

## KEYNOTES

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|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b><u>Keynote Speech 1 (ClubONE Riviera)</u></b><br/> 8 December 2025 (Monday) 6:30 pm -7:30 pm</p> <p>The power of simplicity – A psychophysiological perspective on sport and exercise psychology</p> <p><b>Dr Markus Raab (German Sport University Cologne, Germany)</b></p> |
|   | <p><b><u>Keynote Speech 2</u></b><br/> 9 December 2025 (Tuesday) 2:00 pm -3:00 pm</p> <p>Beyond the Sidelines: Using Organisational Sport Psychology to Transform Sporting Environments</p> <p><b>Dr Chris Wagstaff (University of Portsmouth, United Kingdom)</b></p>             |
|  | <p><b><u>Keynote Speech 3</u></b><br/> 9 December 2025 (Tuesday) 3:30 pm - 4:30 pm</p> <p>It's All About the Music: An Odyssey into Exercise Hedonics</p> <p><b>Dr Costas I. Karageorghis (Brunel University of London, United Kingdom)</b></p>                                    |
|  | <p><b><u>Keynote Speech 4</u></b><br/> 10 December 2025 (Wednesday) 2:00 pm - 3:00 pm</p> <p>Gender Inclusion: Where are the Women in Sport and Exercise Psychology?</p> <p><b>Dr Diane Gill (University of North Carolina at Greensboro, United States)</b></p>                   |



**Keynote Speech 5**

11 December 2025 (Thursday) 4:00 pm - 5:00 pm

Physical Activity and Exercise Promote Mental Health Among Neurodiverse Adolescents

**Dr Cindy Hui-ping Sit (The Chinese University of Hong Kong, Hong Kong, China)**



**Keynote Speech 6**

12 December 2025 (Friday) 2:00 pm - 3:00 pm

The past and the future of a field: Embracing and optimising the role of sport psychology in mental health promotion in sport

**Dr Stewart Vella (University of Wollongong, Australia)**

# PRARLLEL SESSIONS

**Day 1: 8 December 2025 (Monday)**

## Parallel Session 1

Monday, 8/Dec/2025

14:10-15:10

Symposium 1.1

Lecture Theatre

462 Seats

Exercise Interventions for Special Populations

|               |                                                                                                                                                                                                                      |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Cindy Sit (The Chinese University of Hong Kong)                                                                                                                                                                      |
| 1             | Exercise Interventions for Special Populations<br>Cindy Sit (The Chinese University of Hong Kong)                                                                                                                    |
| 2             | The Impact of Cognitively Engaging Exercise on Executive Function in Autistic Children<br>Andy Tse (The Chinese University of Hong Kong)                                                                             |
| 3             | High-Intensity Interval Training (HIIT) for Adolescents with Intellectual Disabilities (ID): A Study Protocol of a Novel Approach to Enhancing Fitness and Health<br>Eric Poon (The Chinese University of Hong Kong) |
| 4             | A Multicomponent Exercise Program to Promote Mobility, Mental Health, and Quality of Life in Older Adults in Care Homes<br>Yijian Yang (The Chinese University of Hong Kong)                                         |

Symposium 1.2

CYT 209A

95 Seats

Psychological Interventions in Exercise and Physical Activity: From Performance Foundations to Health Applications

|               |                                                                                                                                                                         |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Taihe Liang (Macao Polytechnic University)                                                                                                                              |
| 1             | Training Quality over Quantity: Deliberate Practice, Grit, and Performance in Elite Martial Arts<br>Taihe Liang (Macao Polytechnic University)                          |
| 2             | The Effects of Imagery Training on Open-Skill Sports Performance: A Multilevel Bayesian Meta-Analysis of Tennis and Soccer<br>Shiao Zhao (Macao Polytechnic University) |
| 3             | The Effects of Mindfulness-Based Interventions on Proprioception in                                                                                                     |

|                                                 |                                                                                                                                                                                                                             |
|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                 | Humans: A Bayesian Multilevel Meta-Analysis of Evidence from Randomized Controlled Trials<br><a href="#">Senyao Du (Macao Polytechnic University)</a>                                                                       |
| 4                                               | The Efficacy of Mindfulness-Based Interventions in Treating ADHD Symptoms in Children and Adolescents: A Bayesian Meta-Analysis of Randomized Controlled Trials<br><a href="#">Yiran Liu (Macao Polytechnic University)</a> |
| 5                                               | The Effects of Biofeedback Training on Athletes' Mental Health: A Systematic Review and Bayesian Meta-Analysis<br><a href="#">Xuda Zhang (Macao Polytechnic University)</a>                                                 |
| <hr/>                                           |                                                                                                                                                                                                                             |
| Workshop 1.1<br>CYT 203<br>80 Seats             | <a href="#">Get Smart About Smartphones – An Intervention to Address Smartphone Addiction in Youth Athletes</a>                                                                                                             |
| <hr/>                                           |                                                                                                                                                                                                                             |
| Session Chair                                   | <a href="#">Nathanael Ong (Singapore University)</a>                                                                                                                                                                        |
| 1                                               | Get Smart About Smartphones – An Intervention to Address Smartphone Addiction in Youth Athletes<br><a href="#">Nathanael Ong (Singapore University)</a>                                                                     |
| <hr/>                                           |                                                                                                                                                                                                                             |
| Single presentation 1.1<br>CYT 209B<br>78 Seats | <a href="#">Psychological Performance Under Pressure</a>                                                                                                                                                                    |
| <hr/>                                           |                                                                                                                                                                                                                             |
| Session Chair                                   | <a href="#">Huahui Qin (Beijing Sport University)</a>                                                                                                                                                                       |
| 1                                               | How Do Elite Chinese Athletes Experience and Cope with Performance Errors: A Thematic Analysis<br><a href="#">Xin Yue (Beijing Sport University)</a>                                                                        |
| 2                                               | Chronic Choking and Mental Health: A Qualitative Exploration of Athletes' Lived Experiences<br><a href="#">Christopher Mesagno (Beijing Sport University)</a>                                                               |
| 3                                               | How Is a Champion Made? — Insights from Team China Olympic and World Champion Trampolinists<br><a href="#">Huahui Qin (Beijing Sport University)</a>                                                                        |
| 4                                               | Psychological Foundations of Athletic Excellence: A Scoping Review of Performance-Related Traits and Strengths in Elite Athletes<br><a href="#">Yekta Sahin (Ankara University)</a>                                         |

Single presentation 1.2

CYT 202

70 Seats

Mental Health, Well-being, and Quality of Life

| Session Chair | Pedro Teques (Sociedade Portuguesa de Psicologia do Desporto)                                                                                                                              |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Evaluating the Effectiveness of the Implementation of Elite Athlete Mental Health Support Services in the United Kingdom<br>Samuel Giles (Nottingham Trent University)                     |
| 2             | Understanding and Supporting Mental Health in Professional Football: Diagnostic, Awareness, and Intervention Perspectives<br>Pedro Teques (Sociedade Portuguesa de Psicologia do Desporto) |
| 3             | The Co-Design Of Psychological Frameworks in Olympic & Paralympic Sport<br>Kristine Dun (Australian Institute of Sport)                                                                    |
| 4             | A Framework for Athlete Mental Health Support in Singapore's National Sporting Ecosystem<br>Harry Lim (High Performance Sport Institute Singapore)                                         |

Single presentation 1.3

CYT 201

66 Seats

Mental Health, Well-being, and Quality of Life

| Session Chair | Zhanjia Zhang (Peking University)                                                                                                                             |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Associations Between Adherence to 24-Hour Movement Guidelines and Mood in College Students: A Daily Diary Study<br>Yuxin Shen (South China Normal University) |
| 2             | Daily Physical Activity and Mental Health: A Comparative Study of University Student-Athletes and Non-Athlete Students<br>Zihan Zhang (Toyo University)       |
| 3             | Purpose in Life and Exercise Task Behaviors: Evidence From a 10-Week Running Task in College Students<br>Zhanjia Zhang (Peking University)                    |
| 4             | Co-Designing a Just-in-Time Physical Activity Habit Intervention for Adults with Depression and Anxiety<br>Amanda Rebar (University of South Carolina)        |

Single presentation 1.4

CYT 214

47 Seats

Motivation

| Session Chair | Dapeng Zhu (Wuhan Sports University)                                                                                                                                                           |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Treatment of Anxiety in Athletes Using Cognitive Behavioral Therapy: A Single-Case Experimental Design with Multiple Baselines<br>Rebecka Ekelund (Umeå University)                            |
| 2             | Construction and Practice Path of Sports Psychological Service System on the Background of Exercise in China<br>Dapeng Zhu (Wuhan Sports University)                                           |
| 3             | Commitment to Autonomous Motivation and Content-Specificity in High School Physical Education<br>Jihyun Song (University of North Carolina)                                                    |
| 4             | Combining the Transtheoretical Model and Self-Determination Theory to Examine Exercise Motivation in Women with Polycystic Ovary Syndrome<br>Hsiao Peng Ko (National Taiwan Normal University) |

Single presentation 1.5

CYT 215

47 Seats

Innovative Methodologies

| Session Chair | Iman Hassan (University of Denver)                                                                                                                                |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Reimagining Athlete Retirement Through Systemic Innovation: A Design Thinking Approach in Canadian High-Performance Sport<br>Iman Hassan (University of Denver)   |
| 2             | Insight to Action: A Design Thinking Approach to Enhance Canadian Student-Athlete Mental Health and Mental Performance<br>Sydney Graper (University of Ottawa)    |
| 3             | Proactive Athlete-Centred Mental Health Support at Paris 2024: The IOC Athlete365 Mind Zone<br>Scott Sloan (IOC)                                                  |
| 4             | An Innovative Approach: Transactional Analysis in Sports Psychology Delivery<br>Dylan Augustine (Sri Ramachandra Institute of Higher Education and Research (DU)) |

## Parallel Session 2

Monday, 8/Dec/2025

15:15-16:15

### Symposium 2.1

Lecture Theatre

462 Seats

### Who We Are When We Compete: Cultural Dimensions of Resilience in Sport

|               |                                                                                                                                                                                                  |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Maria Luisa Guinto (Asian South-Pacific Association of Sport Psychology)                                                                                                                         |
| 1             | Tibay at Tatag: Filipino Cultural Conceptions of Resilience in Competitive Sport<br>Maria Luisa Guinto (Asian South-Pacific Association of Sport Psychology)                                     |
| 2             | Culturally Embedded Resilience: The Role of Buddhism, Hierarchy, and Community in Thai Athletes' Mental Strength<br>Naruepon Vongjaturapat (Asian South-Pacific Association of Sport Psychology) |
| 3             | Psychological Support and Research on Resilience at The Host Olympic Games in Japan<br>Yasuhisa Tachiya (Japan Institute of Sports Sciences)                                                     |
| 4             | Coach's Tough-Care: High School Basketball Players' Perceptions of Benevolent-Authoritarian Leadership and On-Court Performance<br>San-Fu Kao (National Tsing Hua University)                    |
| 5             | Saudi Athletes' Attitudes Towards Sport Psychology Consultants<br>Tawfeeq Albakry (Umm Al-Qura University)                                                                                       |

### Symposium 2.2

CYT 209A

95 Seats

### Multidimensional Integration of Sports Psychological Resources: From Self-Regulation to Psychological Service Systems

|               |                                                                                                                                                                       |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Jie Zhu (Wuhan Sports University)                                                                                                                                     |
| 1             | Research on Emotional Characteristics, Influencing Factors, and Mindfulness Intervention for Disabled Athletes in Hubei Province<br>Jie Zhu (Wuhan Sports University) |
| 2             | The Effects of Self-Talk Valence and Self-Control on Dart Performance                                                                                                 |

|   |                                                                                                                                                        |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Xiaobin Hong (Wuhan Sports University)                                                                                                                 |
| 3 | Construction and Practice Path of Exercise Psychological Service System on the Background of Exercise in China<br>Dapeng Zhu (Wuhan Sports University) |

Symposium 2.3  
CYT 209B  
78 Seats

Exercise for Cognitive Function and Brain Activation in Substance Abuse

|               |                                                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Dongshi Wang (Ningbo University)                                                                                                                                |
| 1             | Exercise for Cognitive Function and Brain Activation in Substance Abuse<br>Dongshi Wang (Ningbo University)                                                     |
| 2             | Rebuilding Brain Self-Control: The Role of Aerobic Exercise and Motivation in Methamphetamine Use Disorder<br>Jianjing Jin (Ningbo University)                  |
| 3             | The Impact of Acute Exercise on Cognitive Control Trade-offs in Methamphetamine Dependents: The Modulating Role of Reward-Punishment Motivation<br>Xiaohui Zhai |
| 4             | Exercise as Medicine: Improving Time Perception and Brain Activation in Female Novel Psychostimulant Addicts<br>Mengya Li                                       |

Workshop 2.1  
CYT 203  
80 Seats

Applying Performance Psychology Service with Medical School Students in Hong Kong

|               |                                                                                                                                                                     |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Soek Hau (HKU Li Ka Shing Faculty of Medicine)                                                                                                                      |
| 1             | Applying Performance Psychology Service with Medical School Students in Hong Kong<br>Soek Hau, Ruth Wong, Arthur Li, Heidi Lo (HKU Li Ka Shing Faculty of Medicine) |



Single presentation 2.1

CYT 202

70 Seats

Mental Skills Training

| Session Chair | Mudit Krishnanni (MK Performance - Elevating Mindsets)                                                                                                                                |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Unlocking the Power of Ninjas: Revisiting the Ancient Technique of Kuji-kiri for Modern Sport Performance<br>Mudit Krishnanni (MK Performance - Elevating Mindsets)                   |
| 2             | The Relationship Between Restrained Eating and Exercise Addiction: The Chain Mediating Role of Social Physique Anxiety and Grit<br>Yaojun Pan (Shanghai Jiao Tong University)         |
| 3             | Shifting Outcome-orientation to Process-orientation: A Case Study<br>Sindhu BR (Sri Ramachandra Institute of Higher Education and Research (DU))                                      |
| 4             | Testing the Mediation Effects of Emotional Intelligence in the Relationship between Collegiate Athletes' Identity and Sport Performance<br>Jaewoong Ahn (Jeonbuk National University) |

Single presentation 2.2

CYT 201

66 Seats

Mental Health, Well-being, and Quality of Life

| Session Chair | Yayi Ou (Zhaoqing University)                                                                                                                                                                    |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | "He doesn't just get to cry 'Mental Health'": Gender Politics Influence X/Twitter User Reactions to Athletes Prioritizing Mental Health<br>Koto Imahori (Stanford University School of Medicine) |
| 2             | Investigating the Influence of Sport Experience on Motivation Levels Among National Para-Athletes in Malaysia<br>Rohana Yusuf (National Sports Institute of Malaysia)                            |
| 3             | Effect of College Students' Motivation to Volunteer for Sporting Events on Satisfaction: Mediating Role of Experiential Value<br>Meng Zhang (Shanghai University of Sport)                       |
| 4             | Internet Addiction, Physical Activity, and Quality of Life Among University Students: A Correlational Study<br>Jia-Ru Shih (National Taiwan Normal University)                                   |

Single presentation 2.3

CYT 214

47 Seats

Psychology of Injury, Prevention, Recovery, and Rehabilitation

| Session Chair | Lasse Eini (St Mary's University)                                                                                                                                      |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Psychological Flexibility is Associated with Reduced Depressive Symptoms Following Sports Injury: Moderated Mediation Study<br>Lasse Eini (St Mary's University)       |
| 2             | Athlete Vulnerability: A Multivariate Analysis of Body Mass Index (BMI), Mental Resilience and Sport Injury Outcome<br>Karanbir Singh (Punjabi University)             |
| 3             | Emotional Rehabilitation Through 'Flushing Out' in an Injury Context: A Coherent Approach<br>Aaisha Ehsan (Sri Ramachandra Institute of Higher Education and Research) |

Single presentation 2.4

CYT 215

47 Seats

Exercise and Physical Activity Psychology Interventions

| Session Chair | Liyong Yao (Guangzhou University)                                                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | The Influencing Factors on Physical Exercise Behavior in Overweight and Obese Children: A Cross-Sectional Survey<br>Liyong Yao (Guangzhou University)                              |
| 2             | A Study of the Effects of Creative Dance on the Creative Self-Efficacy and Creative Thinking of Migrant Children<br>Xinyue Zhang (Beijing Sport University)                        |
| 3             | Do Gender-Specific Task Cards Affect Children'S Motor Performance? A Field Experiment Investigating The Stereotype Threat Effect<br>Lena Henning (University of Muenster)          |
| 4             | Exploring the Link Between Body Image Self-Discrepancies and Physical Activity, Motivation and Self-Efficacy in Primary School Children<br>Annalena Veltmaat (Dortmund University) |

## Parallel Session 3

Monday, 8/Dec/2025

16:20-17:20

### Symposium 3.1

Lecture Theatre

462 Seats

Sport Psychology Practices and Challenges in Elite Sports Environments: Experiences from Three Perspectives

|               |                                                                                                                                                                                           |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Zhijian Huang (Wuhan Sport University)                                                                                                                                                    |
| 1             | “Self as Method”: Reflecting on the Experience of Working with a Winter Sports National Team<br>Zhijian Huang (Wuhan Sport University)                                                    |
| 2             | Practices and Considerations in the Interdisciplinary Integration of Sport Psychology for Enhanced Athletic Performance: A Case Study<br>Zhiqing Gao (Beijing Institute of Sport Science) |
| 3             | Developing Psychologically-In Formed Environments<br>Christopher R. D Wagstaff (University of Portsmouth)                                                                                 |

### Symposium 3.2

CYT 209A

95 Seats

Self-Compassion in Action: Interventions Across Sport, Physical Activity, and Professional Settings in Three Continents

|               |                                                                                                                                                                                                                                                                              |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Tsz Lun (Alan) Chu (University of North Carolina at Greensboro)                                                                                                                                                                                                              |
| 1             | Promoting Youth Athletes' Psychosocial Outcomes in the United States Through Self-Compassion, Mindfulness, and Athlete Resilience Training (SMART)<br>Tsz Lun (Alan) Chu (University of North Carolina at Greensboro)                                                        |
| 2             | The Effectiveness of the Pilot Mindful Self-Compassion Exercise Program on Enhancing Mindful and Compassionate Awareness for Physical Activity, Self-compassion, and Physical Activity Among Hong Kong Youth<br>Ming Yu Claudia Wong (The Education University of Hong Kong) |
| 3             | Self-Compassion as An Avenue to Support Sport and Exercise Psychologist Self-Care: A Single-Case Multiple-Baseline Intervention Study with UK-Based Trainees<br>Heather Hunter (University of Gloucestershire; University of Portsmouth)                                     |

Symposium 3.3

CYT 209B

78 Seats

Sports and Adolescent Mental Health

|               |                                                                                                                                                                                           |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Na Ye (Wuhan Sports University)                                                                                                                                                           |
| 1             | Physical Activity Enjoyment Affects Depression, Anxiety, and Loneliness in Children and Adolescents in Sports Rural Volunteer Teaching Programs<br>Xia Xu (Wuhan Sports University)       |
| 2             | A Quasi-Experimental Study on Loving-Kindness Meditation Training to Reduce School Bullying Among Secondary Vocational Students<br>Lei Wang (Wuhan Sports University)                     |
| 3             | Physical Exercise Enhances Positive Body Image in Middle School Girls: The Mediating Role of Self-Compassion<br>Rong Zou (Wuhan Sports University)                                        |
| 4             | Acute Moderate-Intensity Aerobic Exercise Promotes Prefrontal Cortex and Motor Cortex Functional Integration in Obese Adolescents<br>Jiaai Huang (Wuhan Sports University)                |
| 5             | The Mediating Effect of Self-Control on the Relationship between Physical Activity and Sleep Quality among Undergraduates: Base on A Daily Diary Study<br>Na Ye (Wuhan Sports University) |

Workshop 3.1

CYT 203

80 Seats

DECODE: A Live Mental Training Model to Manage Repetitive Thought Patterns and Build Clarity in Competitive Athletes

|               |                                                                                                                                                         |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Swaroop Savanur (MyMentalCoach)                                                                                                                         |
| 1             | DECODE: A Live Mental Training Model to Manage Repetitive Thought Patterns and Build Clarity in Competitive Athletes<br>Swaroop Savanur (MyMentalCoach) |

Single presentation 3.1

CYT 202

70 Seats

Youth Development

| Session Chair | Kurtis Pankow (Swansea University)                                                                                                                                                                              |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Parent Education and Support Within A Professional Football Academy: Barriers and Facilitators to Engagement in A Multi-Session Intervention<br>Lewis Tafadzwa Murapa (Swansea University)                      |
| 2             | Creative Knowledge Translation to Support Parents in Youth Sport<br>Kurtis Pankow (Swansea University)                                                                                                          |
| 3             | Parental Support as A Protective Factor for Athletes' Mental Health – A Representative Survey in German Elite Youth Sports<br>Valeria Claudia Eckardt (University of Muenster)                                  |
| 4             | The Relationship between Physical Exercise Behavior and Family Sports Environment among Adolescents: The Moderating Role of Sports Values and Exercise Self-efficacy<br>Xinyi Zhang (Universiti Sains Malaysia) |

Single presentation 3.2

CYT 201

66 Seats

Mental Skills Training

| Session Chair | Jinxiu Sun (Jishou University)                                                                                                                                            |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | A Case Study on Psychological Monitoring and Mindfulness-Based Art Interventions for Athletes Preparing for the Winter Olympics<br>Jiying Zhou (Beijing Sport University) |
| 2             | Construction and Evaluation of a Mindfulness Training Program for Shooters Based on Cognitive Abilities<br>Jinxiu Sun (Jishou University)                                 |
| 3             | Equanimity in Mental Training for Peak Performance: A conceptual Framework<br>Urmi Gupta (Sri Sri University Cuttack)                                                     |
| 4             | Recalibration training – Imposing anxiety to Peak Performance<br>Milos Dimic (Yokohama Country and Athletic Club)                                                         |

Single presentation 3.3

CYT 214

47 Seats

Psychology of Coaching

| Session Chair | Gillian Cook (Liverpool John Moores University)                                                                                                         |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Olympic Coaching Excellence: A Qualitative Study of Olympic Swimmers' Perceptions of their Coaches<br>Gillian Cook (Liverpool John Moores University)   |
| 2             | Supporting Psychological Growth and Instructional Confidence in Novice Football Coaches: An Action Research Approach<br>Hayato Daimon (Taichung Futuro) |
| 3             | Elite Coach Thriving: The Why, The What And The Possible How?<br>Paul Miller (Loughborough University)                                                  |

Single presentation 3.4

CYT 215

47 Seats

Equity, Diversity, Inclusion, and Social Justice

| Session Chair | Molly Tryphena Highfield (University of Canberra)                                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Iron Woman, Shoreline Fish: An Ethnographic Story of Depression and the (Un)Becoming of a Runner<br>Bo Peng (The Chinese University of Hong Kong)                                  |
| 2             | Women's Olympic Sailing Pathways Perceptions: Sailors' Experiences of Athlete Development<br>Molly Tryphena Highfield (University of Canberra)                                     |
| 3             | Beyond the Screen: A Qualitative Study on Gender Inequality Against Female Practitioners in China's E-Sports Industry<br>Nanxun Zhang (Macau University of Science and Technology) |
| 4             | Classifications and Intentions of Psychological Operation Among Korean Female Football Players<br>Hongjun Jin (Korea National Sport University)                                    |

## Day 2: 9 December 2025 (Tuesday)

### Parallel Session 4

Tuesday, 9/Dec/2025

8:30-9:30

#### Symposium 4.1

Lecture Theatre

462 Seats

#### Beyond the Individual: Reimagining Performance Environments using Organisational Sport Psychology

|               |                                                                                                                                                                                    |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Chris Wagstaff (University of Portsmouth)                                                                                                                                          |
| 1             | Seeking Meaningful Change in Elite Sport Organisations<br>Chris Wagstaff (University of Portsmouth)                                                                                |
| 2             | The Coach as an Architect of High-Performance Sport Environments<br>Kristoffer Henriksen (University of Southern Denmark)                                                          |
| 3             | Psychological Strategies for Athletes in Complex Environments: Enhancing Performance and Well-Being in Preparation for the Paris Olympic Game<br>Zhijian Zhang (Hubei University)  |
| 4             | Caring for the Carers: Optimizing Practitioner Well-Being in High-Performance Sport Systems<br>Alessandro Quartiroli (University of Wisconsin–La Crosse, University of Portsmouth) |

#### Symposium 4.2

CYT 209A

95 Seats

#### Benefits and Drawbacks of Resource-Intensive Vs. Simplified Information Processing During Complex Actions

|               |                                                                                                                                                                                              |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Laura Voigt (German Sport University Cologne)                                                                                                                                                |
| 1             | Thinking Less, Performing Better: Unifying Rules for Simplified Information Processing During Actions<br>Laura Voigt (German Sport University Cologne)                                       |
| 2             | Success in Practice: Accommodating the Developing Cognitive Capacity of Children<br>Catherine M. Capio (Hong Kong Metropolitan University)                                                   |
| 3             | From Overthinking to Automaticity: Mindfulness as a Potential Strategy to Reduce Reinvestment-Related Performance Breakdowns in Athletes<br>Patricia Grove (German Sport University Cologne) |
| 4             | Effects of Movement-Specific Reinvestment on Inhibition-Change                                                                                                                               |

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| Performance in Dynamic Performance Environments<br>Arne Nieuwenhuys (University of Auckland) |                                                                                                                                                                                                                                                                                    |
| Workshop 4.1<br>CYT 203<br>80 Seats                                                          | Strategies for Coaching Today's Gen Z Athlete                                                                                                                                                                                                                                      |
| Session Chair                                                                                | Daniel Gould (Michigan State University)                                                                                                                                                                                                                                           |
| 1                                                                                            | Strategies for Coaching Today's Gen Z Athlete<br>Daniel Gould (Michigan State University)                                                                                                                                                                                          |
| Panel discussion 4.1<br>CYT 209B<br>78 Seats                                                 | Unlocking Publication Success: A Panel Discussion for Sport and Exercise Psychology Scholars                                                                                                                                                                                       |
| Session Chair                                                                                | Derwin K. C. Chan (Hong Kong Metropolitan University)                                                                                                                                                                                                                              |
| 1                                                                                            | Unlocking Publication Success: A Panel Discussion for Sport and Exercise Psychology Scholars<br>Derwin K. C. Chan (Hong Kong Metropolitan University)、 Ian Boardley (University of Birmingham) 、 Shebe Siwei Xu、 Tracy Chor Wai Tang 、 Amanda Rebar (University of South Carolina) |
| Single presentation 4.1<br>CYT 202<br>70 Seats                                               | Psychological Performance Under Pressure                                                                                                                                                                                                                                           |
| Session Chair                                                                                | Fabrizio Sors (University of Trieste)                                                                                                                                                                                                                                              |
| 1                                                                                            | What about Home Advantage and Referee Bias in National Teams Matches? Insights from UEFA Nations League<br>Fabrizio Sors (University of Trieste)                                                                                                                                   |
| 2                                                                                            | Eye-Head Coordination in Volleyball Referees Using A Head-Mounted Display<br>Masahiro Kokubu (University of Tsukuba)                                                                                                                                                               |
| 3                                                                                            | What Equanimity Means in Competitions: Understanding the Equanimity from Chinese Notion of “Pingchangxin” Among Olympic and World Champions                                                                                                                                        |



Single presentation 4.2

CYT 201

66 Seats

Mental Health, Well-being, and Quality of Life

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|               |                                                                                                                                                                                                          |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Nathanael Chong Hao Ong (Singapore University of Social Sciences)                                                                                                                                        |
| 1             | Problematic Mobile Phone Use Among Singaporean Youth Athletes<br>Nathanael Chong Hao Ong (Singapore University of Social Sciences)                                                                       |
| 2             | Effect of Exercise Interventions on Cognitive Function in Breast Cancer Patients and Survivors: A Systematic Review with Multilevel Meta-Analysis<br>Chen-Sin Hung (National Taiwan Normal University)   |
| 3             | Self-Esteem Differences by Competitive Status and Injury Experience in Independent League Baseball Players<br>Kyoko Okita (Toyo university)                                                              |
| 4             | “All the Little Pointers”: A Poetic Representation of Living with An Eating Disorder as An Educational Resource in Coach Development<br>Cecilia Åkesdotter (Swedish School of Sport and Health Sciences) |

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Single presentation 4.3

CYT 214

47 Seats

Team Dynamics, Leadership, and Organizational Psychology

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|               |                                                                                                                                                                   |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Yuto Yasuda (James Cook University - Singapore Campus)                                                                                                            |
| 1             | Does the Collective Activity Hypothesis Apply to Athletes? The Effect of Team Environment on Athletes<br>Yuto Yasuda (James Cook University - Singapore Campus)   |
| 2             | Losing Streak vs. Performance Crisis: A Case Study During A Losing Streak<br>Stephanie Buenemann (University of Muenster)                                         |
| 3             | Enhancing Team Sport Performance Through Rhythmic Training: Development and Validation of a Novel Method<br>Christian Felix Benning (Brunel University of London) |
| 4             | Impact of Mobile Terminal-Based Outdoor Orienteering Tasks on College Students' Cooperative Tendency: Evidence from a 90-Minute                                   |

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|---------------------------------------------------------|
| Autonomous Collaboration<br>Xin Xu (Tianjin University) |
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#### Single presentation 4.4

CYT 215

47 Seats

Mental Health, Well-being, and Quality of Life

|               |                                                                                                                                                              |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Urvi Khasnis (University of Edinburgh)                                                                                                                       |
| 1             | Exploring Quality of Current Pre-Elite Coach Development Pathways: Perceptions of Key Stakeholders in Indian Sport<br>Urvi Khasnis (University of Edinburgh) |
| 2             | Capturing Sport Event Employees' nostalgia: Scale Development and Validation<br>Siqi Lu (Sungkyunkwan University)                                            |
| 3             | The Role of Self-Compassion in Athlete Flourishing: A Perspective from the Broaden-and-Build Theory<br>Ninghan Wang (Sungkyunkwan University)                |
| 4             | Comparing Elite Sport Coaches' Pressure Training Practices to Recommended Guidelines<br>Dana Ortez (Queensland University of Technology)                     |

### Parallel Session 5

Tuesday,9/Dec/2025

9:35-10:35

#### Symposium 5.1

Lecture Theatre

462 Seats

Performance Recovery and Optimization (PRO) Laboratory at Boston University: Towards Advancing Pragmatic Research-Informed Interventions in Sport Psychology

|               |                                                                                                                                                                                                 |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Edson Filho (Boston University)                                                                                                                                                                 |
| 1             | Performance Recovery and Optimization (PRO) Laboratory at Boston University: Towards Advancing Pragmatic Research-Informed Interventions in Sport Psychology<br>Edson Filho (Boston University) |
| 2             | Batting "in the Zone": Developing Individual Affect-related Performance Zones for Cricket Batters                                                                                               |

|   |                                                                                                                                                                   |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | <a href="#">Dhruv Raman</a>                                                                                                                                       |
| 3 | Developing an Acculturation Program for International Minor League Baseball Players<br><a href="#">Emmanuel Goico-Montes de Oca (Brunel University of London)</a> |

Symposium 5.2  
CYT 209A  
95 Seats

Mindfulness Training in Elite Sports: Cross-Cultural Perspectives, Practical Applications, and Empirical Evidence

|               |                                                                                                                                                                                               |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Chun-Qing Zhang (Sun Yat-sen University)</a>                                                                                                                                      |
| 1             | Application of Mindfulness-Related Psychological Training Theories and Methods in Elite Sports: A Cross-Cultural Comparative Study<br><a href="#">Zhijian Huang (Wuhan Sports University)</a> |
| 2             | Application of Mindfulness Meditation in the Chinese Shotgun Team's Preparation for the Paris Olympics<br><a href="#">Guoming Zhao (Beijing Research Institute of Sports Science)</a>         |
| 3             | Efficacy of Mindfulness Training for Chinese Elite Shooting and Archery Athletes: A Single Group Pre-Posttest Intervention<br><a href="#">Chun-Qing Zhang (Sun Yat-Sen University)</a>        |
| 4             | Effects of Mindfulness Training on Mental Health among Chinese Elite Athletes: A Randomized Controlled Trial<br><a href="#">Danran Bu (Sun Yat-Sen University)</a>                            |

Workshop 5.1  
CYT 203  
80 Seats

Strategies for Coaching Today's Gen Z Athlete

|               |                                                                                                           |
|---------------|-----------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Daniel Gould (Michigan State University)</a>                                                  |
| 1             | Strategies for Coaching Today's Gen Z Athlete<br><a href="#">Daniel Gould (Michigan State University)</a> |

Panel discussion 5.1  
CYT 209B  
78 Seats

Foreign Coaches in National Teams: Psychological and Cultural Implications of Cross Cultural Leadership in Elite Sport

|               |                                                   |
|---------------|---------------------------------------------------|
| Session Chair | <a href="#">Kaori Araki (Juntendo University)</a> |
|---------------|---------------------------------------------------|

|   |                                                                                                                                                                                                        |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Foreign Coaches in National Teams: Psychological and Cultural Implications of Cross Cultural Leadership in Elite Sport<br>Kaori Araki (Juntendo University), Masato Kawabata, Susumu Iwasaki, Karen Lo |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Single presentation 5.1

CYT 202

70 Seats

### Exercise and Physical Activity Psychology Interventions

|               |                                                                                                                                                                                           |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Yujia Qu (The Education University Of Hong Kong)                                                                                                                                          |
| 1             | Effect of Line Dancing and Flexibility Training on Chronic Nonspecific Low Back Pain Among Youth: A Randomized Controlled Pilot Study<br>Yujia Qu (The Education University Of Hong Kong) |
| 2             | Physical Activity and Enjoyment: Exploring the Moderating Role of Gender among Indian Collegiate Students<br>Sindhu BR (Sri Ramachandra Institute of Higher Education and Research)       |
| 3             | Baum Tree Drawing Test as a Nonverbal Tool to Assess Psychological well-being After Yoga Therapy in Older Adults: An Exploratory Study<br>Satoko Murakami (Toyo University)               |
| 4             | From Brain to Behavior: Neural Advantage of High-Intensity Interval vs. Moderate-Intensity Continuous Exercise in Obese Youth<br>Chun Xie (Shanghai Normal University)                    |

### Single presentation 5.2

CYT 201

66 Seats

### Cognitive Functions

|               |                                                                                                                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Guanlan Kang (Beijing Sport University)                                                                                                                                                            |
| 1             | The Influence of Acute Resistance Exercise Volume on Inhibitory Control: A Randomized Controlled Trial<br>Ying-Chu Chen (National Taiwan Normal University)                                        |
| 2             | The Role of Motor Processing in Representational Momentum: Investigating Spatial Coordinate Transformations in Motor Planning with Tracking Movements<br>Seonghyeon Baek (Sungkyunkwan University) |

|   |                                                                                                                                                                                    |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | The Effects of Acute Aerobic Exercise and Caffeine on Inhibitory Control: A Study on Intensity-Dose Response<br><a href="#">Chueh-Yin Chen (National Taiwan Normal University)</a> |
| 4 | Reward Interacts with Stop Probability to Affect Inhibition Control in Athletes<br><a href="#">Guanlan Kang (Beijing Sport University)</a>                                         |

### Single presentation 5.3

CYT 214

47 Seats

### Psychophysiology

|               |                                                                                                                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Tsung-Min Hung (National Taiwan Normal University)</a>                                                                                                                                 |
| 1             | Resting-state EEG Biomarkers for Predicting Individuals' Motor Imagery Ability and Performance<br><a href="#">Lin Yu (Bielefeld University)</a>                                                    |
| 2             | Effects of Combined Psychological Skills Training and Neurofeedback Training on Golf Putting Performance<br><a href="#">Yu-Ting Lo (National Taiwan Normal University)</a>                         |
| 3             | Effect of A Single Session of Individualized EEG Marker Neurofeedback Training on the Putting Performance of Skilled Golfers<br><a href="#">Tsung-Min Hung (National Taiwan Normal University)</a> |
| 4             | The Effects of Eight Sessions of Personalized Neurofeedback Training on Brain Activity and Golf Putting Performance<br><a href="#">Shih-Huan Chen (University of Taipei)</a>                       |

### Single presentation 5.4

CYT 215

47 Seats

### Ethics and Morality in Sport

|               |                                                                                                                                                                                                                               |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Dong Wang (Capital University of Physical Education and Sports)</a>                                                                                                                                               |
| 1             | Effect of Perceived Team Moral Atmosphere on Antisocial Behavior in Sport: The Mediating Role of Goal Orientations and Moral Disengagement<br><a href="#">Dong Wang (Capital University of Physical Education and Sports)</a> |
| 2             | Vulnerability of Elite Athletes to Unethical Behaviours: A Scoping Review of Influences<br><a href="#">Anna Semenovao (Swansea University)</a>                                                                                |

|   |                                                                                                                                                                                          |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | Interactive Intervention Promotes Clean Sport Behaviors among Youth Athletes: A Controlled Study on Doping Prevention in Track and Field<br>Martina Giorgi (Sapienza University of Rome) |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Parallel Session 6

Tuesday, 9/Dec/2025

11:45-12:45

### Panel discussion 6.1

Lecture Theatre

462 Seats

ISSP Editor-in-Chief panel discussion "Ask the Editor"

|               |                                                                                                                                                                          |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Robert Schinke & Markus Raab                                                                                                                                             |
| 1             | ISSP Editor-in-Chief panel discussion "Ask the Editor"<br>Robert Schinke and Markus Raab, Yu-Kai Chang, Amanda Reber, Greg Wood, Ian Boardley, Chris Wagstaff, John Wang |

### Symposium 6.1

CYT 209A

95 Seats

Charting the Future of Sport Psychology in the United States:  
Advancing from Proficiency to Specialty

|               |                                                                                                                                        |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Jessica Bartley (United States Olympic & Paralympic Committee)                                                                         |
| 1             | The Strategic Path from Proficiency to Specialty in Sport Psychology<br>Jessica Bartley (United States Olympic & Paralympic Committee) |
| 2             | Embedding Diversity, Equity, and Inclusion in the Specialty Transition<br>Breigh Jones-Coplin (University of Denver)                   |
| 3             | Building Our Mission, Vision, and Values as a Foundation for Specialty<br>Alan Chu (University of North Carolina at Greensboro)        |
| 4             | Sustaining Growth: The Financial Strategy Behind Specialty Advancement<br>Julia Cawthra (United States Olympic & Paralympic Committee) |

Symposium 6.2

CYT209B

78 Seats

Determinants and Promotion of Mental Health, Well-Being, and Quality of Life: Empirical Evidence Across Children, Adolescents, Athletes, and Patients

| Session Chair | Yanping Duan (Hong Kong Baptist University)                                                                                                                                                                                                            |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Exploring the Correlates of Adolescent Mental Health: A Hierarchical Regression Analysis in Middle School Students from Hubei China<br>Borui Shang (Hebei Sport University)                                                                            |
| 2             | Effects of a HAPA-based Parent-focused Intervention Targeting 24-Hour Movement Behaviors in Children: A Pilot Randomized Controlled Trial<br>Wei Liang (Shenzhen University)                                                                           |
| 3             | Exploring the Effects of Mindfulness Training on Psychological Stress and Sleep Quality in Competitive Swimmers: A Mixed-Methods Approach<br>Ning Su (Shenzhen University)                                                                             |
| 4             | Effectiveness of a WeChat Mini Program-based Intervention on Promoting Multiple Health Behavior Changes Among Chinese Cardiovascular Patients in Home-Based Rehabilitation: Randomized Controlled Trial<br>Yanping Duan (Hong Kong Baptist University) |

Workshop 6.1

CYT 203

80 Seats

Applying the 5Cs Framework in Youth Sport: Strategies for Raising Awareness and Building Relationships

| Session Chair | Chris Harwood (Nottingham Trent University)                                                                                                           |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Applying the 5Cs Framework in Youth Sport: Strategies for Raising Awareness and Building Relationships<br>Chris Harwood (Nottingham Trent University) |

Workshop 6.2

CYT 202

70 Seats

From Ego-States to Sport Performance: Application of Transactional Analysis

| Session Chair | Dylan Augustine                                                             |
|---------------|-----------------------------------------------------------------------------|
| 1             | From Ego-States to Sport Performance: Application of Transactional Analysis |

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Chris Harwood (Sri Ramachandra Institute of Higher Education and Research (DU))

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Single presentation 6.1

CYT 201

66 Seats

Performance Psychology

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| Session Chair | Lu Guo (Beijing Sport University)                                                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | The Mechanistic Role of Mindfulness in Athletic Engagement among College Athletes: Selection of Mindfulness Programs<br>Chujia Chen (Wuhan Sports University)                            |
| 2             | The Mechanism of Interpersonal Mindfulness on Athletes Training Satisfaction A Chain Mediating Path Analysis Based on Emotion Regulation Strategies<br>Jie Zhu (Wuhan Sports University) |
| 3             | The Effect of Cognitive Reappraisal on Young Women's Affective Responses to Strength Training<br>Lu Guo (Beijing Sport University)                                                       |
| 4             | Association of physical function with depressive symptoms and cognitive performance in older adults with first episode depression<br>Mingqi Wang (Shandong University)                   |

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Single presentation 6.2

CYT 214

47 Seats

Mental Health, Well-being, and Quality of Life

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| Session Chair | Luis Calmeiro (Nanyang Technological University)                                                                                                                                               |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Mindfulness-Integrated Intervention to Enhance Physical Fitness Engagement and Well-Being in Chinese Vocational College Students<br>Minye Li (Zhejiang Institute of Communications)            |
| 2             | Exploring the Mental Health Literacy of Singaporean Co-curricular Activity Sport Coaches<br>Luis Calmeiro (Nanyang Technological University)                                                   |
| 3             | The Multifaceted Impact of Transformational Leadership on University Football Players: Exploring Task Cohesion and Commitment through Psychological Pathways<br>Inwoo Kim (Dongguk University) |

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|---|-------------------------------------------------------------------------------------------------------------------|
| 4 | Chinese Olympic Athletes ' Perceptions of Coaches ' Paradoxical Leadership<br>Bangda Hu (Loughborough University) |
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### Single presentation 6.3

CYT 215

47 Seats

Mental Health, Well-being, and Quality of Life

|               |                                                                                                                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Matthew Bejar (San José State University)                                                                                                                                                                        |
| 1             | The Effect of Social Jetlag on Mental Health in Adolescents: the Chain Mediating Role of Sleep Quality and Self-control<br>Yiting Liu (Shanghai Jiao Tong University)                                            |
| 2             | Is Stress A Foe or A Friend? The Relationship between Stress Mindset, Stress Coping, and Stress Levels<br>Yuto Yasuda (James Cook University)                                                                    |
| 3             | Dysautonomia Symptom Severity, Exercise Motives, and Barriers: Associations with Mental Well-Being and Health-Related Quality of Life<br>Matthew Bejar (San José State University)                               |
| 4             | Building a Nationwide Mental Health Screening and Support System for Elite Athletes: Lessons Learned from Two Years of Using SMHAT-1<br>Wojciech Waleriańczyk (Institute Of Sport - National Research Institute) |

## Parallel Session 7

Tuesday,9/Dec/2025

16:30-17:30

### Symposium 7.1

Lecture Theatre

462 Seats

Thinking with Culture about Care, Ethics, and Justice in Sport

|               |                                                                                                                                                           |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Tatiana Ryba (University of Jyväskylä)                                                                                                                    |
| 1             | Integrating Indigenous Filipino Psychology in sport: A Culturally Responsive and Justice-Oriented Approach to Athlete Well-being<br>Maria Luisa M. Guinto |
| 2             | Developing Wellbeing Systems while Navigating Individual Cultural Growth at High Performance Sport NZ                                                     |

|   |                                                                                                    |
|---|----------------------------------------------------------------------------------------------------|
|   | Antoinette M. Minniti                                                                              |
| 3 | Topology of Care and Inclusion in Finland's Sports Governance: An Immanent Inquiry<br>Tatiana Ryba |

## Symposium 7.2

CYT 209B

78 Seats

Active Bodies, Hidden Struggles: Mental Health Across the Physically Active Lifespan

|               |                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Chi Ching Gary (The Education University of Hong Kong)                                                                                                                      |
| 1             | Burnout and Motivation Among Student-Athletes in the Greater Bay Area: A Comparative Study of Hong Kong and Macao<br>Gary C.C. Chow (The Education University of Hong Kong) |
| 2             | Is Teaching Youth a Source of Fulfillment or Fatigue? Investigating Burnout Among Physical Education Teachers<br>Dominika Wilczyńska (University WSB Merito)                |
| 3             | Running Through the Years: Depression and Anxiety in Global Multi-Marathoners Aged 50+<br>Leo Lundy (Trinity College Dublin)                                                |

## Panel discussion 7.1

CYT 209A

95 Seats

The Evolution and Expansion of Psychological Services for Team USA

|               |                                                                                                                                                                               |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Jessica Bartley (United States Olympic & Paralympic Committee)                                                                                                                |
| 1             | The Evolution and Expansion of Psychological Services for Team USA<br>Jessica Bartley (United States Olympic & Paralympic Committee), Karen Cogan, Julia Cawthra, Erica Force |

## Workshop 7.1

CYT 203

80 Seats

Mindful Strokes: Art-Based Mindfulness for Emotional Regulation in Elite Athletes.

|               |                                                                    |
|---------------|--------------------------------------------------------------------|
| Session Chair | Peck Ngor How (National Sports Institute of Malaysia)              |
| 1             | Mindful Strokes: Art-Based Mindfulness for Emotional Regulation in |

|                                                       |
|-------------------------------------------------------|
| Elite Athletes.                                       |
| Peck Ngor How (National Sports Institute of Malaysia) |

### Single presentation 7.1

CYT 202

70 Seats

### Youth Development

|               |                                                                                                                                                                                                          |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Zuyang Fan (Shanghai University of Sport)                                                                                                                                                                |
| 1             | Impaired Implicit Procedural Learning in Adults with Developmental Coordination Disorder: Insights from a Dual-Task<br>Zuyang Fan (Shanghai University of Sport)                                         |
| 2             | Optimizing Adolescent Cognitive Neural Resource Allocation Through Sports Training Experience: A Cross-Sectional Study Based on fNIRS<br>Benke Xu (Shandong University)                                  |
| 3             | Temporal Benefits of Single Moderate Intensity Continuous Training and High Intensity Intermittent Training on Adolescent Inhibitory Control and Working Memory<br>Leiting Li (Beijing Sport University) |
| 4             | Advancing Sport, Exercise, and Performance Psychology in Nigeria: A Focus on Youth Development and Cultural Dynamics<br>Athanasius Amasiatu (University Of Port Harcourt)                                |

### Single presentation 7.2

CYT 201

66 Seats

### Social Psychology

|               |                                                                                                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Nikos Comoutos (University of Thessaly)                                                                                                                                                                         |
| 1             | Sharing Joys and Sorrows, Sharing Passion” - The Research on the Relation between Ultras Supporter Cultural Rituals and Identity Fusion Theory<br>Chentianlei Su (Chongqing Technology and Business University) |
| 2             | Exploring the Emotional and Behavioral Impacts of Leisure Nostalgia: A Comparative Study of MZ Generations in Korea and China<br>Siqi Lu (Sungkyunkwan University)                                              |
| 3             | Does Sports Participation Moderate the Impact of Perceived Social Support on Cross-Cultural Adaptation?<br>Yuqing Wang (National Institute of Fitness and Sports in Kanoya)                                     |

|   |                                                                                                                                                     |
|---|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | ENLITE project: Linking Physical Activity, Flood Disaster Experiences, Eco-Anxiety, and Youth Well-Being<br>Nikos Comoutos (University of Thessaly) |
|---|-----------------------------------------------------------------------------------------------------------------------------------------------------|

### Single presentation 7.3

CYT 214

47 Seats

### Motivation

|               |                                                                                                                                                                                 |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Jolly Roy (SriRamachandra Institute of Higher Education and Research)                                                                                                           |
| 1             | Scenario-Informed Self-Regulations Measurement in Secondary School Physical Education<br>Jihyun Song (University of North Carolina)                                             |
| 2             | Performance Consistency: Mitigating Sources of Target Panic<br>Jolly Roy (SriRamachandra Institute of Higher Education and Research)                                            |
| 3             | How does Effort Influence Performance? An Experimental Study on the Integration of Effort into the TCTSA Using A Cognitive Task<br>Hannah Pauly (TU Dortmund University)        |
| 4             | Motivational Dimensions in Selection Contexts. A Comparative Study between Sports and Business Through Various Assessment Methods<br>Birte Brinkmoeller (University of Münster) |

### Single presentation 7.4

CYT 215

47 Seats

### Psychology of Injury, Prevention, Recovery, and Rehabilitation

|               |                                                                                                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Victor J. Rubio (University Autonoma Madrid)                                                                                                                                                                    |
| 1             | Relationships among Psychological Readiness, Muscle Strength, and Hop Performance across Postoperative Phases after ACL Reconstruction: A Systematic Review<br>Yun-Shan Han (National Taiwan Normal University) |
| 2             | Influence of ACL Injured Athletes Cognitive and Emotional Responses on Adherence to Rehabilitation<br>Victor J. Rubio (University Autonoma Madrid)                                                              |
| 3             | Norwegian Age-specific National Team Athletes in Handball and Ice Hockey Willingness to Communicate Pain to Their Coach<br>Nils Petter Aspvik (Norwegian University of Science and Technology)                  |
| 4             | Integrating Psycho-Social Support for Efficient Injury Rehabilitation: A                                                                                                                                        |

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Case-Based Approach

Samruddhi Sonar (Deenanath Mangeshkar Hospital)

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**Day 3: 10 December 2025 (Wednesday)**

**Parallel Session 8**

Wednesday, 10/Dec/2025

8:30-9:30

**Symposium 8.1**

Lecture Theatre

462 Seats

**Embodied Motivation: Exercise Psychology in Asian Health and Lifestyle Practices**

| Session Chair | Chee Keng John Wang (Nanyang Technological University)                                                                                                                     |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Physical Activity Research: From Psychosocial Approach to Translational Implementation for Healthcare<br>Youngho Kim (Seoul National University of Science and Technology) |
| 2             | Unpacking the Cognitive Benefits of Acute Exercise: An Umbrella-Review of 30 Systematic Reviews<br>Yu-Kai Chang (National Taiwan Normal University)                        |
| 3             | Chronotype, Sleep Pattern and Use of Technology among High School Athletes<br>Chee Keng John Wang (Nanyang Technological University, & National University of Singapore)   |
| 4             | Digital Age: The Impact on Sleep Quality among Esports Athletes<br>Jolly Roy (Sri Ramachandra Faculty of Sports and Exercise Sciences)                                     |
| 5             | Bridging Positive Psychology and Sport: An Intervention Study with Chinese University Student-Athletes<br>Garry Kuan (Universiti Sains Malaysia)                           |

**Symposium 8.2**

CYT 209A

95 Seats

**Dynamics of Change: Unpacking Psychological Processes In Sports And Exercise Research**

| Session Chair | Maik Bieleke (University of Konstanz)                                                                                                         |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Boredom Dynamics are Linked to Effort and Performance in An Incremental Cycling Task<br>Maik Bieleke (University of Konstanz)                 |
| 2             | Towards A Comprehensive Study of Human Performance Regulation: The Role of Flexibility, Automation, and Integration in Sports Psychology Labs |

|   |                                                                                                                                                                            |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Wanja Wolff (University of Hamburg)                                                                                                                                        |
| 3 | Dynamic Decision Strategies in Sports: The Exploration-Exploitation Trade-off<br>Katja Rewitz (University of Hamburg)                                                      |
| 4 | A Novel Approach to Analyzing Cognitive and Physical Effort in A Unified Motor Task<br>Jonathan Wientges (Thurgau University of Teacher Education, University of Konstanz) |

Symposium 8.3  
CYT 209B  
78 Seats

The Deployment of the International Olympic Committee (IOC) Sport Mental Health Assessment Tool-1 (SMHAT-1) to Team USA

|               |                                                                                                                                                                                       |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Julia Cawthra (United States Olympic and Paralympic Committee)                                                                                                                        |
| 1             | The Progression of the IOC SMHAT-1 for Team USA<br>Julia Cawthra (United States Olympic and Paralympic Committee)                                                                     |
| 2             | USOPC Psychological Services<br>Erica Force and Karen Cogan (United States Olympic and Paralympic Committee)                                                                          |
| 3             | Rethinking Triage: The Limitations of the APSQ in IOC SMHAT-1 Screening and the Case for Universal Administration<br>Jessica Bartley (United States Olympic and Paralympic Committee) |

Workshop 8.1  
CYT 203  
80 Seats

Heart Rate Variability in Sport and Exercise Psychology: Applications of the Vagal Tank Theory

|               |                                                                                                                                                     |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Sylvain Laborde (German Sport University Cologne)                                                                                                   |
| 1             | Heart Rate Variability in Sport and Exercise Psychology: Applications of the Vagal Tank Theory<br>Sylvain Laborde (German Sport University Cologne) |

Single presentation 8.1

CYT 202

70 Seats

Youth Development

| Session Chair | Anil Ramachandran (Kannur University)                                                                                                                                                                         |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Improving Sports Performance Using Biofeedback Technique<br>Massino Dagnino (Italian Federation of Sports Psychologists)                                                                                      |
| 2             | Integrating Video Feedback, Reflective Practice, and Thought Analysis to Improve Tactical Adaptability and Psychological Readiness in Junior Women Badminton Players<br>Anil Ramachandran (Kannur University) |
| 3             | Individual Differences in Optimal Psychological Conditions For High Performance From a Self-Regulation Lens<br>Yuto Yasuda (James Cook University - Singapore Campus)                                         |
| 4             | Mental Skills in Practice: The Prevalence of Music, Imagery, and Their Combination Across Athlete and Coach Populations<br>Fernando Castellar (The University of Sydney)                                      |

Single presentation 8.2

CYT 201

66 Seats

Psychological Performance Under Pressure

| Session Chair | Ashutosh Acharya (SAI-Lakshmibai National College of Physical Education)                                                                                                                                                                       |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Anxiety Equation Changes with Task Complexity and Audience among Athletes with Diverse Performance Background: Zajonc's Social Facilitation Perspective Revisited<br>Ashutosh Acharya (SAI- Lakshmibai National College of Physical Education) |
| 2             | Automatic Emotion Regulation Induces Attentional Avoidance of Threat in Anxious Athletes Under Pressure<br>Li Wang (Beijing Sport University)                                                                                                  |
| 3             | A Thematic Analysis of Lived Experience of Performance Anxiety in E-Sport Players<br>Zhuoying Fan (Hunan University of Technology)                                                                                                             |
| 4             | High-Functioning Anxiety in Elite Athletes: Hidden Barriers to                                                                                                                                                                                 |



|                                 |
|---------------------------------|
| Sustainable<br>Vernice Richards |
|---------------------------------|

### Single presentation 8.3

CYT 214

47 Seats

### Performance Psychology

|               |                                                                                                                                                                                 |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Rei Amemiya (University of Tsukuba)                                                                                                                                             |
| 1             | <p>“Second Place Syndrome”: What Unconscious Psychological Factors Prevent an Athlete from Winning?</p> <p>Valeriya Davydova</p>                                                |
| 2             | <p>Game On, Mind On: Psychological Grounding in a Professional Esports Team</p> <p>Yih Shin Loh (MV Asia Venture)</p>                                                           |
| 3             | <p>The Effect of Cognitive Behavioral Therapy for Insomnia on Athletes: A Randomized Crossover Trial Targeting Insomnia Symptoms</p> <p>Rei Amemiya (University of Tsukuba)</p> |

### Single presentation 8.4

CYT 215

47 Seats

### Mental Health, Well-being, and Quality of Life

|               |                                                                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Dominika Wilczyńska (University WSB Merito, Gdansk)                                                                                                                    |
| 1             | <p>HIITing Prenatal and Postpartum Depression: Insights from a Comprehensive RCT Analysis</p> <p>Dominika Wilczyńska (University WSB Merito, Gdansk)</p>               |
| 2             | <p>Effects of Exercise Snacks on Anxiety, Depression, Stress, and Cognitive Function in Adolescents with Childhood Trauma</p> <p>Guoxiao Sun (Shandong University)</p> |
| 3             | <p>Lived Experiences of Exercise among Menopausal Women: A Reflexive Thematic Analysis</p> <p>Xulin Luo (Beijing Sport University)</p>                                 |
| 4             | <p>Optimizing Exercise for Perinatal Depression: A Network Meta-Analysis</p> <p>Jingyi Xie (Central China Normal University)</p>                                       |

## Parallel Session 9

Wednesday, 10/Dec/2025

9:35-10:35

### Symposium 9.1

Lecture Theatre

462 Seats

Why Does Everything Hurt and Nothing is Fun?: International Perspectives on Exercise Hedonics

| Session Chair | Costas I. Karageorghis (Brunel University of London), Peter C. Terry                                                                        |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | The Feel-Good Factor: Optimizing Perceptual and Affective Responses During Exercise<br>Jasmin C. Hutchinson (Springfield College)           |
| 2             | XRcise Revolution: Making You Love What You Used to Hate<br>Jonathan M. Bird (University College London)                                    |
| 3             | Tune In and Tone Up: Can Brain-Break Exercise Video Ease Sport-Related Anxiety?<br>Garry Kuan (Universiti Sains Malaysia)                   |
| 4             | Stepping Outside the Xbox: A Critical Analysis of Tech-Based Exercise Interventions<br>Costas I. Karageorghis (Brunel University of London) |

### Symposium 9.2

CYT 209A

95 Seats

Body-Focused Self-Perceptions and Links to Psychological and Physical Harm in Exercise Populations

| Session Chair | Ian Boardley (University of Birmingham)                                                                                                                                                    |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Body-Focused Self-Perceptions and Links to Psychological and Physical Harm in Exercise Populations<br>Ian Boardley (University of Birmingham)                                              |
| 2             | A Qualitative Exploration of Female Bodybuilders Perceptions of the Psychological Outcomes Associated with Anabolic-Androgenic Steroid Use<br>Bethany Mullarkey (University of Birmingham) |
| 3             | Fit but Never 'Enough': Body Surveillance and Emotional Harm of Women<br>Bo Peng (The Chinese University of Hong Kong)                                                                     |
| 4             | Group Analysis of Risk and Protective Factors for Muscle Dysmorphia                                                                                                                        |

|  |                                                                                                                                     |
|--|-------------------------------------------------------------------------------------------------------------------------------------|
|  | in Anabolic-androgenic Steroid Using and Non-Using Recreational Strength Athletes<br>Barnaby Zoob Carter (University of Birmingham) |
|--|-------------------------------------------------------------------------------------------------------------------------------------|

|                                       |                                                                                                                                                 |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Symposium 9.3<br>CYT 209B<br>78 Seats | Redefining Performance: Perspectives on Athlete Well-Being and Healthy Sports Environments through Childhood Experiences and Coaching Practices |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|

|               |                                                                                                                                                                                                                              |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Timur Absalyamov (Sports Equity Lab at Stanford University)                                                                                                                                                                  |
| 1             | In Their Own Words: Multi-National Athletes' Perspectives on What Creates Healthy and Unhealthy Sports Environments<br>Timur Absalyamov (Sports Equity Lab at Stanford University)                                           |
| 2             | Associations of Abusive Supervision Among Collegiate Athletes from Equity-Deserving Groups<br>Koto Imahori (Sports Equity Lab at Stanford University)                                                                        |
| 3             | Supportive Behaviours in Recreational Youth Softball and Baseball: Priority Setting Partnership to Facilitate Shared Understanding Between Players, Parents, Coaches<br>Hanjia Li (Sports Equity Lab at Stanford University) |
| 4             | Investigating the Impact of Adverse Childhood Experiences Inside and Outside Sport Settings in Elite and Sub-Elite Settings<br>Stephanie Fryer (Sports Equity Lab at Stanford University)                                    |

|                                     |                                                                                                             |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Workshop 9.1<br>CYT 203<br>80 Seats | The Influence of Breathing Techniques on Sport Performance: A Practical Guide for Coaches and Practitioners |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------|

|               |                                                                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Sylvain Laborde (German Sport University Cologne)                                                                                                                |
| 1             | The Influence of Breathing Techniques on Sport Performance: A Practical Guide for Coaches and Practitioners<br>Sylvain Laborde (German Sport University Cologne) |

Panel discussion 9.1

CYT 202

70 Seats

Private Practice and the Olympic Games - A Square Peg in a Round Hole?

| Session Chair | Karen Lo                                                                                                                |
|---------------|-------------------------------------------------------------------------------------------------------------------------|
| 1             | Private Practice and the Olympic Games - A Square Peg in a Round Hole?<br>Karen Lo, Miyako Taneka-Oulevey, Peter Haberl |

Single presentation 9.1

CYT 201

66 Seats

Mental Skills Training

| Session Chair | Keerthana Swaminathan (Indian Sport Psychologists' Association)                                                                                 |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Beyond the Goal: Integrating Evidence-Based Strategies to Set Goals in Sport<br>Keerthana Swaminathan (Indian Sport Psychologists' Association) |
| 2             | Mindfulness Can Be Calm, Yet Powerful: A Comparative Exploration of MBSR and MAC Programs<br>Chi Hsin Wang (National Taiwan University)         |
| 3             | The Effects of Acute Mental Fatigue on Postural Control in Skill-Based Athletes<br>Xue Li (Beijing Sport University)                            |

Single presentation 9.2

CYT 214

47 Seats

Social Psychology

| Session Chair | Evandro Peixoto (Universidade São Francisco)                                                                                                                                  |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Critical Consciousness in Sport Scale: A Psychometric Approach to Assessing Sociopolitical Action in Brazilian Youth Athletes<br>Evandro Peixoto (Universidade São Francisco) |
| 2             | The Effect of Table Tennis Exercise on Interpersonal Competence of Female College Students<br>Yuxin Yuan (Beijing Sport University)                                           |
| 3             | Social Norms and Parents' Antisocial Behaviors at Youth Sport Events in the United States<br>Jeemin Kim (Michigan State University)                                           |

|   |                                                                                                                                                                                       |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 | Identifying Effective Identity Leadership Behaviours for Exercise Class Leaders: Expert and Exercise Class Attendee Perspectives<br>Mark Stevens (The Australian National University) |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Single presentation 9.3

CYT 215

47 Seats

Mental Health, Well-being, and Quality of Life

|               |                                                                                                                                                          |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Gao-Xia Wei (CAS Key Laboratory of Behavioral Science)                                                                                                   |
| 1             | Boosting Your Mood: How Exercise and the Amygdala Dance Together<br>Gao-Xia Wei (CAS Key Laboratory of Behavioral Science)                               |
| 2             | Temporal Dynamics of Affective Responses to Exercise: The Role Of Anticipation, Memory, and Exercise Intensity<br>Małgorzata Sławińska (Instytut Sportu) |
| 3             | Habit Tracker: A Powerful Tool to Produce a Sustainable Habit of Active Lifestyle for Adults<br>Rejoice Reyes (Association for Applied Sport Psychology) |

## Parallel Session 10

Wendsday,10/Dec/2025

11:45-12:45

### Symposium 10.1

Lecture Theatre

462 Seats

Neuroscience, Technology, and Performance: Bridging Brain States and Real-World Outcomes in Sport

|               |                                                                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Maurizio Bertollo                                                                                                                                             |
| 1             | Integrating Brain-Body-Behavior Data For Performance Optimization: Augmented Technologies For The Next Generation Of Sport Psychologists<br>Maurizio Bertollo |
| 2             | Shared Zones of Optimal Functioning: Psychophysiological Methods to Capture and Advance “In the Zone” States in Teams<br>Edson Filho (Boston University)      |
| 3             | Guided and Self-Produced Imagery – Differences in brain microstates                                                                                           |

|   |                                                                                      |
|---|--------------------------------------------------------------------------------------|
|   | Dagmara Budnik-Przybylska                                                            |
| 4 | Acute Neurological Consequences of Repetitive Heading in Soccer Players<br>Greg Wood |

## Symposium 10.2

CYT 209A

95 Seats

## Ecological Approaches to Athlete Transition Inquiry

|               |                                                                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Robert Schinke (Laurentian University)                                                                                                             |
| 1             | Ecological Approaches to Athlete Transition Inquiry<br>Robert Schinke (Laurentian University)                                                      |
| 2             | Sport and Physical Activity as Culturally Safe Spaces During Cultural Transitions<br>Thierry R. F. Middleton (University of Portsmouth)            |
| 3             | The Psychological Strategies for Youth Athletes Transitioning into Elite-level Sport in a Cultural Context<br>YangGe (Beijing Sport University)    |
| 4             | Understanding Elite Athletes' Meta-Transitions within the Chinese Whole Nation System: A Cultural Perspective<br>Yufeng Li (Laurentian University) |

## Workshop 10.1

CYT 203

80 Seats

## Who Am I? Visual Approaches to Working with Youth Athletes on Identity Exploration

|               |                                                                                                                                                   |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Tsz Lun (Alan) Chu (University of North Carolina)                                                                                                 |
| 1             | Who Am I? Visual Approaches to Working with Youth Athletes on Identity Exploration<br>Tsz Lun (Alan) Chu (University of North Carolina), Karen Lo |

## Workshop 10.2

CYT 202

70 Seats

## Cultivating Cultural Competence in Sport Psychology: A Journey Towards Inclusive Practice

|               |                                            |
|---------------|--------------------------------------------|
| Session Chair | Breigh Jones-Coplin (University of Denver) |
|---------------|--------------------------------------------|

|   |                                                                                                                                         |
|---|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Cultivating Cultural Competence in Sport Psychology: A Journey Towards Inclusive Practice<br>Breigh Jones-Coplin (University of Denver) |
|---|-----------------------------------------------------------------------------------------------------------------------------------------|

Panel discussion 10.1  
CYT 209B  
78 Seats

High Performance Sport NZ Mental Health and Wellbeing Systems: Achieving Alignment and Role Clarity

|               |                                                                                                                                                                                           |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Antoinette Minniti (High Performance Sport New Zealand)                                                                                                                                   |
| 1             | High Performance Sport NZ Mental Health and Wellbeing Systems: Achieving Alignment and Role Clarity<br>Antoinette Minniti, Bruna Lima, John Sullivan (High Performance Sport New Zealand) |

Single presentation 10.1  
CYT 201  
66 Seats

Cognitive Functions

|               |                                                                                                                                                                                           |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Weiqi Zheng (Beijing Sport University)                                                                                                                                                    |
| 1             | The Role of Analogical Instructions in Motor Learning and Memory<br>Weiqi Zheng (Beijing Sport University)                                                                                |
| 2             | Effects of Acute Exercise with Different Cognitive Demands on Inhibitory Control in Elementary School Children<br>Chen Chang (National Taiwan Normal University)                          |
| 3             | Enhancing Inhibitory Control in Young Adults: The Added Effect of Mindfulness to Acute High Intensity Interval Training<br>Kyoungmin Noh (Purdue University)                              |
| 4             | Toward Ecological Validity: A Psychometric Evaluation of a Motor-Cognitive Task Integrating Executive Function and Physical Performance<br>Lee-Xiang Lee (National Cheng Kung University) |

Single presentation 10.2  
CYT 214  
47 Seats

Professional Development, Training, and Mentorship

|               |                                                     |
|---------------|-----------------------------------------------------|
| Session Chair | Kuldeep Singh (National Sports University, Manipur) |
|---------------|-----------------------------------------------------|

|   |                                                                                                                                                                                                          |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Neurocognitive Training Applications in Sports Psychology: A Theoretical Framework for National Sports University, Manipur, India<br><a href="#">Kuldeep Singh (National Sports University, Manipur)</a> |
| 2 | Reflecting on My Journey as a Supervisee: Insights from Supervision<br><a href="#">Keerthana Swaminathan (INSPA)</a>                                                                                     |
| 3 | Australian Institute of Sport Performance Psychology Peer Supervisory Network<br><a href="#">Kristine Dun (Australian Institute of Sport)</a>                                                            |
| 4 | Dynamic Neuro-Cognitive Imagery for Enhancing Motor and Cognitive Aspects of Sports and Dance Performance<br><a href="#">Eric Franklin (The International Institute for the Franklin Method)</a>         |

Single presentation 10.3

CYT 215

47 Seats

Cognitive Functions

|               |                                                                                                                                                                                                                          |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Zhang Meng (Shanghai University of Sport)</a>                                                                                                                                                                |
| 1             | The Relationship between Cardiorespiratory Fitness and Emotional-Related Cognitive Flexibility in Late-Middle Aged and Older Adults: A Pilot study<br><a href="#">Yun-Hsin Hsueh (National Taiwan Normal University)</a> |
| 2             | Spatio temporal Patterns of Exercise-Induced Neural Activation: A Meta-Analysis of fMRI Studies<br><a href="#">Zhang Meng (Shanghai University of Sport)</a>                                                             |
| 3             | The Relationship Between the Muscular Fitness and Emotional-Related Cognitive Flexibility in Late Middle-Aged and Older Adult: A Pilot Study<br><a href="#">Michael Chen (National Taiwan Normal University)</a>         |
| 4             | The Effects of Exercise Interventions on Adults with ADHD: A Systematic Review<br><a href="#">Qiqi Feng (Central China Normal University)</a>                                                                            |



## Day 4: 11 December 2025 (Thursday)

### Parallel Session 11

Thursday, 11/Dec/2025

8:30-9:30

|                                                       |                                                                                                                                                         |
|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Panel discussion 11.1<br>Lecture Theatre<br>462 Seats | East v. West: Comparing and Contrasting Olympic Psychological Services between the United States and the People's Republic of China and Hong Kong China |
|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|

| Session Chair | Jessica Bartley (United States Olympic & Paralympic Committee)                                                                                                                                                                                        |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|               | East v. West: Comparing and Contrasting Olympic Psychological Services between the United States and the People's Republic of China and Hong Kong China                                                                                               |
| 1             | Jessica Bartley (United States Olympic & Paralympic Committee), Karen Cogan (United States Olympic & Paralympic Committee), Henry Li (Hong Kong Sports Institute), Gangyan Si (Hong Kong Sports Institute), Xiaobo Jiang (Hong Kong Sports Institute) |

|                                        |                                                                                                                           |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Symposium 11.1<br>CYT 209A<br>95 Seats | Integrating Effort and Performance Dynamics in Sport and Exercise Psychology: New Theoretical and Methodological Insights |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------|

| Session Chair | Darias Holgado (University of Lausanne)                                                                                                                               |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Towards a Multimodal Integration of Effort and Performance Dynamics<br>Lukas Hack (University of Hamburg)                                                             |
| 2             | Time and Effort Preferences for Exercise-Related Decision-making<br>Sena Özay-Otgonbayar (University of Hamburg)                                                      |
| 3             | Why We Do Not Exercise Enough: The Role of Boredom and Value of Physical Effort<br>Corinna S. Martarelli (UniDistance Suisse)                                         |
| 4             | Is Intense Exercise Bad for Your Mind? Subjective, Behavioral and Physiological Responses to A Cognitive Effort to Failure<br>Darias Holgado (University of Lausanne) |

## Symposium 11.2

CYT 209B

78 Seats

How to Conduct Mental Health Assessments on Elite Athletes Using the SMHAT-1 Instrument as a Sport Psychology Practitioner?

| Session Chair | Dandan Wang (Ersha Sports Training Center of Guangdong Province)                                                                      |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Introduction to the Process of a Mental Health Assessment Using the SMHAT-1 in Guangdong Province<br>Dandan Wang (Guangdong Province) |
| 2             | FAQs and Recommendations for Mental Health Assessment Using the SMHAT-1 in Guangdong Province<br>Wang Lei (Shenzhen Sports School)    |
| 3             | The Effect of Mindfulness Training on the Mental Health of Elite Gymnasts: A Case Study<br>Guoyan Feng (Guangzhou City Polytechni)    |

## Workshop 11.1

CYT 203

80 Seats

Healing Across the Lifespan: How Epigenetic and Developmental Traumas Impact on Performance

| Session Chair | Alessia Bruno (Private Practice - Performance Expansion)                                                                                                 |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Healing Across the Lifespan: How Epigenetic and Developmental Traumas Impact on Performance.<br>Alessia Bruno (Private Practice - Performance Expansion) |

## Single presentation 11.1

CYT 202

70 Seats

Mental Health, Well-being, and Quality of Life

| Session Chair | Dominika Wilczyńska (University WSB Merito)                                                                                                                                 |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Does a Career in Sport Make You Happy? The Phenomenon of Professional Burnout Among Physical Education Teachers and Athletes<br>Dominika Wilczyńska (University WSB Merito) |
| 2             | The role of Passion and Athlete Identity in Burnout among Athletes: A Systematic Review<br>Rashmeka Narayanan (Nanyang Technological University)                            |
| 3             | The Influence of Physical Exercise on Learning Burnout in College                                                                                                           |

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Students: The Chain Mediating Role of Self-Control and Coping Styles  
Zehui Zhou (Zhaoqing University)

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Single presentation 11.2

CYT 201

66 Seats

Motivation

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| Session Chair | Masato Kawabata (Rikkyo University)                                                                                                                                       |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Revisiting Motivation in the Context of Indian Sports: A Qualitative Exploration of Cultural Influences among Elite Athletes<br>Divya Jain (GD Goenka University)         |
| 2             | Examining An Affect-based Exercise Motivation Model with Disability Sport Athletes<br>Jeffrey Martin (Wayne State University)                                             |
| 3             | For Fitness or Spiritual Growth? Exploring the Reasons for Practicing Yoga Among Various Participant Subgroups<br>Jonathan Cagas (University of the Philippines Mindanao) |
| 4             | Examining the Factorial Validity and Reliability of A Japanese Version of the Sport Motivation Scale-II<br>Masato Kawabata (Rikkyo University)                            |

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Single presentation 11.3

CYT 214

47 Seats

Performance Psychology

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| Session Chair | Kelvin Ing (Hult International Business School)                                                                                                                                                                                                                         |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Self-regulatory Competences of Analog Astronauts and Adherence to Daily Activities and Physical Training Programs During A 1-Week-Long Mission inside An Earth-Based Habitat – A Pilot Study<br>Malgorzata Siekanska (University of Physical Culture in Krakow, Poland) |
| 2             | Exploring Athletes' Experiences of the Effects of Psychedelics on Sport Performance and Mental Wellbeing<br>Kelvin Ing (Hult International Business School)                                                                                                             |
| 3             | One Step After Another: From the Itinerary of A Race to the Itinerary of A Life: Exploring the Transferability of Resilience Skills among Trail Runners                                                                                                                 |

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|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Roberta Antonini Philippe (University of Lausanne)                                                                                                                                     |
| 4 | The Effect of Coach Autonomy Support on Athletes' Training Engagement: The Mediating Roles of Interpersonal Sensitivity and Mental Fatigue<br>Yingchun Wang (Beijing Sport University) |

Single presentation 11.4

CYT 215

66 Seats

Harassment, Violence, and Safe sport

|               |                                                                                                                                                                         |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Molly Tryphena Highfield (University of Canberra)                                                                                                                       |
| 1             | Developing Women Athletes on Olympic Sailing Pathways: Stakeholder Perceptions of Holistic Barriers and Enablers<br>Molly Tryphena Highfield (University of Canberra)   |
| 2             | Interpersonal violence in sports: Gender differences among Mexican athletes<br>Orlando Reyes (Universidad Autónoma de Nuevo León (Autonomous University of Nuevo León)) |
| 3             | Young Maltese Talent Challenged! The Sport Psychology Consultant's Role in Supporting Underage Footballers' Domestic Transfers<br>Adele Muscat (University of Malta)    |
| 4             | Harassment and Retention of Handball Referees in Norway<br>Ingar Mehus (Norwegian University of Science and Technology)                                                 |

## Parallel Session 12

Thursday, 11/Dec/2025

9:35-10:35

Symposium 12.1

Lecture Theatre

462 Seats

The Role of High-Performance Sport Environments in Mental Health

|               |                                                                                                              |
|---------------|--------------------------------------------------------------------------------------------------------------|
| Session Chair | Kristoffer Henriksen (University of Southern Denmark)                                                        |
| 1             | Mental Health in an Australian Elite Sport Context: An Ecological Approach<br>Lisa Olive (Deakin University) |
| 2             | Implications and Recommendations for the Implementation of Elite Athlete Mental Health Support Services      |

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|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Samuel Giles (Nottingham Trent University)                                                                                                                                                           |
| 3 | The Making of a High-Performance Model for Mental Health for Team USA<br>Jessica Bartley (United States Olympic & Paralympic Committee)                                                              |
| 4 | Mental Health and Performance of High-Performance Coaches and how it may be Associated with Athletes Mental Health and Performance<br>Göran Kenttä (The School of Sport and Health Sciences, Sweden) |

Symposium 12.2  
CYT 209A  
95 Seats

Excellence in Sports Psychology – Navigating Mental Challenges for Peak Performance: Insights from India

|               |                                                                                                                                                                    |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Guneet Inder Jit Kaur (Central University of Rajasthan)                                                                                                            |
| 1             | Sporting Excellence: The Psychology of Performance Under Pressure<br>Jitendra Mohan (Panjab University)                                                            |
| 2             | Coaching Excellence: Psychological Strategies for Developing Elite Athletes<br>Meena Sehgal (Panjab University)                                                    |
| 3             | Strengthening the Mental Game: Applied Perspectives from Indian Sports Psychology<br>Anuradha Solanky Solanky (Sports Authority of India)                          |
| 4             | Advancing Mental Training in Sport: The Role of Technology in Psychological Preparation of Athletes<br>Kuldeep Singh (National Sports University, Imphal, Manipur) |
| 5             | Integrating Rational Emotive Behavior Therapy (REBT) in Sports Injury Rehabilitation<br>Guneet Inder Jit Kaur (Central University of Rajasthan)                    |

Workshop 12.1  
CYT 203  
80 Seats

Performance Decompression: The UKSI and TeamGB Approach to Performance Decompression Following Olympic and Paralympic Games in Tokyo and Paris

|               |                                                                                                                                                                                                  |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Danielle Adams Norenberg (UK Sports Institute)                                                                                                                                                   |
| 1             | Performance Decompression: The UKSI and TeamGB Approach to Performance Decompression Following Olympic and Paralympic Games in Tokyo and Paris<br>Danielle Adams Norenberg (UK Sports Institute) |

Workshop 12.2

CYT 209B

78 Seats

Social Media Opinion's Impact on Adaptive Sports Arbitration in Pseudo Information Environment

|               |                                                                                                                                                           |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Shuhui Zhang (Hunan International Economics University)                                                                                                   |
| 1             | Social Media Opinion's Impact on Adaptive Sports Arbitration in Pseudo Information Environment<br>Shuhui Zhang (Hunan International Economics University) |

Single presentation 12.1

CYT 202

70 Seats

Youth Development

|               |                                                                                                                                                                                                        |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Dennis Dreiskämper (TU Dortmund University)                                                                                                                                                            |
| 1             | Health-related Outcomes of Youth Sport Participation: A systematic Review and Meta-analysis<br>Andreas Stenling (Umeå University)                                                                      |
| 2             | Mediating Mechanisms Linking Testosterone and Cortisol with Aggression in Adolescent Males: A Randomized Controlled Trial Exploring the Role of Body Fat Percentage<br>Xiang Pan (Juntendo University) |
| 3             | Psycho-social Health and Sports Club Activity of Young People - Longitudinal Results of The Representative Move for Health Study<br>Dennis Dreiskämper (TU Dortmund University)                        |
| 4             | Effects of High-Altitude Outward Bound on Personal Growth Initiative in College Students: A Pilot Experimental Study<br>Xinghui li (Tianjin University)                                                |

Single presentation 12.2

CYT 201

66 Seats

Cognitive Functions

|               |                                                                                                             |
|---------------|-------------------------------------------------------------------------------------------------------------|
| Session Chair | Sorokhaibam Premananda Singh (National Sports University, India)                                            |
| 1             | Effect of Exercise Level and Fatigue Status on Multi-Object Tracking Performance in Female Football Players |

|   |                                                                                                                                                                                       |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | <a href="#">Liu shuqiang (Shanghai Research Institute of Sports Science)</a>                                                                                                          |
| 2 | There is No Supporting Evidence for The Claim That Generic Perceptual and/or Cognitive Training Improves Sports Performance<br><a href="#">Job Fransen (Charles Sturt University)</a> |
| 3 | The Effect of Temporal Expectation on the Attentional Blink: Behavioral and ERP Evidence<br><a href="#">Zhiwei Wang (Shanghai University of Sport)</a>                                |
| 4 | Effect Of 6 Weeks Neurocognitive Training On Reaction Time And Agility Of Football Players<br><a href="#">Sorokhaibam Premananda Singh (National Sports University, India)</a>        |

Single presentation 12.3  
CYT 214  
47 Seats

Psychology of Injury, Prevention, Recovery, and Rehabilitation

|               |                                                                                                                                                                                                                           |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Yaeko Yamada (Otemon Gakuin University)</a>                                                                                                                                                                   |
| 1             | Screening for Coaching Harassment: Differences in Basic Psychological Needs and Life Skills among Japanese Students<br><a href="#">Yaeko Yamada (Otemon Gakuin University)</a>                                            |
| 2             | Reciprocal Relations Between Mental Health and Injury Severity in Youth Sport: A Dynamic Structural Equation Modeling Approach<br><a href="#">Sofia Levin (Umeå University)</a>                                           |
| 3             | Identifying Research Topics and Evolution of Physical Activity in Children and Adolescents With Intellectual Disabilities: A Bertopic Modeling Approach<br><a href="#">Bianjiang Zhang (East China Normal University)</a> |

Single presentation 12.4  
CYT 215  
47 Seats

Mental Health, Well-being, and Quality of Life

|               |                                                                                                                                                                                           |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Bin Wang (Central China Normal University)</a>                                                                                                                                |
| 1             | Latent Profile Analysis of Gambling Addiction Among Chinese Sports Lottery Players: Characteristics and Influencing Factors<br><a href="#">Bin Wang (Central China Normal University)</a> |
| 2             | Do Sports Gambling Warning Influence Chasing Behavior? The Role of Expression and Framework                                                                                               |

|   |                                                                                                                                                                           |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Xinyu Cai (University of São Paulo)                                                                                                                                       |
| 3 | A Family Perspective on Longitudinal Relationship Between Exercise and Health: Insights from Cross-lagged Panel Network Analyses<br>Yunru Shao (Beijing Sport University) |
| 4 | A qualitative exploration of mental health help-seeking among Australian sports officials<br>Riki Lindsay (Federation University)                                         |

## Parallel Session 13

Thursday, 11/Dec/2025

11:45-12:45

### Panel discussion 13.1

Lecture Theatre

462 Seats

Where are the Women in Sport and Exercise Psychology?

|               |                                                                                                                                                                            |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Diane L. Gill                                                                                                                                                              |
| 1             | Where are the Women in Sport and Exercise Psychology – Part 2 Who are They and What are They Doing?<br>Diane L. Gill, Tatiana Ryba, Toni Minniti, Seyun Park, Shivjot Gill |

### Symposium 13.1

CYT 209A

95 Seats

Navigating Transitions in Times of Change: Identity, Resilience, and Meaning Across Critical Elite Sport Contexts

|               |                                                                                                                                                              |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Michael J. Schmid (University of Bern)                                                                                                                       |
| 1             | Sustaining Peak Performance in Wartime: Sport as a Source of Identity, Resilience, and Purpose Among Elite Ukrainian Athletes<br>Mariya Yukhymenko-Lescroart |
| 2             | Development of Meaning and Sources of Meaning After Retirement From Elite Sport<br>Michael J. Schmid (University of Bern)                                    |
| 3             | The Dynamics of Disability Identity and Retirement<br>Jeffrey J. Martin                                                                                      |

### Symposium 13.2

From Margin to Mainstream: Building an Ethically informed and



CYT 209B

78 Seats

Systemically Sport Psychology for India

| Session Chair | Sahen Gupta (Univesity Of Portsmouth)                                                                                                                                                          |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Steering the Compass: Reflections of the Application of ISSP-Ethical Codes of Conduct as A Sport Psychology Practitioner in India<br>Varadayini Gorhe (INSPA Sport Psychologists' Association) |
| 2             | Understanding the Role of Psychological Safety in Challenge and Threat States among Indian Adolescent Athletes<br>Keerthana Swaminathan (University of Staffordshire)                          |
| 3             | Sport Psychology Interventions in India: A Scoping Review Protocol<br>Parinaaz Irani (INSPA Sports Psychologists' Association)                                                                 |
| 4             | How Do The "4rs Framework" Work in Indian Sport Organizations? A Stakeholder Experience of Working in Indian Sport Ecosystem<br>Sahen Gupta (Univesity Of Portsmouth)                          |

Workshop 13.1

CYT203

80 Seats

Neuro Mindful in Sport: From Theory to Good Practice in PST in Action: Enhancing Athletic Performance through Mindfulness and Neurofeedback

| Session Chair | Chatkamon Singnoy (Burapha University)                                                                                                                                                |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Neuro Mindful in Sport: From Theory to Good Practice in PST in Action: Enhancing Athletic Performance through Mindfulness and Neurofeedback<br>Chatkamon Singnoy (Burapha University) |

Single presentation 13.1

CYT 202

70 Seats

Cognitive Functions

| Session Chair | Guanyu Zhang (China Institute of Sport Science)                                                                                                                            |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Tai Chi Training Increases Prefrontal and Parietal Activity Underlying Stroop Interference in Early Parkinson's Disease<br>Guanyu Zhang (China Institute of Sport Science) |
| 2             | The Effect of Sports Experience on Motor Execution and Motor Imagery During Different Movements: an fNIRS Study<br>Jie Yin (Beijing Sport University)                      |

|   |                                                                                                                                                                   |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | Exercise Snacks Enhance Cognitive Function in Adolescents: Evidence from fNIRS and Behavioral Studies<br><a href="#">Benke Xu (Shandong University)</a>           |
| 4 | The Priority of Self-Referential Rule Representations in Guiding Response Output in Working Memory<br><a href="#">Songling Han (Shanghai University of Sport)</a> |

### Single presentation 13.2

CYT 201

66 Seats

Mental Health, Well-being, and Quality of Life

|               |                                                                                                                                                                                            |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Josef Bartos (Academy of Performing Arts in Prague)</a>                                                                                                                        |
| 1             | Self-Criticism, Self-Compassion, and Other Related Variables as Factors of Well-Being in Czech Dance Conservatories<br><a href="#">Josef Bartos (Academy of Performing Arts in Prague)</a> |
| 2             | Impostor Phenomenon in Sport: Prevalence and Associations with Mental Health and Self-Compassion in Swedish Athletes<br><a href="#">Stefan Holmström (Umeå Universitet)</a>                |
| 3             | Exploring How Indian Young Athletes Understand and Apply Self-Compassion<br><a href="#">Neha Parekha (Christ University)</a>                                                               |

### Single presentation 13.3

CYT 214

47 Seats

Mental Health, Well-being, and Quality of Life

|               |                                                                                                                                                                                                                                                              |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Peiyu Wu (National Chengchi University)</a>                                                                                                                                                                                                      |
| 1             | The Effects of Aerial Yoga on the Physical and Mental Health of Children in Institutional Care<br><a href="#">Peiyu Wu (National Chengchi University)</a>                                                                                                    |
| 2             | Examining Psychological Well- and Ill-being in Female Adolescents Using A New Self-Report Measure: Initial Validation and Testing for Differences in Sport vs. Non-Sport Participants<br><a href="#">Sophie Chatwin (Manchester Metropolitan University)</a> |
| 3             | Advancing Swimming Competence in Young Children: Cultural Disparities, Developmental Progression, and Longitudinal Outcomes                                                                                                                                  |

Single presentation 13.4

CYT 215

47 Seats

Youth Development

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|               |                                                                                                                                                                      |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Dominika Wilczyńska (University WSB Merito, Gdansk)                                                                                                                  |
| 1             | From Inspiration to Victory: How the i7W Model Shapes the Psychological Well-Being of Young Athletes<br>Dominika Wilczyńska (University WSB Merito, Gdansk)          |
| 2             | Coaches' Perspectives from a 5Cs Psychological Skills Intervention in an MLS Football Academy<br>Dadi Rafnsson (Reykjavik University)                                |
| 3             | College Athletes' Perception of Self-regulation Competence Development - a Pilot Study<br>Malgorzata Siekanska (University of Physical Culture in Krakow)            |
| 4             | A Quantitative Method for Training Goals in Goal Orientation Training: Evidence from a Case Study on One Elite Athlete<br>Xun Sun (China Institute of Sport Science) |

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**Day 5: 12 December 2025 (Friday)**

**Parallel Session 14**

Friday, 12/Dec/2025

8:30-9:30

Symposium 14.1

Lecture Theatre

462 Seats

Sport Psychology Science to Practice in the Chinese Whole Nation  
System: Collegiate to Olympic Performance

|               |                                                                                                                                                                     |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Liwei Zhang (Beijing Sport University)                                                                                                                              |
| 1             | The Effect of Ritualized Behaviors on Attention Bias and Sports Performance of Basketball College Athletes under Pressure<br>Meirong Sun (Beijing Sport University) |
| 2             | The Effect of Mindfulness Training on Chinese Collegiate Athletes' Burnout<br>Yin Yang (Beijing Sport University)                                                   |
| 3             | The Mental State Fluidity for Elite Athletes Transitioning to Olympic Games<br>Yang Ge (Beijing Sport University)                                                   |
| 4             | How Do Chinese Sport Psychologists help Athletes for Olympic Preparations?<br>Liwei Zhang (Beijing Sport University)                                                |

Panel discussion 14.1

CYT 209A

95 Seats

Superior Performance in Sports: Empirical Findings and Theoretical Developments

|               |                                                                                                                                                                                 |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Elia Morgulev (Kaye Academic College of Education)                                                                                                                              |
| 1             | Superior Performance in Sports: Empirical Findings and Theoretical Developments<br>Elia Morgulev, Gershon Tenenbaum, Assaf Lev, OmerEldadi (Kaye Academic College of Education) |

Workshop 14.1  
CYT 203  
80 Seats

Experiencing Body Awareness: A Body-focused Exploration on How We Connect to Ourselves and Others

Session Chair

Gábor Barta (Károli Gáspár University)

1

Experiencing Body Awareness: A Body-focused Exploration on How We Connect to Ourselves and Others  
Gábor Barta (Károli Gáspár University)

Workshop 14.2  
CYT 209B  
78 Seats

Social Meditation and the Elite Athlete. An Innovation in Mindfulness Practice

Session Chair

Peter Haberl (Peter Haberl, LLC)

1

Social Meditation and the Elite Athlete. An Innovation in Mindfulness Practice  
Peter Haberl (Peter Haberl, LLC)

Single presentation 14.1  
CYT 201  
66 Seats

Psychological Performance Under Pressure

Session Chair

Yujiro Kawata (Juntendo University)

1

Optimal Action in High Speed Disciplines: An Empirical Approach to the Psychological Regulation of Action based on the Action Spaces of Speed Sports and Jet Aviation  
Gustav Weder

2

Effects of Reward and Punishment Pressure on Badminton Players' Decision-Making  
Lixin Ai (Tianjin Normal University)

3

Emotion Regulation Enhances Passing Decision-making Under Pressure in Basketball Players: An fMRI study  
Yujiro Kawata (Juntendo University)

Single presentation 14.2

CYT 214

47 Seats

Performance Psychology

| Session Chair | James Clark (University of the Sunshine Coast)                                                                                                                             |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | The Relationship Between Openness and Resilience in Free Divers: Distinct Roles of Flow and Clutch States<br>Ting-Yu Ku (Florida State University)                         |
| 2             | The Short Form Athletic Mental Energy Scale (AMES-SF): Examination of Construct Validity, Reliability, and Gender Invariance<br>Wei-Jiun Shen (Chinese Culture University) |
| 3             | What Does Mental Toughness Look Like? A Scoping Review and Directions for Future Research<br>James Clark (University of the Sunshine Coast)                                |
| 4             | Mental Toughness among Raiders and Defenders in Kabaddi Players<br>Shreethikha Mn (Sri Ramachandra Institute of Higher Education and Research (DU))                        |

Single presentation 14.3

CYT 215

47 Seats

Career Development and Transitions

| Session Chair | Adele Muscat (University of Malta)                                                                                                                                                                                             |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Factors Affecting Athlete Mental Health Throughout Career Transitions: A Systematic Review<br>Taylah McCluskey (The Australian National University)                                                                            |
| 2             | Dual Career Navigation: Challenges and Support Needs of Divisional Cricketers<br>Aravind Athrey (M.S. Ramaiah University Of Applied Sciences)                                                                                  |
| 3             | Late Bloomer, Outsider, and Visionaries: Typology of Indonesian University Student-Athletes Based on Their Psychosocial Challenges and Relationship with The University<br>Kurniati (Kay) Rahayuni (Universitas Negeri Malang) |

## Parallel Session 15

Friday, 12/Dec/2025

9:35-10:35

### Symposium 15.1

Lecture Theatre

462 Seats

Advancing the Science of Mindfulness in Sport and Exercise—  
From Social Psychology to Cognitive Neuroscience

|               |                                                                                                                                                                                                          |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Yu-Kai Chang (National Taiwan Normal University)                                                                                                                                                         |
| 1             | Differences in Mental Toughness Across Mindfulness Levels in Adolescent Dancers<br>Nai-Chi Chen (National Taiwan Normal University)                                                                      |
| 2             | Effect of Mindfulness Training on Endurance Performance: Moderating Role of Frontal Alpha Asymmetry Response to Distress<br>Dong-Tai Chen (National Taiwan Normal University)                            |
| 3             | The Relationship Between Endurance Performance, Mindfulness, and Frontal Beta Oscillations in Distance Runner<br>Yun-Rui Yang (National Taiwan Normal University)                                        |
| 4             | Effect of Mindfulness Training on Mental Fatigue-Related Impairments of Endurance Performance and Inhibitory Control in Athletes: An Event-Related Potential Study<br>Jui-Ti Nien (University of Taipei) |

### Symposium 15.2

CYT 209A

95 Seats

Transcending Borders: Rethinking Sport Psychology through  
Cultural Praxis

|               |                                                                                                                                         |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Rebecca Wong (University Putra Malaysia)                                                                                                |
| 1             | Transcending Borders: Rethinking Sport Psychology through Cultural Praxis<br>Rebecca Wong (University Putra Malaysia)                   |
| 2             | Exploring Psychological Safety in Malaysia's Elite Sport: A Culturally Reflexive Case Study<br>Rebecca Wong (University Putra Malaysia) |
| 3             | Layering Reflexivity into Community Sport Research and Practice<br>Thierry R. F. Middleton (University of Portsmouth)                   |
| 4             | Beyond the Boundary Line: A Critical Reflection on the Intersection of Culture, Power, and Applied Sport Psychology Practice in India   |

Symposium 15.3

CYT 209B

78 Seats

Synthesizing the Evidence: Meta-Analytic Insights into Sports Psychology, Behavior, and Performance

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|               |                                                                                                                                                                                 |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Diana Lin Yi Su (The Education University of Hong Kong)                                                                                                                         |
| 1             | Effects of Errorless Motor Learning on Performance Outcomes: A Systematic Review and Meta-analysis<br>Yuen Ting Wong (Hong Kong Metropolitan University)                        |
| 2             | Movement-Specific Reinvestment and Motor Performance: A Meta-analysis<br>Tracy C. W. Tan (The Education University of Hong Kong)                                                |
| 3             | A Meta-Analysis of Parental Social Influences on Child and Adolescent Physical Activity Level<br>Diana L. Y. Su (The Education University of Hong Kong)                         |
| 4             | Preventing Unintentional Doping in Sport: A Preliminary Systematic Review of the Psychological and Behavioural Factors<br>Derwin K. C. Chan (Hong Kong Metropolitan University) |

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Symposium 15.4

CYT 202

70 Seats

Mental health promotion through and for entourage members in high-performance sport

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|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Paul Wylleman (Vrije Universiteit Brussel), Yago Ramis (Universitat Autònoma de Barcelona)                                                                                 |
| 1             | Promoting high-performance athletes' mental health through their entourage<br>Paul Wylleman (Vrije Universiteit Brussel)                                                   |
| 2             | Mental health and mental health promotion strategies of European high-performance entourage members<br>Chris Harwood (Nottingham Trent University)                         |
| 3             | An intervention to enhance entourage members' mental health promotion competencies in high-performance sport<br>Göran Kenttä (Swedish School of Sport and Health Sciences) |

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Workshop 15.1

CYT 203

80 Seats

Design Thinking in Sport and Exercise Performance Psychology: A Human-Centered Approach for Innovation

| Session Chair | Iman Hassan (University of Denver)                                                                                                                                                 |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Design Thinking in Sport and Exercise Performance Psychology: A Human-Centered Approach for Innovation<br>Iman Hassan (University of Denver), Sydney Graper (University of Ottawa) |

Single presentation 15.1

CYT 201

70 Seats

Youth Development

| Session Chair | Evandro Peixoto (Universidade São Francisco USF)                                                                                                                            |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Relations Between the 5Cs of Positive Youth Development and the Big Five Personality Traits in Brazilian Youth Athletes<br>Evandro Peixoto (Universidade São Francisco USF) |
| 2             | Youth Sport in Africa: Policy and Programs<br>Tshepang Tshube (University of Kentucky)                                                                                      |
| 3             | Assessment of Talent Development in Indian Female Boxers through Environmental and Self-Regulation Frameworks<br>Vijendra Kumar Grover (Manipal University Jaipur)          |
| 4             | Positive Youth Development in Timor-Leste<br>Yongchul Chung (Sogang University)                                                                                             |

Single presentation 15.2

CYT 214

47 Seats

Self-concept and Identity in Sport and Exercise

| Session Chair | Anaurene Roy (St Joseph's Univeristy)                                                                                                                          |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Reframing Body Shaming in Elite Sport: A Narrative Case Study Using Kintsugi as a Cross-Cultural Therapeutic Metaphor<br>Anaurene Roy (St Joseph's Univeristy) |
| 2             | Better at What Cost? The Effect of Descriptive Norm Feedback on Exercise Performance, Exertion, and Self-Concept                                               |

|   |                                                                                                                                                                                                              |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | Olivia Davies (Australian National University)                                                                                                                                                               |
| 3 | Balancing Dual Roles: Academics and Athletic Identities as Predictors of Institutional Commitment Among NCAA Division I and Club Sport Athletes<br>Mariya Yukhymenko-Lescroart (California State University) |

Single presentation 15.3

CYT 215

47 Seats

Innovative Methodologies

|               |                                                                                                                                                                                                   |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Hongying Fan (Beijing Sport University)                                                                                                                                                           |
| 1             | Development of an Emotional Picture Database for Sports Context<br>Hongying Fan (Beijing Sport University)                                                                                        |
| 2             | A Multidimensional Validation of Self-Report Measures through Latent Profile and Machine Learning-Based Identification of Mindfulness Traits in Athletes<br>Shiqing Hao (Wuhan Sports University) |
| 3             | Emotions as Predictive, Context-Dependent Constructions: Futuristic Pathway<br>Siddarth Shandilya (Sri Ramachandra Institute of Higher Education and Research)                                    |
| 4             | Behavior Coding: Identifying Patterns of Aggressive Behavior in a Field Context<br>Kshitij Rajwade (Sri Ramachandra Institute of Higher Education and Research)                                   |

## Parallel Session 16

Friday, 12/Dec/2025

11:45-12:45

### Panel discussion 16.1

Lecture Theatre

462 Seats

### The Scientist Practitioner in Sport Psychology: Best of Both Worlds or Double Jeopardy?

|               |                                                                                                                                                                                                                                                                                                                                |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Paul Wylleman (Vrije Universiteit Brussel)                                                                                                                                                                                                                                                                                     |
| 1             | <p>The Scientist Practitioner in Sport Psychology: Best of Both Worlds or Double Jeopardy?</p> <p>Paul Wylleman, Chris Harwood (Nottingham Trent University), Rebecca Wong (Sports Academy University of Putra Malaysia), Hafrún Kristjánsdóttir (Reykjavík University), Kristoffer Henriksen (Vrije Universiteit Brussel)</p> |

### Symposium 16.1

CYT 209A

95 Seats

### Embracing Psychology for Anti-doping: An Integrated Perspective of Scientific Mapping, Implicit Attitudes, Functional Use Theory, and Motivation Profiles

|               |                                                                                                                                                                                                                    |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | Shuge Zhang (Hunan University of Technology)                                                                                                                                                                       |
| 1             | <p>A Scientific Mapping of Key Themes and Thematic Evolution of 25 Years' Social Science Research in Anti-Doping from 1999 To 2024</p> <p>Shuge Zhang (Hunan University of Technology)</p>                         |
| 2             | <p>Implicit Doping Attitudes and Unintentional Doping Avoidance: A Cross-societal Experiment in Sport</p> <p>Derwin K. C. Chan (Hong Kong Metropolitan University)</p>                                             |
| 3             | <p>A Path Analysis of Doping-related Psychosocial Variables in Karate</p> <p>Zsofia Keresztes (University of Birmingham,)</p>                                                                                      |
| 4             | <p>Motivation Profiles and Doping in Sport and Exercise: A Person-centered and Integrated Approach Based on Achievement Goal and Self-determination Theories</p> <p>Ian D. Boardley (University of Birmingham)</p> |

Symposium 16.2  
CYT 209B  
78 Seats

Manipulating the Cognitive Engagement Involved in Exercise to  
Alter Its Effect on Cognition and Emotion

| Session Chair | Shih-Chun (Alvin) Kao (Purdue University)                                                                                                                                                        |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Physical activity and social interaction in primary school children:<br>Independent and combined effects on executive functions?<br>Valentin Benzing (University of Bern)                        |
| 2             | Cognitive engagement and social interaction in sports: Acute effects on<br>affect and enjoyment in youth.<br>Spyridoula Vazou (Michigan State University)                                        |
| 3             | Motor complexity modulates the acute effects of exercise on resting-state<br>brain dynamics: An EEG study with Holo-Hilbert Spectral Analysis.<br>Chun-Hao Wang (National Cheng Kung University) |
| 4             | Enhancing affect and emotional reactivity via a single bout of mindful<br>aerobic exercise.<br>Shih-Chun (Alvin) Kao (Purdue University)                                                         |

Workshop 16.1  
CYT 203  
80 Seats

Where Theory Meets Chaos: Navigating as a Sport Psychologist in  
High-Pressure Situations in Professional Sports

| Session Chair | Dominik Sárkány (Mathias Corvinus Collegium)                                                                                                                        |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Where Theory Meets Chaos: Navigating as a Sport Psychologist in High-<br>Pressure Situations in Professional Sports<br>Dominik Sárkány (Mathias Corvinus Collegium) |

Single presentation 16.1  
CYT 202  
70 Seats

Mental Skills Training

| Session Chair | Andrew Danso (University of Jyväskylä)                                                                                                                                                 |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | Investigating the Isolated and Combined Effects of Music and Mental<br>Imagery on Motor Skill Performance and Psychological Variables<br>Fernando Castellar (The University of Sydney) |

|   |                                                                                                                                                     |
|---|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | Equanimity in Athlete Holistic Wellbeing and Performance Optimization<br><a href="#">Urmi Gupta (Sri Sri University)</a>                            |
| 3 | How Do Music and Personalised Systems Influence Exercise? Insights from Two Meta-Analyses<br><a href="#">Andrew Danso (University of Jyväskylä)</a> |
| 4 | In the Flow with the Beat: Music, Performance, and Synchronization in Swimming<br><a href="#">Matteo Chies (Università di Trento)</a>               |

Single presentation 16.2

CYT 201

66 Seats

Technology in Exercise and Sport

|               |                                                                                                                                                                                                     |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Chair | <a href="#">Adel Belkadi (University of Mostaganem)</a>                                                                                                                                             |
| 1             | Comparative Analyses of Implementation of Connected Sensors on Heart Rate Variability in Middle School Judo Athletes Versus Non-Athletes<br><a href="#">Adel Belkadi (University of Mostaganem)</a> |
| 2             | “Ansiedômetro”: A Real-Time Solution for Measuring Competitive Anxiety in College Athletes<br><a href="#">Kaio Borges Guerrero (Unicamp)</a>                                                        |
| 3             | Technology Application in Applied Sport Psychology: A one-year Follow Up Case Study on A Professional Baseball Pitcher<br><a href="#">Wen-Hsuan Chang (ExeBrain Co., Ltd.)</a>                      |
| 4             | Shedding Light on the Evidence for Performance Improvement Claims from Reaction Light Training in Sport<br><a href="#">Job Fransen (Charles Sturt University)</a>                                   |

Single presentation 16.3

CYT 214

47 Seats

Social and Environmental Influences of Exercise and Physical Activity

| Session Chair | Kelsey Hu (South China Normal University)                                                                                                                                                                   |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | <p>The Mediating Role of Parental Action Planning and Support in Promoting Physical Activity in Children and Adolescents with Autism Spectrum Disorder</p> <p>Kelsey Hu (South China Normal University)</p> |
| 2             | <p>Mechanism of Rural Autistic Families' Sustained Willingness to Participate in Exercise Under Information Cocoon Effect</p> <p>Shuhui Zhang (Hunan International Economics University)</p>                |
| 3             | <p>Parental and Community Influences on South Asian Youth's Sport Identity in Hong Kong</p> <p>Hamza Saghir ASLAM (Hong Kong Baptist University)</p>                                                        |
| 4             | <p>Values, motivation, and subjective/objective physical activity among Chinese sports science students</p> <p>Yan Liang (University Rennes 2)</p>                                                          |

Single presentation 16.4

CYT 215

47 Seats

Self-concept and Identity in Sport and Exercise

| Session Chair | Anaurene Roy (St Joseph's Univeristy)                                                                                                                                                  |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1             | <p>Cultural Contexts of Body Image: A Group Therapy Intervention for Adult Female Athletes in India</p> <p>Parinaaz Irani (InnerPeak Consulting)</p>                                   |
| 2             | <p>Negotiating Discipline and Beauty: A Wabi-Sabi Perspective on Body Shaming in an Emerging Indian Sprinter</p> <p>Anaurene Roy (St Joseph's University)</p>                          |
| 3             | <p>Body Image Profiles, Trait Sport Confidence, and Subjective Performance among University Athletes: A Latent Profile Analysis</p> <p>Fengwei Hao (South China Normal University)</p> |

## POSTER SESSIONS

### *Day 2: 9 December 2025 (Tuesday)*

Poster session 1

10:40—11:40

|                                                                                                                                                                                                                   |      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Validity and Reliability of the Psychometric Properties of the Multicomponent Mental Health Literacy Scale: Evidence from Chinese Elite Athletes<br><a href="#">Xiang Wang (Hong Kong Baptist University)</a>     | 1.01 |
| Child psychoanalysis and defense mechanisms scale in sports context: a scientific methodological tool in the context of sailing in child mental distress prevention<br><a href="#">Elisa Deponte (A.I.P.P.S.)</a> | 1.02 |
| Distinctive Developmental Trajectories in Adolescent Athletes<br><a href="#">Shigeki Akiba (Kokushikan University)</a>                                                                                            | 1.03 |
| The Impact of Athletic Life on Well-Being in College Athletes<br><a href="#">Hikaru Hanata (Kokushikan University)</a>                                                                                            | 1.04 |
| The Relationship among Optimism, School Belongingness, Well-Being, and Academic Achievement Through Traditional Martial Arts<br><a href="#">Goenho Na (Sungkyunkwan University)</a>                               | 1.05 |
| Gender differences in the relationship between emotional intelligence and psychological well-being among student-athletes<br><a href="#">Liudmila Rogaleva (Ural Federal University)</a>                          | 1.06 |
| Development of Athletes' Mental Fatigue Assessment Using Visual Analog Scale: A Qualitative Approach<br><a href="#">Tanida Julvanichpong (Burapha University)</a>                                                 | 1.07 |
| Reliability and validity of the Sport Gratitude Questionnaire (GQ-S) in a sample of Japanese student athletes<br><a href="#">Kota Kubo (Kumamoto Gakuen University)</a>                                           | 1.08 |
| Internet addiction and its association with quality of life in college students: a network perspective<br><a href="#">Xiaoli Zhang (University of Macau)</a>                                                      | 1.09 |
| Exploring the Eating Disorder Experiences of Retired Female Figure Skaters<br><a href="#">Minhyo Kim (Sookmyung Women's University)</a>                                                                           | 1.10 |
| Improving Sleep and Fitness through Multi-Component Exercise: Evidence from Middle-Aged Adults<br><a href="#">Jingyi Ai (Nanjing Normal University)</a>                                                           | 1.11 |

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| The Impact and Mechanisms of Yogic Breathing on Mental Health, Sleep Quality, Heart Rate Variability, and Stress: A Niterature Review<br><a href="#">Sujin Lee (University of Ulsan)</a>                                      | 1.12 |
| Joint association of self-rated health and physical frailty with functional disability among community-dwelling older adults: a cross-sectional analysis<br><a href="#">Ziwei Zeng (The Chinese University of Hong Kong)</a>  | 1.13 |
| Influence of positive cognition and tolerant attitudes towards coaches' behaviours that promote disordered eating in Japanese female athletes<br><a href="#">Mitsuhiro Amazaki (Aichi University)</a>                         | 1.14 |
| Connection between Sport Facility Usage and Health-related Quality of Life of College Students in Hong Kong<br><a href="#">Peggy Choi (Technological &amp; Higher Education Institute of Hong Kong)</a>                       | 1.15 |
| Key Personality and Training Factors Influencing Athletes' mental health-Based on Machine Learning<br><a href="#">Shuangling Zhang (Shandong Intitute of Sport Science)</a>                                                   | 1.16 |
| Examining the Influence of Overadaptation Tendencies on the Positive Perception of Female Athletes Toward Coaches Enforcing Unhealthy Eating Behaviors<br><a href="#">Chihiro Kemuriyama (Gifu Shotoku Gakuen University)</a> | 1.17 |
| Tracking the Body and Mind: A Fitbit-Based Narrative Review on Lifestyle Behaviors and Mental Health in Healthy Adults<br><a href="#">Nadia Mohammad Moradi (University of Ulsan)</a>                                         | 1.18 |
| Description of the dynamic aspects of social support: A longitudinal case study of university sports teams in Japan<br><a href="#">Asahi Matsubara (Nippon Sport Science University)</a>                                      | 1.19 |
| Effects of Stress Management Education Using Mindfulness Yoga on Club Activity Stressors<br><a href="#">Chikaze Sugiyama (Iwate University)</a>                                                                               | 1.20 |
| A Consensus-Based Conceptual Model of "Performance Health" in High Performance Sport<br><a href="#">Midori Kondo (Japan Institute of Sports Sciences)</a>                                                                     | 1.21 |
| Restorative Environments Mitigate Impulse Buying Following Ego Depletion<br><a href="#">Li Wang (Beijing Sport University)</a>                                                                                                | 1.22 |
| Life Story of Victim of Interpersonal Violence in the Context of Japanese Sport: A Single-Case Study<br><a href="#">Hayato Toyoda (University of Tokyo)</a>                                                                   | 1.23 |
| Nostalgia and Well-Being among Millennial and Generation Z Runners in China: The Mediating Roles of Curiosity and Recreational Specialization<br><a href="#">Heetae Cho (Sungkyunkwan University)</a>                         | 1.24 |



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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Effects of Big Five personality traits on posttraumatic stress reaction (PTSR) in Japanese high school baseball players<br><a href="#">Tatsuya Oishi (Nippon Sport Science University)</a>                                       | 1.25 |
| Mental Toughness and Community Mindset: The Impact of Psychological Fortitude, Sport Satisfaction, Scholarship Status, and Community of Origin on Student-Athletes<br><a href="#">Cassidy Brown (University of North Dakota)</a> | 1.26 |
| Effects of Perceived Perfectionism on Mental Health among College Athletes Focusing on the Mediating Effects of Fear of Self-Compassion<br><a href="#">Toui Tsukuda (Nippon Sport Science University)</a>                        | 1.27 |
| The Effectiveness of A Blended Intervention on Promoting Lifestyle Behaviors and Mental Health Outcomes among Hong Kong Community-dwelling Older Adults<br><a href="#">Min YANG (The Chinese University of Hong Kong)</a>        | 1.28 |
| The prediction of empowering motivational climate and cognitive flexibility on well-being and perceived performance in high school baseball players<br><a href="#">Yueh Tung Lin (National Taiwan Normal University)</a>         | 1.29 |
| Effects of Support Focusing on Fine Motor Movements on Pleasant Emotions in Rehabilitation<br><a href="#">Shunsuke Koseki (J. F. Oberlin University)</a>                                                                         | 1.30 |
| Prevalence of Sleep Disorders in Swiss Elite Athletes<br><a href="#">Michael J. Schmid (University of Bern)</a>                                                                                                                  | 1.31 |
| Physical activity enhances schoolchildren's mental health via psychological capital: Exploring differences across weekdays, weekends, and gender<br><a href="#">Liu Pan (Hunan University of Technology)</a>                     | 1.32 |
| "Are You Safe in the Online Space?" Exploring Cyber Abuse Experiences and Coping Strategies Among Korean Female Professional Athletes<br><a href="#">Seyun Park (Chungnam National University)</a>                               | 1.33 |
| Anti-Doping Literacy Assessment: Development and Validation of French scale - LITERA - DOP<br><a href="#">Karine Corrion (UNIVERSITÉ CÔTE D'AZUR)</a>                                                                            | 1.34 |
| Stressors and Coping Strategies in Children Practicing Judo and Their Non-practicing Sports Peers<br><a href="#">Malgorzata Siekanska (University of Physical Culture in Krakow)</a>                                             | 1.35 |
| Menstrual symptoms, coping behaviors, and athletic performance in female athletes: The moderating effect of self-compassion<br><a href="#">Yukiho Yamamoto (University of Tsukuba)</a>                                           | 1.36 |

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| A Narrative Review of Psychological Support through Physical Education in Japanese Schools<br><a href="#">Hikari It (J.F.Oberlin University)</a>                                                                              | 1.37 |
| Exploring the Relationship between Depressed Mood, Sleep Quality, Circadian Preference, and Physical Health in University Students<br><a href="#">Yali Zhou (Universiti Sains Malaysia)</a>                                   | 1.38 |
| Integrating Self-Talk and Wearables to Enhance Motivation, Self-Efficacy, and Muscle Function in Older Adults: A Randomized Controlled Trial<br><a href="#">Chengen Wu (Tamkang University)</a>                               | 1.39 |
| Development of a Goal-Setting Skills Scale for University Student-Athletes in Japan<br><a href="#">Hiroki Hakata (Hosei University)</a>                                                                                       | 1.40 |
| Effects of School-Based Physical Activity Programs on Mental and Cognitive Outcomes in Neurodiverse Children and Adolescents: A Multilevel Meta-analysis<br><a href="#">Jinghao Sui (The Chinese University of Hong Kong)</a> | 1.41 |
| The Effects of the Drone Sports Participation on Psychological Attributes in Out-of-School Adolescents : Qualitative Approach<br><a href="#">Donghee Kang (Seoul National University of Science and Technology)</a>           | 1.42 |
| Sleep Patterns and Psycho-Cognitive Multimorbidity in Middle-Aged and Older Adults: Insights from a Machine Learning Analysis of the CHARLS Cohort<br><a href="#">Qun Zhai (Xi'an Peihua University)</a>                      | 1.43 |
| Sustainability through Sport Psychology and Sport Psychology Sustainability<br><a href="#">YoungKil Yun (Korea National Sport University)</a>                                                                                 | 1.44 |
| A Study on the Motivation and Constraint Factors of the Elderly in Guangzhou Participating in Leisure Sports<br><a href="#">Jiangong Tan (Xi'an Peihua University)</a>                                                        | 1.45 |
| The role of football in enhancing psychosocial skills in youth with autism spectrum disorder<br><a href="#">Alberto Cei (University San Raffaele)</a>                                                                         | 1.46 |
| Research on Social Attention to Rural Adaptive Sports in China Through a Social Media Lens<br><a href="#">Shuhui Zhang (Hunan International Economics University)</a>                                                         | 1.47 |
| Developing an Athlete-Specific Health Belief Model for Mental Health Help-Seeking: A Delphi Study<br><a href="#">Wing Kan Chan (University of Portsmouth)</a>                                                                 | 1.48 |
| Exploring Universality and Peculiarity of University Athletes' Life Skills formed by Training and Competition Experiences<br><a href="#">Jiho Choi (Korea National Sports University)</a>                                     | 1.49 |

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| Galvanic examination of the skin of women with panic disorder following aerobics<br><a href="#">Mahta Eskandarnejad (University of Tabriz)</a>                                                                      | 1.50 |
| Preliminary examination of the International Olympic Committee's Mental Health Assessment Tool for Sports 1 (SMHAT-1) among elite athletes in China<br><a href="#">Shijie Zhu (Shenzhen Sports School)</a>          | 1.51 |
| Subjective Distress and Disclosure Experiences Among Female Basketball Players: A Semi-Structured Interview Study<br><a href="#">Tae Horiuchi (The University of Tokyo)</a>                                         | 1.52 |
| The characteristics of Japanese student-athletes' life skills and their influence on well-being<br><a href="#">Junichi Nishida (Kindai University)</a>                                                              | 1.53 |
| The warm glow and martyrdom effect in charitable sports: A system review<br><a href="#">Junfeng Deng (South China Normal University)</a>                                                                            | 1.54 |
| Validation of the Violence Toward Athletes Questionnaire (VTAQ) in the Mexican Context<br><a href="#">Orlando Reyes (Universidad Autónoma de Nuevo León)</a>                                                        | 1.55 |
| Exploring the characteristics of life skills among adolescent athletes : Perspective of type of sport and competition results<br><a href="#">Shota Fujishima (Kindai University)</a>                                | 1.56 |
| A Scoping Review of Sports Psychology in Korean Rowing (1998–2025)<br><a href="#">Bo Young Kim (Kunsan National University)</a>                                                                                     | 1.57 |
| The effects of sportpersonship on happiness, emotionl states, and perceived performance in adolescent athletes<br><a href="#">Eom Seonghyun (ChungAng University)</a>                                               | 1.58 |
| A Case Study on the Effects of Mindfulness, Imagery, and Diaphragmatic Breathing Training in the Execution of Category C Difficulty Movements in Nanquan<br><a href="#">Jianxin He (Hong Kong Sports Institute)</a> | 1.59 |
| Improving Sleep and Fitness through Multi-Component Exercise: Evidence from Middle-Aged Adults<br><a href="#">Jingyi Ai (Nanjing Normal Univercait)</a>                                                             | 1.60 |
| Validation of a Structural Equation Model for Self-Confidence and Sport Performance in Collegiate Wushu Routine Athletes<br><a href="#">Mingjun Zhang (Burapha University)</a>                                      | 1.61 |
| Effects of Training in Athletes' Breath and Movement Awareness Programs for Fencing (BMAP-F) on Mindfulness, Accuracy and Speed of Attacking in Fencer<br><a href="#">Tanyalak Hmokruid (Burapha University)</a>    | 1.62 |

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| Gender Differences in Mental Toughness Among Youth Taekwondo Athletes in the 2024 Nonthaburi Taekwondo Competition<br><a href="#">Chayanana Poopunsri (Burapha University)</a>                                                                           | 1..63 |
| Enhancing Mental Health Screening in Aotearoa/New Zealand High-Performance Athletes: Development of a Culturally Responsive Tool<br><a href="#">Connor Silvester (Auckland University of Technology)</a>                                                 | 1.64  |
| The Mediating Role of Resilience in the Relationship Between Physical Activity and Academic Burnout: A Structural Equation Modeling Analysis Among Chinese Secondary School Students<br><a href="#">Yan Chen (The Education University of Hong Kong)</a> | 1.65  |
| Exercise training improves sleep quality in adults with mental disorders: A systematic review and meta-analysis of randomized controlled trials<br><a href="#">Mingqi Wang (Shandong University)</a>                                                     | 1.66  |
| Community, Family, and Lifestyle Factors Associated with Physical Fitness in Guangdong Preschoolers<br><a href="#">Haiyan Zhang (Universiti Sains Malaysia)</a>                                                                                          | 1.67  |
| Tomorrow never knows. Tracking irrational beliefs, perfectionism and mental health across the junior-to-senior transition<br><a href="#">Yago Ramis (Universitat Autònoma de Barcelona)</a>                                                              | 1.68  |

***Day 3: 10 December 2025 (Wednesday)***

Poster session 2

10:40—11:40

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| Perception of Goal Approach as a Predictor of Flow and Clutch States<br><a href="#">Kristin Mauldin (California Baptist University)</a>                                                      | 2.01 |
| Growth Mindset and Performance of Athletes: Multiple Mediating Effects of Grit and Deliberate Practice<br><a href="#">Minseo Kim (Sungkyunkwan University)</a>                               | 2.02 |
| Focusing on Sensation or Control? The Effects of Internal Attentional Focus on Novice Golf Performance<br><a href="#">Fang-Yi Lin (National Taiwan University)</a>                           | 2.03 |
| Does Gaze Direction Influence Cycling Effort?<br><a href="#">Sem Otten (Université de Montpellier)</a>                                                                                       | 2.04 |
| The Effects of Mindfulness Training on Well-being and Academic Self-efficacy in Postgraduate Students<br><a href="#">Huibo Xu (The Chinese University of Hong Kong)</a>                      | 2.05 |
| Prediction of sleep quality on basketball 3-point performance: The mediating role of athletic mental energy<br><a href="#">Frank Jing-Horng Lu (Chinese Culture University)</a>              | 2.06 |
| Unveiling the Path to Exercise Dependence: A Predictive Model of the Dark Triad Personality Traits, Motivation and Mood States<br><a href="#">Ashrene Rathilal (University of Fort Hare)</a> | 2.07 |
| Combining Mental Imagery and Music in Sport: Insights from Current Literature<br><a href="#">Fernando Castellar (Sydney Conservatorium of Music - The University of Sydney)</a>              | 2.08 |
| The Mediating Role of Anxiety in the Relationship Between Self-Compassion and Flow in Adult Athletes<br><a href="#">F. Hülya Aşçı (Fenerbahçe University)</a>                                | 2.09 |
| Mental Edges in the Arena: A Systematic Review of Psychological Skills Training in Combat Sports<br><a href="#">Pei-Hsuan Wu (National Taiwan University of Sport)</a>                       | 2.10 |
| Gaze Strategies during a Forward Tucked Somersault<br><a href="#">Yusuke Sato (Nihon University)</a>                                                                                         | 2.11 |

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| Effects of Mindfulness Training on Attention in Elite Rifle Athletes under Competitive Stress<br><a href="#">Weitao Li (Yunnan University)</a>                                                            | 2.12 |
| The Effects of a Pre-Shot Routine Intervention on Anxiety and Psychological Skills in Elite Archers: A Case Study<br><a href="#">JongJin Kim (University of Ulsan)</a>                                    | 2.13 |
| An Exploration of Athletes' Stress Responses and the Development of a Measurement Scale<br><a href="#">Hayeon So (Sookmyung Woman's University)</a>                                                       | 2.14 |
| Reassessing the Impact of Attentional Focus on Performance: A Multi-Action Plan (MAP) Framework<br><a href="#">Yu-Ting Lin (National Taiwan Sport University)</a>                                         | 2.15 |
| A Single-Case Study of CBT-Based Psychological Intervention Using Case Formulation to Support a Naginata Athlete Lacking Motivation to Compete<br><a href="#">Mana Takashi (J . F Oberlin University)</a> | 2.16 |
| Effects of listening to music on pre-match state anxiety in tennis players<br><a href="#">Yi-Hsiang Chiu (Chinese Culture University)</a>                                                                 | 2.17 |
| An application of virtual reality in sports' motor imagery: A systematic review<br><a href="#">Ting-Hong Chien (National Taiwan Normal University)</a>                                                    | 2.18 |
| The Application of Self-Talk in Enhancing Throwing Performance: The Moderating Role of Player Position in Baseball<br><a href="#">Tzu-Wen Lin (Tamkang University)</a>                                    | 2.19 |
| Factors Related to Self-Efficacy for Psychological Performance in Japanese High School Rugby Players<br><a href="#">Toma Fukami (Nippon Sport Science University)</a>                                     | 2.20 |
| The development of resilience among Taiwanese athletes: A cultural perspective<br><a href="#">Yujing Huang (National Taiwan University of Sport)</a>                                                      | 2.21 |
| State Anxiety and Motion-in-Depth Perception in Athletes: Roles of Challenge-Threat Appraisal States and Attentional Bias<br><a href="#">Yimeng Zhai (Beijing Sport University)</a>                       | 2.22 |
| The Presence of a Human Catcher Affects Performance in a Ball-Throwing Task<br><a href="#">Ayane Kusafuka (Waseda University)</a>                                                                         | 2.23 |
| The dark side of sports: A systematic review on negative emotions and performance<br><a href="#">Kai-Wei Chiu (National Taiwan University Of Sport)</a>                                                   | 2.24 |

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| <p>A Qualitative Research on Top Athletes' Use of Social Media During the 2024 Paris Olympics and Paralympics Games</p> <p><a href="#">Satoshi Tominaga (Japan Institute of Sports Sciences / Japan High Performance Sport Center)</a></p>    | 2.25 |
| <p>Rorschach Tests Characteristics of University Student Fencers: Focusing on Sport-Specific Trait Anxiety</p> <p><a href="#">Natsu Takaishi (Osaka University of Health and Sport Sciences)</a></p>                                          | 2.26 |
| <p>Effectiveness and Application of Blocked and Random Practice in Motor Skill Learning among Special Needs Populations</p> <p><a href="#">Chia-Sheng Huang (Tamkang University)</a></p>                                                      | 2.27 |
| <p>The Effect of L-theanine on Psychophysiological States in Archery Athletes</p> <p><a href="#">Hideaki Takai (Nippon Sport Science University)</a></p>                                                                                      | 2.28 |
| <p>Limited Effect of Video Game Activities on Rotary Pursuit Task in eSports Gamers</p> <p><a href="#">Haneol Kim (University of Wisconsin - La Crosse)</a></p>                                                                               | 2.29 |
| <p>Cognitive Strategies and Perceptions of Setbacks Among College Athletes: Focusing on Defensive Pessimism and Realistic Pessimism</p> <p><a href="#">Ryota Kawamura (Osaka University of Health and Sport Sciences Graduate School)</a></p> | 2.30 |
| <p>Behavioral Choices and Success Rate Under Pressure in Penalty Shootouts: Positive Valence Shots and Negative Valence Shots</p> <p><a href="#">Ryota Maeda (Osaka University of Health and Sport Sciences)</a></p>                          | 2.31 |
| <p>How Do Japanese Elite Female Sailing Athletes Prepare for Peak Performance</p> <p><a href="#">Yumiko Tombe (Osaka University of Health and Sport Sciences)</a></p>                                                                         | 2.32 |
| <p>Self-Selected Music and Cycling Endurance: Performance Effects and Audio Feature Correlates in Time-to Exhaustion Trials</p> <p><a href="#">Andrew Danso (University of Jyväskylä)</a></p>                                                 | 2.33 |
| <p>The Impact of Combining Imagery and Mindfulness on 10m Air Pistol Shooting Performance and Electroencephalograph</p> <p><a href="#">Chul Han Chang (National Taiwan Normal University)</a></p>                                             | 2.34 |
| <p>Pressure and Performance in Golf Putting: A Review</p> <p><a href="#">Kanta Mizuno (Department of Sports Medicine, Japan Institute of Sports Sciences)</a></p>                                                                             | 2.35 |
| <p>The State of the Evidence: An Umbrella Review of Mindfulness in Sport, Exercise, and Performance Psychology</p> <p><a href="#">Edson Filho ((Boston University))</a></p>                                                                   | 2.36 |

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| <p>A Research Proposal: Adapting the Jackpot Paradigm to Golf Putting to Induce Choking Under Pressure</p> <p><a href="#">Kanta Mizuno (Department of Sports Medicine, Japan Institute of Sports Sciences)</a></p> | 2.37 |
| <p>Psychological Mechanisms of Football Video Assistant Referees under High-Pressure and Zero-Tolerance Expectations</p> <p><a href="#">Ming Fu (Waseda University)</a></p>                                        | 2.38 |
| <p>Investigating the effects of auditory modeling on cycling performance and perceived effort</p> <p><a href="#">Maria Colomba (University of Trieste)</a></p>                                                     | 2.39 |
| <p>Personality: an important factor in sport performance</p> <p><a href="#">Ionut Alexandru Iscriu (Ovidius University Of Constanta)</a></p>                                                                       | 2.40 |
| <p>Mental Skills Training Service for the Chinese Team in the World Fire Rescue Championships——The influence of collectivist culture</p> <p><a href="#">Tong Sun (Beijing Sport University)</a></p>                | 2.41 |
| <p>Characteristics of Handball Players Excelling in One-on-One Breakthrough</p> <p><a href="#">Takeru Onishi (Osaka University of Health and Sport Sciences)</a></p>                                               | 2.42 |
| <p>The Effectiveness of Strengths-Based Sport Psychological Skills Training for University Table Tennis Players</p> <p><a href="#">Su Min Gwak (Chung-Ang University)</a></p>                                      | 2.43 |
| <p>Psychological Flexibility in Soccer: Behavioral Evidence from a Youth Team</p> <p><a href="#">Stefano Mastino (University of Verona)</a></p>                                                                    | 2.44 |
| <p>How Contextual Probabilities and Deceptive Cues Influence the Decision Process of Stepping: A Drift Diffusion Model Analysis</p> <p><a href="#">Teppei Saegusa (University of Tsukuba)</a></p>                  | 2.45 |
| <p>Auditory Influence on Running Cadence and Variability: During and After Stimulation</p> <p><a href="#">Rinta Ogasahara (The University of Tokyo)</a></p>                                                        | 2.46 |
| <p>The effect of a mindful self-compassion program on the putting yips in an collegiate golfer</p> <p><a href="#">Wonbin Ju (Chung-Ang University)</a></p>                                                         | 2.47 |
| <p>Deviation from the optimal risk attitude under reward and loss</p> <p><a href="#">Soshiro Ueno (University of Tsukuba)</a></p>                                                                                  | 2.48 |
| <p>The Prediction of Perfectionism and Goal Orientation on Sport Confidence in Intercollegiate Athletes</p> <p><a href="#">Poh Yee Tong (National Taiwan Normal University)</a></p>                                | 2.49 |



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| <p>Quiet Eye in Racket Sports: A Systematic Review</p> <p><a href="#">Edison Wu (South China Normal University)</a></p>                                                                                                                         | 2.50 |
| <p>Enhancing Performance Under Pressure: Emotional Working Memory Training Mitigates the Impact of Acute Stress on Athletes' Cognition</p> <p><a href="#">Celina Song (Beijing Sport University)</a></p>                                        | 2.51 |
| <p>Self-Compassion, Mindfulness, and Athlete Resilience Training (SMART): Program Development, Feasibility, Acceptability, and Preliminary Outcomes</p> <p><a href="#">Tsz Lun Chu (University of North Carolina at Greensboro)</a></p>         | 2.52 |
| <p>The Effects of Mindfulness Training on Badminton Performance and Contextual Cognitive Function in Adolescents: A Randomized Controlled Trial</p> <p><a href="#">Chao Ting Yu (National Tsing Hua University)</a></p>                         | 2.53 |
| <p>Levels of Mental Toughness and Dimensions of Aggression in Female Kabaddi Players</p> <p><a href="#">Karunya T (Sri Ramachandra Institute Higher Education and Research)</a></p>                                                             | 2.54 |
| <p>Effects of Auditory Information on Fouetté Balance Training for Intermediate Rhythmic Gymnasts: A pilot 12-session Randomized Controlled Trial</p> <p><a href="#">Cheuk Yin Ho (Department of Sports Science and Physical Education)</a></p> | 2.55 |

***Day 4: 11 December 2025 (Thursday)***

Poster Session 3

10:40—11:40

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| The Effect of EEG Neurofeedback Training on Action Anticipation of Football<br><a href="#">Xin An (Beijing Sport University)</a>                                                                                                                    | 3.01 |
| The Effectiveness of REBT-Based Journaling Intervention on Swimmers' Irrational Beliefs, Unconditional Self-Acceptance, Self-Compassion, and Self-Confidence: Single Group Study<br><a href="#">Siying Tao (Hong Kong Sports Institute Limited)</a> | 3.02 |
| Effects of High-Intensity Interval Training for Older Adults with Mild to Moderate Depressive Symptoms: A Cluster Randomized Controlled Trial<br><a href="#">Yanping Wang (Hong Kong Baptist University)</a>                                        | 3.03 |
| Investigation of the Combined Tilt and Pitch Function for Downhill Cycling in Motion-based VR Bicycle Simulators<br><a href="#">Takashi Kojima (University of Tsukuba)</a>                                                                          | 3.04 |
| Acquisition of Shutaisei Among University Student-Athletes — Through the Three Processes of Spontaneity, Self-Determination, and External Expression<br><a href="#">Sakura Komiya (Kokushikan University)</a>                                       | 3.05 |
| How Does Collegiate Sport Experience Foster Exercise Adherence? The Mediating Role of Nostalgia and Its Five Dimensions<br><a href="#">Ninghan Wang (Sungkyunkwan University)</a>                                                                   | 3.06 |
| Development and Validation of an Agent-Based Model of Approach and Avoidance Dynamics in Sport<br><a href="#">Rémi Altamore (University of Montpellier)</a>                                                                                         | 3.07 |
| Correlates of User Satisfaction in Large-scale Sports Parks in Hebei Province China<br><a href="#">Borui Shang (Hebei Sport University)</a>                                                                                                         | 3.08 |
| Comparison of Perfectionism, Emotional Intelligence, and Sports Motivation Indicators of The Student–Athletes From Russia and China<br><a href="#">Liudmila Rogaleva (Ural Federal University)</a>                                                  | 3.09 |
| Validation of the Turkish Version of the Interpersonal Behavior Questionnaire in Personal Training Context<br><a href="#">Ihsan Sari (Sakarya University of Applied Sciences)</a>                                                                   | 3.10 |
| Mental Health Promotion Effect of College Students' Physical Exercise and the Way to Reach It: Taking Hubei Normal University as an Example<br><a href="#">Xiangting Wang</a>                                                                       | 3.11 |

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| Effects of a Three-month Multicomponent Physical Activity Intervention on Improving Perceived Competence and Social Acceptance among Chinese Preschoolers: A Quasi-Experimental Study<br><a href="#">Shan Jiang(The Chinese University of Hong Kong)</a> | 3.12 |
| Estimation of Causal Relationships Between Feedback Cognition and Learning Outcomes in Junior High School Physical Education: Focus on Grade in School<br><a href="#">Koji Yamamoto (Kansai University)</a>                                              | 3.13 |
| I Feel Happier, but I do not Know Why”: Effects of Mindfulness Subliminal Priming on Affective Responses to Exercise<br><a href="#">Yu-Bu Wang (Shenzhen University)</a>                                                                                 | 3.14 |
| Causal Effects of Past Shared Exercise Experience on Intrinsic Motivation and Exercise Participation: Analysis of Japanese University Students Using LiNGAM<br><a href="#">Daisuke Horii (Osaka Electro-Communication University)</a>                    | 3.15 |
| Effects of Cognitive Demanding Acute Exercises on N-back Task Performance<br><a href="#">Wei-Hsiang Tseng (National Taiwan Normal University)</a>                                                                                                        | 3.16 |
| Exercise in Virtual Nature vs. Urban Spaces: A VR-EEG Experiment of Object Recognition<br><a href="#">Lin Yu (Bielefeld University)</a>                                                                                                                  | 3.17 |
| Motivational Pathways to Injury Anxiety Consequence in Youth Athletes: A self-Determination Perspective<br><a href="#">Jinsik Son (Chonnam National University)</a>                                                                                      | 3.18 |
| Toward a Holistic Understanding of Coach–Athlete Dynamics: The CAREM Framework<br><a href="#">Cheng-De Wang (National Taiwan Sport University)</a>                                                                                                       | 3.19 |
| The Development of "Rinsho Sport Psychology" in Japanese Culture and Its Applied Psychological Support Practices<br><a href="#">Daisuke Takeda (Tokai University)</a>                                                                                    | 3.20 |
| The Weekend Warrior Exercise Pattern and Neuropsychological Health: A Narrative Review<br><a href="#">Carl White (Hubei University)</a>                                                                                                                  | 3.21 |
| Coach Humor Styles and Athlete Commitment: A Relational Mediation Model in Team Sport Contexts<br><a href="#">Emine Caglar (Hacettepe University)</a>                                                                                                    | 3.22 |
| Effects of Stress Management Education Focusing on Friendship Stressors on Club Activity Stressors<br><a href="#">Airi Hayashi (J.F. Oberlin University)</a>                                                                                             | 3.23 |

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| Effects of Changes in Club Activity Stressors on Psychological Stress, Depression, and PTSD in High School Students<br><a href="#">Riko Maruyama (J.F. Oberlin University)</a>                                                     | 3.24 |
| What Drives Older Adults' Intention to Engage in Esports? a TPB Approach<br><a href="#">Ka Man Leung (Education University of Hong Kong)</a>                                                                                       | 3.25 |
| Yoga as a Holistic Movement Practice: Yoga teachers' Perspectives on Conveying Elements Beyond the Physical<br><a href="#">Ineke Vergeer (University of Southern Queensland)</a>                                                   | 3.26 |
| Humble Opinions on Badminton Coaches' Professional Abilities and Players' Performance Based on Related Studies from the Past Decade in Taiwan<br><a href="#">Wan Chen Liu (National Taiwan Normal University)</a>                  | 3.27 |
| A Multilevel Investigation of Empowering and Disempowering Motivational Climates as Predictors of Group Cohesion: The Mediating Role of Psychological Safety<br><a href="#">Ting-Ting Chen (National Taiwan Normal University)</a> | 3.28 |
| Staying in The Game: A systematic review of Self-Determination Theory and The Motivational Drivers of Esports Practitioners<br><a href="#">Chenxi Hu (Macau University of Science and Technology)</a>                              | 3.29 |
| Mapping the Motivational-Cognitive Nexus in Sports Betting: A Conceptual SDT-TPB Measurement Scale for Responsible Gambling<br><a href="#">Zihan Xu (Macau University of Science and Technology)</a>                               | 3.30 |
| Dynamics of Engagement in Tennis as a Non-Time-Constrained Sport: Effects of Temporary Standing, Competition Phase, and Regulatory Focus<br><a href="#">Takahiro Shimizu (University of Tsukuba)</a>                               | 3.31 |
| The Prediction of Dispositional Mindfulness on Physical Activity Levels in Middle-aged and Older Adults: The Mediating Role of Exercise Self-efficacy<br><a href="#">Yuwen Chiu (National Taiwan Normal University)</a>            | 3.32 |
| Acute Effects of Free-weight Resistance Exercise on Depression Anxiety and Frontal/Parietal Alpha Asymmetry in Adult Attention-Deficit/Hyperactivity Disorder (ADHD)<br><a href="#">Chi Jui Lee (National Taiwan University)</a>   | 3.33 |
| Enhancing Exercise Attitudes: Impact of a 12-Week Exercise Programme on Physiotherapy Students' Perceived Barriers, Benefits, and Self-Efficacy<br><a href="#">Tsz Ting Timothy Yam (Hong Kong Metropolitan University)</a>        | 3.34 |
| A Study on the Mechanism of Physical Exercise on Cell Phone Addiction from the Perspective of Self-control Resources<br><a href="#">Chen Gong (Northeast Electric Power University)</a>                                            | 3.35 |

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| Predicting Athletes' Basic Psychological Need Satisfaction from Empowering and Disempowering Motivational Climates in Training and Competition Contexts<br><a href="#">ShuangJu Lin (National Taiwan Normal University)</a> | 3.36 |
| Coping Styles with Stress and the Agreement Between Judges' and Coaches' Assessment of Judo Actions Based on Video Recordings<br><a href="#">Marcin Krawczyński (Gdańsk University)</a>                                     | 3.37 |
| Effects of Behavioral Coaching on Clear Shot Form and Performance among Adolescent Badminton Players<br><a href="#">Daichi Hirata (Kwansei Gakuin University)</a>                                                           | 3.38 |
| Physical Activity and Psycho-Cognitive Multimorbidity in Middle-Aged and Older Adults: A Machine Learning Analysis of the CHARLS Cohort<br><a href="#">Yun Li (Macao Polytechnic University)</a>                            | 3.39 |
| Relationship between Head Movements and Timing Prediction during Ball Pursuit in Virtual Reality<br><a href="#">Michiko Harazono (Tokyo Metropolitan University)</a>                                                        | 3.40 |
| The Achievement Motive, Challenge and Threat, and Sport Performance in Competitive Wushu Student-Athletes<br><a href="#">Nicholas Yu (Nanyang Technological University)</a>                                                 | 3.41 |
| A Cluster Randomized Controlled Trial of Cognitively Engaged Physical Activity on Cognitive Functions in ADHD Children<br><a href="#">Ruiyuan Tao (The Chinese University of Hong Kong)</a>                                 | 3.42 |
| Effects of Physical Activity on Aggressive Behavior in Adolescents: Mediating Role of Self-Control<br><a href="#">Shimin Song (Juntendo University)</a>                                                                     | 3.43 |
| Research Groups in Sport Psychology in Brazil: Current Landscape<br><a href="#">Kaio Borges Guerrero (State University of Campinas)</a>                                                                                     | 3.44 |
| Psychological Biography Research of Tennis Player Li Na<br><a href="#">Zhikun Li (Hong Kong Sports Institute)</a>                                                                                                           | 3.45 |
| The Effects of Situational Motivation on State Anxiety and SMR Power in Experienced Shooters<br><a href="#">Xulin Luo (Beijing Sport University)</a>                                                                        | 3.46 |
| The incorrect perceptions of athletes on inadvertent doping through contaminated products<br><a href="#">Xiaoqi Zhang (Beijing Sport University)</a>                                                                        | 3.47 |
| Hong Kong PE Teachers' Views on Motivational Strategies: A Qualitative Study<br><a href="#">Hoi Tik Yip (University of Birmingham)</a>                                                                                      | 3.48 |

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| Creative Dance Versus Running: Effects on Negative Emotions in Menopausal Women<br><a href="#">Xulin Luo (Beijing Sport University)</a>                                                                     | 3.49 |
| Mindfulness Facets as Predictors of Preference for Exploration Versus Prescription in Skill Learning: An Exploratory Study Using the IAT<br><a href="#">Ying Hwa Kee (Nanyang Technological University)</a> | 3.50 |
| Acute Behavioral and Neuroelectric Effects of Table Tennis with Varying Cognitive Load on Task Switching in Children with ADHD<br><a href="#">Chiao-Ling Hung (National Taiwan University)</a>              | 3.51 |
| The Effects of Acute High-Intensity Interval Exercise with Social Interaction on Planning-Related Executive Function: A Preliminary Study<br><a href="#">Szu-yu Tung (National Tsing Hua University)</a>    | 3.52 |
| Development of a Period-based Psychological Support Model for Athletes (PSMA-P)<br><a href="#">Im Songyi (Korea National Sport University)</a>                                                              | 3.53 |
| Enhancing Cognitive Resilience Under Pressure: A Neurofeedback Training Program for Optimizing Badminton Players' On-Court Decision-Making<br><a href="#">Yu Song (Beijing Sport University)</a>            | 3.54 |
| The Effects of a Single-Session Affective Approach-Avoidance Training on Physical Activity in Low-Active Individuals<br><a href="#">Chuntian Wang (Beijing Sport University)</a>                            | 3.55 |
| Exergaming-based Esports Intervention for Older Adults in Hong Kong: A Non-Randomized Controlled Trail Study<br><a href="#">Yuchen Shi (Hong Kong Metropolitan University)</a>                              | 3.56 |
| Direct and Meta Commitment in Coach-athlete Relationships: Seasonal Dynamics across Training Periods<br><a href="#">Franco Noce (International Society of Sport Psychology)</a>                             | 3.57 |
| Motivation in sustaining mental well-being among yoga participants<br><a href="#">Anushka Gupta (Sri Ramachandra Institute of Higher Education and Research (DU))</a>                                       | 3.58 |

**Day 5: 12 December 2025 (Friday)**

Poster Session 4

10:40—11:40

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| Effects of Flashbulb Memories on Football Supporter Identity Fusion<br>Kristin Chou (Chongqing Technology and Business University)                                                                                   | 4.01 |
| Computer program for the development of individual autogenic training<br>Victoria Georgiadi (Federal state budget institution)                                                                                       | 4.02 |
| The Effect of Volume-Matched Acute Resistance Exercise on Metacognition-Related Executive Function in Older Adults<br>Feng-Tzu Chen (National Tsing Hua University)                                                  | 4.03 |
| Effects of Volume-Matched Acute Resistance Exercise on Inhibitory Control in Older<br>Ting-Ting Wu (National Tsing Hua University)                                                                                   | 4.04 |
| Characterizing Novice and Amateur Brain Activity: An EEG Study in a Visuomotor Task<br>Kuo-Pin Wang (National Taiwan University)                                                                                     | 4.05 |
| Exploration of Athletes' Psychosomatic Symbolism Using the Landscape Montage Technique<br>Shingo Usui (Kokushikan University of Graduation School)                                                                   | 4.06 |
| Comparison of personal basketball students profiles in dependence on the level of sportsmanship<br>Liudmila Rogaleva (Ural Federal University)                                                                       | 4.07 |
| Dark triad and sports ethics: In-depth examination of prosocial and antisocial behavior<br>Samet SAĞ (Yozgat Bozok University)                                                                                       | 4.08 |
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