Anxiety Sensitivity and Stress Appraisal as Predictors of Performance Anxiety in Athletes

Angel Lee[1]*, Syarifah Maisarah[1], Yoko Wong[2]

[1] Faculty of Social Sciences & Liberal Arts, Department of Psychology, UCSI University, Kuala Lumpur, Malaysia
[2] Faculty of Humanities, Department of Psychology, Nanyang Technological University, Nanyang, Singapore

* Corresponding author email address: angellee10@ucsiuniversity.edu.my

Editor	Reviewers
Özgür Eken Associate Professor, Inonu University, Malatya, Turkey ozgureken86@gmail.com	**Reviewer 1:** Mohammad Reza Khodabakhsh Department of Psychology, Neyshabour Branch, Islamic Azad University, Neyshabour, Iran. Email :hodabakhsh@ut.ac.ir **Reviewer 2:** Alireza Rajabipoor Meybodi Associate Professor, Department of Business Administration, Yazd University, Yazd, Iran Email: Rajabipoor@yazd.ac.ir

1.   Round 1

1.1   Reviewer 1

Date: 05 March 2025

Reviewer:

"Performance anxiety is a prevalent phenomenon among athletes...". While accurate, the opening would be stronger if contextualized with a prevalence statistic or a reference to recent epidemiological studies on performance anxiety rates.

In Methods - Study Design and Participants, you note "various sports clubs and athletic organizations across Malaysia", but do not provide breakdowns by sport type at this point. It would improve clarity to briefly mention the balance between individual vs team sports here, not only later.

In Measures - Anxiety Sensitivity, while you mention "excellent psychometric properties", consider briefly mentioning if ASI-3 has been validated specifically in Southeast Asian populations for better cultural appropriateness.

The statement "Skewness and kurtosis values for all variables were within the acceptable range of -1 to +1..." could cite an authoritative reference (e.g., Kline, 2011) to justify this threshold.

The report states "Performance anxiety was positively and significantly correlated with anxiety sensitivity (r = .57, p < .01)". Consider providing a brief interpretation directly under Table 2 (e.g., "indicating a large effect size") using Cohen's standards.

In the paragraph "Finally, the cultural context should be considered.", you mention cultural attitudes but do not provide any Malaysian-specific evidence (e.g., studies on collectivist cultural impact on stress). Adding such support would strengthen the point.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 09 March 2025

Reviewer:

In the paragraph starting "Anxiety sensitivity, conceptualized as the fear of anxiety-related sensations...", the link to Lazarus' theory could be briefly integrated to show early how appraisal ties into emotion generation.

The sentence "Exploring how these factors interact to influence performance anxiety can offer deeper insights into athlete psychology..." could be strengthened by citing recent meta-analyses supporting integrated models.

The paragraph beginning with "The association between anxiety sensitivity and stress appraisal is also theoretically compelling" would benefit from specifying whether previous studies tested mediation models or only theoretical assumptions.

In the paragraph after Table 4, where you note "anxiety sensitivity showing a slightly stronger standardized effect", it would be valuable to quantify this ("$\beta = .48$ vs $\beta = .32$") to reinforce the comparison.

In the paragraph starting "Importantly, the regression results indicate that both anxiety sensitivity and stress appraisal are unique and significant predictors...", consider specifying practical recommendations for intervention (e.g., "targeting anxiety sensitivity may yield a 48% higher impact based on standardized beta values").

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.