



Managing Athlete Anxiety: A Comprehensive Review of Psychological Interventions in Sports Psychology




Amir Mohammad. Abdollahi Dehkordi¹ , Hamdi Chtourou^{2,3*} 

¹ Department of behavioral and cognitive sciences, faculty of sport sciences and health, university of Tehran, Tehran, Iran

² High Institute of Sport and Physical Education, University of Sfax, Tunisia

³ Research Unit, Physical Activity, Sport, and Health, UR18JS01, National Observatory of Sport, Tunisia

* Corresponding author email address: h_chtourou@yahoo.fr

E d i t o r	R e v i e w e r s
Parviz Asgari  Associate Professor, Department of Psychology, Ahvaz Branch, Islamic Azad University, Ahvaz, Iran p.askary@iauahvaz.ac.ir	Reviewer 1: Asghar Jafari  Associate Professor, Department of Psychology, Kashan University, Iran. Email: as_jafari@sbu.ac.ir Reviewer 2: Mehdi. Ghezelsefloo  Assistant Professor, Department of Psychology, Gonbad Kavos University, Gonbad Kavos, Iran. Email: ghezelsefloo@gonbad.ac.ir

1. Round 1

1.1 Reviewer 1

Date: 03 September 2023

Reviewer:

The introduction effectively sets the context for the importance of managing athlete anxiety. A minor revision could include sharpening the articulation of how this review directly addresses a critical need within sports psychology. Adding a sentence highlighting the unique angle or perspective your review offers could further clarify its value.

The results section is detailed but could benefit from minor revisions for clarity. Consider using thematic headings to organize the findings, making it easier for readers to grasp the key outcomes of the review.

The discussion insightfully connects findings to sports psychology practice. Enhancing this section with more specific examples of how interventions could be implemented in training or therapy settings would provide practical value to readers.

Without expanding significantly, briefly emphasize how your findings contribute to or challenge existing theories on athlete anxiety and performance. This could be achieved in a couple of sentences to maintain brevity.

The conclusion effectively summarizes the review but could be strengthened by more explicitly stating any novel insights or conclusions drawn from the synthesis of literature. This minor revision ensures the unique contributions of your review are clear to readers.

Review the document for consistency in formatting, especially in reference citations and headings. Minor adjustments here will contribute to the manuscript's professional presentation.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 04 September 2023

Reviewer:

Clearly state the research gaps and refine the objectives of your review.

Broaden and critically analyze the scope of literature reviewed.

Provide explicit details on the search strategy, selection criteria, and quality assessment of studies.

Offer a deeper synthesis of findings, identifying common themes and discrepancies.

Connect findings to practical applications and theoretical implications more robustly.

Concisely summarize the review's contributions and suggest clear directions for future research.

Ensure clarity, consistency, and correctness in writing and formatting.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.