statistische methodes te kiezen en deze uit te voeren.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.
2.8. Bespreking: De student kan de resultaten op een correcte manier terugkoppelen naar gehanteerde theorieën.	zwak	matig	goed	zeer goed	uitstekend	N.V.T.

EINDPAPER MASTERPROEF I

Masterproef I opdracht: onderzoekprotocol

TITEL

[VOORNAAM NAAM]

[VOORNAAM NAAM]

Aantal woorden (MAX 1500-2000):

Promotoren: [naam/namen]

Psychologie & Educatiewetenschappen

Dient de voorbereidende elementen van de masterproef/het onderzoek te bevatten:

- Samenvatting/abstract
- **Probleemstelling**
- Literatuuronderzoek
- Onderzoeksvragen en/of hypothesen
- Onderzoeksopzet en –methoden
- Data-analysestrategie

Richtlijn: 1500-2000 woorden (short paper)

PROBLEEMSTELLING

De probleemstelling vormt de basis voor je scriptie. Het moet wetenschappelijk relevant zijn en gesitueerd worden in de context van bestaande literatuur.

2.1 Wetenschappelijke relevantie

- Belang voor het veld: Leg uit waarom jouw onderzoeksprobleem ertoe doet.
- Lacune in de literatuur: Identificeer in het algemeen wat ontbreekt of onvoldoende wordt aangepakt in het huidige onderzoek.
- Internationale context: Breng jouw probleem in verband met wereldwijde studies om wijdverbreide relevantie aan te tonen.

Voorbeeld:

"Ondanks het toenemende bewustzijn van geestelijke gezondheidsproblemen onder universiteitsstudenten, blijft de rol van slaapduur onderbelicht. Internationale studies suggereren een verband tussen slaap en geestelijke gezondheid, maar weinigen hebben zich gericht op studentenpopulaties, met name binnen een universitaire omgeving."

2.2 Beschrijving van het probleem

- Gedetailleerde uitleg: Verwoord duidelijk het probleem dat u onderzoekt.
- Bestaande oplossingen en tekortkomingen: Bespreek de huidige interventies en waarom deze mogelijk ontoereikend zijn.
- Centraal onderzoeksdoel: Definieer het primaire doel van uw onderzoek.

Voorbeeld:

"De huidige programma's voor geestelijke gezondheid op campussen zien slaapeducatie vaak over het hoofd. Hoewel counselingdiensten angst en depressie aanpakken, houden ze misschien geen rekening met hoe slaaptekort deze aandoeningen verergert. Deze studie heeft tot doel de relatie tussen slaapduur en geestelijke gezondheid onder studenten te onderzoeken om meer holistische welzijnsinitiatieven te genereren."

Tips:

- **Wees specifiek:** Vermijd te vage uitspraken; Geef concrete details.
- **Gebruik evidentie:** Ondersteun uw probleemstelling uit recente, betrouwbare en gerenommeerde bronnen.

2. Probleemstelling

De probleemstelling vormt de basis voor je masterproef. Het moet wetenschappelijk relevant zijn en gesitueerd worden in de context van bestaande internationale literatuur.

2.1 Wetenschappelijke relevantie

- Belang voor het veld: Leg uit waarom jouw onderzoeksprobleem ertoe doet.
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- Internationale context: Breng het probleem in verband met wereldwijde studies om wijdverbreide relevantie aan te tonen.

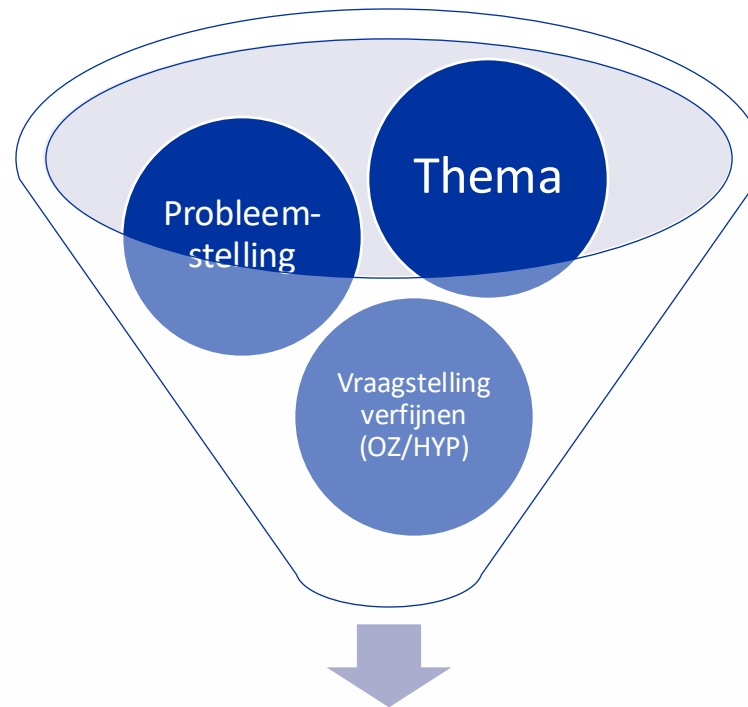
2.2 Beschrijving van het probleem

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BEOORDELING MASTERPROEF I EN II

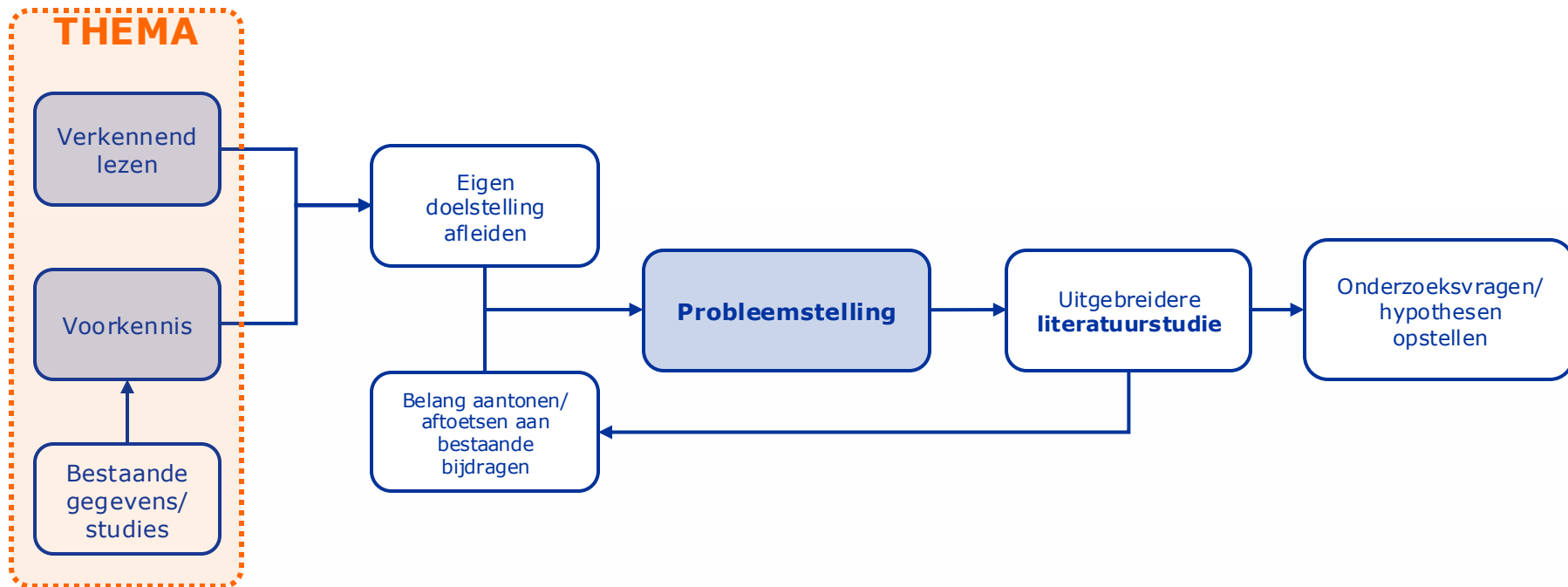
Kwaliteitscriteria		Zwak	Matig	Goed	Zeer goed	Uitstekend	N.V.T.
Inleiding	Abstract	Bevat de samenvatting/abstract een volledige weergave van het onderzoek (onderzoeksdoelstelling, -vragen, -methode, -resultaten en een conclusie)?					
	Probleemstelling	Is de probleemstelling gekaderd binnen de internationale literatuur?					
		Behandelt de probleemstelling het onderwerp, de state-of-the-art en de onderzoekshiaten?					
		Bevat de probleemstelling de algemene onderzoeksdoelstelling?					
	Literatuurstudie	Is de literatuurstudie kritisch, analytisch en samenhangend?					
		Bevat de literatuur de state-of-the-art (bv. empirische inzichten en toonaangevende theorieën)?					
		Leidt de literatuurstudie tot relevante onderzoeksvragen (of, indien van toepassing, hypothesen)?					
	OZ-vragen	Zijn de onderzoeksvragen en/of hypothesen/verwachtingen helder geformuleerd?					
		Is het conceptuele model verhelderend in relatie tot de onderzoeksvragen? (Indien van toepassing)					
	Feedback inleiding						

algemeen



specifiek

INLEIDING



WAT IS EEN PROBLEEMSTELLING

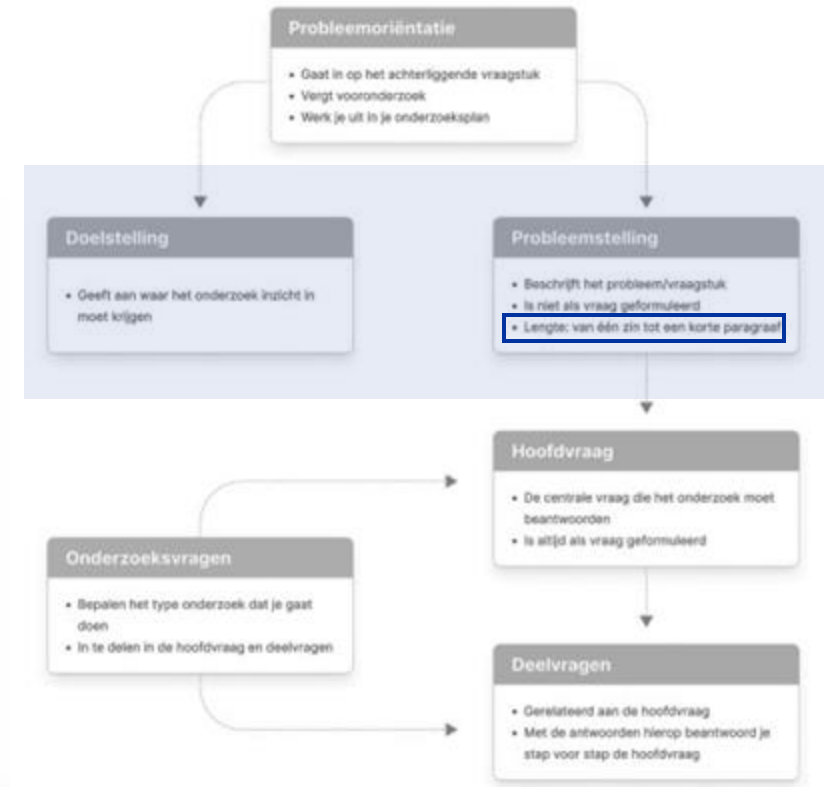
- Een korte, krachtige omschrijving van het probleem dat je wilt onderzoeken.
- Beantwoordt de vraag: **Waarom is dit een relevant en wetenschappelijk probleem?**
- Onderdelen van een probleemstelling:
 - **Context** – In welk theoretisch en maatschappelijk kader past dit probleem?
 - **Specifiek probleem** – Wat is er nog onbekend of onduidelijk?
 - **Doel van het onderzoek** – Wat wil je precies onderzoeken en waarom?

Voorbeeld: *"In de klinische praktijk wordt cognitieve gedragstherapie voor insomnia (CGT-I) veel toegepast in de behandeling van chronische (comorbide) insomnie, maar er is weinig onderzoek naar de invloed van persoonlijkheidskenmerken op de effectiviteit van CGT-I bij patiënten met comorbide pijnklachten . Dit onderzoek richt zich op de rol van neuroticisme in de respons op CGT-I bij patiënten met insomnie en chronische lage rugpijn."*

BELANG VAN EEN GOEDE PROBLEEMSTELLING

- De **basis van je onderzoek**: bepaalt **welke vragen** je stelt en **hoe je data verzamelt**.
- Zorgt ervoor dat je onderzoek **relevant** en **afgebakend** is.
- Voorkomt verwarring en tijdverlies door onduidelijkheid; ook voor de lezer.
- Bepaalt de **wetenschappelijke en maatschappelijke** bijdrage van je studie.
- Helpt bij het formuleren van een heldere doelstelling en hypothesen.
 - Wat is het doel **van** je onderzoek? → wat is het doel **in** je onderzoek?

Overzicht onderdelen probleemanalyse



CRITERIA PROBLEEMSTELLING

Een probleemstelling moet:

- **Duidelijk en concreet zijn** – Vermijd vage of brede omschrijvingen.
- **Relevantie hebben** – Waarom is dit probleem belangrijk in de klinische psychologie?
- **Onderzoekbaar zijn** – Kan het getest worden met wetenschappelijke methoden?
- **Gebaseerd zijn op literatuur** – Bouw voort op bestaande kennis.
- **Afgebakend zijn** – Niet te breed, niet te smal.

Voorbeeld zwakke probleemstelling (onderzoek naar MBT bij jong-volwassenen)

"Angststoornissen komen vaak voor en moeten beter behandeld worden."

Verbeterd: *"Sinds de COVID19 pandemie vertonen jongvolwassenen meer angstgerelateerde klachten, maar een gepaste behandeling is niet steeds voorhanden. Deze studie richt zich op het vergelijken van de effectiviteit van mindfulness-based therapie (MBT) t.o.v. angstremmende medicatie bij universiteitstudenten."*

PITFALLS

Te breed geformuleerd

- "*Hoe kan ACT helpen bij het verminderen van stress?*" → Welke doelgroep? Welke aanpak?

Te vaag

- "*Er is een probleem van burn-out bij proffen.*" → Welk aspect van burn-out? Wat is de onderzoeksvraag?

Geen link met theorie/literatuur

- "*Sociale media beïnvloeden de mentale gezondheid.*" → Hoe? Voor wie? Wat zegt de literatuur?

Niet onderzoekbaar

- "*Moeten therapeuten vaker mindfulness aanraden na het experimenteel induceren van depressie?*"
→ Niet wetenschappelijk meetbaar.

 **Tip:** Maak je probleemstelling **meetbaar en concreet!**

HOE GA JE TE WERK?

Voer een oriënterende literatuurstudie uit op basis van je onderwerp en identificeer een probleem of kennislacune

- Welke theorieën en modellen zijn relevant?
- Is er een maatschappelijk relevant vraagstuk?
- Wat is al onderzocht en wat nog niet? Wat ontbreekt in de bestaande literatuur?
- Zijn er tegenstrijdige onderzoeksresultaten?

Beperk het probleem

- Stel een mindmap op of een conceptueel model op (vb. Directionele Acyclische Graf: <https://www.dagitty.net/>)
- Identificeer en kies hierin een specifiek problem dat je wil/kan onderzoeken.
- Overweeg variabelen zoals **doelgroep**, **setting** en **context**.

Stel de probleemstelling scherp

- Schrijf een eerste versie en toets deze aan de criteria.
- Vraag feedback aan elkaar en verbeter waar nodig.

OPZOEKEN VAN LITERATUUR

- Zoekmachines die wetenschappelijke werken indexeren
 - Web Of Science, Google Scholar, Scopus
- Helpt je met het vinden van relevante literatuur op basis van:
 - Topics (welke werken vind ik op basis van deze zoekterm?)
 - Jaartal (welke werken vind ik na dit jaar op deze zoekterm?)
 - Auteur (wat heeft deze wetenschapper nog gepubliceerd?)
 - Citaties (welke werken hebben dit werk ook geciteerd?)
- <https://biblio.vub.ac.be/>: Databanken → Google Scholar

OPZOEKEN VAN LITERATUUR

V-link bronnen; Catalogus en databases

De catalogus en de meeste databases van de bibliotheek ondersteunen V-link via de OpenURL. Het is belangrijk om de links van de bibliotheeksite te gebruiken.

Zo is bijvoorbeeld de link naar PubMed

(<http://www.ncbi.nlm.nih.gov/gquery/gquery.fcgi?otool=vublib>) niet de standaardlink.

Idem voor Google Scholar

(<http://scholar.google.com/schhp?inst=vub.ac.be>).

OPZOEKEN VAN LITERATUUR

Google Scholar

Settings

- Search results
- Languages
- Library links
- Account
- Button

Show library access links for (choose up to five libraries):

Vrije Universiteit Brussel

e.g., Harvard

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Online access to library subscriptions is usually restricted to patrons of that library. You may need to login with your library password, use a campus computer, or configure your browser to use a library proxy. Please visit your library's website or ask a local librarian for assistance.

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Olivier Mairesse
Assistant professor, Vrije Universiteit Brussel
Verified email at vub.be
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Is a one-night stay in the lab really enough to conclude? First-night effect and night-to-night variability in polysomnographic recordings among different clinical ...

J Newell, [O. Mairesse](#), [P. Verbanck](#), D Neu - Psychiatry research, 2012 - Elsevier

While polysomnography remains the current gold standard in sleep investigation, guidelines for single night versus consecutive recordings in a sleep laboratory have been disputed mainly because of two phenomena: the first-night effect and night-to-night variability. One ...

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The market potential for plug-in hybrid and battery electric vehicles in Flanders: A choice-based conjoint analysis

K Lebeau, [J. Van Mierlo](#), [P. Lebeau](#), [O. Mairesse](#) - ... Research Part D ... 2012 - Elsevier

This paper considers the market potential for battery electric and plug-in hybrid electric vehicles in Flanders, Belgium. Making use of a large-scale survey conducted in 2011 and applying a choice-based conjoint experiment, it is predicted that by 2020, battery electric ...

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Sleep disturbances in chronic pain: neurobiology, assessment, and treatment in physical therapist practice

J Nijs, [O. Mairesse](#), D Neu, L Leysen... - Physical ... 2018 - academic.oup.com

Among people with chronic pain, insomnia is highly prevalent, closely related to the mechanism of central sensitization, characterized by low-grade neuroinflammation, and commonly associated with stress or anxiety; in addition, it often does not respond effectively ...

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How persuasive is 'free'public transport?: a survey among commuters in the Brussels Capital Region

A De Witte, [C. Macharis](#), [O. Mairesse](#) - Transport Policy, 2008 - Elsevier

In Belgium, several cities have been experimenting with 'free'public transport based on the concept of a third payer system. This study explores the modal shift potential of this measure for commuters by means of a large-scale survey. The results indicate that there is still a ...

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Olivier Mairesse
Assistant professor, Vrije Universiteit Brussel
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GOOGLE SCHOLAR

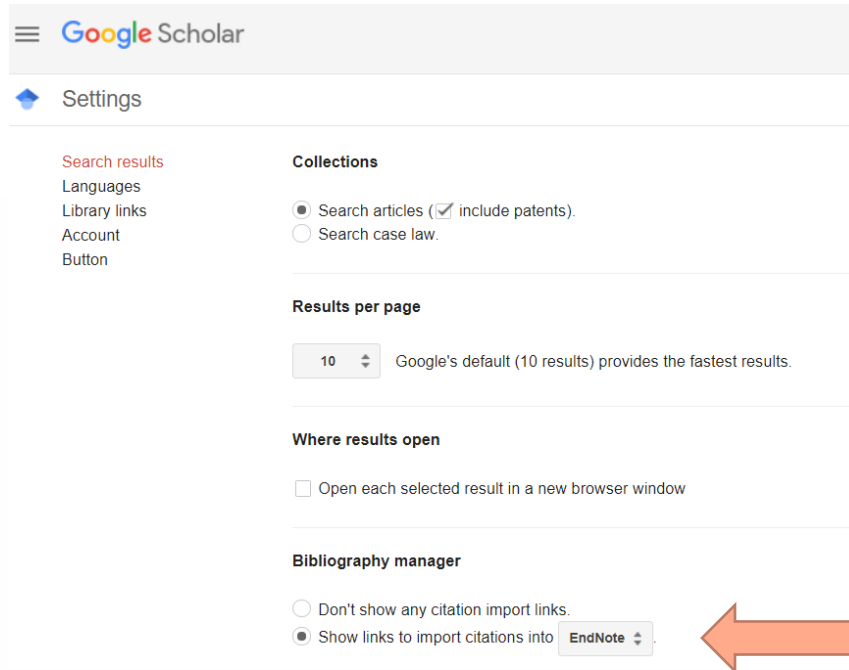
- Gebruik de “**Advanced Search**” functie!
- Wanneer je een relevant artikel hebt, kijk door wie en hoe vaak dat artikel geciteerd werd (**geciteerd door**)!
- Wanneer je een relevante auteur gevonden hebt, kijk wat deze auteur nog gepubliceerd heeft (**auteur link**)!

GOOGLE SCHOLAR

× Advanced search 🔍

Find articles
with **all** of the words
with the **exact phrase**
with **at least one** of the words
without the words
where my words occur ☒ anywhere in the article
☐ in the title of the article
Return articles **authored by**
e.g., "PJ Hayes" or McCarthy
Return articles **published in**
e.g., J Biol Chem or Nature
Return articles **dated between** —
e.g., 1996

EXPORTEREN NAAR REFERENCE MANAGER



The image shows the Google Scholar Settings page. On the left is a sidebar with links: Search results, Languages, Library links, Account, and Button. The main content area has several sections: Collections, Results per page, Where results open, and Bibliography manager. In the Bibliography manager section, the option 'Show links to import citations into' is selected, and a dropdown menu shows 'EndNote' as the chosen reference manager. A large orange arrow points from the right towards the 'EndNote' dropdown.

Google Scholar

Settings

Search results
Languages
Library links
Account
Button

Collections

☒ Search articles (☒ include patents).
☐ Search case law.

Results per page

10 Google's default (10 results) provides the fastest results.

Where results open

☐ Open each selected result in a new browser window

Bibliography manager

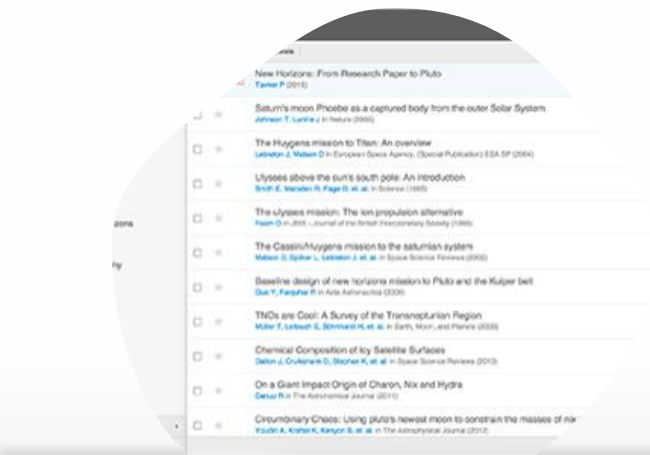
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REFERENCE MANAGERS: MENDELEY

- Academische software (founded door drie duitse PhD studenten, maar nu overgekocht door Elsevier)
- Cross-platform (Win/Mac/Linux/Mobile)
- Alle gekende web browsers

<https://www.mendeley.com>



REFERENCE MANAGERS: MENDELEY

Starten met account aanmaken en browser downloaden

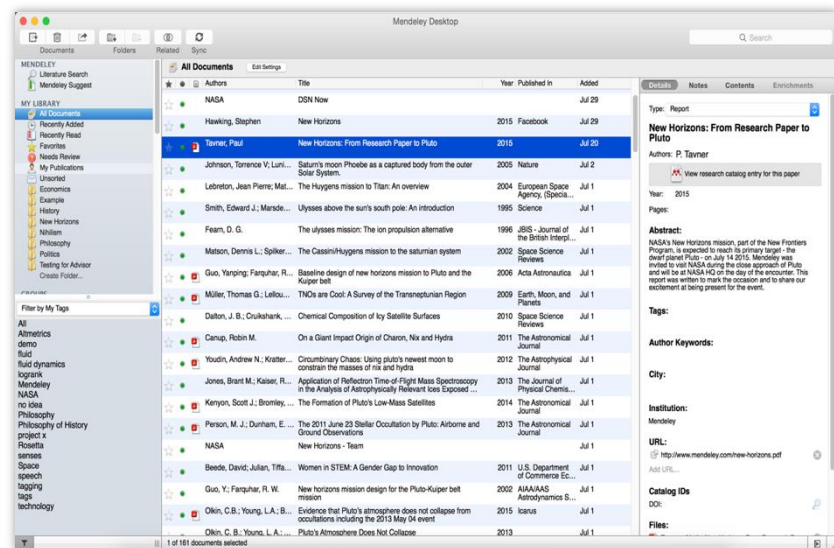
Create a free account

First Name Last Name

Email

Password

[Get started](#)

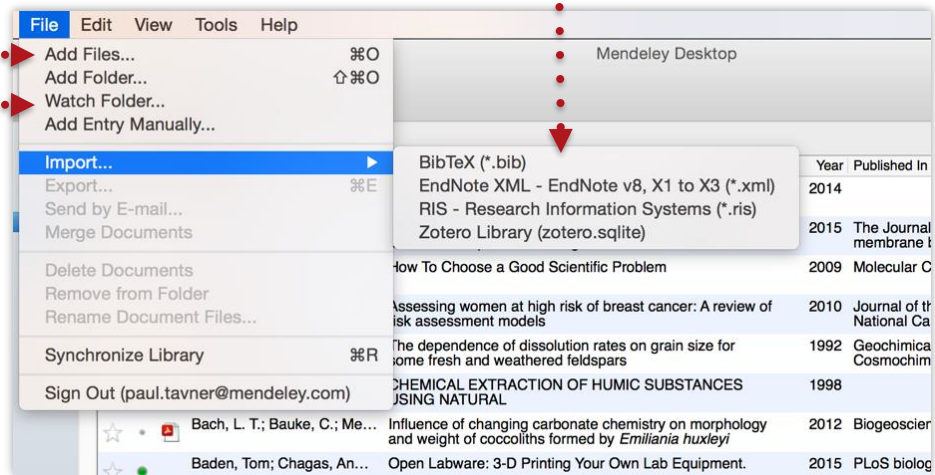


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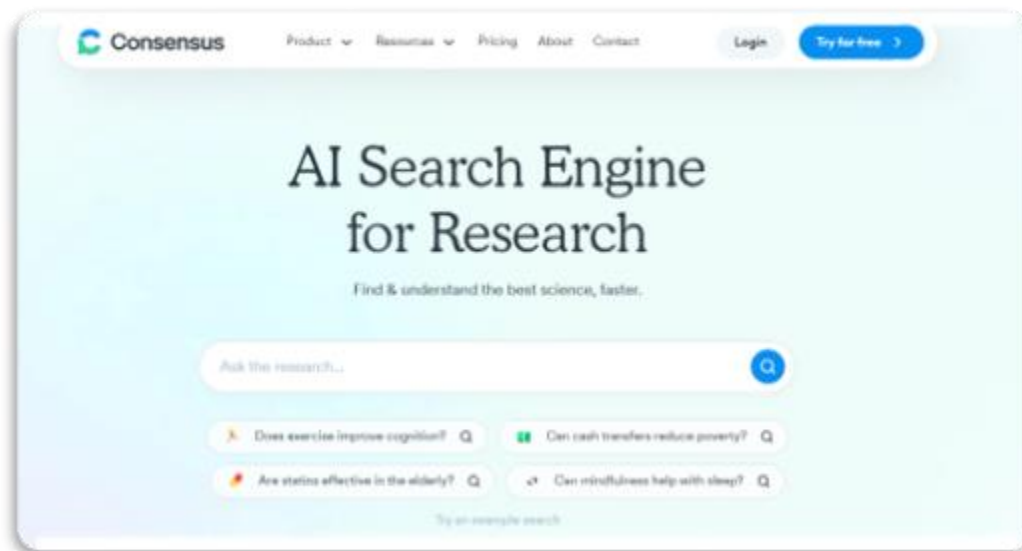
Add reference by
manually entering details

Import from another reference
manager, or BibTeX



AI TOOLS: DEMO

Consensus: AI-powered Academic Search Engine



AI TOOLS

← Back to search does sleep affect esports performance

Answer

The brief sleep intervention improved sleep knowledge, sleep efficiency, and reduced insomnia severity in esports athletes, but did not significantly change mood or cognitive performance scores.

Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes

Published Mar 31, 2022 · Daniel Roenne, Sangha Lee, Brandy M. Brown · 10,000

International Journal of Environmental Research and Public Health

Q2 5.81 score

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Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes

TLDR: A brief sleep intervention is evaluated to improve the sleep, mood, and cognitive performance of professional electronic sports athletes from three major esports regions to examine whether a stepped-care model, whereby increasing therapeutic input is provided as needed, can optimize sleep, mood, and cognitive performance outcomes. Expand

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What are the limitations of this research?

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Study Snapshot

Key takeaway: A brief sleep intervention improved sleep knowledge, sleep efficiency in esports athletes, but did not significantly affect mood or cognitive performance.

Population: Professional esports athletes

Sample size: 100

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Restart Ask a question about "Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, a..." AI-Powered X

Model A

what are the limitations of this research?

The study had several limitations: it lacked a control group, which affects the generalizability of the findings; the sample was predominantly male, limiting insights into female esports athletes; potential time-of-day effects on reaction-time testing were not controlled due to a wide testing window; and the study was not pre-registered with the World Health Organization.

Supporting Statements

Model B

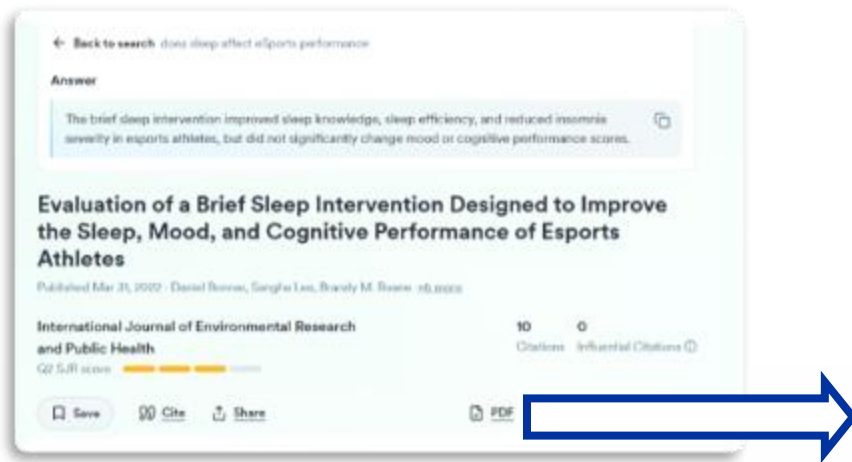
what are the limitations of this research?

The limitations of this research include the lack of a control group, the primary male composition of the sample, potential time-of-day influences on reaction-time testing, and the study not being pre-registered with the World Health Organization.

Supporting Statements

Model A Is Better It's A Tie Neither Are Helpful Model B Is Better

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International Journal of
Environmental Research
and Public Health



Article

Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes

Daniel Bonnar ^{1,†}, Sangha Lee ^{2,†}, Brandy M. Roane ³, Daniel J. Blum ⁴, Michal Kahn ¹, Eunhee Jang ⁵, Ian C. Dunican ⁶, Michael Gradisar ⁷ and Sooyeon Suh ^{5,*}

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† These authors contributed equally to this work.



Citation: Bonnar, D.; Lee, S.; Roane, B.M.; Blum, D.J.; Kahn, M.; Jang, E.; Dunican, I.C.; Gradisar, M.; Suh, S. Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes. *Int. J. Environ. Res. Public Health* **2022**, *19*, 4146. <https://doi.org/10.3390/ijerph19074146>

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Abstract: This study evaluated a brief sleep intervention designed to improve the sleep, mood, and cognitive performance of professional electronic sports (esports) athletes from three major esports regions (i.e., Asia, North America, and Oceania). Fifty-six esports athletes from South Korea ($N = 34$), the United States ($N = 7$), and Australia ($N = 15$) completed the study. Participants completed an initial 2-week pre-intervention phase to establish a baseline, followed by a 2-week intervention phase that involved a group sleep education class, 1:1 session with a trained clinical psychologist, and daily biofeedback. A wrist activity monitor and daily sleep diary were used to monitor sleep during both phases, while at pre- and post-intervention, participants completed a battery of sleep and mood questionnaires and underwent cognitive performance testing. Sleep knowledge increased from pre- to post-intervention ($d = 0.83$ [95% CI $-1.21, -0.43$], $p < 0.001$), while there were modest improvements in sleep diary estimates (i.e., sleep onset latency ($M_{diff} = -2.9$ min, $p = 0.02$), sleep onset time ($M_{diff} = -12$ min, $p = 0.03$), and sleep efficiency ($M_{diff} = 1.1\%$, $p = 0.004$)) and wrist activity monitor estimates (i.e., sleep onset time ($M_{diff} = -18$ min, $p = 0.01$)). Insomnia severity scores decreased significantly ($d = 0.47$ [95% CI $0.08, 0.84$], $p = 0.001$), while sleepiness scores increased but not meaningfully ($d = 0.23$ [95% CI $-0.61, 0.14$], $p = 0.025$). However, there was no significant change in mood (i.e., depression and anxiety) or cognitive performance scores (i.e., mean reaction time or lapses). Sleep interventions for esports athletes require further investigation. Future research should examine whether a stepped-care model, whereby increasing therapeutic input is provided as needed, can optimize sleep, mood, and cognitive performance outcomes.

Keywords: esports; sleep; performance; intervention; mood; cognitive

save

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Results

1 Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Performance of Esports Athletes

The brief sleep intervention improved sleep knowledge, sleep efficiency, and mood severity in esports athletes, but did not significantly change mood or cognitive performance.

Non-RCT Rigorous Journal Ask this paper

Export results

.RIS
EndNote, Zotero, Mendeley

.CSV
Excel, Numbers, Sheets

Title	Takeaway	Authors	Year	Citations	Abstract	Study Type	Journal	Journal SJR Quartile	DOI
Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Performance of Esports Athletes	A brief sleep intervention improved sleep knowledge, sleep efficiency, and mood severity in esports athletes, but did not significantly change mood or cognitive performance.	Daniel Bon	2022	10	This study evaluated a brief sleep intervention designed to improve the sleep, mood, non-rct observational study	International Journal of Environmental Research and Public Health	International Journal of Environmental Research and Public Health	2	10.3390/ijerph19074146
Sleep Characteristics and Mood of Professional Esports Athletes: A Mu	Professional esports athlete Sangha Lee	2021	38	Esports is becoming increasingly professionalized, yet research on performance n	non-rct observational study	International Journal of Environmental Research and Public Health	International Journal of Environmental Research and Public Health	2	10.3390/ijerph18020664
Sleep and performance in Esports: for the win!	Eathlete performance may I. Daniel Bon	2019	42	Abstract Preliminary findings from this study were presented as a poster (P376) at rct	literature review	Sleep health	Sleep health	1	10.1016/j.sleh.2019.06.007
P104 The Impact of Total Sleep Deprivation on Performance in the Espc	Acute total sleep deprivation I. Smithies	2023	0	Abstract Preliminary findings from this study were presented as a poster (P376) at rct	literature review	Sleep Advances: A Journal of the Sleep Research Society	Sleep Advances: A Journal of the Sleep Research Society	1	10.1093/sleep/adv025
Sleep Characteristics in Esports Players and Associations With Game P	Better game performance in F. Moen, M	2022	11	The current study aimed to examine sleep characteristics of esports players and the non-rct observational study	Frontiers in Sports and Active Living	Frontiers in Sports and Active Living	Frontiers in Sports and Active Living	1	10.3389/fspor.2021.697535
Sleep Characteristics and Risk Factors of Korean Esports Athletes: An I	Professional esports athlete Sangha Lee	2020	18	Background: Although sleep is a potentially important determinant of performance in esports, there have been no published data on the sleep behavior of professional esports athletes	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	1	10.17241/jsem.2020.00773
The Sleep, Anxiety, Mood, and Cognitive Performance of Oceanic Rock Esports	athletes competing. Daniel Bon	2024	0	The overall aim of the present study was to examine the daily patterns and relationships between sleep behavior, anxiety, mood	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	1	10.1123/jeg.2023.0036
Risk Factors and Sleep Intervention Considerations in Esports: A Review	Esports athletes may experis Daniel Bon	2019	22	Esports is a booming global industry and has been officially included in the lead-up literature review	Sleep Medicine Research	Sleep Medicine Research	Sleep Medicine Research	4	10.17241/jsem.2019.00479
Influence of esports on Sleep and Stress	Esports significantly reduce Kristina Kili	2022	5	Abstract. Recreative sleep and a low stress level are important health- and performance-enhancing factors in daily life. The present study	Zeitschrift für Sportpsychologie	Zeitschrift für Sportpsychologie	Zeitschrift für Sportpsychologie	4	10.1026/1612-5010/a000368
The Impact of eSports and online video gaming on lifestyle behaviours in Esports	and online video game G. Chan, Y	2022	80	Introduction Electronic sports, termed esports, is a growing athletic activity in which non-rct observational study	systematic review	Comput. Hum. Behav.	Comput. Hum. Behav.	1	10.1016/j.chb.2021.106974
Nutrition, lifestyle, and cognitive performance in esports athletes	Esports athletes with adequate J. Jenna B. G	2023	17	Introduction Electronic sports, termed esports, is a growing athletic activity in which non-rct observational study	systematic review	Frontiers in Nutrition	Frontiers in Nutrition	1	10.3389/fnut.2023.1120303
Sleep in Habitual Adult Video Gamers: A Systematic Review	Excessive gaming is associated C. Kemp, P	2021	8	Video gaming is a popular, globally recognized phenomenon, played recreationally systematic review	Frontiers in Neuroscience	Frontiers in Neuroscience	Frontiers in Neuroscience	2	10.3389/fnins.2021.781351
The Impact of Sleep Duration on Performance Among Competitive Athletes	Longer-term sleep manipulation Gregory W.	2018	58	The athletic advantage of sleep, although commonly touted by coaches, trainers, a systematic review	Clinical Journal of Sport Medicine	Clinical Journal of Sport Medicine	Clinical Journal of Sport Medicine	1	10.1097/JSM.0000000000000622
Setting the scientific stage for esports psychology: a systematic review	Esports psychology reveals I. Ismael Pec	2020	133	ABSTRACT Competitive gaming, better known as electronic sports (esports), is a rapid systematic review	International Review of Sport and Exercise Psychology	International Review of Sport and Exercise Psychology	International Review of Sport and Exercise Psychology	1	10.1080/1750984X.2020.1723122
The Influence of Coaches and Support Staff on the Sleep Habits of Esports	athletes' sleep habit Daniel Bon	2023	5	The present study investigated the influence and perspective of esports coaches and support staff on the sleep habits of esports athletes	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	1	10.1123/jeg.2022.0023
Playing with Emotions: A Systematic Review Examining Emotions and E	Emotions in esports affect p. Nicole A. B	2023	6	The massive growth of esports has vitalized the need to study human performance systematic review	Proceedings of the ACM on Human-Computer Interaction	Proceedings of the ACM on Human-Computer Interaction	Proceedings of the ACM on Human-Computer Interaction	1	10.1145/3611041
Effect of Ergonomic Training and Exercise in Esports Players: A Random	Exercise and ergonomics tri Atakan Gü	2024	0	This study aimed to investigate the effectiveness of exercises given with ergonomic rct	International Journal of Disabilities Sports and Recreation	International Journal of Disabilities Sports and Recreation	International Journal of Disabilities Sports and Recreation	4	10.33438/ijdsr.1481857
The structure of performance and training in esports	Esports training methods sh. Eugen Nag	2020	114	Esports as the competitive play of digital games has gained considerable popularity non-rct observational study	PLoS ONE	PLoS ONE	PLoS ONE	1	10.1371/journal.pone.0237584
Does Streaming Esports Affect Players' Behavior and Performance?	Streaming esports on Twitch Akira Mats	2019	33	In this work, we analyze what effect streaming gameplay on Twitch has on players' in-game behavior and performance. We hypothesized that	Games and Culture	Games and Culture	Games and Culture	1	10.1177/1555412019838095
Problematic Gaming and Sleep: A Systematic Review and Meta-Analysis	Problematic gaming is associated J. Kristensen	2021	36	Problematic gaming has been linked to poor sleep outcomes; however, these associations meta-analysis	Frontiers in Psychiatry	Frontiers in Psychiatry	Frontiers in Psychiatry	1	10.3389/fpsyt.2021.675237
Sleep quality and video game playing: Effect of intensity of video game	Intensity of video game play E. Altintas,	2019	49	Esports is an electronic sport known as competitive video gaming, which has seen systematic review	Psychiatry Research	Psychiatry Research	Psychiatry Research	1	10.1016/j.psychres.2019.01.030
Sleep and Athletic Performance: The Effects of Sleep Loss on Exercise	Sleep loss negatively impacts Hugh H. K.	2015	590	Although its true function remains unclear, sleep is considered critical to human performance literature review	Sports Medicine	Sports Medicine	Sports Medicine	1	10.1007/s40279-014-0260-0
Physical Exercise and Performance in Esports Players: An Initial Systematic	Physical activity/exercise m. C. McNulty	2023	15	Background: Participation in esports (excluding active video games) has raised concern systematic review	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	Journal of Electronic Gaming and Esports	1	10.1123/jeg.2022.0014
Acute Sleep Restriction Affects Sport-Specific But Not Athletic Performance	Acute sleep restriction significantly J. Vitale, M	2021	6	PURPOSE Little is known about the effect of sleep restriction (SR) on different domains of performance	International Journal of Sports Physiology and Performance	International Journal of Sports Physiology and Performance	International Journal of Sports Physiology and Performance	1	10.1123/ijspp.2020.0390
Behind the Screen: Do Esports Participants Really Have More Physical	Esports participation is not D. Tang, K	2023	5	This cross-sectional study aimed to explore the association between esports participation and physical health and examine the sustainability	Sustainability	Sustainability	Sustainability	1	10.3390/su152316391
Influence of Esports on stress: A systematic review	Esports play and I. Manoj Kumar	2020	48	Esports is an electronic sport known as competitive video gaming, which has seen systematic review	Industrial Psychiatry Journal	Industrial Psychiatry Journal	Industrial Psychiatry Journal	1	10.4103/ipj.ipj.195.20
Optimizing sleep to maximize performance: implications and recommendations	Optimizing sleep quality and Norah S. S.	2017	171	Despite a growing body of literature demonstrating a positive relationship between sleep and optimal performance, athletes often lack sleep	Scandinavian Journal of Medicine & Science in Sports	Scandinavian Journal of Medicine & Science in Sports	Scandinavian Journal of Medicine & Science in Sports	1	10.1111/sms.12703
Breaking up prolonged sitting with a 6 min walk improves executive function	A 6-minute walking break du. Joanne DIF	2021	23	Objective The effect of prolonged sitting on executive function and performance in rct	BMJ Open Sport & Exercise Medicine	BMJ Open Sport & Exercise Medicine	BMJ Open Sport & Exercise Medicine	1	10.1136/bmjsem-2021-001118
How Sleep Affects Recovery and Performance in Basketball: A Systematic	Better sleep quality and performance Javier Och	2022	3	Background: Sleep is considered an essential component related to physiological and psychological performance systematic review	Brain Sciences	Brain Sciences	Brain Sciences	2	10.3390/brainsci12111570

AI TOOLS

The screenshot shows a web browser window with a research article from the International Journal of Environmental Research and Public Health (MDPI). The article title is "Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes". The authors are Daniel Bonnar, Sangha Lee, Brandy M. Roane, Daniel J. Blum, Michal Kahn, Eunhee Jang, Ian C. Dunican, Michael Gradisar, and Sooyeon Suh. A blue box highlights the "Ask Copilot" button in the browser's address bar. A blue arrow points from this button to a text box in the Copilot sidebar that says "Summarize the main points on this page". The Copilot sidebar on the right contains a summary of the article's main points, including the objective, participants, intervention, and results.

Article
Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes
 Daniel Bonnar ^{1,†}, Sangha Lee ^{2,†}, Brandy M. Roane ³, Daniel J. Blum ⁴, Michal Kahn ¹, Eunhee Jang ⁵, Ian C. Dunican ⁶, Michael Gradisar ⁷ and Sooyeon Suh ^{5,*}

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³ Department of Pharmacology and Neurosciences, UNT Health Science Centre, University of North Texas, Fort Worth, TX 76107, USA; brandy.roane@unt.edu
⁴ Department of Arts and Sciences, New York University Shanghai, Shanghai 200122, China; drblum@sleepwise.io
⁵ Department of Psychology, Sungshin Women's University, Seoul 02844, Korea; eunhee2914@gmail.com
⁶ Centre for Sleep Science, School of Human Sciences, The University of Western Australia, Perth, WA 6009, Australia; iandunican@sleepperformance.com.au
⁷ WINK Sleep Pty Ltd., Adelaide, SA, Australia; grad0011.mg@gmail.com
 * Correspondence: alysub@sungshin.ac.kr; Tel.: +82-2-920-7215
 † These authors contributed equally to this work.

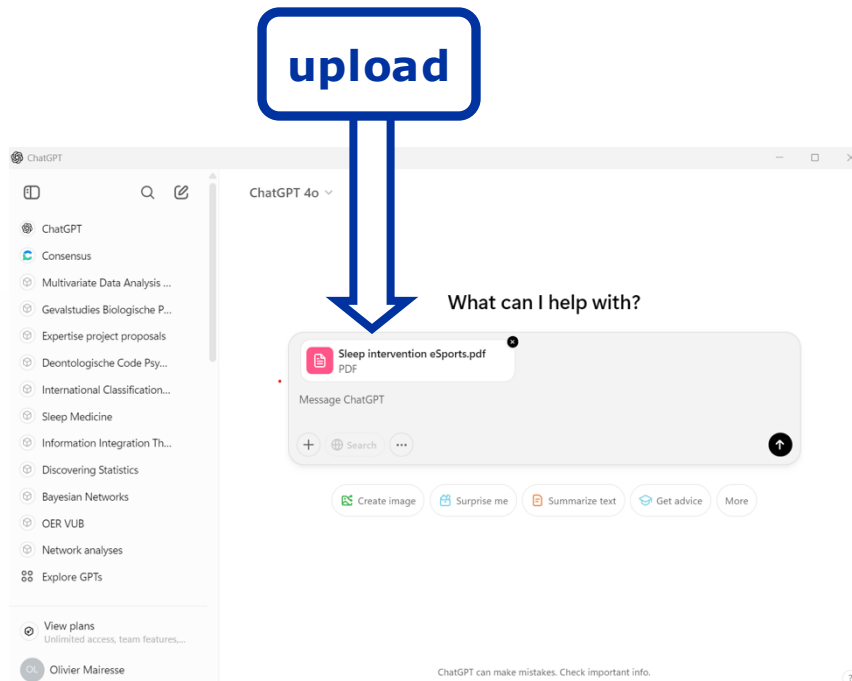
Abstract: This study evaluated a brief sleep intervention designed to improve the sleep, mood, and cognitive performance of professional electronic sports (esports) athletes from three major esports regions (i.e., Asia, North America, and Oceania). Fifty-six esports athletes from South Korea ($N = 34$), the United States ($N = 7$), and Australia ($N = 15$) completed the study. Participants completed an initial 2-week pre-intervention phase to establish a baseline, followed by a 2-week intervention phase that involved a group sleep education class, 1:1 session with a trained clinical psychologist, and daily biofeedback. A wrist activity monitor and daily sleep diary were used to monitor sleep during both phases, while at pre- and post-intervention, participants completed a battery of sleep and mood questionnaires and underwent cognitive performance testing. Sleep knowledge increased from pre- to post-intervention ($d = 0.83$ [95% CI $-1.21, -0.43$], $p < 0.001$), while there were modest improvements in sleep diary estimates (i.e., sleep onset latency ($M_{diff} = -2.9$ min, $p = 0.02$), sleep onset time ($M_{diff} = -12$ min, $p = 0.03$), and sleep efficiency ($M_{diff} = 1.1\%$, $p = 0.004$)) and wrist activity monitor estimates (i.e., sleep onset time ($M_{diff} = -18$ min, $p = 0.01$)). Insomnia severity scores decreased significantly ($d = 0.47$ [95% CI $0.08, 0.84$], $p = 0.001$), while sleepiness scores increased but not meaningfully ($d = 0.23$ [95% CI $-0.61, 0.14$], $p = 0.025$). However, there was no significant change in mood (i.e., depression and anxiety) or cognitive performance scores (i.e., mean reaction time or lapses). Sleep interventions for esports athletes require further investigation. Future research should examine whether a stepped-care model, whereby increasing therapeutic input is provided as needed, can optimize sleep, mood, and cognitive performance outcomes.

Keywords: esports; sleep; performance; intervention; mood; cognitive

1. Introduction
 Electronic sports (esports) are a form of organized video game competition that have become increasingly popular and professionalized over the last decade [1]. The global esports industry is predicted to generate USD 1.084 billion in revenue and reach a worldwide audience of 474 million in 2021 [2]. In response to this growth, researchers have

Copilot
 Today
 Summarize the main points on this page
 Sure, here is a brief summary of the main points from the study on sleep interventions for esports athletes:
 • **Objective:** The study aimed to evaluate a brief sleep intervention designed to improve the sleep, mood, and cognitive performance of esports athletes from three major regions: Asia, North America, and Oceania.
 • **Participants:** 56 esports athletes from South Korea, the United States, and Australia participated. They were monitored over a 2-week pre-intervention phase and a 2-week intervention phase.
 • **Intervention:** The intervention included a group sleep education class, a 1:1 session with a clinical psychologist, and daily biofeedback using a wrist activity monitor and sleep diary.
 • **Results:**
 ◦ **Sleep Knowledge:** Increased significantly from pre- to post-intervention.
 ◦ **Sleep Parameters:** Modest improvements were observed in sleep onset latency, sleep onset time, and sleep efficiency based on sleep diaries and wrist activity monitors.
 ◦ **Insomnia Severity:** Decreased
 Message Copilot

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Sleep intervention eSports.pdf
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Summarize the main limitations of the study

The main limitations of the study are:

1. **Lack of a Control Group** – The study did not include a control group, making it difficult to determine whether observed effects were due to the intervention itself or other external factors. Esports organizations were reluctant to include a control group, as they did not want to "burden" players without providing immediate benefits.
2. **Short-Term Effects with No Long-Term Follow-Up** – The study only examined short-term effects of the sleep intervention, with no long-term follow-up data. This limits the ability to assess whether the benefits persist over time.
3. **Gender Imbalance in the Sample** – The majority of participants were male, as female professional esports athletes are significantly underrepresented. Despite efforts to include female players, the sample did not adequately represent the sleep experiences of female esports athletes.
4. **Potential Time-of-Day Influence on Reaction-Time Testing** – The study had a testing window of 9 hours between teams due to scheduling constraints, which may have introduced variability in reaction-time performance due to differences in circadian rhythm.
5. **Study Was Not Pre-Registered** – The study was not pre-registered with the World Health Organization due to the urgency of its deployment, which could limit transparency and reproducibility of the findings.

🔊 📄 🗨️ 🗑️ 🔄

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← Back to search does sleep affect eSports performance

Answer

The brief sleep intervention improved sleep knowledge, sleep efficiency, and reduced insomnia severity in esports athletes, but did not significantly change mood or cognitive performance scores.

Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes

Published Mar 31, 2022 · Daniel Bonnar, Sangha Lee, Brandy M. Roane · 16,000

International Journal of Environmental Research and Public Health

Q2 SJR score

10 Citations 0 Influential Citations

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Cite this finding

APA MLA Chicago Harvard Bibtex

Bonnar, D., Lee, S., Roane, B., Blum, D., Kahn, M., Jang, E., Dunican, I., Gradisar, M., & Suh, S. (2022). Evaluation of a Brief Sleep Intervention Designed to Improve the Sleep, Mood, and Cognitive Performance of Esports Athletes. *International Journal of Environmental Research and Public Health*, 19, <https://doi.org/10.3390/ijerph19074146>.

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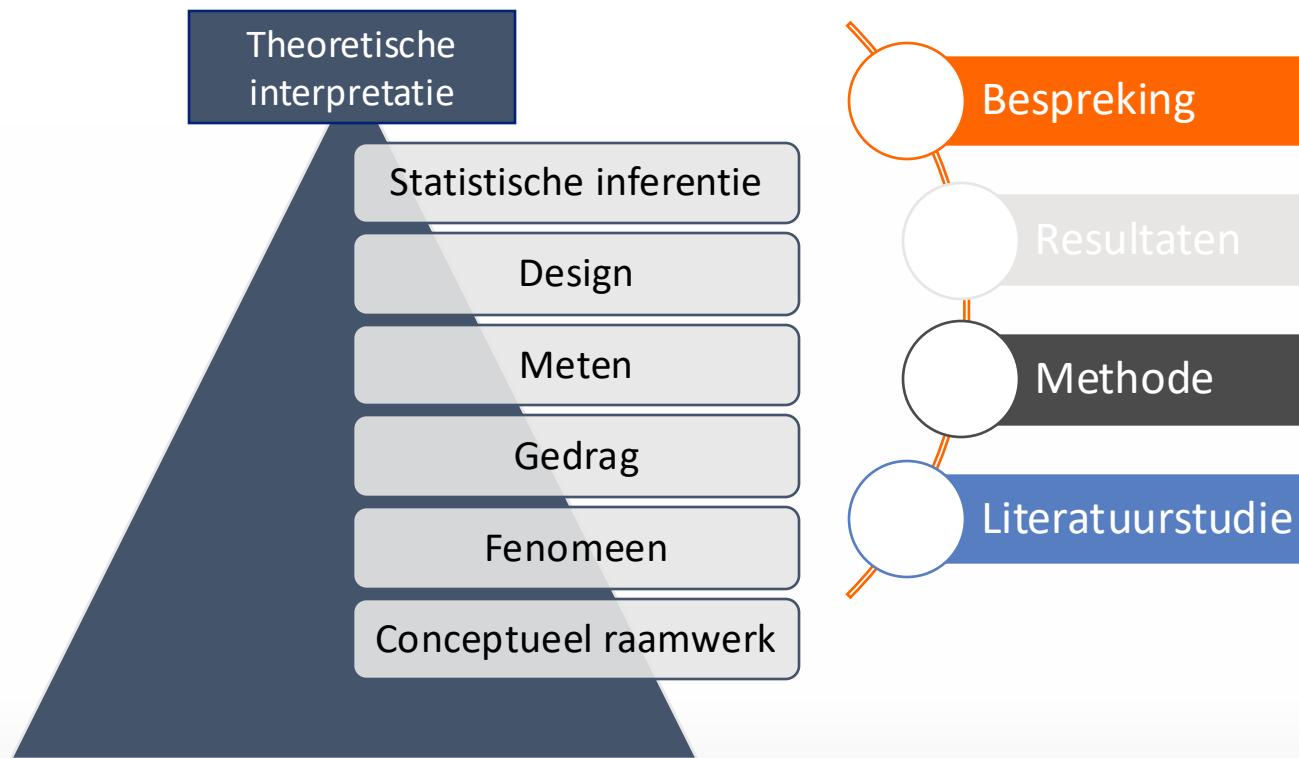
Reference according to APA 7th

Here is the APA 7th edition reference for the study:

Bonnar, D., Lee, S., Roane, B. M., Blum, D. J., Kahn, M., Jang, E., Dunican, I. C., Gradisar, M., & Suh, S. (2022). Evaluation of a brief sleep intervention designed to improve the sleep, mood, and cognitive performance of esports athletes. *International Journal of Environmental Research and Public Health*, 19(7), 4146. <https://doi.org/10.3390/ijerph19074146>

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DE EXPERIMENTELE PYRAMIDE



LEES EN LEER

Selecteer en lees eerst relevante artikels, volgens een bepaalde systematiek

*"I start by reading the **abstract**. Then, I skim the introduction and flip through the article to **look at the figures**. I try to identify the most prominent one or two figures, and I really make sure I understand what's going on in them. Then, I read the **conclusion/summary**. Only when I have done that will I go back into the technical details to clarify any questions I might have."*

- Jesse Shanahan, master's candidate in astronomy at Wesleyan University in Middletown, Connecticut

*"If you want to make it a productive exercise, **you need to have a clear idea of which kind of information you need to get in the first place**, and then focus on that aspect. It could be to compare your results with the ones presented by the authors, put your own analysis into context, or extend it using the newly published data. **Citation lists** can help you decide why the paper may be most relevant to you by giving you a first impression of how colleagues that do similar research as you do may have used the paper."*

*"If I'm aiming to just get the **main points**, I'll read the **abstract**, hop to the **figures**, and scan the **discussion** for important points."*

- Cecilia Tubiana, scientist at the Max Planck Institute for Solar System Research in Göttingen, Germany

<https://www.sciencemag.org/careers/2016/03/how-seriously-read-scientific-paper>

LEES SNEL


"First I read very fast: The point of the first reading is simply to see whether the paper is interesting for me. If it is, I read it a second time, slower and with more attention to detail".

- Ulf Leonhardt, professor of physics at the Weizmann Institute of Science in Rehovot, Israel



So Much to Read, So Little Time: How Do We Read, and Can Speed Reading Help?

**Keith Rayner^{1†}, Elizabeth R. Schotter¹, Michael E. J. Masson²,
Mary C. Potter³, and Rebecca Treiman⁴**

Psychological Science in the
Public Interest
2016, Vol. 17(1) 4–34
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ASPECTEN VAN SNELLEZEN

Oogbewegingen zijn cruciaal

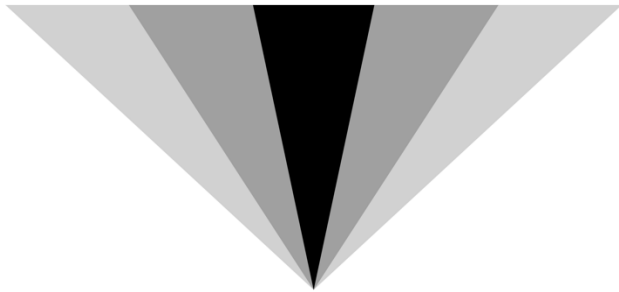
- ▶ Om woorden te begrijpen, interpretatie-missers te voorkomen of corrigeren, moeten jouw ogen niet alleen naar 'voren' bewegen, maar ook terugkeren.
- ▶ Amper ten koste van snelheid, begrip primeert!

Subvocalisatie is nuttig

- ▶ Klanken laten weerklinken in je hoofd helpt om woordbegrip te verhogen, en dus ook snelheid
- ▶ Maakt aanspraak op natuurlijk basisvorm van taal: klank

ASPECTEN VAN SNELLEZEN

The quick brown fox jumps over the lazy dog



Skimming door voorkennis helpt

- ▶ Indien je de context al kent, lees je sneller
- ▶ Effectief skimmen is beslissingen maken van welke delen tekst zorgvuldiger moeten gelezen worden (main points)

Focus op je fovea

- ▶ Zone van ongeveer 7 letters waar je oog het beste mee informatie doorgeeft/opslaat
- ▶ Gebruik je vinger, vermijd afleiding

ASPECTEN VAN SNELLEZEN

Wees realistisch

- ▶ 300 woorden per minuut is wellicht de fysiologische grens waarmee 100% woordbegrip bereikt wordt –een verdubbeling van de gemiddelde leessnelheid bij hoger opgeleiden.

“De factor die leessnelheid het sterkst bepaalt, is woord-identificatie.
[.] Dat toont dat snel lezen nauw verbonden is met taal-
verwerkingsvaardigheden, eerder dan oogbeweging controle.”

HERLEES EN LEER

Neem notities bij je artikels, schrijf kernideeën op

Maak een selectie van artikels die écht relevant zijn;
classeer per thema/idee en belang/invloed → overzicht
van het onderzoeksdomein

Herlees grondiger en kritisch resultaten en methode een
(veelal) kleine selectie van essentiële papers → dit vereist
vaak meerdere leessessies, met lees/denkpauses

Na het snellezen geldt het begrijpend en lerend lezen

probleemstelling

literatuurstudie



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