

DO COGNITION, PERSONALITY AND EMOTIONS PREDICT ATHLETES' DEVELOPMENT AND SPORTS PERFORMANCE?

Researchers: Dr. Alberto Filgueiras

The aim of this research is to investigate any potential relationships between cognition, personality, behavioural regulation and sport skills development. We are going to utilise data from participants to correlate psychological dimensions and sport-related outcomes in the attempt to understand of psychological variables relate to sports. This research is a longitudinal study coordinated by Dr. Alberto Filgueiras of the Central Queensland University, Cairns, QLD (CQUniversity, Australia).

The investigation will take place online.

What will I be asked to do?

We are asking children and teenagers aged 12 to 18 who practice sports regularly to help us.

First, you will be provided with this information sheet and consent form. This will detail what participation involves and the ethical considerations, including the provision that all data is anonymous, confidential and information about decisions you will make on how your data will be utilised. If you agree to participate, you will need to sign the online consent form, and then, you will be provided with the links for the social and psychological questionnaires. Your parents will also need to sign this form or to confirm your agreement online (an email verification will be send to parents to make sure they agree with their children or teenager participation).

The baseline data collection will happen once a year that will entail five questionnaires and three cognitive tasks. The first questionnaire asks social and personal information such as age, education levels, and gender. Then, the following questionnaires will be provided, the Perceived Stress Scale, which is a 10-item questionnaire that assess current levels of stress, the Sport Anxiety Scale-2, which is a 21-item questionnaire that assesses sport-related anxiety, the Motivational Climate Scale, which is a 14-item questionnaire that assesses environmental motivation, and the NEO-FF Inventory short version, which is a 30-item questionnaire that assesses the Big Five personality. Four cognitive tasks will follow, a phonological working memory test named Digital Span where you will need to memorise and repeat number sequences to the best of your abilities, the Corsi Blocks test, which is a cognitive task that requires you to memorise a sequence of block positions and replicate it, an inhibition task called Stroop Test which requires you to read words and name different colours, and the 5-point test where you will be given a screen with repetitions of the same stimulus, and you will be asked to make different designs from the same stimulus throughout a limited amount of time. After completing these four questionnaires and the four cognitive tasks you will be presented with a thank you page and any contact details you may require for support or further questions.

There will be three continuing data collections. One will happen online every week and it entails only six questions that need to be answered regarding current stress and anxiety levels. The second continuing data collection will take place online and participants will need to answer a short version of the Motivational Climate Scale with only 5 questions. The third data collection will happen every year with all instruments abovementioned. After completing this task you will be provided with contact details you may require for support or further questions.

Are there benefits or risks?

Research on personality, cognitive and emotional outcomes, has been conducted worldwide with no known negative effects beyond the natural annoyance of answering questions from a questionnaire or having to focus on a task.

However, some of these topics, particularly stress and anxiety, may be of a sensitive nature so you may feel some negative feelings as result of your participation. You will be provided with the contact details of support services should you wish to speak to someone about any ill-effects felt because of your experience and can stop participating at any time. You do not have to answer any questions you are not comfortable with.

Participating may not directly benefit you. It is hoped your answers will increase the knowledge of psychological sciences currently have on sport development which will, in the future, benefit other athletes.

If any of the questions raise issues that you would like to talk about, or you feel stressed or confused, please reach out to a service like Kids helpline (1800 55 1800, <https://kidshelpline.com.au/>). If you are outside Australia, you can look at www.childhelplineinternational.org and find the respective contacts to your country.

Should I participate?

It is your choice whether you would like to take part – it's ok to say no. Before you make a decision, you can talk to your parents or carer, a teacher or trusted adult at school.

If you would like to participate, please sign the attached consent form or click in the “agree” button on the online survey page. Your parents or carer will also need to sign this form or to confirm your agreement online. Please return the completed form to the person who gave it to you. Or if you agree to participate in the online survey, please complete the questionnaires and online tests.

You are free to change your mind, and can stop filling out the survey or tell the researcher to stop the testing. If you do not submit your survey or if you do not finish the test, your responses will not be used by the researchers. After you submit your survey and after you finish the test, it will not be possible to take back your responses.

What will happen with my responses?

All the responses we receive will be combined and only discussed as a total, so you will not be identifiable in any way. We will share the research findings in a range of forums, including reports and presentations. Parents, teachers and coaches who want to receive full reports will also have access to non-identifiable group results. If you would like to receive an explanation of the research findings, please let the researcher know on the consent form.

Because we think this research data is important, it may be used in future research projects and shared with other researchers. Data, however, will be completely anonymised with no possibility of identification.

We will delete any information that could identify you, like your name, IP or email address, from the research data. Because this data is important, we may use it in future research projects and share it with other researchers, but they will not know who you are.

Who can I contact about the research?

If you have any questions about the research you can ask the researcher Dr. Alberto Filgueiras (E-mail: a.filgueirasgoncalves@cqu.edu.au; Tel: +61 7 4930 9000).

This research has been approved by the CQUniversity Human Research Ethics Committee (no. xxxxx). If you have any concerns or questions about how the research is being done, you can talk to an independent person, the Ethics Officer (E-mail: ethics@cqu.edu.au; Tel: +61 07 4923 2603).

Electronic Consent

Clicking on the “agree” button below indicates that:

- » You have read the above information
- » You voluntarily agree to participate; and
- » You give your consent for the data you provide in the following survey, to be used for the research purpose described above

Thank you for reading this information sheet.