



Predicting Coping with Performance Failure by Self-Compassion and Growth Mindset in Professional Athletes

Elif Toktas^{1*}, Neşe Köse¹

¹ Department of Health, Culture, and Sport Services, Akdeniz University, Antalya, Turkey

* Corresponding author email address: eliftoktas@akdeniz.edu.tr

E d i t o r	R e v i e w e r s
Luis Felipe Reynoso-Sánchez ¹ Department of Social Sciences and Humanities, Autonomous University of Occident, Los Mochis, Sinaloa, Mexico felipe.reynoso@uadeo.mx	Reviewer 1: Mehdi Rostami ¹ Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: dr.mrostami@kmanresce.ca Reviewer 2: Masoud Mirmoezi ¹ Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com

1. Round 1

1.1 Reviewer 1

Date: 01 March 2025

Reviewer:

While a strong definition is provided, please add a source citation directly after the definition of self-compassion for greater clarity and attribution.

The phrase "self-compassion acts as a self-regulatory resource" could benefit from a short elaboration of what is meant by "self-regulatory resource" (e.g., managing emotional responses, sustaining motivation).

The study mentions using "a convenience sampling method," which introduces bias. Please discuss this limitation briefly here, even if elaborated later in the limitations section.

The sentence "higher scores indicating greater fear of failure-related coping difficulties" could be confusing. Please clarify whether higher fear indicates poorer coping abilities to avoid ambiguity.

It would improve clarity to mention whether a total score or subscale scores were used in the analysis, since the SCS allows both approaches.

The description of the Implicit Theories of Intelligence Scale focuses on intelligence. Since this study targets sports performance, please justify the appropriateness of this measure or mention if it was adapted for sports context.

You provide gender and age, but omitting the distribution of sports disciplines (e.g., individual vs. team sports) could leave an important confounding variable unexplored. Please elaborate.

The phrase "moderate to high levels of the measured constructs" is too general. It would be more precise to state how the means compare to possible scale ranges (e.g., "midpoint = X").

Although the assumption checks are thorough, it would strengthen credibility to briefly mention skewness and kurtosis thresholds considered acceptable (e.g., ± 1).

The sentence "This aligns with findings from Casali et al. (2021)..." could be enhanced by adding the actual effect size or correlation strength reported in Casali et al. for better comparison.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 04 March 2025

Reviewer:

The reference to "vagal reactivity" (Zhang et al., 2023) needs a brief explanatory phrase (e.g., "vagal reactivity, a physiological marker of emotional regulation") for readers unfamiliar with psychophysiological terminology.

The phrase "Numerous studies have confirmed the relevance of growth mindset to sports contexts" would be strengthened by specifying a few examples or study contexts to make this claim more precise.

Consider integrating a sentence explaining why linking mindset and emotional coping is theoretically important (e.g., self-efficacy mechanisms, resilience theory).

When you write that self-compassion was a "stronger predictor," please quantify this difference more explicitly (e.g., by citing the difference in standardized beta weights).

You reference Misurya et al. (2021) regarding psychological flexibility but do not explain how psychological flexibility theoretically mediates coping with performance failure; a 1–2 sentence explanation would clarify the mechanism.

The phrase "without emotional self-compassion, the cognitive advantages of a growth mindset might be insufficient" is insightful but could be improved by suggesting supporting empirical evidence, if available.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.