

INPLASY PROTOCOL

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None declared.

Effects of mental fatigue on decision-making skill among soccer players: A systematic review with a meta-analysis

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Review question / Objective: Does mental fatigue influence decision-making skill among soccer players?

Condition being studied: It has been well investigated that mental fatigue negatively influence physical performance among sports players, however, as the most essential skill (decision-making skill) has not been well examined in a systematic review and meta-analysis.

Information sources: EBSCOhost, Pubmed, Web of Science, Scopus, Google Scholar.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 13 September 2021 and was last updated on 13 September 2021 (registration number INPLASY202190037).

INTRODUCTION

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METHODS

Participant or population: Soccer players.

Intervention: Cognitive tasks used to induce mental fatigue.

Comparator: Mental fatigue vs. low/non mental fatigue.

Study designs to be included: RCT.

Eligibility criteria: English language; prior cognitive task induces mental fatigue; soccer players; decision-making skill was outcome.

Information sources: EBSCOhost, Pubmed, Web of Science, Scopus, Google Scholar.

Main outcome(s): Effects of mental fatigue on soccer decision-making skill.

Quality assessment / Risk of bias analysis: PEDro scale (www.pedro.org.au).

Strategy of data synthesis: All data about mental fatigue influences decision-making skills among soccer players will be together, whatever in small-side games, full-game or lab.

Subgroup analysis: Male and female.

Sensitivity analysis: To adjust for publication bias, a sensitivity analysis was conducted using the trim and fill method, with L0 as the default estimator for the number of missing studies.

Country(ies) involved: China.

Keywords: mental fatigue; decision-making; soccer performance; soccer players.

Contributions of each author:

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