

# A qualitative content analysis of sports-related thoughts in competitive athletes

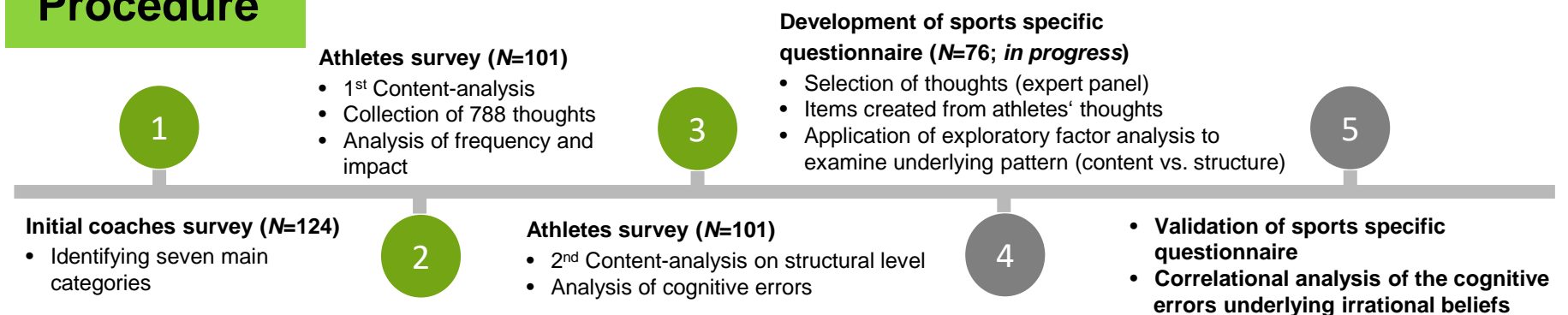
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## Background



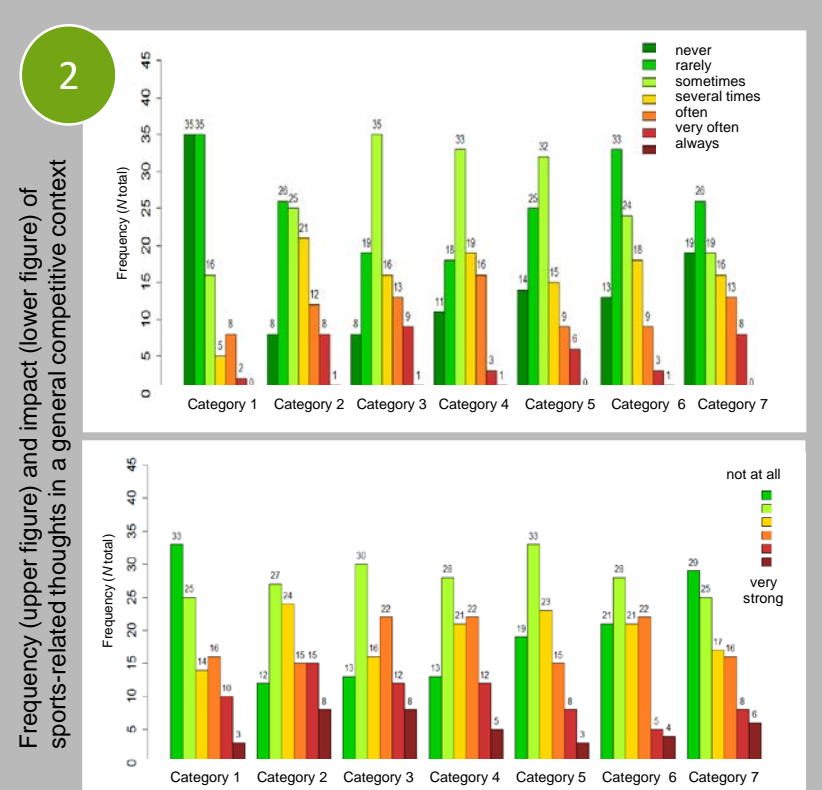
## Procedure



## Results

**1**

| Category                                      | N   | Examples  |
|---|-----|---|
| C1 Ever day life stress                       | 133 | "If I do not receive my high school diploma, my parents will rip my head off" |
| C2 Self-esteem                                | 146 | "Why should I go there? I'm going to lose anyway"                             |
| C3 Performance pressure                       | 131 | "I have to get a new personal best" or "I can't fail"                         |
| C4 Current competition                        | 117 | "Hopefully my opponent won't get past me."                                    |
| C5 Sportive and physical load                 | 124 | "I'm not feeling well today." or "I haven't trained well enough."             |
| C6 General training and sports-related stress | 65  | "I can't perform well in these competition conditions."                       |
| C7 Worry                                      | 72  | "If I lose the ball now, we lose." or "What if I make a mistake now?"         |



## Further analyses steps

**3**

| Cognitive Errors                     | N   | Examples  |
|--------------------------------------|-----|---|
| <i>Cognitive Errors by A.T. Beck</i> |     |   |
| Arbitrary interference               | 18  | "If I make a mistake now, I'll never be send back to field again"           |
| Selective abstraction                | 11  | "I'm the weakest, if we lose it's my fault."                                |
| Minimization/Magnification           | -   |   |
| Dichotomous thinking                 | 9   | "If I can't do it today, I'll quit"   |
| Overgeneralization                   | 112 | "I'll never be able to do that anyway"                                      |
| Personalization                      | 11  | "The team lost because of me"   |
| <i>Other cognitive errors</i>        |     |   |
| Should-Statements                    | 106 | "I should work harder"; "I have to accomplish this now"; "I can't lose now" |
| Emotional reasoning                  | 10  | "I don't feel so good today, it can't get any better"                       |
| No clear assigment                   | 171 | "My trainer was annoyed to give me a spot in the line-up"                   |
| No cognitive error                   | 350 | "I still have so much to do"; "The weather's so bad today"                  |

**4**

| Irrational Performance Beliefs | M (SD)       | 95% CI         |
|--------------------------------|--------------|----------------|
| Demandingness                  | 18.63 (3.04) | [17.94, 19.32] |
| Low frustration tolerance      | 18.92 (2.67) | [18.31, 19.53] |
| Awfulizing                     | 19.03 (2.92) | [18.36, 19.69] |
| Depreciation                   | 19.68 (2.55) | [19.10, 20.27] |

iPBI-2; Turner & Allen, 2018

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