

## Special Issue

# Perfectionism, Overthinking, and Psychological Consequences

### Message from the Guest Editor

Understanding the impact of perfectionism and overthinking on athletes' psychological outcomes is crucial in developing effective interventions to enhance their mental wellbeing and performance. Perfectionism, characterized by setting excessively high standards, harsh critical evaluations, and overthinking, involving repetitive and unproductive thoughts, has been shown to influence psychological outcomes. However, there has been limited exploration of different types of overthinking, including mistake rumination, and their distinct impacts on mental health. We invite contributions that investigate the theory of perfectionistic cognitions and provide insights into how perfectionism and overthinking influence psychological outcomes. We welcome a range of article types, including empirical studies, reviews, and theoretical papers, particularly those that evaluate the effectiveness of interventions designed to mitigate the negative effects of perfectionism. By understanding the complex relationship among perfectionism, overthinking, and psychological outcomes, this Special Issue will inform strategies to enhance mental health and performance across various domains.

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### Guest Editor

Dr. Tracy Donachie  
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### Deadline for manuscript submissions

closed (30 June 2025)



## Behavioral Sciences

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## About the Journal

### Message from the Editor-in-Chief

With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: <https://www.mdpi.com/journal/behavsci>. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

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### Editor-in-Chief

Prof. Dr. Jerrell Cassady

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