

Joint Special Issue

Sport Psychology Interventions for Athletes' Performance and Well-Being

Message from the Guest Editors

Athletes face unique physiological and psychological stressors daily, which may contribute to injuries, overtraining, burnout, and/or other physical and mental health issues. Accordingly, they would need continuous exploration of interventions to counteract physical and mental tension and other detrimental stressor effects and performing at high levels. This Special Issue of the International Journal of Environmental Research and Public Health aims to create a constructive discussion on up-to-date scientific data in this area and, for this reason, we invite authors to submit original research and/or specific reviews that improve the understanding of Sport Psychology Interventions for Athletes Performance and Well-being. Papers addressing novel outcomes obtained using traditional interventions (e.g., imagery, self-talk) or the ones on emerging techniques (e.g., Yoga for athletes; technology-based interventions) are more than welcome.

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