INPLASY PROTOCOL

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Conflicts of interest:
None declared.

The Counteractive Effects of Interventions on Sport-specific Performance among Athletes: A Systematic Review with a Meta-analysis

Sun, H[1].

Review question / Objective: **The present study endeavors to assess the effects of counteractive interventions on sport-specific performance among mentally fatigued athletes.**
Condition being studied: **Mental fatigue condition.**
Information sources: **Web of Science, Scopus, PubMed, and SPORTDicus (EBSCOhost).**

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 21 February 2023 and was last updated on 21 February 2023 (registration number INPLASY202320088).

INTRODUCTION

Review question / Objective: **The present study endeavors to assess the effects of counteractive interventions on sport-specific performance among mentally fatigued athletes.**

Condition being studied: **Mental fatigue condition.**

METHODS

Participant or population: **Various levels of athletes.**

Intervention: **Ergogenic aids for mental fatigue.**

Comparator: **Ergogenic aids for mental fatigue vs. no aids for mental fatigue.**

Study designs to be included: **RCT.**

Eligibility criteria: (a) healthy athletes; (b) included the outcome of sport-specific performance; (c) prior mental exertion; and (d) RCT design.

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

Main outcome(s): Sport-specific performance.

Quality assessment / Risk of bias analysis: Rob 2 tool is going to be used to check risk of bias.

Strategy of data synthesis: A meta-analysis will be carried out to synthesize the data.

Subgroup analysis: If there is a higis h level of heterogeneity, the sub-group analysis will be done in the current review.

Sensitivity analysis: A sensitivity analysis will be done if there is a potential publication bias.

Country(ies) involved: China and Malaysia.

Keywords: inervention; mental fatigue; counteractive effect; athletes; sport-specific performance.

Contributions of each author:

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