

“Is it really 90% mental? Unpacking the role of mental health in performance”

We are inviting manuscript submission for an upcoming issue of *Sports Psychiatry – Journal of Sports and Exercise Psychiatry* with the topic **“Is it really 90% mental? Unpacking the role of mental health in performance”**.

We welcome conceptual or empirical manuscripts with an international focus on the topic. This includes review articles, meta-analyses, consensus statements, full original research reports, case-reports, or brief communications, in keeping with the usual article types for *Sports Psychiatry*. The issue will focus on the following topics:

Studies with a focus on sports performance in competitive and elite athletes and recreational athletes that...

- examine the prevalence and course of mental disorders in various sports in relation to performance.
- discuss sports-specific stressors and mental disorder-promoting factors impacting performance.
- assess sports-related injuries and their effects on mental health and performance.
- focus on specific personality traits and other psychological factors associated with sports performance.
- discuss key components related to mental/psychological skills training that affect performance
- analyze specific psychological challenges and their impact on athletic performance and/or well-being.
- propose specific projects, frameworks, or infrastructures to enhance mental health and performance in sports.
- examine the impact of mental health treatment on athletic performance
- describe the use of mental/psychological skills and periodization of training to impact performance in athletes with and without a mental illness

Studies with a focus on the beneficial effects of sports on mental health and performance that...

- focus on sports as preventive and resilience-promoting factors for mental disorders including possible moderators.
- analyze therapeutic effects of sports during treatment of mental disorders.
- report and/or analyze combinations of psychotherapy and sports.
- analyze or propose psychological models associated with beneficial effects of sports for mental health and performance.
- report neurobiological effects of sports and their impact on performance.

Article types

- Original research, abstract max. 250 words; article max. 3000 words; max. 60 references; max. 6 fig./tab.
- Reviews / meta-analyses, abstract max. 250 words; article max. 4000 words; max. 80 references; max. 6 fig./tab.

- Letter to the editor / case reports / commentaries, max. 1000 words; max. 10 references; max. 1 fig./tab.
- Consensus statements, position papers, scope, only after prior editorial board approval

See also the instructions for authors on the journal website: www.hgf.io/spp

Article-processing charges (APC)

All articles published in *Sports Psychiatry* are open access and freely available online, immediately upon publication. In order to cover the costs of publishing the journal, including those of manuscript submission and peer review management, journal production, online hosting and archiving, liaison with abstracting and indexing services, as well as online distribution and data feeds to libraries, discovery services, content aggregators, and other information services, an article publication charge (APC) must be paid. Price details are provided in the open access order form. In addition, as detailed in the waiver policy and application form, Hogrefe is currently offering a generous waiver program for eligible authors. Eligible papers shall include papers by authors who do not have access to publication fee grants or funding, papers by authors who are not employed or funded by commercial organizations, and other papers as may from time to time be agreed by Hogrefe.

Approximate timeline for submissions

Authors are invited to submit a full manuscript due **June 15, 2025**. An optional letter of intent could be emailed to aschneeberger@health.ucsd.edu. All manuscripts will be subject to full editorial board and peer review and must be submitted [online](#). All accepted papers will be published in advance. We anticipate that the issue will be published in late Summer 2025.

We are looking forward to your submissions!

Todd Stull, MD, *Guest Editor*
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