

INPLASY PROTOCOL

To cite: Sun et al. Does mental fatigue affect performance among individual sport athletes? A systematic review. Inplasy protocol 202250040. doi: 10.37766/inplasy2022.5.0040

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

Sun, H¹; Soh, KG².

Received: 07 May 2022

Published: 07 May 2022

Corresponding author:
Sun He

verson.upm@gmail.com

Author Affiliation:
Zhengzhou University

Support: No founding.

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

Conflicts of interest:
None declared.

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, SPORTDiscus), 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).

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.

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, SPORTDiscus), 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.

Contributions of each author:

Author 1 - He Sun.

Email: verson.upm@gmail.com

Author 2 - Kim Geok Soh.

Email: kims@upm.edu.my