

## **SLU SPORT PSYCHOLOGICAL SCIENCES and CONSULTATION LAB**

### ***Research Activities***

*(updated 9/5/17)*

#### **Publications**

Perry, J., Hansen, A., Ross, M., Montgomery, T., & Weinstock, J. (2017). Effectiveness of athletes' mental strategies in maintaining high heart rate variability: Utility of a brief athlete-specific stress assessment protocol. *Journal of Clinical Sport Psychology*

Perry, J. E., Ross, M. J., Weinstock, J., & Weaver, T. (2017). Efficacy of a brief mindfulness intervention to enhance athletic task performance. *The Sport Psychologist*.

Perry, J.E., Ross, M., Weinstock, J., & Gfeller. (in press). Examining the interrelationships between motivation, conscientiousness, and individual sport performance. *Journal of Sports Sciences*.

Montgomery, T. (2017). The mindful athlete: Secrets to pure performance, by George Mumford. *Journal of Sport Psychology in Action*, 8(2), 256.

Montgomery, T., Ross, M., Perry, J., & Hansen, A. (2017). The mental workout: Implementing phase 1 of the ten-minute toughness mental-training program. *Journal of Sport Psychology in Action*, 1-10.

Perry, J. & Ross, M. (2016). Establishing a focus in sport psychology within a clinical psychology doctoral program: Reflections from a pilot year. *Journal of Sport Psychology in Action*, 7, 1-9.

Peluso, E. A., Ross, M. J., Gfeller, J. D., & LaVoie, D.J. (2005). A comparison of mental strategies during athletic skills performance. *Journal of Sports Science and Medicine*, 4, 543-549.

Ross, M. J., & Berger, R. S. (1996). Effects of stress inoculation training on athletes' postsurgical pain and rehabilitation following orthopedic injury. *Journal of Consulting and Clinical Psychology*, 64, 406-410.

#### **Manuscripts under review**

Hansen, A. Perry, J., Ross, M., & Montgomery, T. (under review). Facilitating a successful transition out of sport: Introduction of a student-athlete senior workshop. *Journal of Sport Psychology in Action*.

Merz, Z. C., Perry, J. A., & Ross, M. J. (under review). The role of the clinical sport neuropsychologist: An introductory case example. *Case Studies in Sport and Exercise Psychology*.

Garner, A., Hansen, A., Baxley, C., & Ross, M. (under review). The use of stimulant medication to treat attention-deficit disorder in elite athletes: A performance and health perspective. *Sports Medicine*.

### **Presentations**

Perry, J., Ross, M., Weinstock, J., & Weaver (2017, October). *Investigation of a brief mindfulness intervention to enhance athletic performance: Research findings and clinical applications*. Poster accepted at the 32<sup>nd</sup> Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Hansen, A., Perry, J., Ross, M., Montgomery, T., & Merz, Z. (2017, October). *Development of the sport psychology outcomes and research tool (SPORT)*. Poster accepted at the 32<sup>nd</sup> Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Merz, Z. C., Perry, J., Ross, M., Montgomery, T., & Hansen, A. (2017, October). *Experiences of flow among individual and team-based collegiate athletes*. Poster accepted at the 32<sup>nd</sup> Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Merz, Z. C., Ross, M., Perry, J., Montgomery, T., & Hansen, A. (2017, October). *An exploration of the taxonomy of collegiate athletic values*. Poster accepted at the 32<sup>nd</sup> Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Kauffman, K., Soulliard, Z.A., Perry, J., Montgomery, T., Hansen, A., Merz, Z., & Ross, M. (2017, October). *Influences of intrinsic and extrinsic motivation on flow state*. Poster accepted to the Association for Applied Sport Psychology, Orlando, FL.

Ross, M., & Perry, J. (2017, August). *Interventions to improve student-athlete well-being*. In D. Glenwick, Y. Harps-Logan, M. Ross, & J. Perry, *Faculty Athletic Representative to the NCAA: An innovative service position for academic psychologists*. Symposium conducted at the annual meeting of the American Psychological Association, Washington, DC.

Perry, J. E., Ross, M. J., Montgomery, T., Hansen, A., & Weinstock, J. (2016, September). *Effectiveness of athletes' coping strategies in maintaining high heart rate variability: Examination of the physiological recovery of collegiate soccer players*. Poster presentation at the Association for Applied Sport Psychology, Phoenix, AZ.

Montgomery, T., Perry, J. P, Hansen, A., & Ross, M.J. (2016, September). *An exploratory analysis of sport motivation within men and women collegiate soccer players*. Poster presentation at the Association for Applied Sport Psychology, Phoenix, AZ.

Hansen, A., Perry, J. E., Montgomery, T., & Ross, M. J. (2016, September). *Sources of sport confidence among NCAA division I colligate student-athletes*. Poster presentation at the Association for Applied Sport Psychology (AASP). Phoenix, AZ.

Hansen, A., Johansson, P., & Ross, M. J. (2016, September). *Eating disorder risk factors in adolescent athletes: The relationship to individual goal orientation and perceived motivational climate*. Poster presentation at the Association for Applied Sport Psychology (AASP). Phoenix, AZ.

Merz, Z. C., Perry, J., & Ross, M. (September, 2016). *Experiences of Flow State Among Collegiate Team-Sport Athletes*. Poster presentation at the 31st Annual Meeting of the Association for Applied Sport Psychology (AASP), Phoenix, AZ.

Perry, J. E., Ross, M. J., Weinstock, J., Gfeller, J. (2015, October). *Examining the interrelationships between motivation, conscientiousness, and individual endurance sport performance*. Poster presentation at the Association for Applied Sport Psychology, Indianapolis, IN.

Perry, J., Mohr, E., & Kavish, N. (2015, October). *Between-sport comparison of athletic body image standards held by coaches*. Poster presentation at the Association for Applied Sport Psychology, Indianapolis, IN.

Perry, J., & Merz, Z. (2015, June). *Connecting with athletes: Addressing and understanding barriers to effective communication*. Presentation at the annual meeting of the Missouri Athletic Trainers Association conference, Cape Girardeau, MO.

Merz, Z. (2015, February). *The prevalence of sport concussions in blast concussion literature*. Poster presentation at the annual meeting of the International Neuropsychological Society (INS), Denver, CO.