

INPLASY PROTOCOL

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None declared.

Does Brief Mindfulness-Based Interventions Improve Sport-Related Performance? A Systematic Review

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Review question / Objective: This review aims to know whether brief mindfulness-based interventions could improve sport-related performance.

Eligibility criteria: 1. Full-text article published in English or Chinese 2. Participants who reported mindfulness experience were no more than 5% of total sample size 3. Study used the brief mindfulness-based intervention in experimental group 4. Without mindfulness intervention in control group 5. Outcome measures are sport-related performance 6. randomized controlled trials (RCTs), non-randomized controlled trials (nRCTs) and non-randomized non-controlled trials (nRnCTs) with two or more groups and single-group trials.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 21 December 2022 and was last updated on 21 December 2022 (registration number INPLASY2022120086).

INTRODUCTION

Review question / Objective: This review aims to know whether brief mindfulness-based interventions could improve sport-related performance.

Condition being studied: Researchers try to find good methods to help players or athletes improve their sports-related performance. Mindfulness is the awareness that emerges

from paying attention to objects on purpose and without judging the unfolding of experiences. Mindfulness might be a useful way to improve sports-related performance.

METHODS

Participant or population: Studies with the application of mindfulness-based intervention on sports-related performance

regardless of population characteristics such as age, gender, and ethnicity.

Intervention: mindfulness-based intervention.

Comparator: Without mindfulness intervention in control group.

Study designs to be included: RCTs, nRCTs, and nRnCTs.

Eligibility criteria: 1. Full-text article published in English or Chinese 2. Participants who reported mindfulness experience were no more than 5% of total sample size 3. Study used the brief mindfulness-based intervention in experimental group 4. Without mindfulness intervention in control group 5. Outcome measures are sport-related performance 6. randomized controlled trials (RCTs), non-randomized controlled trials (nRCTs) and non-randomized non-controlled trials (nRnCTs) with two or more groups and single-group trials.

Information sources: PubMed, Web of Science, EBSCOhost, Scopus, and China National Knowledge Infrastructure (CNKI) were used.

Main outcome(s): Brief mindfulness-based intervention is an effective method to improve sports-related performance.

Quality assessment / Risk of bias analysis: QualSyst was used to assess the quality of articles.

Strategy of data synthesis: The data was mainly analysed from P (population) I (intervention) C (comparison) O (outcomes) S (study design).

Subgroup analysis: No subgroup analysis.

Sensitivity analysis: No sensitivity analysis.

Language restriction: None.

Country(ies) involved: China.

Keywords: Brief; mindfulness; sports; performance; recovery.

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