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Citation for published version

Meijen, Carla (2016) Running a Psyching Team: The introduction of mental support at endurance events in England. In: British Psychological Society Division of Sport and Exercise Psychology Conference, Cardiff, Wales., 12-13 Dec 2016, Cardiff, Wales. (Unpublished)

DOI

Link to record in KAR

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Presentation

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Novel strategies for endurance performance

*Paul Antiss, Chris Fullerton, Chiara Gattoni,
Alistair McCormick, Carla Meijen*



Overview

- Talks

The role of sources of self-efficacy in endurance performance. Paul Anstiss

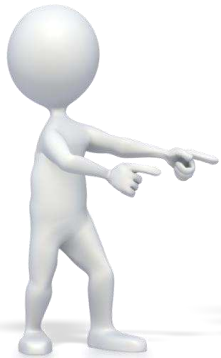
- Effect of a pacemaker on 1600m time trial running performance. Chris Fullerton

- The effects of mental fatigue on long-term endurance performance. Chiara Gattoni

- Application of the facial feedback hypothesis to endurance performance: Does frowning modulate perception of effort? Alister McCormick

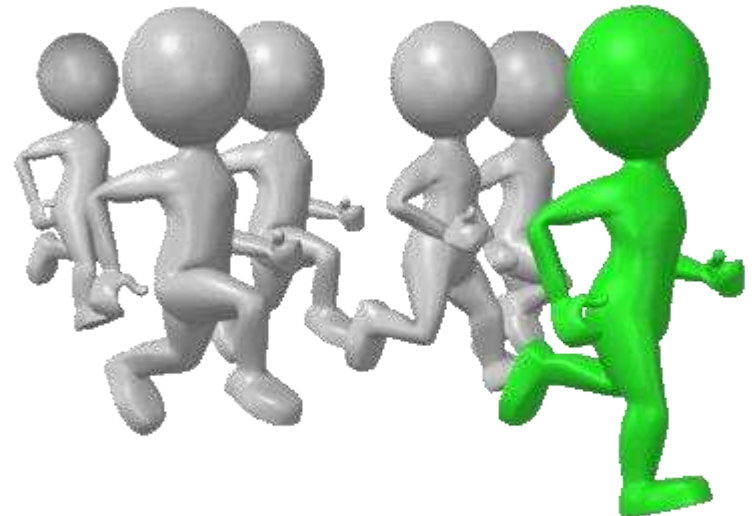
- Running a psyching team: The introduction of mental support at endurance events in England. Carla Meijen

- Discussion and future research directions



Running a psyching team

- Mental demands of endurance runners
- History of psyching teams
 - What is it?
 - Setting up and running a psyching team
- Brief psychological support provision
- Assessing effectiveness and critical reflection



Mental demands of endurance runners

Pre-race

- Have I done enough training?
- Weather conditions

During the race

- Emotional responses during a marathon
- Pain and dealing with discomfort (Buman et al., 2008)
- Motivation
 - Wanting to give up
- Optimising pacing
- Practical worries – where are the toilets?
- Psychological demands encountered away from the competition (pre, during, and post-race) (see also McCormick et al., 2016)



What is a psyching team?



- Provide mental support pre, during, and post race
- Team of (sport) psychology professionals and those in training
 - Provide opportunities for training
- Presence pre-race, during race, and post race
 - Expo at bigger events
- Short and brief interventions
 - “Giving sport psychology away” to the public



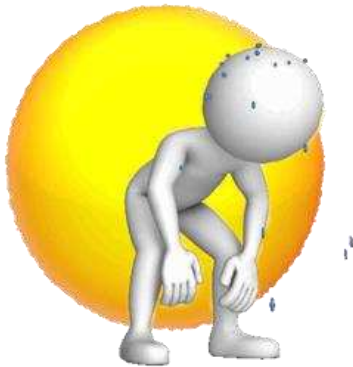
Some issues that we dealt with as a psyching team: Pre-race



- Nerves, particularly first timers
- Worries about goals
 - Working towards a challenging goal; feeling pressure to qualify for a big marathon
 - Coming back from an injury
- Negative thoughts
 - Dealing with the pain
 - Boredom
- Have I done enough training?
 - Injury worries
- Tough year with personal issues, how will I deal with this during the event?
 - Particularly for the bigger events
- Pacing
 - Starting too fast – getting caught up in the moment
- Worries about practicalities
 - Where are the toilets?
 - What do I do with my layers?

Some issues that we dealt with as a psyching team: During and post-race

- On the course:
 - Dealing with pain
 - Injuries
 - Goal achievement
- Post race:
 - Post-race blues, unhappy with performance or trying to make sense of it



How to do it? Using brief interventions



- Arousal management
 - Relaxation strategies
- Goal-setting
 - Assess and manage pain (process goals)
 - Different levels of goals
- Imagery
 - Direct attention and pain management
- Cognitive strategies
 - Self-talk: 'control the controllables'; pacing
- Anchoring
 - Recall past successes (trust your training)
 - Pieces of finish line ribbon
 - Recall key points of the intervention
 - Attach a mantra, or statement to it that reminds you to keep going when it gets difficult



Critical Evaluation/ Brief interventions



- Can brief interventions have a measurable impact on affective experience and/or actual performance?
 - Lane et al. (2016) – online training effectiveness on competitive performance
 - Yeager in Walton (2011) – effectiveness of brief interventions in education
- How to assess?
 - Mostly cross-sectional research
 - Limited time for controlled interventions
 - Difficult to control the environment
- What to assess?
 - Effectiveness of brief interventions
 - Anchoring, finish-line ribbons, self-talk

Critical Evaluation/ Practicalities



- What is your philosophy?
 - Training of sport psychologists
 - Promoting sport psychology to a wider audience
- Who to include as a psyching team volunteer?
 - Undergraduates, post-graduates, those in training, qualified professionals
- How to deal with 'negative' attitudes towards sport psychology provision?
 - Important to prepare volunteers for this
- Race selection
 - Distance
 - Number of runners
 - Access to the course

References

- Buman, M. P., Omlil, J. W., Giacobbi Jr, P. R., & Brewer, B. W. (2008). Experiences and coping responses of “hitting the wall” for recreational marathon runners. *Journal of Applied Sport Psychology*, 20(3), 282-300.
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Questions?

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