

INPLASY PROTOCOL

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None declared.

Does mental fatigue affect performance in racket sports? A systematic review

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Review question / Objective: This study aims to report a comprehensive systematic review investigating the carryover effects of mental fatigue on performance of racket sports

Eligibility criteria: a. participants psychobiological state must be induced by mental fatigue. b. performance must be illustrated in racket sports or related to racket sports. c. outcome presented at subjective, physical, technical, tactical, cognitive etc. domains will be included.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 04 February 2023 and was last updated on 04 February 2023 (registration number INPLASY202320017).

INTRODUCTION

Review question / Objective: This study aims to report a comprehensive systematic review investigating the carryover effects of mental fatigue on performance of racket sports

Condition being studied: Participants in mental fatigue condition.

METHODS

Search strategy: Web of Science, Pubmed, EBSCOhost(CENTRAL, SPORTDiscus), and Scopus.

Participant or population: Participants exerted racket sports or related to racket sports.

Intervention: Cognitive tasks for inducing mental fatigue.

Comparator: Non mental fatigue.

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

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Information sources: Web of Science, Pub med, 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/ Malaysia.

Keywords: mental fatigue; racket ; performance.

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