

INPLASY PROTOCOL

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Dual Careers – reconciling sporting and academic success: systematic review of the literature

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Review question / Objective: A systematic review carried out intends to carefully analyze the literature on the relationship between demographic and psychosocial determinants and the conciliation of studies with sports life. It aims to analyse, synthesize and update existing research on career management and development, namely, the dual careers of high-performance sports athletes who, at the same time, attend secondary education, starting from the research question - What is the profile of European students-athletes who simultaneously practice high performance sport and study in secondary education?.

Condition being studied: The educational experience facilitates sports development and the skills trained in a sports context are transferable to the world of education and work. Being an elite athlete becomes more and more demanding as the number of training hours increases (20-30h/week) and the frequency of competitions, which has immediate implications for lifestyle and time management, requiring greater effort and commitment to fulfill your role as a student and athlete. Succeeding in both careers is highly demanding and challenging.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 09 May 2023 and was last updated on 09 May 2023 (registration number INPLASY202350032).

INTRODUCTION

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METHODS

Search strategy: A systematic review of the literature was carried out, according to the Cochrane method and the PRISMA 2020 guidelines, gathering all the empirical evidence according to predefined eligibility criteria to answer a specific question – What is the profile of student-athletes who simultaneously practice high-performance sport and attend secondary school?

Selected systematic methods were used with the aim of minimizing biases, namely the Downs and Black (1998) scale.

Searches were carried out in four electronic databases (PubMed, Scopus, PsycINFO and Web of Science), which concentrate the main publications in the area of health, education, psychology and sports science, during the months of December 2021 and January 2021. 2022. In addition, a “reverse citation” manual search was performed by analyzing the lists of bibliographic references of the studies found.

Based on general themes, sports career (development/management/end), long-term athlete development, sources of influence and psychological determinants, psychological strategies used by student-athletes as promoters of psychological skills associated with sports careers and characteristics of context and experiences promoting career development, the

following research equation was used: (career OR “dual career” OR education OR “athletes' careers”) AND (Sport*).

Participant or population: High performance sports athletes, aged between 14 and 18, Europeans or reconciling a sporting and academic career in Europe and attending high school.

Intervention: As a systematic review, this study does not directly intervene in the population.

Comparator: As a systematic review, this study does not directly intervene in the population.

Study designs to be included: Most of the articles included in the review are ethnographic, correlational or descriptive multiple case and cross-sectional studies. Six of the studies are qualitative, based on the narrative analysis of semi-structured interviews and their content analysis, the rest are quantitative and only one focuses exclusively on the female gender.

Eligibility criteria: The research had the following inclusion criteria: (1) high performance sports athletes; (2) aged between 14 and 18 years old; (3) Europeans or reconciling a sporting and academic career in Europe; (4) high school attendance; (5) articles that include a career, from a management or development perspective; (6) cross-sectional and longitudinal studies, published in peer-reviewed journals; (7) written in English, French, Spanish and Portuguese. Exclusion criteria will be the following: (1) Manuscripts published until November 30, 2019, date of the last systematic review on the subject, and (2) gray literature. The selection of articles was carried out by two independent researchers (SM and JL) in order to minimize selection bias. The discrepancies found were resolved in a consensus meeting.

Information sources: The search started with 3382 references for analysis. From the initial extraction, duplicate items (1947)

were removed, leaving 1435. The articles without author, without year and from books, chapters, for example, were excluded (with 1319 remaining). In the next phase, the two researchers, independently, analyzed the references by title and abstract, having eliminated a total of 1263 references. Finally, the full text was screened (56 references), determining whether or not they met the inclusion criteria, with 43 references being eliminated, with the most frequent reasons for elimination being: (1) they were articles that were found outside the base theme (conciliation of academic and sports careers); (2) higher age, and (3) university education attendance. After the last analysis, 12 articles were obtained that were integrated in this review.

Main outcome(s): The data are organized in the form of a table and their narrative analysis in alphabetical order. The articles were read in full and evaluated regarding: (a) authors and year of publication; (b) objectives; (c) theoretical framework and characteristics of the study; (d) participants (essentially age group) and contexts (educational environment, European country); and (e) main results and contributions to the literature, as described in the PICOS strategy.

Quality assessment / Risk of bias analysis: The systematic assessment of the quality of the methodological content of the studies and the risk of bias was performed using the Downs and Black scale. The original checklist was adapted, discarding the criteria related exclusively to intervention studies, and 18 items were evaluated, allowing a maximum score of 18 points.

This measure was chosen because it is applicable to the present study, because of its acceptable reproducibility and internal consistency, as well as because it is easy to apply.

Strategy of data synthesis: The data are organized in the form of a table and their narrative analysis in alphabetical order. The articles were read in full and evaluated regarding: (a) authors and year of

publication; (b) objectives; (c) theoretical framework and characteristics of the study; (d) participants (essentially age group) and contexts (educational environment, European country); and (e) main results and contributions to the literature, as described in the PICOS strategy.

Subgroup analysis: The analysis was performed by two investigators independently. Consensus meetings have always taken place and the final revision is about determining that same final consensus.

Sensitivity analysis: The analysis was performed by two investigators independently. Consensus meetings have always taken place and the final revision is about determining that same final consensus.

Country(ies) involved: Portugal.

Keywords: career, dual career, sport and education, athletes' careers.

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