

Working as an MDT: Integrating Sport Psychology



1

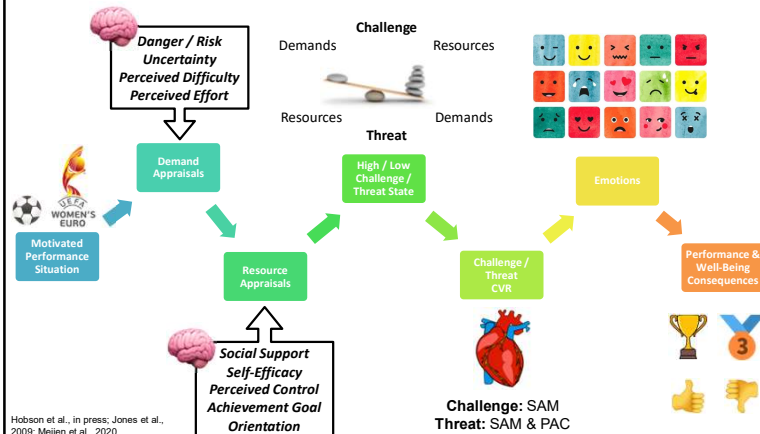
Integrated Sport Psychology

- Evidence based
- Measurable
- Flexible (MDT)

2

Evidence Based

Theory of Challenge and Threat States in Athletes (TCTSA)



3

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

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Download citation | <https://doi.org/10.1080/17461391.2019.1629179> | Check for updates

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 Turner¹, Marc V Jones, David Sheffield, Matthew J Slater, Jamie B Barker, James J Bell

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/spe0000248>

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



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

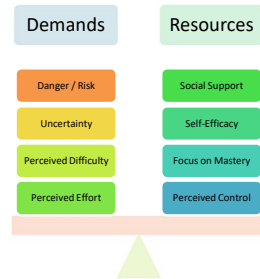


- ✓ BPSM resources, perceived coping predicted performance over & above TCTSA resources
- ✗ Previous trials biggest predictor of performance



4

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?

5

| Measurable

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



1. How demanding do you expect the task to be

1	2	3	4	5	6
Not at all			Extreme		

2. "How able are you to cope with the demands of the task?"

1	2	3	4	5	6
Not at all			Extreme		

Tomaka et al., 1993



SECTION 1			SECTION 2			SECTION 3		
To what extent are you experiencing the positive emotional outcomes (i.e. rise level)			When you experience this positive emotional outcome, to what extent are you able to regulate or inhibit the negative emotional outcome			How frequently are you experiencing the negative emotional outcomes		
	Not at all	Extremely	Not Inhibited (0=not at all)	Unregulated	Very Inhibited (5=extremely)	Not at all	Often	All the time
Statement 1:								
I feel negatively	1	2	3	4	5	-1	-2	-3
Statement 2:								
I am emotionally	1	2	3	4	5	-1	-2	-3
Statement 3:								
I am self-confident	1	2	3	4	5	-1	-2	-3

Thomas et al., 2002

6

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		

7

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

8



Flexible

Develop Challenge States

Demand Exposure

Enhance Resources



9

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

Naraki J Chadha¹, Martin J Turner², Matthew J Slater³

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

Manipulating cardiovascular indices of challenge and threat using resource appraisals

Martin J Turner¹, Marc V Jones², David Sheffield³, Jamie B Barker⁴, Peter Coffee⁵

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

Martin J Turner¹, Marc V Jones², David Sheffield³, Jamie B Barker⁴, Peter Coffee⁵

10

Enhance Resources

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

> Int J Psychophysiol. 2017 Jul;111:111-118. doi: 10.1016/j.jpsycho.2017.04.011. Epub 2017 Apr 28.

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

Sarah E Williams¹, Jeri J C S Veldhuijzen van Zanten², Gavin P Treisman³, Mary L Quinton³, Aron D T Gony³

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

Jeremy P Jamieson, Alex J Crum, J Parker Geyer, Marissa E Marotta & Matthew Altmire

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To link to this article: <https://doi.org/10.1080/10615805.2018.1462653>

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

Anthony J Miller¹, J. B. B. Halliday², Slater³, Martin J Turner⁴

11

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?

12

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