INPLASY PROTOCOL

Does mental fatigue affect performance among individual sport athletes? A systematic review

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**Review question / Objective:** The study aims to report a comprehensive systematic review investigating the carryover effects of mental fatigue on performance among individual sports athletes.

**Eligibility criteria:** (a) individual sport athletes (b) cognitive tasks induce mental fatigue condition; (c) mentally fatigued group vs. non-mentally fatigued group; (d) physical, technical and cognitive performance.

**Information sources:** PubMed, Web of Science, EBSCOhost (CENTRAL, SPORTDicus), and 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 INPLASY202250040).

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**Support:** No founding.

**Review Stage at time of this submission:** The review has not yet started

**Conflicts of interest:** None declared.

INTRODUCTION

**Review question / Objective:** The study aims to report a comprehensive systematic review investigating the carryover effects of mental fatigue on performance among individual sports athletes.

**Condition being studied:** Mental fatigue.

METHODS

**Participant or population:** Individual sport athletes.

**Intervention:** Cognitive tasks used to induce mental fatigue.

**Comparator:** non mental fatigue.
Study designs to be included: RCT.

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Information sources: PubMed, Web of Science, EBSCOhost (CENTRAL, SPORTicus), and Scopus.

Main outcome(s): Physical, technical and cognitive performance.

Quality assessment / Risk of bias analysis: “Qualsyst” will be the assessing tool.

Strategy of data synthesis: Narrative synthesis will be conducted in the review.

Subgroup analysis: None.

Sensitivity analysis: None.

Country(ies) involved: China.

Keywords: mental fatigue; performance; individual sport; athlete.

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