

# PERSEVERANCE

NEWSLETTER OF THE CPA SPORT & EXERCISE PSYCHOLOGY SECTION



JAMES WEST  
PHOTOGRAPHY

## ISSUE 4 • FALL/WINTER 2017

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# Greetings from the Sport & Exercise Psychology Section's Executive Board



Dear colleagues,

It is a tremendous pleasure to share the fourth edition of our newsletter with you, which, in my opinion, surpasses the previous editions in terms of content and production process. This is proof that we have stuck to the course

defined in our inaugural issue, and that we have also gained in efficiency.

All this to say that the Sport & Exercise Psychology Section of the Canadian Psychological Association now possesses solid and durable foundations to hold its activities, and hence the ability to welcome the growing community of enthusiasts of this clinical and methodological area. 2017 saw Sally Powis-Campbell, Trista Friedrich and Troy Rieck pass the baton to Zarina Giannone, Laura Sevigny, Emily Wolfe-Philips and Rose-Marie Doyon-Dolinar. The outstanding synergy from their combined talents comfortably enabled the acceleration required to meet the high standards inspired by the upcoming 2018 International Congress of Applied Psychology (ICAP), hosted in Montreal by the CPA.

Concretely, this synergy was instrumental in inviting three speakers at the top of their field to our sports program at ICAP 2018, and in organizing a sensational clinical workshop in collaboration with the Canadian Sport Psychology Organization. While reading this issue, you will notice, if you haven't done so already, that this workshop addresses a centerstage issue for our profession. The CPA Sport and Exercise Psychology Section's mission is to be responsive to its student and professional population's needs. An objective and means of fulfilling this mission is bringing together and activating a practice community that fosters self-actualization, as much for our professionals as for their clients, in a healthy and interprofessional climate of coexistence. Join us!

**Pier-Eric Chamberland**

*Chair, on behalf of the Executive Board*

*University of Guelph-Humber & Université du Québec à Trois-Rivières*

Chers collègues,

C'est un plaisir immense de vous présenter la quatrième édition du magazine d'actualités de notre section, qui, à mon avis, dépasse les numéros précédents en termes de contenu et du processus de production. C'est le signe que nous avons bien gardé le cap défini lors du numéro d'inauguration et gagné en efficacité. Nous en tirons même de nouvelles leçons qui encouragent à innover encore davantage au prochain numéro!

Tout cela pour dire que la Section de Psychologie du Sport et de l'Exercice de l'Association Canadienne de Psychologie possède désormais des fondations solides et durables pour tenir ses activités, et ainsi accueillir la communauté grandissante d'enthousiastes de cette spécialisation clinique et méthodologique. L'année 2017 a vu passer un passage du témoin de course à relais de Sally Powis-Campbell, Trista Friedrich et Troy Rieck à Zarina Giannone, Laura Sevigny, Emily Wolfe-Philips et Rose-Marie Doyon-Dolinar. La synergie incroyable résultant de la combinaison de leurs talents a permis de réaliser en tout confort l'accélération nécessaire pour atteindre le calibre qu'inspire le Congrès International de Psychologie Appliquée (ICAP), accueilli en 2018 par l'ACP à Montréal.

Concrètement, cette synergie a facilité l'invitation de trois conférenciers<sup>2</sup> au sommet de leur domaine pour notre programme sportif au ICAP 2018 ainsi que l'organisation d'un atelier clinique sensationnel en collaboration avec l'Association Canadienne de Psychologie du Sport. En parcourant cette publication, vous constaterez, si vous ne l'avez pas déjà fait vous-même, que l'atelier s'inscrit dans une thématique au premier plan de l'actualité pour notre profession. La Section de Psychologie du Sport et de l'Exercice de l'ACP a pour mission d'être à l'écoute des besoins de sa population étudiante et professionnelle qu'elle dessert, et d'orienter ses efforts à la résolution de ses problèmes. Un objectif et un moyen pour remplir celle-ci est de rassembler et d'animer une communauté de pratique qui assure l'épanouissement professionnel autant que ceux de nos clients dans un climat sain de cohabitation interprofessionnelle. Joignez-vous à nous!

<sup>1</sup> I will dedicate efforts towards a balanced gender representation in the 2019 speakers program.

<sup>2</sup> Je dédierai des efforts à la représentation équilibrée des genres dans le programme de conférenciers pour 2019.

# Meet our 2017-2018 Executive

*What made Toronto 2017 such an exceptional convention was the gathering of so many sport psychology enthusiasts who wanted to leave a mark. Meet the outstanding individuals who banded together to ensure that Sports Psychology keeps striving in Canada in 2017 and 2018. Consider joining us for 2018-2019!*

## Zarina Giannone: Treasurer



Zarina is a Public Scholar and a PhD student in Counselling Psychology at the University of British Columbia (UBC), where she also obtained her BA (2012) and MA (2016). Under the co-supervision of Drs. David Kealy and Daniel Cox, her

research program of research focuses on athletic identity, athlete mental health, and sport career transition. Her competitive athletic history, playing on the Canadian National Soccer Team (youth) and the UBC Women's Soccer Team, has inspired her research and clinical work with athletes.

Zarina has been the recipient of several prestigious academic awards including a Joseph-Armand Bombardier Scholarship (Master's and Doctoral SSHRC), Sport Canada Research Award, and Four Year Doctoral Fellowship (UBC). She is passionate about student leadership and recently completed a three-year term as a Board Member on the CPA's Board of Directors. Zarina works as a Graduate Research Assistant at the Mental Health Institute in the Department of Psychiatry at UBC. In her spare time, you can find her at the gym or playing with her miniature dachshund, Piccolo.

Thanks to her experience as Chair of the Student Section (2016-2017), Zarina has been wisely managing our finances and giving thoughtful advice. She kept us reliably updated on the section's revenues and expenses, and produced our 2017 financial report and 2018 budget with our Chair's assistance.

## Laura Sevigny: Student Representative



Laura is in the final year of her undergraduate (BA Honours Psychology) at St. Francis Xavier University (St.FX), where she also works as a Research Assistant to Dr. Margo C. Watt. Her current research interests include athlete mental health, leadership, and athletic behaviour within

positional play. In her free time, Laura likes to keep busy by travelling abroad or training for her up and coming marathon.

Even as a new member of CPA, Laura has shown an exceptional readiness to get involved and work alongside the other executive members. She is most definitely a member to follow in the next years!

The logo features a red maple leaf in the center. To the left of the leaf is the text "CANADIAN PSYCHOLOGICAL ASSOCIATION" and to the right is "SOCIÉTÉ CANADIENNE DE PSYCHOLOGIE". Above the leaf, it says "SPORT AND EXERCISE PSYCHOLOGY" and "SECTION OF THE CPA". Below the leaf, it says "PSYCHOLOGIE DU SPORT ET DE L'EXERCICE" and "SECTION DE LA SCP". The entire logo is set against a white background with red borders at the top and bottom.

# New Positions: beyond Member-at-Large

*Assigning specific roles to the available Member-At-Large positions seemed a logical decision in order to help the Executive fulfill its agenda in an efficient and synergistic fashion. Once the motion was voted at the Annual General Meeting, two great women stepped in with a clear idea of how they would (re)define these newly labelled positions, and beyond. Meet Emily Wolfe Phillips and Rose-Marie Doyon Dolinar.*

## **Emily Wolfe Phillips: Convention Manager**



Emily Wolfe Phillips is pursuing her Master's Degree in Human Kinetics at the University of Ottawa, where she also received her Honours Bachelor of Science in Human Kinetics with a minor in Psychology. Currently a research assistant at the Physical Activity and Health

Promotion Lab of University of Ottawa, her research interests include burnout, mental health, and physical activity. Emily enjoys travelling, cooking, and being outdoors in her free time.

Emily was really is looking forward to be a part of the CPA community, and it showed: her first achievement as member-at-large was to foster interaction between with our sister association, the Canadian Society of Psychomotor Learning and Sport Psychology (see her report in this issue!). Most recently, she fulfilled her role of Convention Manager by coordinating the review process for a record-breaking number of abstracts submitted to our track of the joint convention with the International Association for Applied Psychology.

## **Rose-Marie Doyon Dolinar: Communications Officer**



Rose-Marie Dolinar is a PhD candidate at the University of Western Ontario, in Measurement and Methods, working under the supervision of Dr. Andrew M. Johnson. Having witnessed the benefits for youth as a coordinator of weekend sports for over 15

years, Rose-Marie developed an active interest in sport and exercise psychology and decided to join CPA as a Special Affiliate. Her research interests include factor analysis of cognitive function domains, as well as early detection of lung disease.

As communication officer, her goal is to open venues for discussion between our Sport and Exercise Psychology Section members. Thanks to her interpersonal skills and acumen, Rose-Marie quickly became instrumental to the synergy of our group. She kept an eye on our monthly agenda, took notes for our minutes, gathered newsworthy material as it came, initiated a full update of our webpage and provided invaluable assistance in the preparation of this newsletter. Let's hope Rose-Marie stays with us many years!

# News & Opportunities: ICAP 2018

## ICAP 2018 Congress-Invited Speakers Sport & Exercise Psychology Track

We are excited to announce our Congress-Invited speakers for the Sport & Exercise Psychology track: eminent scholars Dr Martin S. Hagger, Dr William D. Parham and Dr Markus Raab!

Dr Hagger's state-of-the-art lecture is titled «Developing a Way to Describe Psychology Theories Applied in Health Behavior Research: A Process Diagram Approach». Dr Parham's Congress-invited (and cross-section!) keynote on culturally-informed sport psychology is titled «A Way Forward: Mapping a Path on Which Sport Psychology Can Travel in the 21st Century». Dr Raab's Congress-invited keynote is titled «Sport Psychology: A New Perspective on Motor Heuristics and Embodied Choices».

## Registration Costs Subsidy

The CPA will subsidize the conference participation of all of its members and student affiliates in ICAP 2018. While the early bird registration fee for CPA and IAAP members has been set at \$595;

-The CPA will give an **automatic reduction of \$100** to all CPA members who register for ICAP2018 by the early bird registration deadline (**February 28**). This means that instead of paying the early bird registration rate of \$595 to attend the five-day, international conference, **CPA members will pay \$495**.

- **All CPA student affiliates will receive a \$75 reduction in conference registration fees, no matter when they register**, meaning that they can attend the ICAP for as low as **\$175 !**

## Student Poster Competition

Each student section member presenting a poster in the Sport & Exercise Psychology track will be entered in the competition for Best Student Poster Award. The winner will be awarded a prize of one hundred dollars (\$100), as well as the opportunity to publish their research in a summary article in our Newsletter. Make sure that you are registered as member of the Sport & Exercise Psychology section by March 1st to qualify in the competition!

## Joint Workshop with CSPA

This year's joint pre-convention workshop with CSPA is «Inter-professional collaboration in Sport Psychology: achieving synergy between clinical psychologists and mental performance consultants.» The workshop, to be taught by CSPA members Daphné Laurin-Landry PhD/Psy.D., Heidi Malo MHK and Shaun Taylor PhD., is currently under consideration for CE credits in June 2018. If you hesitate or are unable to attend the whole week of ICAP, we nevertheless recommend strongly to attend this workshop, as the registration for this pre-convention workshop can be done separately.

<https://secure.cpa.ca/apps/Pages/ams-event-details/32105?isPreview=False>

## Poster acceptance notifications

Check your mailbox around mid-February for notifications of accepted submissions to the 29th International Congress of Applied Psychology (Montreal, Quebec, June 26-30). In the meantime, check out the full list of invited speakers here:

<http://www.icap2018.com/>

# News & Opportunities: Section Matters

## Membership Dues

The executive board determined that a modest increase of membership dues was necessary to maintain the section's activities. This decision follows CPA's increase of its percentage on section membership dues. Dues were increased from 10\$ to 12\$ and from \$5 to 6\$ for professional and student members respectively. As increasing our membership allows to compensate membership fees increases, we kindly encourage you to encourage your colleagues to sign up!

## Bylaws/Terms of Reference

The document of our Section's Terms of Reference (aka Bylaws) is currently being updated. Beyond adding the new role descriptions for the member-at-large positions (voted in June 2017), the board agreed to combine the 2011/2012 main document and the 2013 amendments in a single document. Modifications will be outlined in a working document showing original content on the left and new formulation on the right. Members who would like to comment on the process will be invited to do provide comments, once the first draft of the working document is complete.

## Nomination of Dr. Kate Hays as CPA Fellow

The executive board decided to highlight Dr Kate Hays' contribution to Sport Psychology in Canada (and North America) by nominating her for the title of CPA Fellow. Members who would like to express additional support are welcome to send a brief message to [sport.exercise.cpa@gmail.com](mailto:sport.exercise.cpa@gmail.com)

## Sister Associations

**New PHE journal issue is available.** A new issue of the Physical and Health Education Journal, published by PHE Canada, is now available <http://journal.phecanada.ca/>

**New NASPSA Newsletter issue is available.** The Fall 2017 issue of the North American Society for the Psychology of Sport and Physical Activity is now available at <http://naspsa.com/wp-content/uploads/2014/11/NASPSA-42-3.pdf>

**New Issue of SportPsych Works on the APA Div.47 website.** In a follow-up to the last issue on Athlete Activism, the current issue focuses on Sport Advocacy: <http://www.apadivisions.org/division-47/publications/sportpsych-works/advocacy.pdf>

**CSPA Webinar on Aboriginal Athletes.** If you were interested about the Nov. 30 webinar offered by the Canadian Sport Psychology Association titled «Supporting Aboriginal athletes: Lessons learned through Indigenous community-based research», please inquire. Upcoming Webinars: <https://www.cspa-acps.com/single-post/2017/11/01/CSPA-Webinar>

**APA Div.47 Webinar Recordings.** Two new recordings of APA webinars are now available. The first is a «How did you get that job?» Q&A with Sports Psychologist Nyaka Niilampti. The second is a Div.47 Training Webinar on Performance with Dr Sari Shepphird, Dr Charlie Brown, and Dr Gloria Park, moderated by Dr Kate Hays. <http://psyciq.apa.org/get-job-qa-sports-psychologist-dr-nyaka-niilampti/>

<http://www.apadivisions.org/division-47/news-events/webinars/index.aspx>

# Convention Report: 2017 SCAPPS meeting



**Emily Wolfe Phillips, BSc**  
*School of Human Kinetics, University of Ottawa*

This fall, I had the opportunity to attend The Canadian Society of Psychomotor Learning and Sport Psychology (SCAPPS) annual conference in St. John's, Newfoundland. The objectives of SCAPPS are (1) to promote the study of Sport and Exercise Psychology, Motor Control, Motor Learning, and Motor Development in Canada, and (2) to encourage the exchange of views and scientific information in the fields related to psychomotor learning and sport and exercise psychology.

As my interests reside in exercise psychology, I will focus on my experiences with this area of the program. As a graduate student, I found it very interesting that SCAPPS presents the Franklin Henry Young Scientist Award to a trainee of each discipline (i.e., psychomotor learning and sport and exercise psychology). This year, Dr. Erica Bennett from the University of British Columbia was awarded the Young Scientist Award for exercise psychology and had the opportunity to present her research during the opening of the conference. I felt that her presentation on how women aged 65 to 94 perceive, experience, and cope with their aging bodies was extremely interesting, relevant, and highlighted the importance of interdisciplinary research, as she presented a psychological and cultural perspective of key issues in kinesiology research.

Further, I had the opportunity to attend the sport and exercise psychology keynote address presented by Dr. Catherine Sabiston from the University of Toronto that focused on emotions in sport and exercise. Her research challenges the status quo and pushes to change the perceptions of traditionally “good” or “bad” emotions. I thought that her presentation highlighted the applicability of sport and exercise psychology research to a wide range of populations and contexts. For example, Dr. Sabiston’s lab has looked at various emotions in adolescents who drop out of organized sports, female athletes, cancer survivors, as well as the general population.

As a kinesiology student, attending the SCAPPS conference provided me with the valuable opportunity to meet new people such as fellow students, prominent researchers in exercise psychology, and executive members of SCAPPS. I felt that the organizers of the conference made students feel welcome by offering events such as the student social. Additionally, many of the verbal and poster presentations were by students at various levels of their training including undergraduate, masters, doctoral, and post-doctoral students.

Personally, I also enjoyed the chance to travel to attend the conference. The organizers of the conference provided many opportunities to experience Newfoundland’s culture through events such as a guided tour to the Marine Institute’s Offshore Safety and Survival Center, a group walk to Signal Hill, traditional music, and of course a Screech-In ceremony.

Based on my positive experience with this year’s conference, I would strongly encourage all students and researchers interested in sport and exercise psychology to attend SCAPPS 2018 in Toronto, Ontario. Looking forward to seeing you all there!

- Emily

# Upcoming Conferences in Sports and Exercise Psychology

In addition to ICAP 2018, a series of conferences related to Sport & Exercise Psychology are coming this summer:

- **Southeast Regional Association for Applied Sport Psychology Conference**, Tallahassee, Florida, February 23-24.

- **Physical and Health Education Canada 2018 National Conference**, Whistler, British Columbia, May 17-19.

- **International Behavioural Trials Network**, Montreal, Canada, May 24-26. Submission deadline: January 22nd.

- **International Association for Cross-Cultural Psychology (IACCP) Congress**, University of Guelph, Canada, July 1-5. Submission deadline: Feb. 1st.

- **NASPSPA (North American Society for the Psychology of Sport and Physical Activity) 2018 Conference** in Denver, Colorado, June 21-23. Submission deadline: January 15th.

- **APA Div47 (SEPP)** program at the Annual APA Convention in San Francisco, CA, August 9-12.

- **32nd EHPS (European Health Psychology Society) Annual Conference**, Galway, Ireland, August 21-25. Submission deadline: February 14th.

- **2018 SCAPPS meeting (Canadian Society for Psychomotor Learning and Sport Psychology)**, Toronto, October 18-20. Submission window opens this summer!

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**International Behavioural Trials Network  
Conference 2018**  
May 24-26 in Montréal

**Registration Open**

Discounted rates until March 23 - visit [ibtnetwork.org](http://ibtnetwork.org) to register

## Qualitative Research Spotlight

# Transitioning out of Professional Football



**Daryl W.H. Stephenson, M.A.**  
University of Western Ontario

*This autoethnography follows my transition from playing professional football in the Canadian Football League, to starting a PhD. Retiring from sport has come with many complications, and I will discuss the set of complications that I experienced during my transition out of sport. I aim to describe the reality I lived in, the transitioning through professional sport to school, as being influenced by historical, structural, social, cultural, economic, educational, and ethnic factors. As I discuss the roller coaster that is the life of a professional athlete, I will focus on my perceptions of a CFL career, an athletic identity and identity loss, doubts and fears during transition, perception of bodily injury and concussions, job security, and how I perceived my identity within each culture. The information presented comes from memory, personal narratives, conversations with other athletes and coaches, journals of my thoughts after my last football season, and journals of my thoughts and reflections during school.*

Playing professional football was always my dream. I did not like thinking of another career because it made me think of the end of football. Football is not typically a long 'career' as the average CFL career spans 3.2 years (Black, 2011), and most professional players will have to continue with another career after their playing days are over. From when I was 6 years old until I was in my 4th year as a professional athlete, I did not worry about concussions. I did not worry that a concussion may become a potential problem for my football career or my life. I

worried about knee injuries more than a concussion. My lack of knowledge about the concussion experience led me to make some problematic assumptions during my first experience.

I experienced two concussions midway through my professional football career, the first one being one month after finishing my Master's degree. The first concussion happened during a preseason game. As weeks went by during my concussion recovery, I really started to worry. What are people thinking of me? Do they think I am faking it because there were no visible symptoms? Will I lose my spot? Will the recovery speed up? Do I even have a concussion anymore? The spiral of depressing thoughts, losing my career, not being able to retire on my own, and possibly leaving with concussion problems weighed heavily on me. A concussion does not visibly swell, bruise, or bleed. I knew it was difficult for everyone to know how I felt, but I wanted them to see me as tough, and know that I would battle through the concussion like every other injury experience I had. Being durable or tough is often praised in professional sports, especially in football. I read everything I could about concussions and recovery, and took all the recommended supplements. Even though I knew the consequences, I was willing to gamble with my choice of returning from recovery without knowing if I was fully healed.

I felt, and still feel, that I was privileged to be able to play professional football, so it was hard not to feel lucky to be there, and I believe this "feeling of luckiness" added to the importance I placed upon playing as much as possible in the short window that I had. I also tried to look at myself from a coaching perspective. I knew that if I were a coach, I would not want to keep a player around who had an uncertain recovery from concussion - not only because of the risk to my team's chance of winning, but also

because of the risk to the health of the player.

After failing to recover as quickly as I would have liked, I became an emotional wreck. My personal life completely fell apart. I wanted to be completely alone. I was filled with fear, anxiety, depression, and anger. There was nothing I could do but tap into those emotions. I could not run to relieve stress due to restrictions of exercise in my recovery protocol, and there was ongoing fear of making it worse. I could not go outside without pain from the sun. I felt trapped. The worst part was that I did not know the exact reason for my emotional problems. Was I emotionally unstable from my concussion? Was I just fearful that my career was about to end, and I had no future plans? Was I troubled with my athletic identity loss? Was I stressed that I looked fragile to my teammates? Was the lack of control with my injury and life at the time causing me stress? Regardless, I just felt so caged that I wanted to explode. Looking back, I think it was all of the above, but I didn't have the perspective at the time to sort out what was going on.

In my final year of playing, I was fortunate enough to win the Grey cup with the Saskatchewan Roughriders. After this accomplishment, I felt like I had finally achieved one of my long-term football goals - to win a championship. Shortly after this, I was accepted into a PhD program. It was all coming together for me, and this felt like the right thing to do. I decided to retire from football and go back to school.

I have heard this statement a few dozen times in my career, "what is the difference between an injured athlete and a slow athlete on film? There is no difference." This was our coach's way of telling us, if you hide your injuries, you're going to look bad on film. Now that I've started an academic career, I've wondered about how my concussion is affecting my academic performance. As an athlete, I worried that injuries were going to resurface or become chronic, and signal the end of my career, and now as an academic, the thought of my brain injury resurfacing has been an ongoing concern.

After making the transition to graduate school, I have worried about what people were thinking about me and if there was a stigma attached to concussions. As an athlete, I am accustomed to my job security being based on a coach's perceptions of my current abilities. This has translated into thinking about the relationships I have with professors and the students that I teach. I do not feel like I am primarily a graduate student, having been praised most of my life as an athlete and not as a student, which adds to my insecurities. I have also not played football, or signed up for any contact recreational sports, since playing in my last professional football game - largely out of fear of sustaining another concussion. However, as academic milestones go by, and I continue to play other sports, I get more confident that my injury is behind me.

### **Conclusion**

As a CFL player for six seasons, I have insight into the culture of professional football players in Canada, and this autoethnography provides a critical analysis of potential transition problems, and how some of my experiences may be leveraged to help athletes in transition.

### **References**

Black, M. (2011). *Players rely on education, experience after CFL career*. University of British Columbia Press. <http://thethunderbird.ca/2011/03/31/players-bet-on-education-after-cfl-career/>

*Stephenson is a PhD candidate in Health & Rehabilitation Science at the University of Western Ontario. He has received an undergraduate degree and master's degree from the University of Windsor, in the Department of Human Kinetics, the latter being in the field of Exercise Physiology. Daryl is currently focusing his research on concussions and concussion rehabilitation. Specifically, he will be employing qualitative methods to better understand employs reporting by Canadian Football League players.*

Reviewed by PE Chamberland, Z. Giannone & RM Doyon Dolinar

## ICAP 2018 Congress-Invited Speaker

**William D. Parham** Ph.D., ABPP

Loyola Marymount University

# A Way Forward: Mapping a Path on Which Sport Psychology Can Travel in the 21st Century



**Sponsored by the CPA Sections on Sport & Exercise Psychology and Counseling Psychology**

The discipline of sport psychology has enjoyed important growth and maturation during the last several decades. Related, the progress across many domains has been welcomed and heralded. For example, since its inception in the United States, sport psychology has promoted advances in theoretical and conceptual underpinnings, research designs and scholarly rigor, applications across sport performance domains, suggested implications for domestic as well as international sport psychology professional audiences, and stabilizing disciplinary identities which serve as a hallmark foundation on which to build an even more promising future.

The introduction of cultural sport psychology in the late 1980's through the 1990's represented an important shift in sport psychology. The drive to form and solidify their professional identity fueled the early and formative years of the discipline. Cultural sport psychology, with its emphasis on acknowledging the complexities of larger environmental contexts (e.g., social, political, economic) and the impact said contexts have on how athletes think, feel and behave

fueled an important developmental transition within sport psychology from infancy and childhood into adolescence. Expanding theory, research and practice of sport psychology, from this point forward, through lenses of cultural sport psychology will continue to be important. In addition, offered for consideration is the belief that implicit bias, stereotype threat, a broader critical pedagogy, and a focus on the millennial generation positions the already healthy juvenescence of sport psychology to emerge into the fuller maturity of adulthood ready to inherit the abundant promises and opportunities that come with this new stage of development.

The proposed presentation advances a position that the aforementioned areas represent critical catalytic stimuli that are needed for continued healthy disciplinary growth and maturation. Further, discovering a deepening consciousness and sensitivity about how socially constructed and systemically-supported political, economic and other environments inextricably influence the ways in which people, across cultures, ethnicities, identities and

faiths navigate the inequities (e.g., economic, educational, occupational, etc.) to which they respond on a daily basis all but ensures long-term and sustaining healthy disciplinary growth and maturation.

In short, this presentation serves as an invitation for sport psychology professionals (e.g., psychologists, counselors, researchers and consultants) to enact two practices. First, to embrace self-reflection as a critically necessary component of their life-long development. Second, to develop and appreciate in concrete and measurable ways approaches to research, counseling practice and consultation that feel more inclusive and that more accurately captures the lived experiences and multi-dimensional identities (e.g., culture, race, ethnicity, gender, faith-based, sexual identity, etc.) of athletes they purport to serve.

*WILLIAM D. PARHAM, PH.D., ABPP is a Professor in the Counseling Program and Chair of the Department of Educational Support Services. He has devoted his professional career to teaching, training, clinical, administrative, and organizational consultation venues. The interplay between sport psychology, multiculturalism/diversity and health psychology represents the three areas of professional emphases with which he has been most associated. He is a licensed psychologist, Board Certified in Counseling Psychology by the American Board of Professional Psychology (ABPP) and Past-President of the Society of Counseling Psychology of the American Psychological Association where he also is recognized as a Fellow in Divisions 17 (Society of Counseling Psychology), 45 (Society for the Study of Culture, Ethnicity and Race) and 47 (Exercise and Sport Psychology). In addition to his administrative duties Dr. Parham teaches five courses including: Trauma Counseling: Theories and Interventions; Multicultural Counseling; Foundations of Counseling; Lifespan Development and Social, Emotional and Behavioral Functioning.*

*For most of his professional career, Dr. Parham has focused on working with athletes across organizations (e.g., National Basketball Association; National Football League; Major League Baseball; United States Olympic Committee; United States Tennis Association; Major League Soccer, UCLA, UC Irvine) across levels (e.g., professional, elite, amateur, collegiate and youth) and across sports (e.g., basketball, football, gymnastics, softball, baseball, track and field, tennis, golf, swimming, volleyball, figure skating). He also has worked with performance artists in drama, theatre and music.*

*Dr. Parham's emphasis on personal empowerment, discovering and cultivating innate talents and looking for hidden opportunities in every situation are trademark foci. The articles and book chapters he has authored during the course of his career and his participation on local, state and national boards, committees, task forces, and positions of governance adds to the visible ways in which he has tried to make a difference.*

## ICAP 2018 Congress-Invited Speaker

# Markus Raab Ph.D.

German Sport University of Cologne & London South Bank University

## Sport Psychology: A New Perspective on Motor Heuristics and Embodied Choices



Human performance requires choosing what to do and how to do it, but also harnessing experience to do it better and faster. Following a review of the state of the art in complex motor skills research in sports, this talk introduces the concepts of motor heuristic and embodied choices (Raab, 2017), meant to advance understanding of how motor and cognitive components of choices intertwine in order to achieve efficiency and accuracy in complex behavior. Results from a program of three studies (Raab et al., submitted for pub.) support those concepts by highlighting that one's movements have directed and quantifiable effects on higher cognitive processes such as perceptual judgments, problem solving, solution generation or perceptual discrimination. They challenge current conceptions by suggesting that action, perception and cognition are more linked than previously thought, and emphasize that choice production considers the actor's own bodily system and motor experiences.

*Dr Markus Raab is Head of the Institute of Psychology at the German Sport University of Cologne and research Professor at London South Bank University, UK. He is also current editor of the German Journal of Sport Psychology and section editor of the International Journal of Sport, Exercise and Psychology, as well as Associate Editor of Psychology, Sport and Exercise. He also serves the European Society of Sport Psychology as vice president of research, and is a member of the North American Society for Psychology of Sport and Physical Activity of the Canadian Society for Psychomotor Learning and Sport psychology (SCAPPS). He was awarded funding to establish an international platform called Mind and Motion, of 25 top scholars of embodiment. This and another international research platform resulted in books (e.g. Raab, Johnson & Heekeren, 2009) that mark the turning point in psychology and movement science, away from a cognitive-led approach to a more behaviour-led conception of the human mind.*

# ICAP 2018 Congress Master Lecture

## Martin S. Hagger Ph.D.

Curtin University & University of Jyväskylä

### Developing a Way to Describe Psychology Theories Applied in Health Behavior Research: A Process Diagram Approach



A multitude of social psychological theories have been applied to predict and understand health behavior. The sheer number of available theories presents a considerable challenge to researchers seeking to identify commonality and redundancy in the constructs and processes that determine health behavior. Just as problems of constructs with similar content named differently or different constructs using the same names hinders theoretical progress (c.f., Block's (1995) 'jingle' and 'jangle' fallacies), theory development is similarly impeded by problems in operationalizing how constructs relate to each other within theories (e.g., mediating and moderating relations). One proposed solution is to systematize terminology and descriptions of how constructs relate to each other in theories.

A system will provide a common means to operationalize the processes by which theory constructs relate to relevant outcomes (e.g., health intentions and behavior) in the health domain. I propose that such a system already exists in the diagrammatic forms offered in confirmatory analytic techniques of path analysis and structural equation modeling (c.f., Hayes, 2013). Application of such a system to describe relations among theory constructs not only provides a common means to operationalize health behavior theories, but also unifies theory with means to analyse

data collected to test the theory.phasize that choice production considers the actor's own bodily system and motor experiences.

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# ICAP 2018 Pre-Congress workshop

*Jointly organized with the Canadian Sport Psychology Association*

## Inter-Professional Collaboration in Sport Psychology: Achieving Synergy Between Clinical Psychologists and Mental Performance Consultants



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Ordre des Psychologues du Québec,  
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Mental Performance Consultant  
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Psychological intervention is increasingly showcased in Olympic Games media coverage, from Rio 2016 to Pyeongchang 2018. Yet a majority of sport psychology consultants in Canada are mental performance consultants rather than licensed psychology clinicians (Salmela, 1981; Woolway & Harwood, 2015). The first have a background in Kinesiology and/or in Sport Science and seek certification by the Canadian Sport Psychology Association, while the latter undergo classic training in clinical psychology and seek extra coursework in sport science. Mental performance consultants work at the front line when athletes require help in their mental game. They must, however, work in close collaboration with psychologists when performance meets mental health. Inter-professional collaboration is an underestimated aspect of the sport psychology practice despite its central importance for the excellence, personal growth and well-being of athletes.

In this workshop, a series of tools developed in collaboration by psychologists and mental performance consultants will be presented around two objectives. Combining a Cognitive-Behavioral Therapy approach and ecological (Bronfenbrenner, 1977, 1986) and talent development perspectives (Côté, Hancock, & Abernethy, 2014; Laurin-Landry, 2018), participants will be taught: 1) how to evaluate demands in mental preparation and psychology and 2) how each professional's services are combined synergistically. Specific learning goals stemming from

these two objectives will be articulated around three clinical cases and the participants' engagement in the discussion. In each clinical case, the complementarity of each expertise will be highlighted and the difficulties encountered will be discussed. Ethical questions associated with work in the sport industry will also be addressed specifically, as the practice of psychotherapy is supervised by a professional order in Quebec. By the end of the workshop, participants will be able to clearly identify respective roles and strengths of each professional, understand how they can complement each other's intervention, and anticipate when referral is required. An outline of the sport psychology assessment procedure will also be offered to participants.

### **Learning Outcomes:**

- *Identify respective roles, strengths and limitations of mental performance consultant and clinical psychologist.*
- *Identify how the mental performance consultant's work and the clinical psychologist's work can complement each other to enhance sport performance and well-being.*
- *Assess a sport psychology issue with a mental performance consultant point of view and a clinical psychologist point of view, leading to a decision making procedure for referral to either professional and for the establishment of collaboration between the two professionals.*
- *Identify the ethical challenges when working in the sport domain and how to deal with them.*

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## Spotlight: CPA 2017 Best Student Poster Award

# A Break from Social Media: The Relationship Between Social Media, Body Image, and Exercise

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### **Introduction**

The media is a long-standing influencer of both male and female body image (Levine & Harrison, 2009). For women, the media portrays idealized images of slender super models (Singh, 1994), while for men it's muscular bodybuilders (Leit, Pope Jr., & Gray, 2001).

When individuals are exposed to these idealized images, they will often make comparisons between their own physical appearance and that of the image. Such comparisons are known to result in a negative body image (Bartlett, Vowels, & Saucier, 2008; Groesz, Levine, & Murnen, 2002), and sometimes unhealthy behaviours such as disordered eating in women (Garfinkel & Garner, 1982; Grabe, Ward, & Hyde, 2008), and steroid use in men (Blouin & Goldfield, 1995; Drewnowski, Kurth, & Krahn, 1995; Schwerin et al., 1997). Recently, it has been suggested that traditional media, like magazines and billboards, are becoming increasingly obsolete (Sadler, 2016) with the rise of social media use. As such, researchers have become curious about the impact social media is having on the body image of men and women (e.g. Perloff, 2014).

It is thought that social media may impact body image in a way similar to the traditional media be-

cause the images portrayed through these mediums are similar. Images in traditional media are known to be heavily edited and photo-shopped (Farid, 2009; Harrison & Hefner, 2014). Research shows that images on social media are also heavily edited and posed (Bortree, 2005; Chua and Chang; Dominick, 1999; Fox & Vendemia, 2016; McLean, Paxton, Wertheim, & Masters, 2015; Santarossa, Coyne, & Woodruff, 2017), despite the assumption that these images are “real” and “natural”, since users supposedly share photos in real time. Additionally, social media even has its own type of idealized image referred to as “thinspiration” or “thinspo” (Columbia Broadcasting System New York, 2012; Spiegel, 2013; Bahadur, 2013). With this, social media is thought to have a particularly detrimental impact on the body image of users.

While a theoretical connection between social media and body image exists, few empirical studies have investigated the relationship. First, Tiggemann and Miller (2010) found that time spent on the social media sites Myspace and Facebook was associated with an increased drive for thinness. In a follow up study, Tiggemann and Slater (2013) found that Facebook users had higher levels of body image disturbance than non-users. Further, Kim and Chock (2015) found that simple exposure to social media was not associated with body image disturbance, rather there was a relationship between body image disturbance and social media engagement/participation (e.g. viewing and commenting on the profiles of peers). This finding suggests that it's not just the fre-

quency of social media use that important, but also the intensity of use. However, these studies described above have been correlational, making it impossible to determine causation and understand if body image disturbance can be caused by social media use, or if body image disturbance causes social media use. Thus, experimental research is needed to investigate the potential causal relationship between social media and body image.

### ***The Present Study***

The goal of the present study was to experimentally investigate the relationship between social media use and body image. While other studies have attempted to see if social media usage was associated with body dissatisfaction (Tiggemann & Slater 2013; Tiggemann & Miller, 2010), the present study explored the possible causal nature of this relationship through an experimental study. Our methodology was based on that of an earlier study from the Happiness Research Institute (Tromholt, 2016). In this study, half of the participants abstained from social media use for one week while the remaining participants continued with usual social media use. Those who engaged in a one week abstinence from social media reported increased life satisfaction and overall psychological wellbeing compared to the control group. For our study, participants were randomized into a control group where they continued regular social media use, or an experimental group where they abstained from social media use for one week. Changes in body image disturbance, as measured by social physique anxiety (SPA) and appearance satisfaction, over the one week period were compared between groups.

It has been suggested that the relationship between social media and body image is complex. Indeed, there are likely multiple moderator variables that warrant investigation (Perloff, 2014). One potential moderator could be exercise; there is meta-analytic evidence demonstrating a consistent positive relationship between exercise and body image (see Hausenblas & Fallon, 2006 for review). To our

knowledge, the role of exercise in relation to social media use and body image is unknown. Thus, we examined participants' self-reported exercise behaviour as a potential moderator.

### ***Hypotheses***

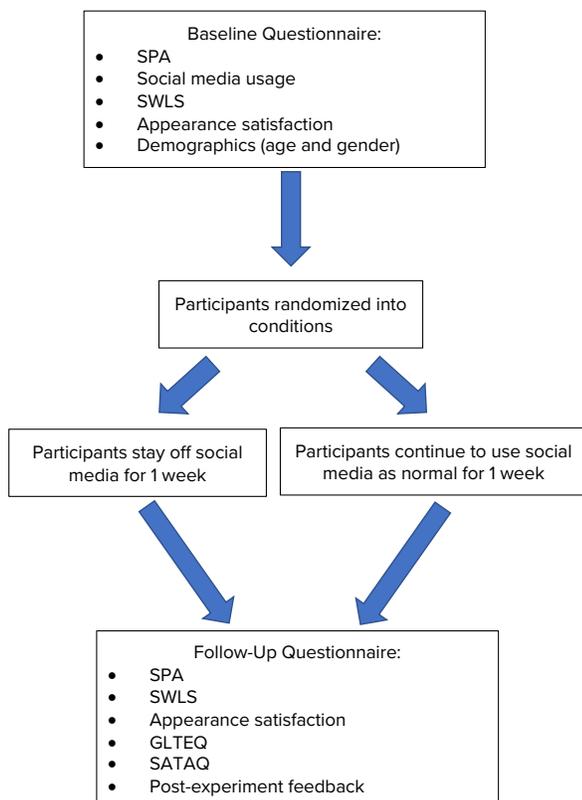
We hypothesized that participants in the experimental condition (i.e. the social media break condition) would experience an improvement in body image, as indicated by a decrease in Social Physique Anxiety (SPA) and an increase in Appearance Satisfaction (AS). Participants in the control condition (i.e. the normal social media use condition) would experience no change in body image, as indicated by no change in SPA and AS. We also hypothesized that exercise would moderate the effects of social media use on body image, such that participants who exercise would experience a greater improvement in body image, compared to participants who do not exercise.

### ***Method***

A visual breakdown of the procedure can be found in Figure 1, and a summary of each measure can be found in Table 1. Participants signed up for an in-lab experiment time on the participant pool website and were randomized to an experimental or control condition. Seven-days before their in-lab visit, participants were sent a baseline questionnaire via email. Participants who were randomized into the experimental condition received a message requesting they do not use any social media for the next week. These participants also received tips on how to avoid the temptation to use social media (e.g. delete the apps from their phone, deactivate their accounts). They were also sent a reminder email after three days. Participants in the control condition did not receive the request to refrain from social media, tips, or reminder. After 7 days, all participants came into the lab to complete the follow-up questionnaire. Course credit was received for participation.

**Table 1. Summary of variables under study**

Measure	Description	Source
Social Physique Anxiety (SPA)	Anxiety that is experienced in response to others' evaluations of one's physique	Martin, Rejeski, Leary, McAuley, & Bane, 1997
Social Media Usage	The frequency that participants reporting using social media on a daily basis (in hours).	Current study
Life Satisfaction	Measured by the Satisfaction with Life Scale	Diener, Emmons, Larsen, & Griffin, 1985
Appearance Satisfaction	Five visual analogue scales (VAS) items measuring satisfaction with facial appearance, weight and overall appearance, as well as feelings of attractiveness.	Want, Botres, Vahedi, & Middleton, 2015; Want & Saiphoo, 2017
Exercise Behaviour (GLTEQ)	Light, Moderate and Strenuous Physical Activity based on the Godin Leisure-Time Exercise Questionnaire	Godin & Shepard, 1985
Sociocultural Attitudes Towards Appearance (SATAQ-4)	How much of an influence participants felt their family, peers, and the media had on their appearance were measured using the family, peers, and media subscales of the SATAQ-4	Schaefer et al., 2015
Post-experiment feedback	Two questions assessed whether participants felt that social media influence their own and others' body image. An additional 4 questions were exclusively for participants in the experimental condition, and asked participants about their experience staying off social media in the past week.	Current study

**Figure 1. Procedure**

## Results

A 2 (Condition: experimental vs. control) by 2 (Time: baseline vs. follow-up) mixed ANOVA with repeated measures on the second factor was conducted on SPA scores. No main effect of time was found,  $F(1,77) = .250$ ,  $p = .618$ ,  $\eta^2 = .003$ . Similarly, there was no main effect of condition,  $F(1,77) = 6.71$ ,  $p = .752$ ,  $\eta^2 = .001$ . However, there was a significant interaction between time and condition,  $F(1,77) = 4.932$ ,  $p = .029$ ,  $\eta^2 = .060$ . An analysis of simple effects revealed that participants in experimental condition did not experience a change in their SPA, but participants in the control condition experienced an increase in SPA,  $F(1,77) = 3.655$ ,  $p = .060$ ,  $\eta^2 = .045$ . However, it's important to note that this effect was marginally significant. Means for each condition can be found in Table 2. There were no significant effects of time, condition, or the interaction for changes in AS.

To investigate the role of exercise in the rela-

**Table 2. Means and Analysis of Variance Results**

Condition	n	Pre-test M (SD)	Post-test M (SD)	p	95% CI of difference	Cohen's d
Social Media Break (1)	40	24.73 (6.12)	24.13 (5.65)	.224	[-.337, 1.58]	.102
Normal Social Media Use (2)	39	23.54 (5.52)	24.49 (6.58)	.060	[-1.94, -.039]	.156

relationship between social media and body image (i.e., SPA since we did not find an effect for AS), a stepwise regression was conducted. At step 1, condition was entered into the regression equation,  $F(1,77) = 4.932$ ,  $p = .029$ , and was significantly related to SPA change,  $\beta = .245$ ,  $p = .029$ . At step 2, GLTEQ score was entered,  $F(2,76) = 2.458$ ,  $p = .092$ , but was not found to predict SPA change,  $\beta = -.024$ ,  $p = .832$ .

### **Discussion**

Results did not support our hypotheses; participants in the experimental condition did not experience an improvement in body image. Instead, participants in the control condition experienced a slight increase in SPA over the course of the week. This means that participants who took a break from social media did not report any change in body image, while participants who continued to use their social media as normal reported worse body image compared to when they began the experiment. These findings do not directly support the idea that taking a break from social media can improve body image, however, they do support the idea that social media use may be harmful. One explanation for these findings is that social media abstinence may not improve body image because individuals are still exposed to idealized images elsewhere in daily life, such as traditional media like television commercials and magazines. Rather, social media may exacerbate ideals that are created and presented through these mediums. Qualitative feedback from participants corroborate this notion; when participants were asked why they think social media impacts body image, the majority said it was because social media displays norms for appearance, not creates them. Thus, social media may not cause body image disturbance,

but instead exacerbate effects of traditional media.

Additionally, we did not find evidence that exercise behaviour plays a role in the relationship between social media use and body image. This is surprising, given the literature supporting the relationship between body image and exercise. Our lack of support for exercise being a moderator in this relationship might be due to sampling bias. Participants in this study were kinesiology students at York University; a program where students are required to take practical courses that involve participating in physical activity. Accordingly, there was a lack of variability in physical activity levels.

### **Limitations and Future Studies**

The major limitation of this study is the social media abstinence component; it's possible that participants may not have fully adhered to the social media abstinence requirement. We tried to control for this by asking participants to honestly report their social media use over the week (even if they were in the experimental condition). Nonetheless, it was not possible to confirm that participants abstained from social media use for the duration of the study. In future studies, monitoring participants' social media use throughout the week may be an option for addressing this limitation. Additionally, the low sample size resulted in low power for our statistical analyses. There is value in future research to further examine the relationship between social media use and body image.

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## Perspectives article

# Off the Beaten Path: A Plea for Sanctioned Sport Psychology Training in Psychology Departments

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### Introduction

Athletes have arguably unique needs and vulnerabilities that warrant a certain expertise to be tended to. Over a decade of research challenges the perception that athletes are free from social and mental health problems: the pressure to perform puts them at higher risk for distress, hiding pain and injuries, and disorders such as bulimia and substance abuse (i.e. Dean & Rowan, 2014; Barnard, 2013; Ford, 2007). Campaigns such as Bell's «Let's Talk» are examples that awareness has reached the general public. Yet from the point of view of institutional training, athletes' status as a special population within the psychological community still seems unclear. In this short essay, I would like to share some of my observations as an athlete and aspiring sport psychology consultant.

I was acquainted with two branches of «sport psychology»: those who study sports in a Kinesiology program, who wish to understand the thoughts and mental performance of athletes, and those in a psychology program who wish to work with athletes. Having undertaken both, I have noticed that the latter group of practitioners is quite small. I first completed a degree in Kinesiology because the sport and exercise psychology classes available were in this program. From there I completed my BA (hons) in Psychology, where I noticed a stark difference between these two faculties. I went from being surrounded by athletes to a group where I was the only one interested in working with this population. As such, it also felt like I was the only one who thought that athletes should be considered a special population. Moving on to the Masters program in Counselling at the University of New Brunswick, I am still the only one in my classes choosing athletes and sport as special topics for research and presenta-

tions. While the autonomous nature of graduate studies allows seeking a unique area of specialization, I couldn't help but notice that the structure put in place for the prevalent profile of students was not meant to sanction one in sports psychology, to the point of seemingly driving me away from it.

Consistent with prior suggestions from potential supervisors that there were not enough athletes experiencing a certain mental health issue to achieve an academic and professional specialty on the subject (much less to make a living from it in Canada), I was directed a few times to choose a different population for coursework. I was left feeling that the typical psychology department does not view athletes as a viable population group for a psychology student to aspire working with in their eventual practice. A colleague of mine, who already held a Masters degree in Kinesiology, even refrained from furthering her education with a PhD in Clinical Psychology upon learning she would not be granted clinical hours with athletes. The thought being, why complete a degree program that will not let us work with the population we want to work with?

Conversely, do psychology graduates who succeed in specializing in sports psychology easily find a need for their services within the athlete population and the sport community? In my experience, the short answer is no. The emphasis in one's practice as a psychologist depends on personal preference, training, expertise, and, of course, staying within one's realm of competence which for many may not be sport science (Winter & Collins, 2016). Research suggests that athletes prefer a practitioner with a high level of sport-specific knowledge and that possessing an athletic background positively affects athletes' responses (Woolway & Harwood, 2015). Athletes view these practitioners as better able to relate to their experiences and better understand

the demands of the sporting environment (Lubker et al., 2012). Until academic and regulatory institutions acknowledge and respond to this requirement, we will keep encountering few peers within psychology who view athletes as a special population of their own, have a desire to work with this group, and/or have a background in sport or sport sciences.

Athletes are not simply goal-scoring machines and are just as vulnerable as non-athletes, if not more, to problems such as anxiety, anger, depression, emotional abuse or sexual trauma that have substantial effects not only on their performance but also their well-being (Dean & Rowan, 2014; Nattiv, Puffer & Green, 1997; Ford, 2007; Wippert & Wippert, 2008). Those increasingly common issues are beyond the scope of the performance psychology attracting Kinesiology graduates and rather reside within counselling and clinical psychology (Portenga et al., 2011). Discussing from an ethical viewpoint what practitioners are qualified to adequately prevent or resolve those issues, Winter and Collins (2016) narrow down the issue to having different organizations responsible for training individuals in the field of applied sport psychology – those focused on performance excellence versus those focused on therapy. Pepitas, Giges and Danish (1999) already insisted that understanding dynamics of the helping relationship should be emphasized in sport and exercise psychology programs. Fifteen years later, Sharp, Hodge and Danish (2015) still found that experienced sport psychology consultants identified a need for counselling skills within their consulting relationships, including listening to the athlete, providing comfort, and focusing on the whole person and not just the athlete. This is what graduate psychology programs are for.

As a member of both branches of sport psychology, I would like to challenge students and practitioners from both. Those educated within Kinesiology, I encourage you to seek out continuing education in counselling and psychological skills. Those educated in psychology, I encourage you to consider athletes as a special population. This is a unique group with its own challenges and needs and there are opportunities to expand your knowledge on how to work with this population. But ultimately, I encour-

age you all to make your needs known to your academic and regulatory institutions.

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***Perseverance***

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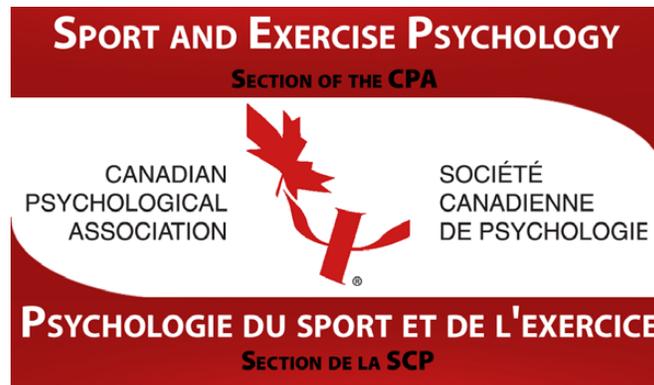
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