



## Sport Psychology Interventions for Athletes' Performance and Well-Being

Guest Editors:

**Dr. Selenia di Fronso**

Department of Medicine and  
Aging Sciences, "G. d'Annunzio"  
University of Chieti-Pescara,  
66100 Chieti, Italy

**Dr. Dagmara Budnik-  
Przybylska**

Sport Psychology Department,  
University of Gdańsk, 80-309  
Gdańsk, Poland

Deadline for manuscript  
submissions:

**closed (28 February 2023)**

### Message from the Guest Editors

Athletes face unique physiological and psychological stressors daily, which may contribute to injuries, overtraining, burnout, and/or other physical and mental health issues. Accordingly, they would need continuous exploration of interventions to counteract physical and mental tension and other detrimental stressor effects and performing at high levels. This Special Issue of the International Journal of Environmental Research and Public Health aims to create a constructive discussion on up-to-date scientific data in this area and, for this reason, we invite authors to submit original research and/or specific reviews that improve the understanding of Sport Psychology Interventions for Athletes Performance and Well-being . Papers addressing novel outcomes obtained using traditional interventions (e.g., imagery, self-talk) or the ones on emerging techniques (e.g., Yoga for athletes; technology-based interventions) are more than welcome.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul R. Ward**

School of Society and Culture,  
Adelaide University, Adelaide  
5001, Australia

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

*IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (Public Health, Environmental and Occupational Health)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
X@IJERPH\_MDPI