

INPLASY PROTOCOL

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Effects of mental fatigue on motor performance among team sport athletes: A scoping review

Sun, H¹; Soh, KG².

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Corresponding author:
Sun He

verson.upm@gmail.com

Author Affiliation:
Zhengzhou University

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None declared.

Review question / Objective: This scoping review aims to map studies dealing with the effects of mental fatigue on athletes' motor performance in team sports.

Eligibility criteria: (a) team sport athletes (b) cognitive tasks induce mental fatigue condition; (c) mentally fatigued group vs. non-mentally fatigued group; (d) motor performance.

Information sources: Web of Science, PubMed, EBSCOhost (CENTRAL, Psychology and Behavioural Sciences Collection, SPORTDiscus), as well as Scopus.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 07 May 2022 and was last updated on 07 May 2022 (registration number INPLASY202250039).

INTRODUCTION

Review question / Objective: This scoping review aims to map studies dealing with the effects of mental fatigue on athletes' motor performance in team sports.

Condition being studied: Mental fatigue.

METHODS

Participant or population: Team sport athletes.

Intervention: cognitive tasks used to induce mental fatigue.

Comparator: Non mental fatigue.

Study designs to be included: RCT.

Eligibility criteria: (a) team sport athletes (b) cognitive tasks induce mental fatigue condition; (c) mentally fatigued group vs. non-mentally fatigued group; (d) motor performance.

Information sources: Web of Science, PubMed, EBSCOhost (CENTRAL, Psychology and Behavioural Sciences Collection, SPORTDiscus), as well as Scopus.

Main outcome(s): Motor performance.

Quality assessment / Risk of bias analysis: QuallSyst assessing tool will be used to do the quality assessment.

Strategy of data synthesis: The data extracted from the literature involved: (i) authors and year of publication; (ii) characteristics of study participants (e.g., gender, training status); (iii) control and cognitive task description; (iv) motor performance type; and (v) motor performance assessment. All data were then displayed in an Excel sheet.

Subgroup analysis: No subgroup analysis.

Sensitivity analysis: No sensitivity analysis

Country(ies) involved: China.

Keywords: mental fatigue; motor performance; team sport; athlete.

Contributions of each author:

Author 1 - He Sun.

Email: verson.upm@gmail.com

Author 2 - Kim Geok Soh.

Email: kims@upm.edu.my