

Nº de abstracts = 27

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Should practitioners promote physical activity as a treatment for depression?

Donaghy M, Taylor AH.: The journal of the Royal College of Physicians of Edinburgh

201006 40(2):132-5. School of Health Sciences, Queen Margaret University, Edinburgh, Musselburgh EH21 6UU, UK.

For many years, experts have been debating the pros and cons of exercise for depression. Proponents of exercise for depression point to those clinical trials which have shown that exercise improves mood, while sceptics point out the methodological problems in many of the apparently positive trials, and the uncertainties around the acceptability of exercise as a treatment for depression. Here two experts critically review the evidence around exercise for depression, provide arguments for and against the promotion of physical activity as a treatment for depression, explore issues around the generalisability of exercise as a treatment for depression and look to the future by discussing ongoing trials that will provide more evidence to inform this important debate.

Exercise addiction: symptoms, diagnosis, epidemiology, and etiology. Berczik K, Szabó<sup>3</sup> A, Griffiths MD, Kurimay T, Kun B, Urbán R, Demetrovics Z

## Substance use & misuse

47(4):403-17, 2012 Regular physical activity plays a crucial role in health maintenance and disease prevention. However, excessive exercise has the potential to have adverse effects on both physical and mental health. The scholastic and empirical discussion of excessive physical activity focuses on obsessive and compulsive exercising, and uses several labels. However, in this review, we argue that the most appropriate term for this phenomenon is exercise addiction, emphasizing that excessive physical exercise fits the typical and most common characteristics of behavioral addictions. The aim of this review is to synthesize the current knowledge on symptomology, diagnosis, epidemiology, and etiology of exercise addiction.

Acute effects of verbal feedback on upper-body performance in elite athletes. Argus CK, Gill ND, Keogh JW, Hopkins WG

25(12):3282-7, 2011 Acute effects of verbal feedback on upper-body performance in elite athletes. J Strength Cond Res 25(12): 3282-3287, 2011-Improved training quality has the potential to enhance training adaptations. Previous research suggests that receiving feedback improves single-effort maximal strength and power tasks, but whether quality of a training session with repeated efforts can be improved remains unclear. The purpose of this investigation was to determine the effects of verbal feedback on upper-body performance in a resistance training session consisting of multiple sets and repetitions in well-trained athletes. Nine elite rugby union athletes were assessed using the bench throw exercise on 4 separate occasions each separated by 7 days. Each athlete completed 2 sessions consisting of 3 sets of 4 repetitions of the bench throw with feedback provided after each repetition and 2 identical sessions where no feedback was provided after each repetition. When feedback was received, there was a small increase of 1.8% (90% confidence limits,  $\pm 2.7\%$ ) and 1.3% ( $\pm 0.7\%$ ) in mean peak power and velocity when averaged over the 3 sets. When individual sets were compared, there was a tendency toward the improvements in mean peak power being greater in the second and third sets. These results indicate that providing verbal feedback produced acute improvements in upper-body power output of well-trained athletes. The benefits of feedback may be greatest in the latter sets of training and could improve training quality and result in greater long-term adaptation.

Frequency of nightmares and gender significantly predict distressing dreams of German athletes before competitions or games. [Erlacher D](#), Ehrlenspiel F, Schredl M

.: The Journal of Psychology, 2011 Jul-Aug, 145(4):331-42. Important sports events are highlights and stressful situations in every athlete's career. This stress might alter the dream content of athletes and consequently evoke disturbed dreaming. In this study, the authors asked 840 German athletes from various sports about distressing dreams on the nights before an important competition or game. About 15% of the athletes stated that they experienced at least 1 distressing dream before an important competition or game during the preceding 12 months. An almost equal number of athletes reported at least 1 distressing dream in their sports career. With respect to the base rate, in about 3% of the events a distressing dream occurred. Reported dream content referred mainly to athletic failure. The main risk factor for an athlete experiencing a distressing dream before a competition appears to be the frequency of experienced nightmares in general. Future research should use diary techniques to study the impact of distressing dreams on the next-day athletic performance in a competition or game.

Thoughts and attention of athletes under pressure: skill-focus or performance worries? Oudejans  
s RR  
uijpers W

Kooijman CC

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Bakker FC

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Anxiety, stress, and coping, 2010, 24(1):59-73.

Choking under pressure in sport has been explained by either explicit attention to skill execution (self-focus theories), or attention to performance worries (distraction theories). The aim of the present study was to find out which focus of attention occurs most often when expert athletes perform under pressure. Two retrospective methods were employed, namely, verbal reports and concept mapping. In the verbal reports, 70 expert athletes indicated their main focus of attention when performing under high pressure in competition. For concept mapping seven expert athletes generated statements about their focus of attention in such high-pressure situations. These statements were clustered and rated on how often they occurred and how important they were for choking. Both methods revealed that under pressure attention of expert athletes was often focused on worries and hardly ever on movement execution. Furthermore, the athletes reported that they focused attention on external factors and that they reverted to positive monitoring in an attempt to maintain performance. These results are more in line with distraction theories than self-focus theories, suggesting that attention to performance worries rather than to skill execution generally explains choking.

## **Social-cognitive correlates of risky adolescent cycling behavior.**

Feenstra H, Ruiter RA, Kok G.: BMC Public Health, 2010, 10:408. Work and Social Psychology, Faculty of Psychology and Neuroscience, Maastricht University, Maastricht, the Netherlands.

Background: Bicycle use entails high safety and health risks especially for adolescents. Most safety education programs aimed at adolescents focus on accident statistics and risk perceptions. This paper proposes the investigation of the social-cognitive correlates of risky cycling behaviors of adolescents prior to developing safety education programs. METHOD: Secondary school students aged 13 to 18 years (n = 1446) filled out questionnaires regarding bicycle behavior, risky intentions, accident experience, and social-cognitive determinants as suggested by the theory of planned behavior. Results: Regression analysis revealed that the proximal variables (i.e., self-efficacy, attitudes towards drunk driving, personal norm regarding safekeeping of self and others, and compared risk) were able to predict 17% of

the variance of risky behavior and 23% of the variance of risky intentions. The full model explained respectively 29% and 37% of the variance in risky behavior and risky intentions. Adolescents with positive attitudes towards risky behavior and low sense of responsibility report risky behavior, even when having been (close to) an accident.

#### Conclusions

: Adolescents realize whether they are risk takers or not. This implies that the focus of education programs should not be on risk perceptions, but on decreasing positive attitudes towards alcohol in traffic and increasing sense of responsibility instead. Cognitions regarding near accidents should be studied, the role of safe cycling self-efficacy is unclear.

## **Emotional response to sport concussion compared to ACL injury.**

Mainwaring LM, Hutchison M, Bisschop SM, Comper P, Richards DW.: Brain injury : [BI]

2010, 24(4):589-97. University of Toronto, ON, Canada.

Primary Objectives: To ascertain and compare the nature of emotional response of athletes to concussion and to anterior cruciate ligament (ACL) injury. Research Design: Pre-injury, post-injury and longitudinal emotional functioning of athletes with concussion (n = 16), athletes with ACL injuries (n = 7) and uninjured athletes (n = 28) were compared in a prospective repeated-measures design.

#### Methods

and procedures

: Participants completed the short version of the Profile of Mood States (POMS). ANOVAs and trend analysis were used to examine between and within group differences across time on two sub-scales, Total Mood Disturbance and Depression.

#### Main outcome and Results

: Athletes with ACL injury reported higher levels of depression for a longer duration than athletes with concussion. Relative to un-injured controls, athletes with concussion reported significant changes in Total Mood Disturbance and Depression post-injury, whereas athletes with ACL injuries reported significant changes in Depression scores only. Different patterns of post-injury emotional disturbance for the injured groups were observed by trend analyses.

#### Conclusions

: Concussed athletes do not report as much emotional disturbance as athletes with ACL injuries. Differential patterns of emotional disturbance were detected between injured groups.

The authors recommended that clinical protocols and educational programmes address emotional sequelae associated with sport concussion and ACL injury.

### **Psychological stress in Sports coaches: a review of concepts, research, and practice.**

Fletcher D, Scott M:: Journal of Sports Sciences, 2010, 28(2):127-37. School of Sport, Exercise and Health Sciences, Loughborough University, Epinal Way, Loughborough LE11 3TU, UK.

Sports coaches operate within a complex, ever-changing environment that imposes many pressures on them. Here, we address the psychological impact of these demands via a critical review of the literature pertaining to stress in sport coaches. The narrative is divided into three main sections: (1) conceptual and definitional issues, (2) theoretical and empirical issues, and (3) implications for applied practice. The review focuses on the environmental stressors that coaches encounter, their appraisals of and responses to these demands, and the impact this has on their personal well-being and job performance. The influence of various personal and situational characteristics is also discussed. A key message to emerge from this review is that the potential health and performance costs of psychological stress to Sports coaches are significant. The rapid rate of change in contemporary sport and the dynamic nature of stress mean that stress in coaches is an ongoing problem that needs to be monitored and addressed.

## **Pre-performance psychological states and performance in an elite climbing competition.**

Sanchez X, Boschker MS, Llewellyn DJ.: Scandinavian Journal of medicine & science in sports

2010-04 20(2):356-63. Department of Sport and Exercise Sciences, University of Chester, Chester, UK.

The purpose of the present study was to assess the relationship between pre-performance psychological states and expert performance in non-traditional sport competition. Nineteen elite male sport climbers ( $M=24.6$ ,  $SD=4.0$  years of age) completed the Competitive State Anxiety Inventory-2 and the Positive and Negative Affect Schedule before an international rock climbing competition. Climbing performances were video-recorded to calculate movement fluency (entropy) and obtain ascent times. Official route scores were also obtained. Successful climbers reported higher pre-performance levels of somatic anxiety and climbed the most difficult part of the route more slowly than their unsuccessful counterparts. The psychological states preceding elite climbing competition appeared to be an important factor in determining success, even when differences in baseline ability were taken into account.

## **Psychological preparation for the Olympic Games.**

Gould D, Maynard I.: Journal of Sports Sciences, 2009-11 27(13):1393-408. Institute for the Study of Youth Sports, Michigan State University, East Lansing, Michigan 48824-1049, USA.

We review research literature on psychological preparation for Olympic Games performance. We address research identifying psychological characteristics associated with Olympic performance success, studies examining how these attributes are developed, stress and coping

in Olympians, evaluation studies of the Olympic experience with particular emphasis on factors influencing performance, and the best practice literature on effective Olympic psychological consultations. Key principles are identified as well as gaps in the knowledge base that need to be addressed by investigators. Finally, implications for preparing individual athletes, coaches, and teams are discussed.

### **The facilitative nature of avoidance coping within sports injury rehabilitation.**

Carson F, Polman RC.: *Scandinavian Journal of Medicine & Science in Sports*, 2010-04 20(2):235-40.

Department of Sport and Physical Activity, Edge Hill University, Ormskirk, Lancashire, UK.

Avoidance coping has commonly been reported within literature to be a debilitating process. However, in situations where goal attainment is reduced or eradicated avoidance coping strategies appear to have some benefit. The aim of this study was to identify the role of avoidance coping within the sports injury rehabilitation setting. A mixed methodological approach was utilized with four professional male rugby union players, concurrent with their rehabilitation from anterior cruciate ligament (ACL) surgery. Twice monthly interviews were conducted with each player, along with a self-report diary and the Coping with Health, Injuries and Problems (CHIP; Endler & Parker, 2000) inventory. Content analysis showed six higher-order themes split into two general dimensions: (a) behavioral avoidance coping (physical distraction, social interaction, maladaptive behaviors), and (b) cognitive avoidance coping (denial, thought stopping, cognitive distraction). Results suggest avoidance coping strategies facilitate control of short-term emotional states, as well as appearing to have long-term benefits for injured players. Particular benefits were associated with undertaking alternate work within the sports organization.



### **Stress appraisals, emotions, and coping among international adolescent golfers.**

Nicholls AR, Hemmings B, Clough PJ.: Scandinavian Journal of Medicine & Science in Sports, 2010-04 20(2):346-55. Department of Psychology, University of Hull, Hull, UK.

The aims of this study were to (a) explore the emotions generated during or as a consequence of stress appraisals, after coping, and after the event outcome, (b) explore whether multiple emotions were generated from the initial stress appraisal through to event outcome, and (c) to explore whether outcomes that were perceived as favorable resulted in positive emotions and outcomes that were perceived as unfavorable or neither favorable nor unfavorable resulted in negatively toned emotions. Participants were 10 male English international adolescent golfers (mean $\pm$ SD; age 16.7 $\pm$ 1.6 years), who were interviewed regarding their experiences of stress appraisals, emotions, and coping during competitive golf. Results revealed that emotions were generated within or as a consequence of stress appraisals, after coping, and after the event outcome. Additionally, multiple emotions were generated from the stressful appraisal to the event outcome. Positively toned emotions were cited more frequently than negatively toned emotions after favorable events, whereas negatively toned emotions were reported more frequently than positively toned emotions after unfavorable events. Coping appears important in generating positively toned emotions.

### **The psychological impact of accidents on recreational divers: a prospective study.**

Trevett A, Peck D, Forbes R.: Journal of Psychosomatic Research, 2010, 68(3):263-8. Orkney Hyperbaric Unit, Old Academy, Stromness, Orkney KW16 3AW, UK.

**OBJECTIVE:** The present study aimed to examine the medium and long term psychological impact of diving accidents on the victims (n=52), compared with the impact on two control groups: the victim's diving "buddy" (n=40) who simply witnessed the accident, and a second control from the same boat who did not dive with the victim (n=38). **METHODS:** This was a prospective cohort study of the impact of an accident on the victims who attended the Hyperbaric Unit, in comparison with the two control groups. Pre-accident psychological morbidity was assessed using the General Health Questionnaire. Trauma symptoms were assessed using the Revised Impact of Events Scale at 3, 6 and 12 months post accident. **RESULTS:** The accident victims endorsed more trauma symptoms and experienced them more intensely and for longer, compared with the two control groups. **CONCLUSION:** A significant minority of diving accident victims (between 25% and 50%) continued to suffer from the psychological impact of the accident, some for over a year. This has important implications for their future health care, for their safety on subsequent dives, and for dive training.

### **Psychological correlates of performance in female athletes during a 12-week off-season strength and conditioning program.**

Jones MT, Matthews TD, Murray M, Van Raalte J, Jensen BE.: Journal of Strength and Conditioning Research / National Strength & Conditioning Association, 2010, 24(3):619-28  
. Department of Exercise Science and Sport Studies, Springfield College, Springfield, Massachusetts, USA.

Examination of the relationship between performance testing and psychological measures before and after a 12-week strength and conditioning program was the study's purpose. Female NCAA Division-III soccer (n = 28), field hockey (n = 28), and softball (n = 19) athletes completed pre- and post-testing held 12 weeks apart. On day 1, athletes completed informed consent, 3 psychological measures (Profile of Mood States [POMS], Physical Self Perception Profile [PSPP], and Athlete's Self Perception of Physical Abilities [ASPPA]), and 2 strength tests (1 repetition maximum [1RM] bench, 1RM back squat). Day 2 consisted of the 30-yd sprint, pro agility run (PRO), vertical jump (VJ), and standing long jump (SLJ). All sports improved (p

## **Anxiety, attentional control, and performance impairment in penalty kicks.**

Wilson MR, Wood G, Vine SJ.: Journal of Sport & Exercise Psychology, 2009, 31(6):761-75. School of Sport and Health Sciences, University of Exeter, St. Luke's Campus, Exeter, UK

The current study sought to test the predictions of attentional control theory (ACT) in a sporting environment. Fourteen experienced footballers took penalty kicks under low- and high-threat counterbalanced conditions while wearing a gaze registration system. Fixations to target locations (goalkeeper and goal area) were determined using frame-by-frame analysis. When anxious, footballers made faster first fixations and fixated for significantly longer toward the goalkeeper. This disruption in gaze behavior brought about significant reductions in shooting accuracy, with shots becoming significantly centralized and within the goalkeeper's reach. These findings support the predictions of ACT, as anxious participants were more likely to focus on the "threatening" goalkeeper, owing to an increased influence of the stimulus-driven attentional control system.

## **Does sport have a protective effect against suicide?**

Müller B, Georgi K, Schnabel A, Schneider B.: Epidemiologia e Psichiatria Sociale, 2009 Oct-Dec 18(4):331-5. Centre of Psychiatry, Department of Psychiatry, Psychosomatics, and Psychotherapy, Goethe-University, Frankfurt/Main, Germany.

AIM: The association between sporting activities, or lack thereof, and suicidal behaviour has not yet been clarified. The objective of this study was to determine, if sports participation has an impact on risk for completed suicide. METHODS: Axis I and Axis II disorders, sociodemographic

factors, and current and former sports activities, including various sports disciplines, were assessed by a semi-structured interview by psychological autopsy method in 163 suicides and by personal interview in 396 living population-based control persons. RESULTS: Current sports activities (OR = 0.24, 95%CI, 0.15 to 0.39; OR = 0.27, 95%CI, 0.16 to 0.45) and sports activities at some point in life (OR = 0.33, 95%CI, 0.18 to 0.62; OR = 0.40, 95%CI, 0.23 to 0.68, after adjustment for axis I and II disorders or educational level, each) were associated with decreased suicide risk. CONCLUSIONS: Current sports activities and sports activities at some point in life may reduce suicide risk.

## **The psychological factors affecting athletic performance**

Resch M.: Orvosi Hetilap, 20100516 151(20):815-21. Petz Aladár Megyei Oktató Kórház, II. Pszichiátriai és Mentálhigiénés Osztály, Győr.

The physical and mental health complex is claimed as achievement of the XXI. century, whereby also among the sportsmen and sportswomen, beside the somatic Medicine, growing attention is devoted to the psyche as well. The sports psychiatry was dragged in and put into service to enhance performance after all biological weapons run out of ammunition, and the long-awaited results still failed to come about. Moreover, despite the energy increasingly invested it was going from bad to worse. Among athletes many psychiatric disorders call attention, either by the high prevalence or by the development of a specific syndrome. Symptoms of depression (depression after the competition, depression following the failure at the competition), chronic stress, anxiety, fatigue syndrome of overtraining, enervation, sleep disturbances, eating problems, burnout, eating disorders (anorexia athletics, athlete triad), personality factors and the chemical addiction are all extremely important. The present study is the first to summarize the most crucial psychiatric disorders that may have great significance in the athlete population, in varying degrees according to the individual sports.

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#### **Results**

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**Methods:** Axis I and Axis II disorders, sociodemographic factors, and current and former sports activities, including various sports disciplines, were assessed by a semi-structured interview by psychological autopsy method in 163 suicides and by personal interview in 396 living population-based control persons.

### Methods

: Current sports activities (OR = 0.24, 95%CI, 0.15 to 0.39; OR = 0.27, 95%CI, 0.16 to 0.45) and sports activities at some point in life (OR = 0.33, 95%CI, 0.18 to 0.62; OR = 0.40, 95%CI, 0.23 to 0.68, after adjustment for axis I and II disorders or educational level, each) were associated with decreased suicide risk.

### Conclusion

: Current sports activities and sports activities at some point in life may reduce suicide risk.

**Modificado** em 17 de Junho de 2010

**Relationship between athletes' emotional intelligence and precompetitive anxiety.**

Lu FJ, Li GS, Hsu EY, Williams L.: Perceptual and Motor Skills, 2010 Feb 110(1):323-38. National Taiwan Sport University, Graduate Institute of Physical Education,

This study examined the relationship between athletes' Emotional Intelligence (EI) and precompetitive anxiety. Taiwanese intercollegiate track and field athletes (N = 111; 64 men, 47 women) completed the Bar-On EQ-i 1 mo. before a national intercollegiate athletic meet, and the Competition State Anxiety Inventory-2R 1 hr. before the competition. Analyses indicated that participants with the lowest EI scores reported greater intensity of precompetitive cognitive anxiety than those with the highest EI scores. No other statistically significant differences were found among the groups. Further, correlational analyses and multiple stepwise regression analyses revealed that EI components such as stress management, intrapersonal EI, and interpersonal EI were associated with precompetitive anxiety. Current EI measures provide limited understanding of precompetitive anxiety. A sport-specific EI measure is needed for future research.

### **Type-D personality and body image in men: the role of exercise status.**

Borkoles E, Polman R, Levy A.: Body Image, 2010 Jan 7(1):39-45. Carnegie Research Institute, Leeds Metropolitan University, Fairfax Hall, Room 211, Headingley Campus, Beckett Park, Leeds LS6 3QS, United Kingdom.

The 'Distressed' or Type-D personality is described by the interaction between high levels of negative affectivity and social inhibition. This study investigated the prevalence of Type-D personality in men of different exercise status, the association between Type-D and body image



perceptions, and the moderating effect of exercise status. Participants were 564 British males aged between 18 and 55 years. Of these 200 were classified as sedentary, 148 as active and 216 as weight trainers. Participants completed the DS14 and Multidimensional Body-Self Relations Questionnaire. Results showed that more individuals were classified as Type-D in the sedentary group (45%) than the two active groups, and in the weight training (24.5%) than the active (14.2%) group. Both Type-D and a sedentary lifestyle were associated with a significantly poorer body image. However, exercise mode was not associated with body image differences. Sedentary Type-D men scored significantly lower in Body Areas Satisfaction and higher in Self-Classified Weight than both active groups. Regular exercise might provide a pathway for Type-D men to develop a more positive body image.

**Modificado** em 26 de Maio de 2010

## **Why do we follow sporting events?**

Pori M, Jost B, Hosta M, Pori P.: Collegium Antropologicum, 2009 33(4):1065-70. Faculty of Sport, University of Ljubljana, Slovenia.

The aim of the study was to investigate the motives for following sporting events and their dependence upon gender and age of spectators. The study was based on a survey of 1727 adult Slovenes. According to the results the most important motives could be classified in the category of Dionysian values. This means that the role of sport in a spectator's life is not that influential; it is much more considered a source of relaxation and pleasure. Higher values of all motives were given by men. Women found the motive "National importance of sport" more important, while the motives "Attraction of sports" and "Competitiveness, fighting spirit, victory"

# The effect of exercise training on anxiety symptoms among patients: a systematic review.

[Herring MP](#) , [O'Connor PJ](#) , [Dishman RK](#) ...: Arch Intern Med. 2010;170(4):321-31. Department of Kinesiology, Ramsey Center, The University of Georgia, 330 River Road, Athens, GA 30602-6554, USA.

Background: Anxiety often remains unrecognized or untreated among patients with a chronic illness. Exercise training may help improve anxiety symptoms among patients. We estimated the population effect size for exercise training effects on anxiety and determined whether selected variables of theoretical or practical importance moderate the effect. Metho

Articles published from January 1995 to August 2007 were located using the Physical Activity Guidelines for Americans Scientific Database, supplemented by additional searches through December 2008 of the following databases: Google Scholar, MEDLINE, PsycINFO, PubMed, and Web of Science. Forty English-language articles in scholarly journals involving sedentary adults with a chronic illness were selected. They included both an anxiety outcome measured at baseline and after exercise training and random assignment to either an exercise intervention of 3 or more weeks or a comparison condition that lacked exercise. Two co-authors independently calculated the Hedges  $d$  effect sizes from studies of 2914 patients and extracted information regarding potential moderator variables. Random effects models were used to estimate sampling error and population variance for all analyses.

: Compared with no treatment conditions, exercise training significantly reduced anxiety

symptoms by a mean effect Delta of 0.29 (95% confidence interval, 0.23-0.36). Exercise training programs lasting no more than 12 weeks, using session durations of at least 30 minutes, and an anxiety report time frame greater than the past week resulted in the largest anxiety improvements.

**Conclusion**

: Exercise training reduces anxiety symptoms among sedentary patients who have a chronic illness.

## **The role of confidence in world-class sport performance.**

Hays K, Thomas O, Maynard I, Bawden M.: Journal of Sports Sciences, 2009, 27(11):1185-99. English Institute of Sport, Lee Valley Athletics Centre, Meridian Way, Edmonton, London N9 0AS, UK.

In this study, we examined the role of confidence in relation to the cognitive, affective, and behavioural responses it elicits, and identified the factors responsible for debilitating confidence within the organizational subculture of world-class sport. Using Vealey's (2001) integrative model of sport confidence as a broad conceptual base, 14 athletes (7 males, 7 females) were interviewed in response to the research aims. Analysis indicated that high sport confidence facilitated performance through its positive effect on athletes' thoughts, feelings, and behaviours. However, the athletes participating in this study were susceptible to factors that served to debilitate their confidence. These factors appeared to be associated with the sources from which they derived their confidence and influenced to some extent by gender. Thus, the focus of interventions designed to enhance sport confidence must reflect the individual needs of the athlete, and might involve identifying an athlete's sources and types of confidence, and ensuring that these are intact during competition preparation phases.

## **Coaching behaviors, motivational climate, and psychosocial outcomes among female adolescent athletes.**

Weiss MR, Amorose AJ, Wilko AM.: Pediatric Exercise Science, 2009, 21(4):475-92. School of Kinesiology, University of Minnesota, Minneapolis, MN 55455, USA.

Based on Harter's (12,13) competence motivation theory, this study examined the relationship

of coaches' performance feedback and motivational climate with female athletes' perceived competence, enjoyment, and intrinsic motivation. Female adolescent soccer players (N = 141) completed measures of relevant constructs toward the latter part of their season. Canonical correlation analysis revealed that athletes' perceptions of greater positive and informational feedback given by coaches in response to successful performance attempts, greater emphasis placed on a mastery climate, and less emphasis placed on a performance climate, were significantly related to greater ability perceptions, enjoyment, and intrinsic motivation. Exploratory analyses also showed that the relationship between feedback and the psychosocial outcomes may vary as a function of the perceived motivational climate. Overall, these results suggest that coaching feedback and motivational climate are important contributors to explaining adolescent females' continued motivation to participate in sport.