

The effect of mindfulness-based interventions on elite athlete mental health

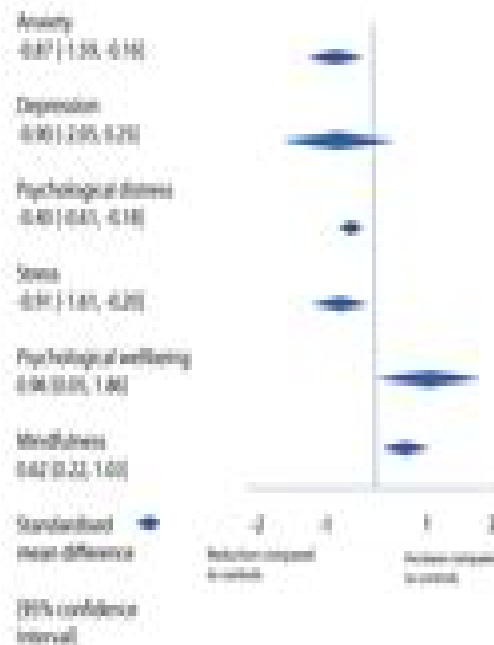
A Systematic Review And Meta-analysis

- Meta-analysis including 12 randomised controlled trials (RCTs)
- Investigated the effect of mindfulness-based programmes (MBPs) on mental health
- The first systematic review and meta-analysis to focus on mental health outcomes exclusively in elite athletes, evaluating randomised controlled trials only

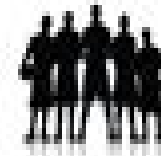
Main findings

- 1 Mindfulness training significantly reduced symptoms of anxiety, stress, psychological distress, and increased psychological wellbeing.
- 2 There was a large but non-significant effect size associated with mindfulness training reducing symptoms of depression.

Effect Of Mindfulness On Mental Health



Key messages



A range of mindfulness practices improved mental health, from pre-recorded exercises completed alone at home, to intensive in-person group sessions delivered by experienced mindfulness teachers.



The most effective method appeared to be high-fidelity programmes that were adapted specifically for sport. Mindfulness-based programmes may also be particularly effective for older athletes, especially retired elite athletes.



Mindfulness has been used widely in sport to improve athletic performance. We found that both competition anxiety and general symptoms of anxiety were alleviated by mindfulness practice, suggesting mindfulness can improve mental health and performance together.

Psycho Social Issues And Interventions In Elite Sports

Chao Zhang



Psycho Social Issues And Interventions In Elite Sports:

Enjoying the Track of Phrase: An Mental Symphony within **Psycho Social Ibues And Interventions In Elite Sports**

In a world consumed by monitors and the ceaseless chatter of instant transmission, the melodic beauty and psychological symphony produced by the published word often fade into the backdrop, eclipsed by the constant noise and distractions that permeate our lives. However, set within the pages of **Psycho Social Ibues And Interventions In Elite Sports** a stunning fictional prize filled with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this fascinating masterpiece conducts visitors on an emotional journey, well unraveling the hidden songs and profound influence resonating within each cautiously constructed phrase. Within the depths of this touching examination, we can investigate the book is key harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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