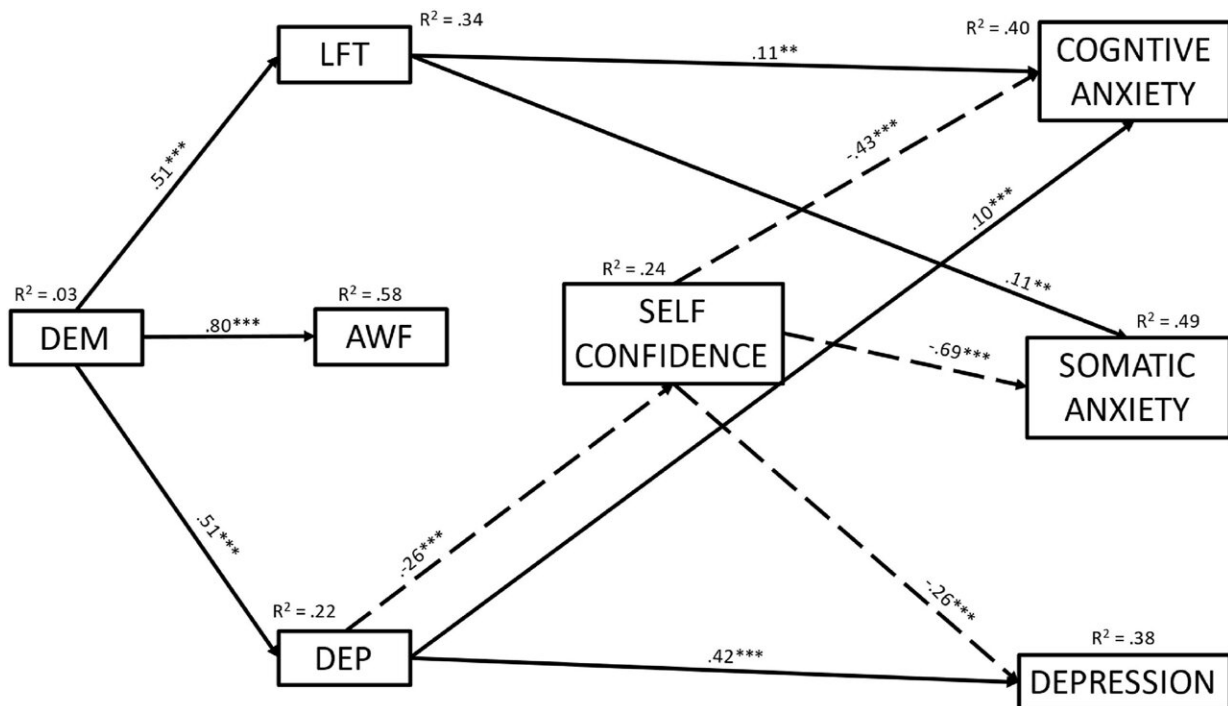


Study reveals warning signs of poor mental health in athletes

February 8 2023



Path analysis testing the revised model for the effect of irrational beliefs on self-confidence, cognitive and somatic anxiety, and depressive symptoms. Note: Cognitive and somatic anxiety refer specifically to competitive anxiety. Full lines denote significant positive relationships and dashed lines denote significant negative relationships. Numbers refer to standardized beta values. * = p

Citation: Study reveals warning signs of poor mental health in athletes (2023, February 8) retrieved 24 April 2024 from <https://medicalxpress.com/news/2023-02-reveals-poor-mental-health-athletes.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.