

PERSEVERANCE

NEWSLETTER OF THE CPA SPORT & EXERCISE PSYCHOLOGY SECTION



ISSUE 3, JUNE 2017

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JUNE 26-30
29th International Congress
of Applied Psychology
MONTREAL

The 2018 CPA National Convention is pleased to host the 29th International Congress of Applied Psychology (ICAP) from June 26 - 30 in Montreal, QC. Don't miss this unique opportunity to join over 4,500 Psychologists from across Canada and around the world, as they look at psychology from an international perspective!

Le congrès national de la SCP de 2018 est fier d'être l'hôte du 29e International Congress of Applied Psychology (ICAP), qui se tiendra du 26 au 30 juin, à Montréal, au Québec. Ne manquez pas cette occasion unique de rejoindre plus de 4 500 psychologues de partout au Canada et d'ailleurs dans le monde, pour jeter un regard international sur la psychologie.



SUBMISSION WINDOW OPENS

SEPTEMBER 11

WWW.CPA.CA/CONVENTION/CALLFORSUBMISSIONS

SECTION FEATURED SPEAKER:

MARTIN HAGGER, PHD

Developing a system for describing relationships among constructs in theories applied to health behaviour:
An approach based on process diagrams

Greetings from the Sport & Exercise Psychology Section's Executive Board

We've made it. Two years of hard work, brainstorming and relentless networking building a section worthy of its name. It hasn't been easy, but we are proud to say that the Sport & Exercise Psychology Section has maintained momentum since its relaunch in 2015-2016.

On top of this, the second issue of Perseverance was named "Best Section Newsletter" by the Canadian Psychological Association's Board of Directors. This publication is not only transmits relevant news to our members about their profession, it is a rallying figurehead and a statement of our existence that stimulates exchanges between members, encouraging them to get involved in new endeavours. Thanks and praises to Vincent Desjardins for his excellent work on design.

No efforts have been spared for this third issue: You will find many original articles in addition to CPA 2017 Convention content. We are pleased to feature our section guest speaker, Katie Gunnell, as well as scientific posters created by our members and participants of our pre-convention workshop, which was led in collaboration with the Canadian Sport Psychology Association. Additionally, we invite you to read the précis of a paper by Markus Raab, Vice-President of the European Society of Sport Psychology, on predictions for our field in 2050. Chris Friesen signs this month's Clinical Spotlight paper about techniques used in his practice with athletes. The works of two researchers are also under the spotlight: Erica Bennet and colleagues discuss older women's perceptions of their bodies, and Navin Kaushal presents his research program aimed at describing and fostering exercise habit formation. We also had the pleasure of discussing boxing and event organization with Canadian athlete, Carl Poirier, whose performance at the 2017 Canadian Boxing Championship earned him the cover of this issue.

As I mentioned, we hope this issue convinces you that our professional community is well and truly alive and kicking, and that your contribution is most welcome. Do not hesitate to contact us at sport.exercise.cpa@gmail.com.

On a réussi. Deux ans de labeur, à se creuser la tête et à réseauter sans relâche pour construire une section digne ce nom. Ça n'a pas été facile, mais nous sommes fiers d'annoncer que la Section de Psychologie du Sport et de l'Exercice a maintenu son momentum depuis son relancement en 2015-2016.

D'ailleurs, et en appui à cette affirmation, notre second numéro de Persévérance a été consacré "Meilleur Bulletin de Section" par le comité des directeurs de la SCP. Cette publication n'est pas seulement un moyen de transmettre à nos membres des nouvelles pertinentes à leur profession: c'est à la fois une figure de proue et un manifeste de notre existence qui stimule les échanges entre nos membres, et les encourage à s'impliquer dans de nouvelles initiatives. Sincères remerciements à Vincent Desjardins pour son excellent travail de design.

Nous n'avons pas ménagé les efforts pour ce troisième numéro: vous y trouverez plusieurs textes originaux en plus du contenu lié au congrès 2017 de l'ACP. Il nous fait plaisir de mettre en valeur notre présentatrice invitée Katie Gunnell, les affiches scientifiques de nos membres et les participants de notre atelier pré-congrès donné en collaboration avec l'Association Canadienne de Psychologie du Sport. De plus, nous vous invitons à lire le précis d'un article de Markus Raab, Vice-Président de la Société Européenne de Psychologie du Sport, sur les prédictions dans notre milieu en 2050. Chris Friesen signe l'article-vedette clinique portant sur les techniques utilisées dans sa pratique auprès des athlètes. Les travaux de deux chercheurs sont également sous les projecteurs: Erica Bennet et collègues discutent de la perception que les femmes âgées ont de leur corp et Navin Kaushal présente son programme de recherche visant à décrire et développer le processus de formation de l'habitude chez les gens adoptant la pratique de l'activité physique. Nous avons aussi eu le plaisir de discuter de boxe et d'organisation d'événements avec l'athlète canadien Carl Poirier, dont la performance au Championnat Canadien Juvénile 2017 lui a valu la couverture de ce numéro.

Pier-Eric Chamberland, on behalf of the Executive Board

News & Opportunities

Executive Positions Available

Nominations are still open for the positions of Secretary-Treasurer, Student representative and Member-At-Large (2) for the term 2017-2018 (1-year term). Specific roles are proposed for the two Member-At-Large positions (Event/Convention Manager and Communications Officer), with revised titles to be voted officially at the June AGM. The Event/Convention Manager's role would be to proactively organize and manage Section-related events such as workshops and speakers, and to act as review coordinator for the convention submissions. The Communications Officer's role would be to proactively collect newsworthy information through different channels and to disseminate them to members in the form of email newsbulletin, as well as process inquiries to the section email and assist the Chair in editing the official newsletter.

Each of these positions require a proactive commitment of one year up until the next June AGM. There are typically three official executive meetings through conference call per year as well as regular (1-3x month) communications by email. Students may be able to apply to other positions in the event of vacancies. Nominations should be sent sport.exercise.cpa@gmail.com and voted at the AGM. More information about the specific roles can be found online on the [Section business page](#).

CPA Toronto Poster Competition

Another edition of our Sports & Exercise Psychology Student Poster Competition will take place at our Poster Session. All posters presented by students (1st author) with an active membership to the Sport & Exer-

cise Section will be considered automatically. Evaluations will be conducted by the executive boards and volunteers according to specific criteria such as topic originality, methodological soundness, clarity & esthetics and oral presentation. The prize is one hundred dollars with an invitation to publish the poster in article form in our official newsletter.

Convention Workshop

Judy Goss of the Canadian Sport Psychology Association (CSPA) did an amazing job of putting together a superb program for our joint CSPA/CPA Convention workshop. It will take place on the 7th of May at the Courtyard by Marriott Downtown Toronto (475 Yonge Street). Please take note that this workshop is one day before the convention officially starts. The schedule can be found in this issue. Registrations are 100\$ for professional members, 50\$ for students and 160\$ for non-members. You can register at : <https://www.cspa-acps.com/single-post/2017/04/22/CSPA-CPA-Pre-Conference-Workshop>.

Canadian Code of Ethics for Psychologists, 4th Edition

The Canadian Psychological Association is pleased to announce the release of the Fourth Edition of the Canadian Code of Ethics for Psychologists. You can find more information about the newest revision of the Code and download the electronic version here: <http://www.cpa.ca/aboutcpa/committees/ethics/codeofethics>.

News & Opportunities

World Congress on Sports Psychology

The 14th World Congress on Sports Psychology, organized by the International Society for Sport Psychology, will take place from the 10th to the 14th of July in Sevilla, Spain. We strongly encourage you to attend this major event and to spread the word. You can register at <http://www.issp2017.com/>.

If you plan on attending, please also communicate with Adrienne Leslie-Toogood at adrienne@cscm.ca to join the Canadian delegation! We are also pleased to announce the current bid made by Adrienne and the CSPA to host the next edition of the World Congress (2021) in Winnipeg, Manitoba.

Perseverance Newsletter - Call for Submissions

Got newsworthy material? A new paper to promote? The Sport and Exercise Psychology Section is currently accepting submissions for future issues of Perseverance, our official newsletter! You are invited to send submissions on a variety of topics, such as brief articles on section-relevant topics, short summaries of recently published research, recently released books featuring Canadian psychologists as authors, editors, etc., suggestions for future articles or features, advertisements for jobs, internet/mail research, etc., and anything else that you think might be of interest to your sport and exercise section peers. Please send your submission to sport.exercise.cpa@gmail.com before

August 15th (Submissions will be considered on a rolling basis). Issues 1 to 3 available at : <http://www.cpa.ca/aboutcpa/cpasections/sportandexercise/>.

Research Spotlight

Sport and Exercise Psychology 2050



*Prof. Markus Raab
Institute of Psychology,
German Sport University
Cologne*

Markus Raab is the Head of the Institute of Psychology at the German Sport University and the Head of the Department Performance Psychology. Additionally he is research Professor at London South Bank University, UK. He is vice president research of FEPSAC (European Society of Sport Psychology), associate or section editor in four sport and exercise psychology journals. The main focus of the research program in performance psychology is on motor learning and motor control and judgment and decision making in sports and beyond. He favors a simple heuristic approach and an embodied cognition approach to understand the interaction of sensorimotor and cognitive behavior from a psychological perspective. In this Précis of his paper of 2017, he discusses the future development of sport and exercise psychology until 2050.

Raab, M. (2017). Sport and exercise psychology in 2050. German Journal of Exercise and Sport Research, 47(1), 62-71. doi:10.1007/s12662-016-0435-y

Sport and exercise psychology by definition describes, explains, and predicts human behaviour. Yet exact predictions of human behaviour are more the exception than the rule and thus it is no wonder that sport and exercise psychologists are not able to predict very well who will be a talent or win a gold medal in 10 years. In the same vein, it is somewhat

easier to describe scientific endeavours in hindsight or by analysis of the current state of affairs than to predict what a discipline will be like in, say, 2050. Other disciplines that face similar levels of complexity have, however, tested their models on (near) future events, such as the mathematical prediction of president elections, climate change, or which team will win the next soccer World Cup. Some disciplines have even tried to forecast what will be in 2050, for instance, predicting that soccer-playing robots will win an official soccer game against humankind. In this opinion statement about sport and exercise psychology that starts with the current state of affairs in our field, I predict sport and exercise psychology activities and potential successes in 2050, enabling a discussion of our mission as well as goal setting for the coming years.

Here is a bet: With the prediction of sport and exercise psychology in 2050 I aim to (a) relate the present activities and goals of the field to future desired successes, (b) stimulate discussion about what we want for the future and partly how we can achieve it, and (c) increase interactions with other fields. So let me state my bet: By 2050, a soccer team that loses against fully autonomous humanoid robot soccer players can pick any accredited sport and exercise psychologist to give the team 4 weeks of preparation, leading the team to win the next game based on the competences they gain from sport-psychological training.

If no robots have won against a human team, this bet can be rephrased so that it relates to a game between two human teams. All other things being equal (e.g., games won; physical, technical, and tactical skills), the team that integrates sport-psychological training in their training regimen will win. The main rationale of the bet is to test the additional effect of sport-psychological training.

What is the future of sport and exercise psychology? To date, few predictions have been made about the future of sport and exercise psychology, however (but see Schinke et al., 2006, Special Issue). For instance, in Seiler and Wylleman (2009) and a follow-up (Wylleman & Seiler, 2016), the authors listed challenges that they believed needed to be met, such as the unification of psychologists and sport-related stakeholders in the field of sport and exercise psychology and the diversification of different specialisations in research, practice, and education. The future of some of these challenges have been described as predictions that can be assessed: Have sport and exercise psychology practitioners come together in joint professional associations, cooperated on contracts, or taken specific joint actions? Other predictions are not easy to evaluate such as whether the diversity in education in the field has been sufficient.

For bibliometric studies I use an example from the International Review of Sport and Exercise Psychology. Lindahl, Stenling, Lindwall, and Colliander (2015) analysed 1,140 papers from five sport and exercise psychology journals published between 2008 and 2011 using principal component analysis based on author co-citation relationships. Lindahl et al. followed Eom's approach (2009), who analysed cited publications into principal components. In Lindahl et al.'s study this procedure resulted in groups of 158 highly cited authors' papers to detect important research in sport and exercise psychology. The analysis of Lindahl et al.'s resulted in 73 clusters of topics and 14 principal components (e.g., motivation, performance, stress, talent, leadership, and imagery, among others). The relation between the 158 authors and the principal components led Lindahl et al. to declare this as the «overall structure of sport and exercise psychology» (p. 82, Figure 1). Further the number of citations or the number of authors was used as a quantitative analysis of the size of these research areas. For instance some research areas such as motivation and a theory such as self-determination is researched by 26 authors and about 3,000 citations, whereas morality is cited 148 times and three authors published work on that topic. This example can be extended to other studies focus-

ing on specific aspects of the quality of research (Schweitzer & Furley, 2016), such as power and replication, specific methods used in practice, such as single-case studies (Barker, Mellalieu, McCarthy, Jones, & Moran, 2013), or specific research strategies, such as using longitudinal designs (Stenling, Ivarsson, & Lindwall, 2016).

A problem with any of these methods is that one infers from the current analyses of research topics their importance and predicts the field's future on the basis of the simple principle that past behaviour predicts future behaviour. Although this may be valid for individual behaviour, it may not be possible to predict new areas of research on the basis of the current state of affairs.

How does one predict the future of sport and exercise psychology beyond forecasting activities as described above? One important lesson I have learned from working with athletes is to reframe situations if I want to change their perception. For instance, for the prediction of sport and exercise psychology in 2050, it may be better to discuss the goals of the stakeholders (i.e., members of sport associations, sport psychologists, and researchers) in the field, as they may influence the future of the field through their actions in support of their beliefs or goals. This reasoning led me to ask the presidents of our current sport and exercise psychology associations to provide me with a brief statement about their vision of sport and exercise psychology in 2050. If these visions will be used to influence their members or the research, application, or education of future sport psychologists, then this may be the best predictor of the future we have. As predictions about the future by definition can only be judged in 2050, it makes sense to predict that the responses of the current presidents may have a higher validity for the next few years than for 2050 (see Raab, 2017, Table 1). For instance, the president of the Sport & Exercise Psychology Section of the CPA wishes that “sports psychologists join the trend and form a habit of collecting psychological data in a systematic manner to publish their findings in clinical journals, or collaborate with sports agencies to identify determinants of performance and well-being.”

I bet at the beginning of this essay that providing sport-psychological training to a World Cup team would make it possible for that team to win against humanoid robots that had just won against such a team without training. I do believe that to win such a bet there must be enormous developments in sport and exercise psychology in relation to science, sport, and society. These changes need to be realized on a structural level as well as by optimizing processes and making changes in society. A bet by default is a prediction of the future with an uncertain outcome. Are we ready to take the challenge?

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CPA Convention Section Program



CPA/CPA Pre-Conference Workshop June 7th, 8:30 – 16h00

A full day of workshops are planned which will bring together multiple psychology disciplines to gain practical and experiential knowledge for practicing in the field of sport. Participants will gain knowledge from expert sport psychology professionals about three topical issues in sport. The first workshop one will explore perfectionism in sport. The second will explore common issues athletes experience when transitioning out of sport. The third will provide an example of how a mental performance consultant and sport psychologist can work together to enhance performance. Participants will also be invited to attend the business meeting of the Canadian Sport Psychology Association Ontario Region to follow the workshops.

9:00 to 11:45am – “Why can’t I be perfect?” The role and influence of perfectionism in sport
Dr. Lynda Mainwaring along with Panelist: Dr. Heather Wheeler & Dr. Nicole Forrester

This workshop will provide (a) an overview of the perfectionism literature and the implications for the sport context, (b) several case studies to illustrate the role that perfectionism will play in athletes’ performance, (c) a panel of discussants providing a summary for implications in applied practice.

11:45 to 1:00pm – Lunch

1:00 to 2:15pm – Athlete Transition from Sport to Life

Dr. Chantale Lussier

This workshop will provide an overview of obstacles and opportunities for athletes transitioning out of sport. Resources and programs specifically designed to assist athletes in making a successful transition out of sport to a second career will be explored along with providing the sport context that can hinder the athlete.

2:45 to 4:00pm - Common Practice with Athletes: Constructive Double Teaming

Dr. Kate Hays & Dr. Judy Goss

This session will focus on ways a mental performance consultant and a registered psychologist can work together in terms of referral, simultaneous or sequential practice, and follow up. Athletes often present with specific psychological issues that hinder their performance in life and in sport; working together can provide an athlete with skills and strategies that they can apply to sport and life. Being on the same page provides the athlete with greater understanding how their thoughts and behaviours can be changed. Issues of confidentiality and communication, interpersonal boundaries, competence, client values and preferences are addressed.

4:15 to 5:15pm – Canadian Sport Psychology Ontario Regional Meeting

The meeting is for CPSA members and will discuss CSPA regional initiatives and group sharing. Information on professional member application process and webinars along with networking and business development opportunities.

Each presenter is a member of the CSPA-ACPS, an applied sport psychology organization aiming to facilitate the development of mental and emotional skills, attitudes, perspectives, strategies, and processes that lead to optimal performance, well-being, and personal growth. Stay informed of the CSPA-ACPS activities, such as regular webinars, at www.cspa-acps.com.

CPA/Section Featured Speaker

Examining the Links Between Exercise, Sedentary Time, Screen Time, and Psychosocial Indicators of Health in Children and Youth



Katie Gunnell, PhD

Approximately 10-20% of Canadian children and youth have a diagnosed mental disorder and these prevalence rates are increasing. Mental disorders and their associated symptoms can cause considerable personal and economic burden. Since many mental disorders or symptoms begin in early childhood, this represents a key period for intervention. For decades, researchers have shown that exercise can have favourable effects on symptoms of mental disorders and can enhance positive psychological health. More recently, with the release of Canada's 24 Hour Movement Guidelines, researchers have recognized that there is an important interplay between exercise and other behaviours that children and youth engage in during a typical day. That is, exercise, sleep, sedentary time, and screen time can interact to effect psychological health in children and youth. In this presentation, I will review research that has been conducted to examine the unique effects of exercise and other behaviours such as screen time, sedentary time, and sleep as factors associated with psychosocial health. I will also present results from my program of research, which has examined reciprocal effects between exercise and psychological health in children and youth. Finally, I will outline limitations of previous work and suggest future avenues of research.

Dr. Gunnell is a Scientist with the Healthy Active Living and Obesity Research Group (HALO) at the Children's Hospital of Eastern Ontario Research Institute (CHEO-RI) and an Adjunct Professor in the School of Human Kinetics and School of Epidemiology, Public Health and Preventive Medicine at the University of Ottawa. She holds a PhD in Kinesiology with a specialization in Exercise Psychology and a sub-specialization in Measurement, Evaluation, and Research Methodology from the University of British Columbia. Dr. Gunnell serves as an Associate Editor for International Review of Sport and Exercise Psychology. Dr. Gunnell's research focuses on understanding the psychological antecedents and mechanisms related to behaviours such as physical activity and screen time and how those, in turn, impact well-being and ill-being in children and youth. In a second line of research, she examines measurement properties of instruments used to assess psychological variables related to physical activity and screen time.

Sport & Exercise Psychology Posters

Session G, Salon B/Ballroom, June 10th 13h30-15h

A Break from Social Media : The Relationship Between Social Media, Body Image, & Exercise

Alyssa N. Saiphoo & Rebecca Bassett-Gunter
Ryerson University & York University

It has been reliably shown that idealized images of slender, attractive females and tall, muscular men in the mass media have detrimental effects on the body image of female (e.g. (Grabe et al., 2008; Groesz et al., 2002) and male (e.g. Daniel & Bridges, 2010) media consumers. However, a new form of media that could impact body image in a similar way is on the rise - social media. Theorists have proposed that the relationship is unlikely to be a simple one; its likely the case that this relationship is defined by different moderators (Perloff, 2014). A proposed moderator of this relationship is exercise, as there is already a large existing literature suggesting that exercisers generally have better overall body image compared to non-exercisers (Hausenblas & Fallon, 2006). Thus, the present study investigated the relationship between social media use and body image concerns, while examining exercise behaviour as a possible moderator of this relationship. 79 undergraduate students (mean age = 19.4 years, 72% female) were randomized into two groups: an experimental group where participants abstained from using social media for one week, and a control group where participants continued to use social media as usual. Participants completed measures of appearance satisfaction and social physique anxiety (SPA) before and after this experimental manipulation, in order to analyze any changes in body image concerns. Exercise was also measured using the Godin Leisure-Time Exercise Questionnaire. Data was analyzed using a 2 (Condition: social media break vs.

control) by 2 (Time: pre vs. post) repeated measures ANOVA. Results suggest that taking a break from social media does not produce changes in body image between pre- and post-experimental manipulation, but that social media use may increase them, $F(1, 77) = 4.932, p = .029$. Additionally, a stepwise regression analysis was conducted to determine if change in SPA over the week could be predicted by condition and exercise. While condition was a significant predictor (as suggested by our ANOVA results), exercise was not, $\beta = .002, p = .971$. Limitations for this study include the lack of ability to fully verify adherence to the social media abstinence, and sampling bias.

Athletes, Gender Roles, and Media Presentation: Do Gender Roles and Media Presentation Impact the Perception of Athletes?

Evanya Musolino, & Jan D. Cioe
University of British Columbia – Okanagan

Gender roles are said to dictate the type of behaviour that is considered acceptable, appropriate, and desirable for males and females. Given that engagement in sport is a stereotypically male behaviour, it has been suggested that a differential response to athletes occurs as a function of gender. The present study was designed to explore this differential response. Furthermore, the present study sought to examine the impact of media presentation (i.e., sexualized vs. non-sexualized) on subsequent judgments. Participants were recruited using an online forum based website, Reddit, and were randomly assigned to one of six media conditions: mode [written description, written description + image – non-sexualized, written description + image – sexualized] \times athlete's gender [male, female] and asked to respond to a series of questions pertaining to the

sexual experience, intelligence, capability, and athletic competence of the athlete depicted. In general, athletes that were presented in a sexualized manner were perceived as more sexually experienced and less intelligent, a finding that applied to both male and female athletes. This finding suggests that how athletes are presented in mainstream media impacts judgments on unrelated psychological characteristics. The implications of the findings are discussed within the context of objectification theory.

Baseline symptom and cognitive functioning in Midget Hockey players: Does concussion predict symptom report?

Patricia Arends & Martin Mrazik
University of Alberta

The Sport Concussion Assessment Tool (SCAT) 3 is a standardized clinical tool used for concussion management. This study aimed to test whether the SCAT 3 predicted symptoms reported, cognitive functioning, and balance in a sample of Midget Hockey players who have a history of concussions, in comparison to athletes without a history of concussion. One hundred and forty-five midget hockey athletes (mean age = 13.6) underwent baseline testing with the Sport Concussion Assessment Tool (3rd edition) prior to the start of the 2016 competitive season. The SCAT3 is a standardized clinical tool used for concussion management. Results comparing athletes with a history of concussions ($n = 50$) to athletes without a history of concussion ($n = 95$) indicated no significant difference overall in Total Symptom report $t(1, 143) = 1.70$, $p = 0.09$. However, significant differences were noted on specific symptoms including irritability ($p = .005$) and balance problems ($p = 0.02$). Correlational analysis suggested significant positive relationships ($p < .05$) between variables including prior history of concussion, migraine/headaches, learning disability and mood disorder. The multiple regression analysis with all four predictors produced $R^2 = .231$, $F(4, 140) =$

10.50 $p < .001$. In contrast, regression analyses were not significant ($p > 0.05$) for predicting cognitive functioning and balance. In conclusion, Minor hockey players with a history of concussions demonstrated few differences from non concussed peers. History of mood disorders and learning disabilities were significant predictors of high Symptom Severity scores on the SCAT 3, while other variables including a history of concussion and migraine headaches were not. Although history of concussion has been linked to increased symptom report, results suggest other variables should be considered and further research is needed with clinical and non-clinical samples.

Career Counselling for Athletes: Pre-emptive Planning for Sport Termination

Samantha Stewart & José F. Domene
University of New Brunswick

Sport career termination is a normative and inevitable transition for athletes. Its predictability creates an opportunity to prepare athletes in advance for this event (Stambulova, Alfermann, Statler, & Côté, 2009). Research on career transitions in sport has been growing over the past three decades; investigating the psychological, emotional, social, and physical consequences of termination as well as the variables that influence the quality of athletes' transition out of sport (Park, Lavalley, & Tod, 2012). Research has demonstrated that athletes are a special population with specific career counselling needs, which requires proactive outreach steps from practitioners (Shurts & Shoffner, 2004; Martens & Lee, 1998). This systematic literature review presents major existing research findings on athletic career transitions and recommendations for applied sport psychology practitioners working with individuals at the end of their athletic career. Pre-emptive planning with athletes before the sport termination process will help mitigate negative consequences and improve the quality of the transition from competition to retirement.

Obligatory Exercise and Perfectionism in Health and Non-Health University Program Majors

*Shakira Mohammed & Chantal Arpin-Cribbie
Laurentian University*

Obligatory exercise and perfectionistic tendencies have both been identified as prevalent concerns in post-secondary students. Furthermore, previous research confirms the strong association between trait perfectionism and obligatory exercise. However, little research has considered the influence of university major on these maladaptive tendencies. The current study aimed to examine trait perfectionism, perfectionistic cognitions, and obligatory exercise behaviours in university students majoring in health science programs (e.g. Kinesiology, Sports Psychology) and those not majoring in such programs (e.g. Psychology, Sociology). Female university students ($n = 39$ health, $n = 47$ non-health) completed the Multidimensional Perfectionism Scale, Perfectionistic Cognitions Inventory, Obligatory Exercise Questionnaire and Godin Leisure-Time Exercise Questionnaire. The results indicated that students enrolled in health-based programs experienced a higher degree of trait perfectionism, perfectionistic thoughts, and obligatory exercise behaviours than those in non-health-based programs. These findings suggest that students in health-based university programs may be at heightened risk for obligatory exercise and perfectionistic tendencies. Future research should further examine this subsample to better understand the propensity for perfectionism and obligatory exercise behaviours, and the associated consequences.

Personality Traits in Women's Rugby Player Positions

*Angelina MacLellan, Hayley Russell,
Laura Sevigny (presenting) & Margo Watt
Saint Francis Xavier University*

Personality traits predict many important outcomes for individuals (e.g., happiness, health), dyads (e.g., relationship commitment), groups (e.g., team cohesion) and society (e.g., criminal behaviour) (see Allen et al., 2013). Sports teams' performance also can be influenced by the personality of its team members (Beauchamp et al., 2007). Few studies have examined the five-factor model of personality (McCrae & Costa, 2008) in relation to sports. Early research with other models found differences between team and individual sport athletes but different positions (player roles) on a sports team often require different behaviours that may be more or less suited to persons with particular personality characteristics. The present study sought to investigate personality traits in positional play among women rugby players. Women's rugby is one of the fastest growing sports in Canada but has garnered very little research attention; one exception being a recent study conducted in our lab (McNeill et al., 2015). Preliminary data includes 242 participants derived largely from Canadian Interuniversity Sport (CIS) teams; Mage = 20.81 years; (SD=3.24); 80% Euro-Canadian; 54% forward positions. Research in this area holds potential practical and theoretical value.

The associations between physical self-discrepancies and social physique anxiety among young adults

*Shauna Solomon-Krakus, Catherine M. Sabiston & Eva Pila
University of Toronto*

Little research has examined actual-ideal physical self-discrepancies (PSD) beyond body weight

and shape. The present study examined whether actual-ideal PSD related to physical strength, attractiveness, thinness, confidence in physical abilities, and fitness were predictors of social physical anxiety (SPA) among 237 young adults (69% female; Mage=19.21, SD=2.11). Polynomial regression analysis with response surface methods was used to examine the (dis)agreement and the degree of discrepancy between actual-ideal PSD and SPA. Age, sex, and ethnicity were entered as covariates in all analyses. One significant convex curvilinear relationship was found between the agreement in actual and ideal confidence scores and SPA ($p=.01$). SPA increased more sharply as the degrees of the discrepancies between actual-ideal thinness ($p=.002$) and actual-ideal fitness ($p=.007$) scores increased. SPA was higher when ideal scores on attractiveness, thinness, confidence, and fitness were higher than actual scores ($p=.001$ to $.02$). Based on these findings, PSD beyond body shape and weight are associated with negative physique-related outcomes among young adults. These findings highlight the need for intervention and prevention efforts to incorporate more diverse indices of the physical self.

The Development and Validation of a New Measure of School-Sport Balance among Adolescent-Athletes

Amélie Morinville & Dave Miranda
University of Ottawa

Competitive adolescent-athletes must balance conflicting life-domains. The notion of balance has been extensively studied among adults. However, it has yet to be examined more thoroughly with adolescent-athletes. The purpose of this study is to develop and validate a new psychometric measure of adolescent-athletes' perception on how they conciliate their school and sport demands: The School-Sport Balance Scale (SSBS). An initial pool of 54-items was created based on theoretical and practical mea-

ning, as well as carefully reviewing the current literature for similar constructs to balance. The SSBS contains four subscales: 1) school-sport conflict; 2) sport-school conflict; 3) school-sport facilitation; and 4) sport-school facilitation. Participants were asked to rate items about their perceptions of school-sport balance on a 5-point Likert-type scale. A sample of 144 university athletes ($M=19.02$; $SD=.94$) completed this SSBS. Reliability (Cronbach's alpha) was satisfactory across all items and subscales (.90 to .94). EFA showed that the SSBS has a potential four-factor structure and loadings of items ranged from .42 to .83. These results provide preliminary support for the internal consistency and factory validity of this scale. Hence, these encouraging results show the importance of further developing this scale to increase our understanding of adolescent-athletes' perceptions of school-sport balance.

The power of rich description: A scoping review of sports related concussion research employing qualitative methodological design

Daryl Stephenson & Jeff D. Holmes
Western University

Concussions have been the focus of a steadily increasing volume of research. The vast majority of this research is, however, quantitative in nature – despite the important contributions that qualitative inquiry might make to our understandings of the impact of concussion. In an effort to summarize the contributions that qualitative research has made to our understanding of sport-related concussions, a scoping review was conducted using Arksey and O'Malley's (2005) methodological framework. Data from 28 studies that fit the inclusion criteria of the study were extracted and analyzed. Although the perspectives from multiple stakeholders were represented in the literature (e.g., coaches, clinicians, parents, and trainers), the majority of research focused on the experiences of the athletes themselves. Se-

veral themes were identified, including: media portrayals and social perceptions of concussions; barriers to concussion disclosure; coping strategies; and the importance of social relationships for developing and sharing concussion knowledge. This review offers evidence to suggest that factors associated with concussion reduction, reporting, and management are sufficiently complex as to require the richness of detail evoked by qualitative research design. Directions for further research, practice, and policy in the field of sport-related concussion injury will be discussed.

Roundtable on Thursday, June 8, 10:45am - 11:45am

Can applied positive psychology enrich sport psychology? Exploring the feasibility of a possible-selves group intervention with Canadian athletes

Zarina Giannone

University of British Columbia

Success in high-performance sport is often contingent on athletes' abilities to identify and capitalize on personal strengths. Positive psychology, a new scientific area which has emerged within the broader field of psychology, attends to the study of human strengths, positive emotions, well-being, and future possibilities. Early, yet promising, research has suggested that applied positive psychology facilitates improved functioning with athlete populations; however, the role of athletic identity in moderating these outcomes has yet to be addressed in the scholarly literature. A new positive psychology group intervention was developed (Kealy, 2016) which utilizes possible selves theory, a framework which embodies the positive psychological approach to health and wellness, underscoring the role of identity and positive possibility in creating future and adaptive cognitive representations of the self. Possible selves are thought to link identity and motivation, while guiding future action and responses to life stressors. The purpose of this conversation session is to discuss the feasibility of this intervention with athletes, the influence of athletic identity on possible selves, and the integration of applied positive psychology with sport psychology in a Canadian context. Feasibility data will also be integrated and used to stimulate discussion among conversation participants.



The Canadian Sport Psychology Association (CSPA) is a professional organization that includes both Mental Performance Consultants (MPCs) and Psychologists who have coursework and supervised experience in applied sport psychology consulting.

The vision of the organization is : LEADING EXCELLENCE IN SPORT PSYCHOLOGY PRACTICE: ONE INDIVIDUAL, ONE TEAM, ONE COMMUNITY AT A TIME.

a) Our people: Passionate mental performance consultants and registered psychologists creating positive change.

b) Our profession: Dedicated empirically-based organization driving advocacy and governance of sport psychology through education and innovation.

c) Our community: Inspiring, developing and sustaining healthy cultures of excellence.

It is governed by a Managing Council that includes regional representatives that work diligently to support members within their respective regions.

The CSPA hosts two webinars annually to assist with applied sport psychology consulting, and publishes bi-annual newsletters. A Young Professional's award is given each year at the Annual General Meeting.

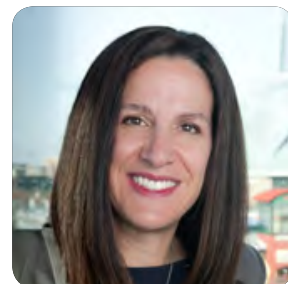
We have student, professional and academic members. The latter is a new membership category open to professors who practice primarily within the context of their academic role.

For more information on the CSPA, please visit our website at : <https://www.cspa-acps.com>.

Sincerely,

A handwritten signature in black ink, appearing to read 'A. Leslie-Toogood'.

Dr. Adrienne Leslie-Toogood,
Chair of the Canadian Sport Psychology Association



Clinical Spotlight

When Athletes Want to Get Rid of Anxiety and Doubt

Dr. Chris Friesen, BCN
Director, Friesen Sport & Performance Psychology



Dr. Chris Friesen, Ph.D., C.Psych., is a clinical psychologist and neuropsychologist who has always been fascinated by how people become successful. He works with national/Olympic, and up-and-coming elite athletes, as well as other high achievers such as professionals, entrepreneurs, executives, academics, and writers, achieve their personal and professional potential. He is currently director of Friesen Sport & Performance Psychology (FriesenPerformance.com) and Niagara Neuropsychology (NiagaraNeuropsychology.com). He has held contract faculty positions for the psychology departments of York University and the University of Guelph where he taught courses in psychological assessment and measurement. He has been an invited reviewer for the APA's journal Psychological Assessment and in 2017 he was the invited guest editor for the CPA's national magazine, Psynopsis, for a special issue focusing on concussions, titled The Role of Psychology in the "Concussion Crisis". He is also is a contributor to Success Magazine and author of ACHIEVE: Find Out Who You Are, What You Really Want, And How To Make It Happen.

Athletes and other top performers often come to see sport psychologists in hopes of reducing performance anxiety and to increasing their confidence. They often state they want to get rid of their anxiety and doubting thoughts. Many report they have tried positive affirmations, disputing or suppressing their negative thoughts, or visualizing successful outcomes. After all, this is what many coaches and popular

self-help books tell them they should do.

Unfortunately, they often find that many of these strategies simply do not work. If they did, of course, they likely would not be seeking the services of a sport and performance psychologist. Ironically, when they do what the self-help books or their coaches recommend they do and it doesn't work, their confidence tends to plummet further and their anxiety increases. Let's briefly examine each of these common strategies used by athletes in a little more detail.

Although there is good research on the benefits of cue-words, particularly during competition and training, there is some research that has found that positive self-statements do not work so well. Research by Joanne Wood, Ph.D., and her colleagues has shown that repeating positive self-statements may mildly benefit those who already have high self-esteem by making them feel slightly better [see Wood, Perunovic, & Lee, 2009]. However, their research found it had the opposite effect for those whose self-esteem was not high or just average. When those with lower self-esteem practiced positive self-statements, their moods in fact worsened. On the other hand, when those with low self-esteem were allowed to think negative thoughts, their moods improved!

Although these findings run counter to much self-help folklore, they are in line with the research coming out of many of the "Third Wave" psycholo-

gical treatments such as Acceptance and Commitment Therapy/Training and other mindfulness-based approaches. Such research has repeatedly demonstrated that suppressing, disputing, or trying to replace negative thoughts with more realistic or positive thoughts may not be as necessary as previously believed [see Longmore & Worrell, 2007]. Such research suggests trying to dispute, suppress, or eliminate negative thoughts and feelings may even be fruitless. Rather, this research suggests it may be better to drop the struggle and accept negative thoughts and feelings for what they truly are; normal processes that should be allowed to come and go on their own.

Another common recommendation from the self-help literature is that we have to think positively or believe in ourselves before we take action. The problem is thinking positively or trying to convince ourselves we can do something often takes a significant amount of time and effort and may not work at all. I often tell athletes in my practice that self-efficacy develops much faster **AFTER** we take action, **NOT BEFORE**. Our minds are not easily persuaded by our attempts to convince them! But our minds quickly learn from experience. I tell them that the fastest way to increase confidence and self-efficacy is to **DO** what their doubting thoughts tell them that they cannot do. This approach is more lasting as our minds easily forget arguments, but do not easily forget experiences.

I have found it is more helpful to explain to the athlete that they are always going to have at least some self-doubts. Why? Because that is what our brains were designed to do. Our brains have evolved to protect us. I tell them that even the most successful athletes have doubting thoughts. It feels uncomfortable, but it is the way our brains are hard-wired. I also emphasize that having some self-doubt is a good thing because it motivates us to avoid danger and to improve.

To facilitate this I often ask the athlete to ima-

gine they are preparing for the biggest competition in their life. I ask them whether they think it would be better if, in the weeks and months leading up to the event, they had no self-doubt.

Some athletes may at first glance say yes, but the real answer is no. I ask them to imagine how motivated they will be to wake up at 5:30 AM to train or how motivated they will be to keep pushing themselves when they get tired during training if they have no self-doubt. They realize that having few doubts can make them complacent. They realize their motivation may drop. They realize that with little self-doubt, they are more likely to underprepare for and underestimate their competition. This leads to a productive discussion of how self-doubt is a good thing. They cannot fully eliminate it. They can capitalize on what it offers them, however; the motivation to keep pushing forward.

Similarly, one of the first things I convey to athletes is that *IT'S NORMAL TO FEEL ANXIOUS* in performance situations. Some of the biggest misconceptions high performers often have when they consult with me are that top performers:

- Don't feel anxious in high-performance situations
- Perform best with no anxiety

These, of course, are both false. As the Yerkes-Dodson Law clearly demonstrates, we need a moderate level of anxiety to perform at our best. As I'm sure you know, too much anxiety or activation leads to underperformance. But not enough is just as detrimental. How much anxiety is ideal will depend on the performance situation. A golfer about to putt for a tournament win and an Olympic weightlifter going for a world record-breaking lift will have different thresholds for "moderate" anxiety/activation. But make no mistake; anxiety or activation can be the athlete's best weapon in high-performance situations. The psychic and physical energy this state produces can lead to amazing performances.

I often recommend to the athlete that the next time they are in a performance situation and are feeling anxious, they should welcome their anxiety with open arms.

Lastly, many athletes report they visualize themselves reaching their goals. This is a good start but visualizing success on its own may not be ideal. NYU research psychologist Gabriele Oettingen, Ph.D. and her colleagues have done a lot of research on how to most effectively use imagery for goal achievement, particularly in the areas of health, career/academics, and interpersonal relationships. I have found Oettingen's findings applicable to athletes as well. Her research focuses on Mental Contrasting with Implementation Intentions. What she found is that imagery is best done in a particular order that makes up the acronym, WOOP. WOOP refers to Wish, Outcome, Obstacles, and Plan (this last part is also known as "if-then-planning"). Generally, I have the athlete do the following:

- Wish –bring to mind the goal they wish to accomplish.
- Outcome –take a few moments to imagine the best, most positive outcomes that would result from accomplishing their goal, such as how fulfilling achieving the outcome will make them feel.
- Obstacles –take a few moments to really imagine and identify the personal obstacles that could prevent them from accomplishing their goal.
- Plan –make "if-then Plans". In other words, vividly imagine what specific actions they can take to overcome the obstacles identified in the previous step. Then mentally rehearse or write down those actions in the form of "If X, then I will do Y".

These steps can be used for something that will happen in a few moments (e.g., what to do if losing a competition or match), take place many times per week (e.g., difficulty getting motivated to train first thing in the morning), or will happen at some point in the far future (e.g., how to handle nerves at an inter-

national tournament).

You can learn more about the research behind the WOOP method in Oettingen's book, *Rethinking Positive Thinking: Inside the New Science of Motivation* or from her website: www.woopmylife.org.

Our job as sport psychologists and mental skills coaches is to be able to offer the athletes, teams, and coaches we work with something beyond the folklore and commonly held ideas of what athletes should and should not be doing to improve their performances and lives. Staying abreast not only of the scientific literature within sport and performance psychology, but also in related fields such as clinical psychology, personality psychology, social psychology, psychophysiology, and cognitive neuroscience will better allow us to make a significant difference in the lives of those we work with.

You can find Dr Friesen's book, "*ACHIEVE: Find Out Who You Are, What You Really Want, And How To Make It Happen*", on Amazon.ca in Kindle, paperback, and audio (via Audible.com) formats.



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Research Spotlight

Having one's research published in peer-reviewed journals is a major accomplishment, but reaching out to the professional audience while it is still fresh can be a whole different challenge. We find that it is our duty and privilege as a CPA Section to promote the research of our members and relay it to the clinicians who will apply it. We hope to showcase in every issue of Perseverance at least two new articles authored or co-authored by Section members in peer-reviewed journals. Clinical cases studies are also welcome and may be featured in our Clinical Spotlight Column. Active members are invited to present a 1-2 pages synthesis of their research with the opportunity to discuss additional concepts.

“I’ll do anything to maintain my health”: How women aged 65 to 94 perceive, experience, and cope with their aging bodies

*Erica Bennett¹, Laura Hurd Clarke¹,
Kent Kowalski², Peter Crocker¹*

¹The University of British Columbia

²The University of Saskatchewan

*Bennett, E. V., Hurd Clarke, L., Kowalski, K., & Crocker, P. R. E. (2017). “I’ll do anything to maintain my health”: How women aged 65 to 94 perceive, experience, and cope with their aging bodies. *Body Image*, 21, 71-80.*

As we age, our bodies changes. Whether it is the loss of mobility, chronic conditions, or the onset of wrinkles, sagging skin, greying hair, and weight gain, the physical changes accompanying aging can be challenging to navigate. For women living in the Western world, aging-related body changes are experienced within a culture that emphasizes youthfulness, physical fitness, and health (Grogan, 2016). Women may therefore cope with their aging bodies by engaging in physical activity and healthy eating to maintain their health (Bailey, Cline, & Gamme, 2016), by using aesthetic strategies to retain their femininity and youthfulness (Hurd Clarke & Griffin, 2007), and by lowering their expectations in the physical domain as they age (Webster & Tiggemann, 2003). While aging body-related changes may be challenging, self-compassion could be an effective resource to cope with the aging process (Allen, Goldwasser, & Leary, 2012). Self-compassion (Neff, 2003)

is a positive self-attitude comprised of three components: (a) self-kindness – being kind and non-judgmental towards oneself when facing challenges; (b) common humanity –perceiving one’s imperfections and difficulties as part of the shared human experience; and (c) mindfulness – a balanced awareness of difficult cognitions where emotional difficulties are not ignored yet not overly identified with.

Building on this foundation, the primary purpose of this study was to explore the interrelated cognitions, emotions, and behaviours involved in older women’s management of the demands associated with changes to their body’s appearance, functionality, and health. A secondary purpose was to examine the women’s experiences of self-compassion, and their perceptions of its utility as a resource in the face of aging body-related changes.

Methods

Two semi-structured interviews were conducted with 21 physically active women aged 65 to 94. Because physical activity participation may influence body-related experiences (Bailey et al., 2016), we spoke to women who were physically active. Participants were asked open-ended questions about their body perceptions, experiences, and management. They were also introduced to the construct of self-compassion, and asked to comment on the potential usefulness of self-compassion as a resource

in the face of aging-body related challenges. The interview data were analyzed following thematic analysis guidelines to identify and analyze patterns within the women's accounts (Clarke & Braun, 2016).

Findings : Negotiating Aging Body Changes

All participants were accepting of their aging bodies; they were appreciative of their body's functionality, yet acknowledged their body-related limitations resulting from changes to their health and appearance. However, sixteen women were concurrently self-critical of their body's function and appearance. To negotiate this concurrent body-related acceptance and self-criticism, the women placed their focus on maintaining health and physical functioning. Brigitte described:

Having been a ballet dancer I've always hated my body. You had to be fit and were always told to lose weight...So when I look at my body that way, I never like it. But it works really well which is good... Now it's all about health. Particularly as I get older... So now I'll do anything to maintain my health.

Even though participants placed importance on their health and body function, they also maintained their appearances through aesthetic strategies. Phyllis had this to say:

The problem with age, god damn it, it gets your skin. Your skin will crinkle and all of a sudden you're showing lines that suddenly you need a facelift! Your skin, ah shit, sags! I wear long sleeves that covers the wrinkles and I use top line of creams...I also get my hair reshaped...I've been dancing and I've lost 20 pounds and I've got another five pounds in mind for look, style, for shape.

Body-related Social Comparison

To assess their bodies' (in)adequacies, all participants compared themselves to others. Twelve

women made downward social comparisons; they perceived their bodies to be on par with or better than others their age. Gabrielle said:

People will say 'oh my god you're so thin, you're so active' because some of them can't walk, can't talk and I think in many ways I'm very lucky. But I'm thin because I'm active and I've always been active, ok? I'm just a go type of person. I got here because I worked at it, you know? There's people that wanna sit and read all day. They don't have the posture so they look older.

Nine women made upward social comparisons; they perceived their bodies to be inadequate compared to others. Isabelle was asked if she compared herself to other women her age:

All the time but I try to stop myself. I look at other women and say how come she doesn't have all those wrinkles that I have? Or how come she's walking a little straighter? And how come I only have to eat a little thing and it becomes a big lump?

Self-compassion for the Aging Body

Twenty women discussed difficulties associated with being self-compassionate. Lydia was accepting yet critical of her appearance:

Self-compassion is a lovely concept and I think I live it. I'm not critical of myself. Why be? If my body's gonna change, what can you do? That's life. Everybody goes through it. I take care of myself...I'm also really active...I was 145 pounds and I couldn't lose it. I had a terrible belly, so I went on this fast metabolism diet, cut off wheat, soy, sweets, sugar. I lost 10 pounds and my blood pressure came down so now I'm so happy. I weigh myself every day.

Thirteen women thought self-compassion changed over time and context. Ellen discussed:

The mindfulness has become more and more

part of my life as I've gotten older...I was quite emotional and reactive...I did come to the realization that I had to temper my emotions with this mindfulness. And I think yoga helped with that...And I was harsh on myself.. I try to be self-compassionate. Because there's a limit to what I can do. If that bone is going to wear and tear [referring to her knee issues]...and I'm going to have another operation, that's the way it goes. I'm not going to blame anyone, not even myself for it.

Conclusions

These findings highlight the salience of the body's functionality and health in later life. The findings also draw attention to the importance of body-related social comparisons in shaping how older women perceive, experience, and cope with their aging bodies. Finally, the findings suggest that self-compassion for the aging body may be perceived as difficult and idealistic because of the physical changes accompanying aging which prompt women to deviate from Western feminine societal beauty standards of youthfulness and health.

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Turning Exercise into a Habit

Navin Kaushal
Montreal Heart Institute,
University of Montreal

Kaushal, N., Rhodes, R. E., Spence, J. C., & Meldrum, J. T. (2017). Increasing Physical Activity Through Principles of Habit Formation in New Gym Members: a Randomized Controlled Trial. *Annals of Behavioral Medicine, 1-9*. doi: 10.1007/s12160-017-9881-5

The sharp influx of brand new gym members in the New Year followed by a noticeable dropout over the next couple months is a well known phenomenon. Despite the reoccurring yearly pattern, there is surprisingly limited scientific research that has attempted to understand and prevent this outcome. The term "habit" tends to get thrown around by the public and media to indicate exercise adherence but habit is more than just frequency of performing a behaviour. Habit is the state of mind when performing the behaviour, particularly if there is a discrepancy between thought and behaviour (e.g., thinking about work/family while driving or doing dishes) (Wood, Quinn, & Kashy, 2002). Habit can be defined as goal-directed automatic behaviour (Bargh, 1989) that develops from context-behaviour associations (Gardner, 2014). Productive habits can serve as powerful assets as they reduce our cognitive load thus, making our lives easier.

Since habits are activated by familiar environments or contexts, they can work in our favour or against our better judgements. For instance, the majority of us have experienced a scenario where we plan to go for a run or a workout but we find ourselves surfing the web or watching Netflix instead. This may occur because our conscious intention may strive to initiate a productive behaviour (e.g., exercise) but our non-conscious process such as old habits could be fixated on another activity (e.g., watching youtube). Understanding how these processes work to predict our behaviours is called the dual process approach (Evans 2008).

Exercise Habit Formation- How long, how much and what do I need to do?

The New Year influx/dropout phenomenon has been of great interest to me since my undergraduate years or possibly earlier. In fact, the extent of my curiosity drove me to pursue this topic as part of my PhD. After reviewing the literature and discovering that there was no scientific evidence that investigated habit formation in new gym members, I decided to use this as the primary objective in my first dissertation study (Kaushal & Rhodes, 2015).

I recruited and tracked 111 brand new gym members at the start of January from eleven gyms and recreation centres for twelve weeks in Victoria, BC. I conducted a series of analyses to investigate the minimal requirements to establish an exercise habit which were categorized as behavioural (what to do) and psychological (how to do it) requirements. In terms of behaviour, the study revealed that individuals who exercised at least four times per week for approximately 6 weeks successfully established an exercise habit. However, this would need to be paired with certain psychological variables to develop an exercise habit. I found that habit formation depended on going to the gym at a consistent time, keeping the process simple, exercising in a comfortable environment, and a feeling of reward/enjoyment during the workout.

Different Habit Processes

Exercise is a complicated behaviour. It requires us to move to a different environment, change our clothes, put ourselves in a physiologically discomfort state, then clean up and return to our previous environment. The multiple steps required to accomplish this behaviour clearly distinguishes exercise from other healthy habits such as increasing water/ fruit intake, or hygiene practices. The complexity of exercise has been noted in the literature and it has been suggested that analyzing separate components of the exercise process could be insightful (Verplanken

& Melkevik, 2008). With this concept, I theorized that the exercise process could be divided into a distinct preparatory and a performance phase (Kaushal, Rhodes, Meldrum, & Spence, 2017). The preparatory phase encompasses all the various tasks required to transfer an individual from his/her home or office to an exercise-ready state in the workout environment. Some examples of this phase could include gathering workout gear (e.g., gym clothes, water bottle, mp3 player), changing clothes at home, and commuting to the gym. The performance phase begins when an individual is ready to commence his/her workout at the designated environment. I wanted to investigate how habit strength in each of these phases predicted the quantity of exercise among a sample of experienced exercisers.

I recruited 181 healthy adults who were affiliated with a gym/creation centre for at least one year and who were meeting the Canadian Physical Activity guidelines of engaging in 150 minutes of moderate-to-vigorous physical activity levels/week. The participants' behaviours and psychological constructs were tracked over six weeks. To my surprise, I found that it was the strength of their preparatory habit that predicted change of exercise quantity across time instead the performance habit. In other words, it was their habit strength of getting to the gym that predicted their total workout quantity per week. It appears that a key predictor in behaviour maintenance among this sample was the smooth transition from their home/office to an exercise-ready state at their gym. The preparatory habit itself was primarily stabilized from temporal consistency and ease/low level of complexity of their preparatory routine.

Putting it Together- Can we Establish an Exercise habit in New Gym Members?

With these findings, I was excited to test if I could help a random sample of brand new gym members successfully establish an exercise habit! I recruited 96 new gym members and randomized them

either into a control or intervention group (Kaushal, Rhodes, Spence, & Meldrum, 2017). The intervention group attended a workshop where I shared my previous findings and provided examples on how to incorporate habit building tactics. Specifically, they were presented with the behavioural requirements to establish a habit, followed by a discussion of key psychological constructs to consider during the preparatory phase (cues and consistency). This group was provided with a worksheet that allowed them to plan a consistent exercise schedule for a typical week (e.g., “after work at 5:30 p.m.” or “before work at 7:00 a.m.”). They were also instructed to use cues to help them build their preparatory habit based on an approach I theorized.

Cues work best when they are activated to trigger the behaviour, such as traffic lights or an alarm clock. Based on these examples, I theorized that a cue should be specific to the activity and salient in the environment for it to be effective. For example, during the morning you could select your favourite gym clothes from the closet and place them on the bed before leaving for work. When you return home, the clothes remain on the bed and will continue to cue you until you use them for your workout. After returning from your workout, it is critical to turn off the cue by placing the clothes back in your closet. This ritual can be applied by using different objects such as running shoes or a water bottle. The purpose of incorporating a regular cue ritual at a consistent time of the day was to create an association between the cue (presence of gym clothes) and behaviour (exercise). Finally, participants were provided with examples on how to keep their workouts enjoyable/rewarding such as: listening to music, selecting favorite machines, using appropriate level of intensity, watching television while running on the treadmill, purchasing new gear such as shoes, clothes, workout gloves, and using skill-appropriate workouts. Meanwhile the control group simply exercised on their own without any instructions.

All participants were then tracked for eight weeks and those in the intervention group received an individual booster phone call follow-up at Week

4. The results found that those who received the intervention exercised significantly more than those who were in the control group. Specifically, the habit intervention group was 1.67 times more likely to achieve the recommended physical activity guidelines (150 minutes/week at moderate-to-vigorous level) compared with the control condition.

Take Home Message

If you just joined a gym/recreation center, then the first step would be to set a fixed exercise time schedule and stick with it. It does not matter if you plan to workout in the morning or near the end of the day, rather it should be at a time that works best for you. Implementing cues can be helpful to build an exercise association to prompt behaviour and facilitate an exercise habit. Keeping the workouts fun/exciting is important to help develop a positive association between exercising and enjoyment, otherwise you would not want to create a habit in the first place. In addition, the exercise environment should feel welcoming/non-threatening so you feel comfortable and safe while performing your workout. The first 6 weeks appear to be critical for habit formation and new exercisers should strive to workout at least four times per week.

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SOCIETY FOR SPORT, EXERCISE
& PERFORMANCE PSYCHOLOGY
APA Division 47



Division 47 Webinar Series

Athletes and Sexual Assault: Current and Future Practice in Prevention, Psychological Intervention, and Organizational Response

Moderator: Judy L. Van Raalte, PhD

Wednesday, June 21, 2017
3:00 PM - 4:00 PM Eastern



This webinar will explore issues related to sexual assault and interpersonal violence in sports. Drawing on research, as well as their experience in clinical work, advocacy, psychoeducation, and outreach, three professionals will discuss a range of topics, including: sexual assault prevention, assessment and treatment for athlete populations, toxic masculinity, the legalities of consent, barriers to addressing sexual assault in athletic organizations, and the role that colleges and the NCAA have played in addressing sexual assault on campuses. At the conclusion of their presentation, there will be a 15-minute Q&A session for webinar attendees.

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Judy L. Van Raalte, PhD, is professor of psychology at Springfield College, Certified Consultant, Association for Applied Sport Psychology (CC, AASP), and listed in the United States Olympic Committee Sport Psychology Registry.

Connie J. Kirkland, MA, NCC, is the Director of the NOVACares Office at Northern Virginia Community College, where she chairs the Threat Assessment Team and manages the college Sexual Assault Services program. Connie is a contributing author of the NCAA 2016 Sexual Violence Prevention Athletics Tool Kit. She was appointed to the 2016 NCAA Commission to Combat Campus Sexual Violence. She has created innovative programs and policies regarding a victim-centered response to campus sexual assault in cases related to Campus SaVE and Title IX issues.



Mitch Abrams, PsyD, is a sport psychologist licensed in NY and NJ and is the nation's expert in anger and violence in sports. The author of *Anger Management in Sport: Understanding and Controlling Violence in Athletes*, Dr. Abrams also consults with athletes, teams and universities on the prevention, risk assessment and treatment for athletes involved with domestic and/or sexual violence. Dr. Abrams coordinates the forensic track in Rutgers University's predoctoral internship and oversees mental health services for five of the state prisons in New Jersey. He has worked in NJ's prison system for the past 17 years.

John Heil, DA, is with Psychological Health Roanoke, and an instructor at Virginia Tech Carilion School of Medicine and the Roanoke Police Academy. A former President of the Society for Sport, Exercise & Performance Psychology, Dr. Heil has served as a board member for Virginia Amateur Sports and Roanoke Sexual Assault Response Awareness.

APA Div. 47 is a professional organization whose members are engaged in the science and practice of psychology within sport, exercise and human performance. The division develops, promotes and disseminates information to professionals and the public.

For registration questions, contact Sonja Wiggins, MBA, APA Division Services, at swiggins@apa.org or 203-336-5590.

Born to Hit Hard: an Interview with Carl Poirier

Pier-Éric Chamberland

Le jeu de pied de Carl Poirier n'a d'égal que son attention, à la fois agile et d'une précision chirurgicale. Initié à la boxe à 19 ans, ce membre du club ÉnergieBoxe à Lévis se bat, à 26 ans, dans la catégorie Élite 64kg et a rejoint l'équipe nationale Canadienne de boxe en 2016. Carl récemment fait la une des journaux Québécois pas seulement pour sa performance attendue sur le ring, mais aussi au niveau de l'organisation-même du Championnat Canadien de Boxe qui eut lieu du 24 au 27 avril au Hilton, à Québec.

Bonjour Carl, merci de m'accorder cette entrevue. Ta dernière couverture médiatique, pour le Championnat Canadien de Boxe Amateur 2017, te décrit comme un des prochains grands espoirs nationaux. Nous ferais-tu un topo de ta fiche victoires/défaites?

Ça me fait plaisir. Le dernier championnat organisé en avril passé était les Championnats Canadiens Juvénile (15-16 ans), Junior (17-18 ans) et Élite (19 ans et +). D'abord, je te dirais qu'une fiche a plus ou moins d'importance en boxe amateur puisque la préparation contre les adversaires n'est pas aussi élaborée que dans le combat professionnel : on étudie pas nos adversaires comme le font les pros. C'est entre autres parce qu'on se bat trop souvent (une fois par semaine, des fois deux) et presque contre n'importe qui ayant un calibre comparable. Je dois donc te confier de ne pas connaître ma fiche par cœur, mais ça ressemble à 55 victoires et 26 défaites, incluant des combats moins officiels qu'on appelle des «demos».

Comment tes derniers accomplissements t'ont-ils mené à ce championnat?

Le Championnat Canadien de l'an dernier est un bon point de repère. Pour y être sélectionné, il fallait se classer dans un tournoi préalable appelé le Défi des Champions. Je faisais partie des deux finalistes garantis d'entrer, avec celui qui m'a vaincu en finale. Je l'ai vaincu par la suite en demi-finale

Carl Poirier's footwork is only matched by his focus, both agile and of a surgical precision. Introduced to boxing at 19, this member of ÉnergieBoxe club in Lévis, Québec, fights in the Elite 64kg category at 26 years old and joined the Canadian Boxing National Team in 2016. Carl recently made the headlines of Quebec newspapers for his highly anticipated performance but also for his personal involvement in the Canadian Boxing Championship itself at the Hilton, in Quebec city, april 24th to 27th.

Hi Carl, thanks for giving this interview. Your most recent media coverage, for the Canadian Amateur Boxing Championship, described you as one of the favorites on the national level. Would you please give us an overview of your wins/losses track record?

It's a pleasure. This championship in April was the Youth (15-16 years), Junior (17-18 years) and Elite (19+) Canadian Championship. First, I would tell you that the classic win/loss record is not to be taken so seriously in amateur boxing since preparation against opponents isn't as elaborate as in professional fighting: we don't study our opponents like pros do. This is, among other things, because we fight too often (once a week, sometimes two), and against anyone with a similar level. I must confess that I don't really know my true track record, but it ought to be something like 55 wins and 26 losses, including unofficial fights that we call «demos».

How did your last achievements bring you to this championship?

Last year's Canadian Championship is a good landmark. To be selected, we had to rank in a preliminary tournament called the Défi des Champions. I was one of the two finalist who were guaranteed to get in, with the opponent who had beaten me in the finals. I then won our fight during the semi-finals of the 2016 Championship, before winning against Ontario's Champion. This earned me the title of Canadian Champion 2016 and an introduction in the national team. This also ranked me automatically in

du Championnat 2016, avant de vaincre le champion ontarien, ce qui m'a valu le titre de Champion Canadien 2016 et l'intégration dans l'équipe nationale. Cela me classait automatiquement pour le Championnat Canadien 2017, mais j'ai quand même fait le maximum pour rester actif cette année avec deux camps d'entraînement, un à Cuba en janvier et un en Tunisie en mars. Malheureusement pour moi, mon adversaire québécois de 2016 a gagné en puissance et m'a vaincu en demi-finale. Il va donc falloir que je travaille dur pour regagner l'équipe nationale.

Peux-tu me décrire ton expérience à Cuba et en Tunisie? Quel est l'attrait de ces camps?

Les camps servent à se familiariser avec d'autres styles de boxe et se battre contre les meilleurs d'un autre pays. En un mot, les camps étaient rigoureux. À Cuba, c'était deux entraînements par jour pendant 10 jours, un le matin vers 7h00 et un autre vers 15h30 avec l'équipe cubaine. Ces gars-là ont entre 150 et 300 combats amateurs à leur actif. L'entraîneur en chef était Mario Kindelan, deux fois médaillé d'or aux Jeux Olympiques et trois fois champion du monde chez les 60kg. Dans ces 10 jours là, on a fait du sparring (combat de force modérée pour entraînement) à trois reprises et trois autres fois du sparring technique (sparring avec contraintes spécifiques).

Même chose en Tunisie: 2 entraînements par jour pendant une semaine. L'après-midi on s'entraînait avec l'équipe de Tunisie et on a fait un vrai combat à la fin. J'ai perdu contre le champion Tunisien mais c'était très serré, possiblement parce je me suis pété la main en sparring deux jours plus tôt. J'étais encore blessé pour le Championnat Canadien un mois plus tard et je fais de la physiothérapie en ce moment pour que ça disparaisse. Ça fait partie des risques.

D'ailleurs, tu retournes en camp dans quelques jours?

Oui, je retourne à Cuba pour une semaine justement, à Holguin, pour me battre dans un tournoi qui réunit des Cubains, des Vénézuéliens et des Colombiens.

Vas-tu faire quelques entraînements spéciaux avant le tournoi, et y vas-tu accompagné?

Probablement un ou deux avec d'autres champions du Québec et deux coachs d'autres gyms,

the 2017 Championship, but I did my best to remain active this year anyway, with two training camps: one in Cuba in January and one in Tunisia in March. Unfortunately for me, my 2016 Québec counterpart improved his game and beat me in semi-finals. I will therefore have to work hard this year to get back in the national team.

How would you describe your experience in Cuba and Tunisia? What makes those kind of camps so useful?

Camps are meant to familiarize you with other styles of boxing, and to fight against the best of other countries. To describe it in one word, it was rigorous. In Cuba, we did two trainings per day for 10 days, one at 7AM and the other one at 15:30 with the Cuban team. Those guys have between 150 and 300 amateur fights under their belt. The head coach was Mario Kindelan, twice gold medalist at the Olympic Games and and three times World Champion in the 60 kg category. During those ten days, we did three regular sparring sessions (moderate-intensity fighting for training purpose) and three technical ones (sparring with specific constraints). Same thing in Tunisia: 2 training per day for a whole week. We trained with the Tunisian team in afternoons and had a real tournament fight to conclude the week. I lost against the Tunisian champion but it was close... possibly because I busted my hand while sparring two days before. I was still injured during the Canadian Championship one month later and I am currently doing physiotherapy to heal that. It's part of the risks.

Speaking of travel, you are going back to Cuba in the upcoming week?

Yes, I'm going back to Cuba for one week, in Holguin, to compete against Cubans, Venezuelians and Colombians.

Are you going to do a few special trainings before the tournament? Will you be accompanied?

Probably with one or two champions from Québec and two coaches from other gyms, but I don't know if I will see Mario this time. My coach won't be there, but I know what I'll be there for. By the way, I have yet to meet my opponents, since they will be chosen randomly, but I know they are the top 3 of their country.

mais je ne sais pas si je vais voir Mario cette fois-ci. Mon coach ne sera pas là, mais je sais ce que j'ai à faire. D'ailleurs, je ne connais pas encore mes adversaires, ça se fait par tirage, mais ce seront nécessairement les 3 meilleurs de leur pays.

Est-ce que tu as une préparation mentale particulière avant tes Combats?

J'aime avoir l'esprit occupé. Faire autre chose, ne pas penser à mon combat. Par exemple, lorsque je participe à l'organisation des galas où je me bats, je suis si occupé que ça m'empêche de me faire trop de scénarios dans ma tête ... et ensuite je fais juste boxer dans le ring.

Justement à ce sujet, ta couverture médiatique vante tes talents d'organisateur...

J'ai organisé le championnat l'an passé, où j'ai gagné l'or, et celui de cette année où j'ai gagné le bronze, et plusieurs à mon gym. J'ai découvert que ça m'aidait dans mes combats. Quand tu penses trop, tu penses aux résultats. Trop penser aux résultats, ça n'est pas bon parce que c'est se mettre de la pression. Quand je fais autre chose avant, je ne pense à rien jusqu'à ce que j'arrive dans le ring où je me concentre juste sur ce que je sais faire. Très souvent, le résultat vient par lui-même. Évidemment, il y a des moments où j'y pense quand même... mais j'ai déjà fait beaucoup de compétitions où je faisais juste glander dans la chambre d'hôtel ... et je sais que ça n'était pas bon pour moi. Je prends les conseils quand ils se présentent, mais je n'ai pas de psychologue à ma disposition pour aider dans ma préparation mentale, comme l'ont certaines athlètes.

Mais l'organisation de galas, ça n'est pas essoufflant pour ton combat parfois? Est-ce qu'il y a des aspects négatifs?

C'est certain... en championnat, ma journée commence à 6h AM pour la pesée et se termine à minuit parce que je dois compter mes trucs le soir, gérer la sécurité et plusieurs autres détails entourant le fonctionnement du championnat. La veille du combat vers 22h, je commencer à me «déshydrater» pour faire le poids le lendemain matin. Le combat est soit l'après-midi, soit le soir, et ça se poursuit pendant une semaine. Pendant que les autres relaxent

Do you have a specific mental preparation routine before fights?

I like to keep my mind busy. Doing something else, not minding the upcoming fight. For instance, when I am taking part in the organization of the galas, I am so busy that it prevents me from making endless scenarios in my head... until it's time to enter the ring and fight.

Speaking of which, your last media praised your talents of organizer....

I organized last year's championship, where I won gold, and this year's where I won bronze, as well as a few at my gym. I found out that it was helping me during fights. When you think too much, you think about the results. Thinking too much about the results is no good because it puts pressure on you. When I do something else before the fight, I think of nothing until I step in the ring, where I focus only on what I know best. The result often comes by itself. Of course, there were a few times where I thought about it anyway ... I did a lot of tournaments where I only wasted time in my hotel room... and I know that's not good for me. I take advice when people offer them, but I don't have a psychologist at my disposal to help with mental preparation, like some athletes do.

But isn't event planning exhausting you at all before the fight? Are there negative aspects?

Sure there are... during championships, my day starts at 6 AM for the weighting and it ends at midnight because I have to count and check things, deal with security and many other details to ensure proper functioning of the championship. The day before my fight, around 22h, I have to start «dehydrating» myself to make weight the next morning. The fight is in the next afternoon or in the evening, and it goes on for a week. While others relax for the whole afternoon, I oversee operation to make sure it goes smoothly. It is exhausting indeed and I am completely spent by the end of the week. It's difficult, but this is the way I perform, and I have no idea why... I sleep 5-6h a night and work all day, but in two tournaments, on five fights, I lost once. It is as if the two things were not related but my performance during the fight benefited from it. Outside of this, I listen to

en après-midi, je gère pour que tout soit dans l'ordre. Oui, c'est essoufflant, quand la semaine finit, je suis mort. C'est difficile mais c'est comme ça que je performe, je ne sais pas comment je fais mais sa marche ... je dors 5-6 h par nuit et travaille toute la journée, mais en deux championnats, sur 5 combats, je n'ai perdu qu'une fois. C'est comme si les deux choses n'étaient pas reliées, mais que ma performance au combat en profitait. À part ça, quand c'est vraiment le temps du combat, j'écoute de la musique douce une heure avant. Je passe un moment tranquille les yeux fermés et je fais de la visualisation mentale. Ensuite je me réchauffe avec du beat plus hard, et je reste seul jusqu'à ce que je monte dans le ring.

Toi et moi on est des amateurs de musique, alors je vais me permettre de te demander : qu'est-ce que tu écoutes? As-tu un band ou une track fétiche? De mon côté, Welcome to the Terror Zone de Cold As Life a fait une excellente job pour mon premier tournoi de BJJ.

J'ai une playlist de Patrick Watson, Dire Strait, Coldplay et Jack Johnson pour me tranquiliser. Ensuite pour me booster à fond, j'aime particulièrement «The Higher» par Bitter End, «As Real As It Gets» de Sworn Enemy et «The Hard Way» par Death Threat.

Le cover de Outburst? J'aime bien cette track là, le riff est creepy à souhait.

Je suis d'accord ... L'original est solide, mais le cover est excellent. C'est une tune pour se faire frapper dans la face ... ce que je fais d'ailleurs! (rires)

Tu es un gars qui sait se concentrer sur les bonnes affaires, sur les choses qui important. Serais-tu enclin à imaginer le futur pour l'entrevue?

Le futur ... je veux continuer les combats, mais je n'ai pas d'objectif précis. Je veux juste performer le plus possible dans les compétitions où je vais m'engager, et continuer l'organisation d'événements. J'aimerais aussi continuer à gérer mon gym. D'ailleurs, je suis en train de faire les démarches pour m'inscrire au bac en intervention sportive cet automne.

Vois-tu une façon de percer à un plus haut niveau?

J'ai l'intention de regagner l'équipe Cana-

smooth music an hour before my fight. I try to spend some quiet time with my eyes closed and I do mental visualization. Then I warm up with heavier beat, and I remain alone until I step in the ring.

You and I are music fans, so I will allow myself to ask: what do you listen to? Do you have a favorite band or track? On my side, Welcome to the Terror Zone by Cold As Life did a great job psyching me for my first BJJ tournament.

I have a playlist with Patrick Watson, Dire Strait, Coldplay and Jack Johnson to relax. Then to get psyched, I am very fond on «The Higher» by Bitter End», «As Real As It Gets» by Sworn Enemy and «The Hard Way» by Death Threat.

The Outburst cover? I like that track, the riff has a creepy and heavy groove.

I agree ... The original is good, but the cover is excellent. It's a song to get punched in the face... what I do, as a matter of fact! (laughs).

As someone who prefers focusing on what really matters in the present, would you be inclined to imagine the future for the sake of this interview?

The future... I want to keep fighting, but I don't have a specific goal. I just want to perform as great as I can in the tournaments I sign up for, and to keep planning events. I would also like to keep managing my gym. By the way, I am looking into registering for a bachelor program in sports intervention this fall.

Do you see ways you could get to a higher level?

I intend to get back in the Canadian national team by winning the National Championships again, and to keep doing international fights. I would like to compete in the 2020 Olympic Games in Tokyo. Those are my options on the amateur side. However, I'm not really interested to turn pro.

Why so? Is it a different vibe compared to fighting for the national team?

Fighting for the national team is very inspiring. Those are the people representing our country throughout the world. They are the elite, including

dienne en regagnant les Championnats Nationaux et poursuivre les combats internationaux. J'aimerais participer aux Jeux Olympiques de 2020 à Tokyo. C'est ce qui se présente à moi du côté amateur. Par contre, je ne suis pas vraiment intéressé à passer du côté professionnel.

Pourquoi donc? Est-ce une ambiance différente que les combats pour l'équipe nationale?

Je trouve ça très inspirant d'être dans l'équipe nationale. C'est ceux qui représentent notre pays à travers le monde. C'est l'élite, incluant des athlètes en devenir qui participent dans les petits galas, lorsqu'ils trouvent des gens contre qui se battre. Les galas, c'est ce qui fait vivre la boxe et fait progresser les athlètes. Mais au plan régional c'est difficile de trouver des adversaires qui acceptent de faire des combats officiels. Il y a pourtant plein de gens, puisqu'ils acceptent de faire des «demos». Peut-être qu'ils ont peur des blessures ou d'avoir des défaites sur leur fiche. Je ne comprends pas... je n'ai jamais refusé d'offre même quand les chances de gagner étaient minces.

En ce qui concerne le combat professionnel, je ne pourrais pas faire ma vie là-dedans même si un boxeur pro peut faire dans les six chiffres. Avec des gants pro, ça cogne dur comme de la brique et j'ai été assez conscientisé sur les dommages au cerveau que je me suis dit que ça n'était pas pour moi. J'ai plutôt le rêve olympique, et je veux rester impliqué dans le milieu au plan professionnel en étant au service des autres athlètes.

Merci, je te souhaite bonne chance pour la suite!

emerging athletes who take part in small galas, when they are able to find opponents. Galas are what makes boxing go on and make athletes evolve. But at the regional level, it is difficult to find opponents who accept to do official fights. There are many people around, but they only accept to do «demos». Maybe they are afraid of injuries or to have losses on their boxing record. I don't understand... I never turned down an offer even when the chances to win were slim.

In regard to professional boxing, I don't think I would enjoy making a living in that area even though pro boxers can earn in the six figures. Punches with pro gloves hit hard as brick, and I was made enough aware of the potential brain damages that I decided it was not the life I want to live. I want to chase the Olympic dream, and remain involved in the field on the professional level by helping other athletes.

Thank you, I wish you luck for the next steps!

Perseverance
Issue 3, Spring 2017

Published by the Sport and Exercise Psychology Section
Canadian Psychological Association

Editor: Pier-Eric Chamberland

Proofreading: Lydia Nockels, Chic-Choc Translations

Document design: Vincent Desjardins & Pier-Eric Chamberland

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Cover photo credit: Gilles Boutin, journal Voir

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