




The Hidden Power of Patience in Athletic Success: A Comprehensive Narrative Review

Amir Mohammad Abdollahi Dehkordi¹, Morteza Taheri^{2*}

¹ Department of Behavioral and Cognitive Sciences, Faculty of Sport Sciences and Health, University of Tehran, Tehran, Iran

² Professor, Department of Behavioral and Cognitive Sciences, Faculty of Sport Sciences and Health, University of Tehran, Tehran, Iran

* Corresponding author email address: taheri_morteza@yahoo.com

E d i t o r	R e v i e w e r s
Luis Felipe Reynoso-Sánchez  Department of Social Sciences and Humanities, Autonomous University of Occident, Los Mochis, Sinaloa, Mexico felipe.reynoso@uadeo.mx	Reviewer 1: Masoud Mirmoezi  Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com Reviewer 2: Seyed Mohammad Hosseini  Assistant Professor, Department of Health and Rehabilitation in Sports, Shahid Beheshti University, Tehran, Iran. Email: moh_hosseini@sbu.ac.ir

1. Round 1

1.1 Reviewer 1

Date: 07 March 2025

Reviewer:

In the line “...and psychological flexibility. While a combination of firmness and continuous passion for grit- long-term goals- the game dominates the discussion in psychology...”, the syntax is confusing. Rephrase for clarity and correct the punctuation around “grit-long-term goals.”

In the paragraph discussing “daily hassles patience”, the phrase “cognitive control—a term essentially synonymous with patience...” may be misleading. Clarify that while related, cognitive control and patience are distinct constructs with overlapping features.

In “Patience is the antidote to these tendencies by eliciting thoughtful, situation-behavioral responses...”, consider breaking this into two sentences. “Situation-behavioral responses” is unclear; revise to something more standard like “context-appropriate behavioral responses.”

The sentence “Patience acts as a biological moderator that helps athletes maintain balance under stress” is compelling but broad. Clarify the biological mechanism—e.g., via vagal tone modulation, HPA axis regulation.

The sentence “Patience, conversely, promotes adherence to rehabilitation protocols...” implies causality without evidence. Rephrase to reflect correlational findings unless experimental support is cited.

The paragraph discussing “patient fighters like Floyd Mayweather Jr.” omits discussion of gender or female combat athletes. Consider incorporating examples or studies involving female athletes for inclusivity and balance.

When stating “in line with Kahneman’s (2011) dual-process theory...”, explicitly define System 1 and System 2 to reinforce how patience reflects deliberate over automatic processing.

In “leadership characteristics associated with patience predict team cohesion and individual development...”, avoid redundancy by rephrasing to emphasize either cohesion or development more strongly.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 08 March 2025

Reviewer:

In “Patience...is, however, an under investigated characteristic...”, correct “under investigated” to “under-investigated” and consider providing a more nuanced operational definition of patience to distinguish it from similar constructs.

The line “Coppel (2015) has a valid point that stresses typically happen between the coach and the player...” should paraphrase or quote more precisely. “Valid point” is informal; instead, summarize Coppel’s empirical or theoretical claim.

The line “An angry reaction—ranting at the umpire or smashing a racket—dissipates energy...” is vivid but informal. Replace “ranting” and “smashing” with academic phrasing (e.g., “verbal aggression” or “equipment abuse”).

The claim that “patience supports this virtue by keeping attention in the here and now...” would benefit from more precise cognitive theory integration (e.g., mindfulness or attentional control theory).

The comment “measurement of patience varies between studies...” is valid but underdeveloped. Suggest validated scales (e.g., Schnitker’s patience measure) or propose a composite tool for future research.

The phrase “this review advocates for the recognition of patience as a core competency in sport...” needs support. Reiterate how this review uniquely contributes beyond existing literature on grit and resilience.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.