

# Sports Mental Toughness Questionnaire Smtq

Sports Mental Toughness Questionnaire Smtq Understanding the Sports Mental Toughness Questionnaire (SMTQ) Sports Mental Toughness Questionnaire (SMTQ) is a widely recognized psychological assessment tool designed specifically to evaluate the mental resilience and psychological attributes that influence athletic performance. Mental toughness is a crucial component in sports, often differentiating elite athletes from their peers by enabling them to perform under pressure, recover from setbacks, and maintain focus amidst distractions. The SMTQ offers practitioners, coaches, and athletes a structured means to identify strengths and areas for development in mental toughness, ultimately fostering enhanced performance and psychological well-being. Developed through rigorous research and validation processes, the SMTQ is grounded in the understanding that mental toughness encompasses various psychological constructs. The questionnaire typically consists of multiple items that respondents rate based on their experiences or perceptions. Its primary goal is to quantify aspects such as confidence, resilience, emotional control, and motivation, providing a comprehensive profile of an athlete's mental resilience. In this article, we will explore the origins of the SMTQ, its structure, application in sports psychology, interpretation of results, and how it can inform training and development strategies for athletes.

**The Origin and Development of the SMTQ** Historical Background The concept of mental toughness in sports has been a subject of academic inquiry since the late 20th century. Pioneering researchers like Peter Clough, Keith Earle, and Stuart Sewell contributed significantly to formalizing the construct. Their work culminated in the development of the Sports Mental Toughness Questionnaire in the early 2000s. The initial versions of the SMTQ were designed to capture three core components: Confidence Constancy (perseverance and consistency) Control (emotional and behavioral regulation) Subsequent research led to refinements, validations across various sports, and adaptations to different athlete populations, ensuring the tool's reliability and validity.

**Validation and Reliability** The SMTQ has been subjected to extensive psychometric testing. Studies consistently demonstrate high internal consistency and test-retest reliability, confirming that the instrument accurately and stably measures mental toughness traits over time. Its validity has been supported through correlations with performance metrics, stress management, and resilience measures. As a result, the SMTQ has become a standard assessment in sports psychology, used both in research and practical settings to facilitate athlete development.

**Structure and Content of the SMTQ** Core Components The SMTQ is typically composed of 14-20 items, depending on the version, and measures three primary dimensions: Confidence: The belief in one's abilities, self-assurance, and positive self-perception. Constancy: The trait of perseverance, persistence, and maintaining effort over time despite challenges. Control: Emotional regulation, managing anxiety, and maintaining focus under pressure. These dimensions encapsulate the essence of mental toughness as it applies to athletic contexts.

**Question Format and Scoring** Participants respond to statements using a Likert scale, commonly ranging from 1 (Strongly Disagree) to 5 (Strongly Agree). Sample items include:

- "I remain confident in my abilities even when facing setbacks."
- "I find it easy to keep my emotions in check"

during competitions." - "I am persistent in training until I improve." The scores for each subscale are summed, with higher scores indicating greater mental toughness in that domain. An overall mental toughness score can also be derived by combining the subscale scores. Norms and Benchmarks To interpret individual results, normative data from large athlete samples are used. These provide benchmarks for categorizing scores as low, moderate, or high, helping practitioners identify athletes who may benefit from targeted interventions.

### 3 Application of the SMTQ in Sports Psychology Assessment and Diagnosis

The SMTQ serves as an initial assessment tool to gauge an athlete's mental resilience. It helps identify psychological strengths and vulnerabilities that may influence performance or resilience to stress. For example, a low score in control may suggest difficulties in managing emotions, which could impair performance under pressure, while a high confidence score may correlate with competitive success.

### Monitoring Progress and Intervention Outcomes

Repeated administration over training cycles allows coaches and psychologists to monitor changes in mental toughness levels. Improvements may indicate successful psychological training, whereas stagnation or declines can prompt intervention. Personalized Mental Skills Training Results from the SMTQ inform the design of tailored mental skills programs. For instance: Enhancing confidence through visualization and positive self-talk

### Building resilience via stress inoculation training

Improving emotional regulation with relaxation techniques

### Regular use of the questionnaire facilitates targeted development in specific domains, optimizing overall mental toughness.

### Team Dynamics and Leadership Development

Beyond individual assessment, SMTQ results can help in team settings to understand collective mental resilience and foster team cohesion. Leaders with high mental toughness can serve as role models, and team workshops can focus on shared psychological skills.

### Interpreting SMTQ Results

#### Score Categories and Their Implications

Interpreting SMTQ scores involves understanding where an athlete stands relative to normative data:

- Low Scores:** May indicate areas requiring psychological development or support.
- Moderate Scores:** Suggest moderate resilience; opportunities for growth exist.
- High Scores:** Reflect strong mental toughness; these athletes are often better equipped to handle adversity.

#### Using Results to Inform Training

Based on assessment outcomes:

- Coaches can prioritize mental toughness training for athletes with lower scores.
- Psychologists can incorporate specific interventions targeting identified weaknesses.
- Athletes can set personal development goals aligned with their psychological profile.

#### Limitations and Considerations

While SMTQ is a valuable tool, it should be used as part of a comprehensive psychological assessment. Factors such as self-report bias, cultural differences, and situational influences can impact results. Therefore, results should be interpreted cautiously and supplemented with interviews, observations, and performance data.

#### Enhancing Mental Toughness Beyond the SMTQ

#### Integrating Psychological Skills Training

The SMTQ provides a baseline, but ongoing psychological skills training—such as goal setting, imagery, relaxation, and self-talk—is essential for developing mental toughness.

#### Creating a Supportive Environment

Coaches and support staff play a vital role in fostering an environment that promotes psychological resilience through positive reinforcement, open communication, and stress management resources.

#### Long-Term Development Strategies

Developing mental toughness is an ongoing process. Regular assessment with tools like the SMTQ, combined with practical training and support, ensures sustained psychological resilience and improved athletic performance.

#### Conclusion

The Sports Mental Toughness Questionnaire (SMTQ) is a robust, validated instrument that provides valuable insights into an athlete's psychological resilience. Its structured

approach to measuring confidence, constancy, and control enables practitioners to tailor interventions, monitor progress, and foster mental skills critical for success in competitive sports. While it is not a standalone solution, when integrated into a comprehensive psychological development program, the SMTQ can significantly enhance an athlete's ability to perform under pressure, recover from setbacks, and sustain motivation. As sports continue to evolve and competition intensifies, tools like the SMTQ will remain integral to cultivating resilient, mentally tough athletes prepared to meet the challenges of high-level sport. Question Answer What is the Sports Mental Toughness Questionnaire (SMTQ)? The SMTQ is a validated assessment tool designed to measure mental toughness traits in athletes, including confidence, resilience, and focus, to help improve athletic performance. How can the SMTQ benefit athletes and coaches? The SMTQ helps identify strengths and areas for improvement in mental toughness, enabling tailored mental skills training and enhancing overall athletic performance and resilience. What are the main components assessed by the SMTQ? The SMTQ assesses three key components: Confidence, Resilience, and Constancy, which collectively contribute to an athlete's mental toughness. Is the SMTQ suitable for all sports and levels of athletes? Yes, the SMTQ is versatile and applicable across various sports and levels, from amateur to professional athletes, to evaluate and develop mental toughness. How is the SMTQ typically administered and scored? The SMTQ is usually administered through a self-report questionnaire, with athletes rating statements on a Likert scale; scores are then analyzed to determine mental toughness profiles. Sports Mental Toughness Questionnaire (SMTQ): Unlocking Athletic Resilience and Performance Sports mental toughness questionnaire SMTQ has gained recognition as a vital tool in the realm of sports psychology. As athletes face increasing pressures—from rigorous training schedules to high-stakes competitions—the importance of mental resilience becomes paramount. The SMTQ offers a structured way to assess this resilience, helping athletes, coaches, and sports psychologists identify strengths and areas needing improvement. This article delves into the origins, structure, significance, and practical applications of the SMTQ, providing a comprehensive understanding of how this assessment tool contributes to athletic excellence.

--- The Genesis of the SMTQ: Origins and Development Understanding the Sports Mental Toughness Questionnaire (SMTQ) begins with its roots in the broader field of sports psychology. Mental toughness, a psychological trait associated with resilience, confidence, focus, and perseverance, has long been linked to athletic success. Recognizing the need for a standardized assessment, researchers and psychologists embarked on developing tools that could reliably measure these qualities. Developmental Milestones: - Initial Conceptualization: The concept of mental toughness dates back to the 1980s, with early definitions emphasizing attributes like resilience and confidence. - Early Measures: Initial assessments relied heavily on qualitative interviews and subjective reports, limiting objectivity. - Emergence of Sports Mental Toughness Questionnaire Smtq 6 Standardized Tools: The SMTQ was developed in the early 2000s to provide a psychometrically sound, quantitative measure of mental toughness specifically tailored for athletes. Key Developers and Validation: The SMTQ was primarily developed by practitioners seeking to operationalize mental toughness in a way that could be reliably measured across different sports and athletic levels. Rigorous validation studies confirmed its reliability and validity, cementing its place as a standard instrument in sports psychology. --- Structure and Components of the SMTQ The Sports Mental Toughness Questionnaire is a self-report instrument designed to evaluate key aspects of mental toughness in athletes. It consists of multiple items rated on a Likert scale,

capturing various dimensions that collectively influence athletic performance. Core Dimensions Measured: 1. Confidence: Reflects an athlete's belief in their abilities and self-assurance during competition. 2. Resilience: The capacity to recover quickly from setbacks, injuries, or poor performances. 3. Constancy: Consistency of effort and focus over time, maintaining performance levels despite challenges. Questionnaire Format: - The SMTQ typically contains 20-30 items, each describing a statement related to mental toughness. - Athletes respond on a Likert scale, usually ranging from "Strongly Disagree" to "Strongly Agree." - Responses are scored and analyzed to produce a profile of the athlete's mental toughness levels across the three core domains. Sample Items: - "I remain confident in my abilities even when I am under pressure." - "Setbacks motivate me to improve rather than discourage me." - "I maintain my focus regardless of external distractions." Scoring and Interpretation: - Higher scores indicate stronger mental toughness in the respective dimensions. - The overall score provides an aggregate measure, while subscale scores help pinpoint specific strengths and vulnerabilities. - Results are often compared to normative data to contextualize an athlete's mental toughness relative to peers. --- Why the SMTQ Matters: Significance and Benefits The SMTQ offers multiple benefits for athletes, coaches, and sports psychologists alike. Its significance extends beyond mere assessment, serving as a foundation for targeted mental training and strategic development. Key Benefits: - Objective Measurement: Provides a quantifiable measure of mental toughness, moving beyond subjective impressions. - Personalized Development: Identifies specific areas—confidence, resilience, or constancy—that require improvement. - Monitoring Progress: Repeated administrations can track changes over time, evaluating the effectiveness of mental skills interventions. - Enhancing Performance: By understanding psychological strengths and weaknesses, tailored mental training programs can be designed to optimize performance. - Injury and Recovery Support: Mental toughness scores can predict an athlete's ability to cope with injuries and setbacks, facilitating better support strategies. Research Evidence: Numerous studies have linked high SMTQ scores with superior athletic performance, greater stress tolerance, and better recovery from setbacks. These findings underscore the tool's predictive validity and practical relevance. --- Practical Applications of the SMTQ in Sports Settings The versatility Sports Mental Toughness Questionnaire Smtq 7 of the SMTQ makes it an invaluable resource in various contexts within sports organizations and individual coaching. 1. Talent Identification and Scouting - Coaches can use SMTQ scores to identify athletes with innate or developed mental toughness traits, aiding in talent scouting. - Athletes demonstrating high scores across dimensions may be prioritized for high-pressure competitions or leadership roles. 2. Mental Skills Training Programs - Results from the SMTQ inform the design of personalized mental training modules focusing on areas like confidence-building or resilience enhancement. - Techniques such as visualization, mindfulness, and cognitive restructuring can be tailored based on assessment outcomes. 3. Performance Monitoring and Evaluation - Regular SMTQ assessments help track psychological development over the course of a season or training cycle. - Adjustments to training or psychological interventions can be made based on changes in scores. 4. Post-Injury Psychological Support - Athletes recovering from injuries often face psychological hurdles; SMTQ scores can identify those needing additional mental resilience support. - Targeted interventions can facilitate a smoother psychological recovery process. 5. Research and Program Evaluation - Researchers utilize the SMTQ to examine the efficacy of mental toughness training programs. - Data collected contribute to the broader understanding of psychological factors influencing athletic success. ---

**Limitations and Considerations** While the SMTQ is a robust tool, it's essential to recognize its limitations to maximize its utility.

- **Self-Report Bias:** Athletes may overestimate or underestimate their mental toughness due to social desirability or lack of self-awareness.
- **Cultural Sensitivity:** Norms and interpretations of mental toughness can vary across cultures; adaptations may be necessary.
- **Context Dependence:** Scores may fluctuate based on current circumstances, such as recent performances or personal issues.
- **Complementary Assessments:** Combining SMTQ results with behavioral observations and interviews provides a more holistic understanding.

--- **Future Directions and Evolving Trends** The field of sports psychology is dynamic, and tools like the SMTQ continue to evolve.

- **Digital Integration:** Online platforms and mobile apps facilitate real-time assessments and feedback.
- **Integration with Biofeedback:** Combining psychological assessments with physiological data (heart rate variability, cortisol levels) offers a comprehensive view of athlete resilience.
- **Customized Normative Data:** Developing sport-specific and demographic-specific norms enhances interpretability.
- **Longitudinal Studies:** Ongoing research tracks how mental toughness develops over an athlete's career, informing preventive and developmental strategies.

--- **Final Thoughts: The Power of Psychological Assessment** In the competitive world of sports, physical skills alone are insufficient for sustained success. Mental toughness—resilience, confidence, and focus—serves as the psychological backbone supporting athletic achievement. The Sports Mental Toughness Questionnaire (SMTQ) emerges as a critical instrument in identifying and nurturing these qualities. By providing a structured, reliable, and insightful measure, the SMTQ empowers athletes and coaches to develop targeted mental skills, ultimately enhancing performance, well-being, and longevity in sport. As sports continue to evolve, integrating psychological assessment tools like the SMTQ will remain essential in cultivating resilient athletes capable of overcoming challenges on and off the field.

--- In summary, the sports mental toughness questionnaire SMTQ is more than just an assessment tool—it's a gateway to understanding and enhancing the psychological resilience that underpins athletic excellence. Its continued use and development promise to foster stronger, more confident athletes ready to meet the demands of modern sports.

Developing Mental Toughness  
 Talking to Myself about Mental Toughness  
 Towards Construct Validity  
 Mental Toughness and Competitive Anxiety in Ethiopian Football  
 Mental Toughness and Sports Achievement in Hockey  
 Psychometrics in Coaching  
 Proceedings of the British Psychological Society  
 Sport Imagery Questionnaire  
 The Parent-player Tennis Training Program  
 New Scientist  
 Effects of Mental Toughness and Mood on Perseverance in Athletes and Non-athletes  
 International Journal of Sport Psychology  
 Developing a Test for Mental Toughness  
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mental toughness is about how effectively individuals respond when faced with stress pressure and challenge understanding this concept is essential to improving performance for both the individual and the organization and this book one of the first in the field to take a look at mental toughness as a serious discipline teaches you how to assess mental toughness in individuals and organizations to drive performance improve your own ability to cope with stress and apply a range of techniques required to recognize use and develop mental toughness effectively full of sample exercises and case studies this book also features the mental toughness questionnaire a unique self assessment tool to determine your mental toughness score and what this means tracing its development from sports psychology into the world of health education and business developing mental toughness takes a deep look at mental toughness and its application at the organizational level

mental toughness is about how effectively individuals deal with stress pressure and challenge it is rooted in the notion of resilience but moves beyond this by adding ideas from the world of positive psychology the result is a complete process which is highly applicable and measurable tracing its development from sports psychology into business health and education sectors developing mental toughness was the first book to look at applications at the organizational level and to provide a reliable psychometric measure the new edition of developing mental toughness includes greater coverage of how mental toughness relates to other behaviours and can be applied to leadership creativity emotional intelligence and motivation it also looks at its applications in employability and entrepreneurship and has expanded coverage of coaching for mental toughness written for anyone coaching individuals and teams for improved performance the book contains practical guidance and techniques exercises and case studies all reflecting the exciting developments in this field over the last five years

how can individuals and organizations understand and measure mental toughness to deal with stress and challenge and so improve performance this fully updated third edition of developing mental toughness provides the answers to unlock this potential tracing its development from sports psychology into the business sector

developing mental toughness provides a reliable psychometric measure to apply at the organizational level with coverage on how mental toughness relates to other behaviours and can be applied to employability leadership performance creativity emotional intelligence and motivation the practical guidance and exercises in this book make it essential reading for academics managers and coaches alike this third edition includes an expansion of the 4cs model to include concepts on learning orientation and resilience and new chapters on evidence based practice and using the mental toughness questionnaire mtq48 to gain richer self awareness featuring case studies from deloitte and ethiad developing mental toughness is the practical coaching guide for developing capabilities and resilience

abstract mental toughness recently became a psychological phenomenon of high interest due to its perceived necessity for an athlete's success in sport given its relatively new conceptualization there is limited literature surrounding mental toughness nevertheless the demand for more mentally tough athletes requires more research of specific psychological strategies that facilitate mental toughness development within athletes the purpose of study was to examine athletes use of self talk and levels of mental toughness following a coach mediated mental toughness intervention sixteen female collegiate volleyball athletes were assessed following a longitudinal coach mediated intervention assessments included the self talk questionnaire st q mental toughness scale mts open ended questionnaire and post season question a pearson's correlation revealed no significant relationship between self talk and mental toughness throughout the intervention however positive significant relationships were found between post mental toughness and post self talk subscales motivational r 91 p

in effort to gather construct validity evidence for a new measure of mental toughness the mental toughness in sport questionnaire mtsq 32 confirmatory factor analyses were performed to examine the plausibility of competing theoretical models this was done in accordance with benson's 1998 strong program of construct validity four primary models were tested a unidimensional model a five factor model based upon social cognitive personality theory a five factor model based upon the commonly identified attributes of mental toughness and a 10 factor multidimensional model combining the two five factor models further models were tested that expanded upon the four former by including a reverse coding method effect factor complete data on the 32 item questionnaire was collected from 536 high school athletes although the unidimensional unidimensional with the method effect factor and five factor attribute models converged to admissible solutions ultimately none of the hypothesized models were able to provide adequate fit to the data however upon the exploratory removal of item 25 the five factor attribute model provided preliminary support for fitting the data implications of this study were discussed as well as implications for future research

mental toughness and competitive anxiety are two critical factors that can impact the performance of football players in ethiopian football these factors have not been extensively studied seid soleiman mohammed conducted a research study to investigate the relationship between mental toughness and competitive anxiety in ethiopian football players the study involved 180 male football players aged between 18 and 35 years the participants were asked to complete two questionnaires the sports mental toughness questionnaire smtq and the

competitive state anxiety inventory 2 csai 2 the smtq assessed the players mental toughness levels while the csai 2 evaluated their anxiety levels before and during the game the results of the study showed a significant negative correlation between mental toughness and competitive anxiety this means that football players with higher levels of mental toughness experience lower levels of competitive anxiety the study also found that there were no significant differences in mental toughness and competitive anxiety levels between professional and amateur football players overall the study highlights the importance of mental toughness in ethiopian football players performance and the need for strategies to improve mental toughness levels and reduce competitive anxiety

hockey is a physically and mentally demanding sport in india hockey is followed and played across length and breadth of the country despite its popularity and government efforts in the form of infrastructure and coaching indian men s hockey team still unable to win any major title since ages although indian men s hockey team performed well at rio olympics they were unable to secure medal position in some of the matches india lost despite taking lead this needs to be assessed in terms of psychological potentiality one such variable which encompasses quite a few psychological characteristics is mental toughness it has been scientifically documented that mental toughness is a key element for sports performance hence researcher decided to assess mental toughness of national state and district level male hockey players

psychometrics in coaching offers expert advice on how coaches consultants and human resources managers can use psychometrics to support and develop individuals in the workplace and outside with a growing demand for psychometric testing in the coaching profession coaches and practitioners alike need to understand the psychology underpinning the tests as well as how to select and apply them effectively written by an international team of global coaching practitioners and psychometricians this book provides an overview of using psychometrics and providing feedback and offers clear explanations of the key models and tools used in coaching today whether you are new to using psychometric tests or an experienced practitioner this book provides you with a deep understanding of the models the theory and research behind them their reliability and validity and how to implement them as part of a wider coaching and development programme psychometrics in coaching is an essential resource for those seeking expert guidance from the leading writers in the field as well as students on psychology psychometrics business and human resources programmes includes contributions from beverly alimo metcalfe elizabeth allworth richard barrett dave bartram richard brady eugene burke sally carr david caruso roy childs peter clough bernard cooke keith earle james fico alexander fradera leanne harris robert hogan thomas hurley quentin jones carol kauffman betsy kendall rainer kurz rab maciver helen marsh dick mccann almuth mcdowall kenneth nowack stephen palmer jonathan passmore peter pritchett peter salovey peter saville jordan silberman david sharpley jeff stagg doug strycharczyk published with the association for coaching promoting excellence ethics in coaching the association for coaching is an independent non profit professional body whose aim is to promote best practice and to raise the awareness and standards of coaching while providing value added benefits to its members whether they are professional coaches or organizations involved in coaching find out more at [associationforcoaching.com](http://associationforcoaching.com)

imagery in today's world of sport psychology is as vital and fundamental a part of an athlete's mental game plan as the physical training required for conditioning with a widespread embrace of such a philosophy comes new ways to analyse and measure its performance among athletes in the sport imagery questionnaire test manual the authors assess athletes use of imagery by proposing and outlining a specifically designed evaluation of its effectiveness the sport imagery questionnaire siq the manual is designed for sport psychologists coaches athletes or anyone who seeks to understand or quantify the use of mental imagery in sport features a 4 page reproduction of the sport imagery questionnaire in an easy to photocopy format complete with instructions and specific rating chart a scoring the siq section to calculate imagery performance a brief overview of the siq clearly and explicitly outlining its purpose and function 3 comprehensive chapters dedicated to understanding imagery explaining the methods involved in both developing and successfully utilising the siq and the psychometric properties and normative data of the questionnaire itself

through this compassionate well researched program parents players and coaches can achieve a more relaxed relationship that is more conducive to winning seven easy to follow sessions show how to relieve the stress and pressure put on young players and make tennis more enjoyable

this study aims to examine the effect mental toughness has on perseverance in a non athletic setting and how mood moderates this relationship among collegiate athletes and non athletes to explore these relationships participants were randomly assigned to one of three mood induction conditions positive neutral and negative participants completed the mental toughness questionnaire mtq18 and the positive and negative affect schedule panas for the mood induction participants were presented with 12 emotionally valenced images for 6 seconds each selected from the international affective picture system iaps behavioral perseverance was measured by how long participants worked on a maze task we predicted that participants with higher mental toughness levels would persevere longer on the maze task than those with lower levels we also hypothesized that those in the positive mood induction would persevere the longest on a maze task further we predicted that there would be an interaction between mental toughness and mood in which participants with high levels of mental toughness would be less affected by the mood induction and show higher levels of perseverance in the positive neutral and negative mood groups respectively lastly we expected athletes to have higher levels of mental toughness and be less affected by the mood induction thus showing higher levels of behavioral perseverance there were no significant results when examining the effects mental toughness and mood had on behavioral perseverance there were also no significant findings to suggest athletes have higher levels of mental toughness and perseverance than non athletes these findings are inconsistent with previous research which could suggest that mental toughness does not extend to tasks outside of athletics

among competitive sports psychological and team related factors play an important role in successful performance outcomes the purpose of this study was to examine the role of mental toughness mt competitive anxiety ca team cohesion tc and various descriptive variables i e rugby experience team stability prior participation in 7s tournaments in rugby performance and to determine to what extent it differentiates between

successful and less successful teams and players participants were 39 female athletes competing in one of four rugby teams at the 2019 austrian women s 7s series championship tournament before the tournament participants completed the demographic and rugby history questionnaire the sports mental toughness questionnaire smtq the sport anxiety scale 2 sas 2 and the group environment questionnaire geq team performance was based on the four teams final log position at the end of the tournament individual performance was based on performance statistics tackles passes catches tries and kicks collected for each player one way multivariate analysis of variance revealed that the top ranked teams had greater prior participation in 7s tournaments and lower concentration disruption bivariate pearson correlations and multiple linear regression analyses revealed two aspects of individual performance first players with the most performance statistics had significantly more somatic symptoms as well as greater individual attraction to their team on a social and task level second players who scored the most points had significantly greater scores on total mental toughness confidence and constancy it can be concluded that psychological and team related factors are associated to rugby performance among teams and individual players the results advocate practical implications for future sport psychological skills training programmes

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