

Special Issue

Current Opinion in Sport Psychology

Message from the Guest Editors

A trend that has been gaining traction in sport psychology is the increasing emphasis on the importance of mental training for athletes. This involves teaching athletes specific psychological skills such as relaxation, visualization, and coping, which can help them perform at their best in high-pressure situations. Personalized approaches are also on the rise. This involves tailoring psychological interventions and techniques to the specific needs and goals of each athlete. Coaches are now seen as important partners in the development of athletes, and many are taking steps to develop their own psychological skills related to well-being and performance. From the increasing emphasis on mental training and technology to personalized approaches and the role of coaches, sport psychology is providing new and innovative ways for athletes to enhance their performance and achieve their goals. This Special Issue intends to discuss all areas that are related to sport psychology, accepting opinions and trends from well-established researchers around the world combining efforts in generating solid and theory-based research in sport psychology.

Guest Editors

Dr. Filipe Rodrigues

ESECS—Polytechnic of Leiria, 2411-901 Leiria, Portugal

Dr. Diogo Monteiro

1. ESECS—Polytechnic of Leiria, 2411-901 Leiria, Portugal

2. Research Center in Sport Sciences, Health Sciences and Human Development, 5001-801 Vila Real, Portugal

Dr. Raul Antunes

1. ESECS—Polytechnic of Leiria, 2411-901 Leiria, Portugal

2. Research Center in Sport Sciences, Health Sciences and Human Development, 5001-801 Vila Real, Portugal

Deadline for manuscript submissions

closed (30 September 2023)



Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



mdpi.com/si/162144

Behavioral Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
behavsci@mdpi.com

mdpi.com/journal/behavsci





Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



[mdpi.com/journal/
behavsci](https://mdpi.com/journal/behavsci)



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Jerrell Cassady
Department of Educational Psychology, Ball State University, Muncie, IN
47306, USA

Author Benefits

High Visibility:

indexed within Scopus, SSCI (Web of Science), PubMed, PMC, PsycInfo, and other databases.

Journal Rank:

JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2
(Development)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.6 days after submission; acceptance to publication is undertaken in 3.4 days (median values for papers published in this journal in the first half of 2025).