

ENEWS

IAAP DIVISION 12

SPORT PSYCHOLOGY

2023 – Issue 1

Contact Us

IAAP Division 12

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More information about Division 12 and contact details can be found on the IAAP Division 12 webpages.

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EDITORIAL

Welcome to the summer issue of the Division 12 bulletin. Allow me to introduce myself, I'm Maria Stefania Ionel and starting with this month I will be the Communications Officer of the Sport Psychology Division (Division 12) of the International Association of Applied Psychology (IAAP). Please keep on sending your news, announcements, or information about Exercise and Sport Psychology related activities in your area. Many thanks to all contributors to this issue!!

UPCOMING CONFERENCES AND EVENTS

- August 7 - 10, 2023, Bern (Switzerland): [6th Congress of the International Rock Climbing Research Association \(IRCRA\)](#).
- September 15, 2023, Innsbruck (Austria): [Tyrolean Day of Sports Psychology](#) (in German).
- September 20 - 22, 2023, Gijón (Spain): [European Sport Congress](#).
- 18 - 21 October 2023, Orlando (Florida, United States): [38th Annual Conference of the Association for Applied Sport Psychology](#) (AASP).
- June 13 - 15, 2024: XVIII Spanish National Congress of Sport and Exercise Psychology. Organizers: the [Spanish Federation of Sport Psychology](#) (FEPD) and the [Catalan Association of Sport Psychology](#) (ACPE). More information following soon.
- July 15 - 19, 2024, Innsbruck (Austria): [17th European Congress of Sport and Exercise Psychology \(FEPSAC\)](#). The congress theme will be "Performance under Pressure" in sports (broadly understood to include elite, youth, school, e-sports, military, police, performing arts, medicine, and business). The program consists of pre-conference continuing education workshops, invited keynote talks, symposia, workshops, panels, lectures, and poster sessions. Abstracts addressing the scientist-practitioner perspective are strongly encouraged. Dates to make a note of



are: Opening abstract submissions and registration 09 October 2023; Closing abstract submissions 15 Jan 2024. Please see the conference website for more details and sign up for the congress newsletter to receive the newest information on keynote speakers, workshops, awards and more. FEPSAC and the Congress 2024 Team hope to see you in person in Innsbruck 2024!

- July 30 - August 1, 2024, Bath (United Kingdom): [9th International Conference for Qualitative Research in Sport and Exercise](#) (QRSE).

JOB POSITIONS

- [Athletics Mental Health Coordinator/Psychologist](#) (On-Site), University of Northern Colorado, Greeley (Colorado, United States).

INTERNSHIP POSITIONS

- [Permanent Internship Positions](#), European Federation of Sport Psychology (FEPSAC).

FUNDING AND GRANTS

- PhD Student Guides for Funding: www.findaphd.com

PROFESSIONAL ACTIVITIES AND ACHIEVEMENTS

The European Federation of Sport Psychology (FEPSAC) has established the **European certification for Specialists in Applied Sport Psychology** (SASP-FEPSAC). All sport psychology practitioners that are willing to obtain the newly developed FEPSAC Professional Certification can review all required prerequisites and criteria on their website www.fepsac.com/certification. Submission deadlines are each year in March and September. To submit portfolios this year, the online form will be open until the 30th of September 2023.

The **International Association of Psychologists in Climbing** (www.iapsyc.com) was founded in October 2020. Through monthly interventions and common projects, such as the '[Consensus Statement on Eating Disorders in Climbing](#)' released in February 2023 the Association promotes research-based and applied sport psychology in climbing in order to help destigmatizing psychology and mental health in climbing and educate both climbers, coaches and federations.

The [Exercise & Sport Psychology Group](#) was founded in November 2019 by Maria Stefania Ionel at [RIDDLE Lab](#), Department of Psychology, Babes-Bolyai University, Cluj-Napoca, Romania being composed by 7 members. Currently, there is a call for one volunteer starting in October 2023. Please send a CV and Motivation Letter until September 15th to maria.stefania.ionel@psychology.ro.

On April 26-28, 2023, the **International Congress 'Equality on the Move'** was held in Barcelona addressing the barriers to women's equality in Sport. The event was organized by the General Secretariat of Sport and Physical Activity through the National Institute of Physical Education of Catalonia (INEFC), and with the coordination of the Presidency and Equality and Feminism departments of the Government of Catalonia (Generalitat de Catalunya). Presenters from Australia, Norway, and the US joined colleagues from all over Spain to look for solutions. Social, psychological, and organizational perspectives were presented. The website includes access to presentations, conclusions, and abstracts,

both in English and Catalan and will remain functional until Sept 1, 2023. www.laigualtatenjoc.cat.

Zsanett Bondar, coordinated by Claudio Robazza, PhD, defended her doctoral thesis on July 18, 2023, in the Department of Neuroscience, Imaging and Clinical Sciences, "G. d'Annunzio" University of Chieti-Pescara, Chieti (Italy). Her thesis was titled "Performance states and mindfulness practice through the lens of neuroscience".

- Bondár, R. Zs., Bertollo, M., di Fronso, S., & Robazza, C. (2021). Mindfulness to Performance Enhancement: A Systematic Review of Neural Correlates, *International Review of Sport and Exercise Psychology*. <https://doi.org/10.1080/1750984X.2021.1949742>
- Siekańska, M., Bondar, R. Z., di Fronso, S., Blecharz, J., & Bertollo, M. (2021). Integrating technology in psychological skills training for performance optimization in elite athletes: A systematic review. *Psychology of Sport and Exercise*, 57, 102008. <https://doi.org/10.1016/j.psychsport.2021.102008>
- Bondár, R. Z., Robazza, C., di Fronso, S., & Bertollo, M. (2022). Personality traits and psychobiosocial states among athletes: The mediating role of dispositional mindfulness. *Sport, Exercise, and Performance Psychology*. <https://doi.org/10.1037/spy0000300>
- di Fronso, S., Robazza, C., Bondár, R. Z., Bertollo, M. (2022). The Effects of Mindfulness- Based Strategies on Perceived Stress and Psychobiosocial States in Athletes and Recreationally Active People. *International Journal of Environmental Research and Public Health*, 19(12):7152. <https://doi.org/10.3390/ijerph19127152>

RECENT PUBLICATIONS

- Ciria, L. F., Román-Caballero, R., Vadillo, M. A., Holgado, D., Luque-Casado, A., Perakakis, P., & Sanabria, D. (2023). An umbrella review of randomized control trials on the effects of physical exercise on cognition. *Nature Human Behaviour*, 1-14. <https://doi.org/10.1038/s41562-023-01554-4>

ANY NEWS TO SHARE?

Please contact us if you have additional information, items to share, questions to ask, ideas to put forward in relation to Division 12 activities. The Executive Committee aims to contribute to eNews 5-times a year (February, April, June, October, December). Your news can be included if you send it by the 1st Monday of the month. Calls for items will be sent out on the 3rd Monday of the preceding month (January, March, May, September, November). We welcome contact from all our Members and those interested in joining.

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