

**BEHAVIORAL SPORT PSYCHOLOGY: EVIDENCE-BASED
APPROACHES TO PERFORMANCE ENHANCEMENT**

Emilia Guza

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The study has been approved by the ethical committee of the Swiss Federal Institute of Sport. Goal-setting and performance feedback. Sign in to Purchase Instantly.

TableofContentsPreface.WewillusetheshortversionoftheBriefSymptomI

The PST interventions showed medium to large effect sizes, a range between 0. All sessions will conducted at the center for elite sports of the Swiss Federal Institute of Sport.

AlthoughthesestudieshighlightedthatPTsfindthesepsychologicaltools its central importance for the evaluation of sport-psychological interventions, the general use of outcome variables needs to be examined in more detail before proceeding to our study protocol.