

Advanced Psychological Strategies and Anxiety Responses in Sport

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This study examined the use of four advanced psychological strategies (i.e., simulation training, cognitive restructuring, preperformance routines, and overlearning of skills) and subsequent competitive anxiety responses. Semistructured interviews were employed with eight highly elite athletes from a number of team and individual sports. Participants reported using each strategy to enable them to interpret their anxiety-response as facilitative to performance. Only cognitive restructuring and overlearning of skills were perceived by the participants to exert an influence over the intensity of cognitive symptoms experienced. The perceived causal mechanisms responsible for these effects included heightened attentional focus, increased effort and motivation, and perceived control over anxiety-related symptoms. These findings have implications for the practice of sport psychology with athletes debilitated by competitive anxiety in stressful situations.

The area of competitive anxiety continues to attract a considerable amount of research attention in the discipline of sport psychology (Hanton, Neil, & Mellalieu, 2008; Mellalieu, Hanton, & Fletcher, 2006). Traditionally, researchers studied the intensity (i.e., the amount or level) of competitive anxiety and its associated cognitive and somatic symptoms to predict and/or explain variance in performance (e.g., Martens, Burton, Vealey, Bump, & Smith, 1990). However, the development and expansion of anxiety research has generated other dimensions that warrant attention. One dimension that has become the focal point of a substantial body of research is the notion of *direction*, which refers to the extent with which the intensity of symptoms associated with competitive anxiety are interpreted as having either positive or negative effects upon performance on a facilitative-debilitative continuum (Jones, 1995). Alongside researchers observing that anxiety-related symptoms can be further appraised, interpreted and ultimately labeled as facilitative to performance (e.g., Hanton & Connaughton, 2002; Perry

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Witness for the Prosecution: Justice, Truth, and the Drama of Courtroom Strategy Tim Madsen, Witness for the Prosecution Justice Truth and the Drama of Courtroom Strategy is a definitive exploration of Billy Wilder's 1957 cinematic masterpiece adapted from Agatha Christie's legendary play This book delves deep into the narrative characters and suspenseful craftsmanship that have made the film a timeless classic blending legal intrigue with psychological and ethical complexity Through ten detailed chapters the book examines the film's intricate plot the moral ambiguities of its characters and the subtle strategies that heighten tension and suspense Readers will gain insight into Wilder's directorial techniques his use of mise en scene lighting camera work and editing to create a morally and emotionally charged courtroom drama It also situates the story within the social and cultural context of the 1950s exploring themes of gender class perception and the human pursuit of justice Complete with a preface glossary of terms and extensive references for further reading this book serves as both a scholarly analysis and an accessible guide for enthusiasts of film literature and legal drama Whether you are a student of cinema a fan of suspenseful storytelling or interested in the ethical complexities of human behavior Witness for the Prosecution Justice Truth and the Drama of Courtroom Strategy offers a comprehensive engaging and authoritative look at one of cinema's most enduring courtroom masterpieces

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