INPLASY PROTOCOL

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Conflicts of interest:
None declared.

Effects of mental fatigue on technical performance in soccer players: a systematic review with a meta-analysis

Sun, H.[1]

Review question / Objective: **The purpose of this systematic review and meta-analysis was to assess the effects of mental fatigue in soccer players in terms of technical performance.**
Condition being studied: **Subjects were mentally fatigued by prior mental exertion of cognitive tasks.**
Eligibility criteria: **(a) soccer players (b) cognitive tasks induce mental fatigue condition; (c) mentally fatigued group vs. non-mentally fatigued group; (d) techincal performance.**
Information sources: **Pubmed, Scopus, Web of Science, Ebscohost, reference and google scholar for grey literature.**

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 06 February 2022 and was last updated on 06 February 2022 (registration number INPLASY202220008).

INTRODUCTION

Review question / Objective: **The purpose of this systematic review and meta-analysis was to assess the effects of mental fatigue in soccer players in terms of technical performance.**

Condition being studied: **Subjects were mentally fatigued by prior mental exertion of cognitive tasks.**

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: (a) soccer players (b) cognitive tasks induce mental fatigue condition; (c) mentally fatigued group vs. non-mentally fatigued group; (d) techincal performance.

Information sources: Pubmed, Scopus, Web of Science, Ebscohost, reference and google scholar for grey literature.

Main outcome(s): Effects of mental fatigue on technical performance in soccer players.

Quality assessment / Risk of bias analysis: Rob 2.

Strategy of data synthesis: bring all data about soccer technical performance together.

Subgroup analysis: The type of technical performance; soccer players' competitive level.

Sensitivity analysis: Apply in CMA.

Country(ies) involved: China.

Keywords: mental fatigue; soccer; technical performance.

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