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18th FEPSAC European Congress of Sport and Exercise Psychology

IDeAS in sport psychology:
from health to performance



July 13-17 2026, Timișoara

FEPSAC Congress 2026 Programme Book

13-17 July 2026 · Timisoara, Romania

**IDeAS in sport psychology:
from health to performance**

Partners

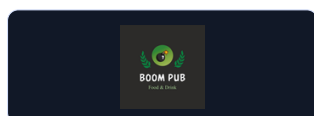
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Message from the Chair of FEPSAC 2026

Alexandru Boncu

Chair, Local Organizing Committee · FEPSAC 2026



Dear FEPSAC Members, Colleagues, and Friends of the Sport Psychology Community,

It is my great honor to welcome you to the 18th FEPSAC European Congress of Sport and Exercise Psychology, which will take place in Timișoara, Romania, in 2026. This will be the first time that our congress is hosted in Romania, and together with my colleagues at the West University of Timișoara (UVT), we are deeply committed to making it a memorable and inspiring event.

Timișoara, known as the European Capital of Culture 2023 and a vibrant academic and cultural hub, offers a unique setting where history, diversity, and innovation meet. As one of Romania's leading universities, UVT will provide an excellent academic environment and strong institutional support for the congress.

Our vision for FEPSAC 2026 is to bring together researchers, practitioners, and students from across Europe and beyond, to explore the latest scientific advances, applied practices, and emerging challenges in our field. We are preparing a rich program with keynote lectures, symposia, workshops, and innovative formats designed to engage and inspire.

We warmly invite you to join us in Timișoara for a congress that we hope will foster knowledge, collaboration, and friendships that will last long after 2026.

Alexandru Boncu

Chair, Local Organizing Committee · FEPSAC 2026

Message from the President of FEPSAC

Maurizio Bertollo

President of FEPSAC



Dear colleagues,

Welcome to the 2026 FEPSAC Congress in Timișoara, Romania - a city of culture, creativity, and energy, perfectly suited to host the next great meeting of the European sport and exercise psychology community.

It is a great pleasure to announce our next congress in Romania, a country that played an important role in the development of sport and exercise psychology in Europe. It is a place where the eastern and western soul of our common passion gave rise to an important father of sport psychology, Mihail Epuran.

The FEPSAC Congress 2026 will once again bring together researchers, practitioners, educators, and students who share a common passion for understanding and enhancing human performance and well-being through psychological science.

Building on the success of our previous congresses, this event will continue to serve as a vibrant forum for the exchange of knowledge, ideas, and inspiration. Participants will have the opportunity to explore the latest developments in areas such as motivation, resilience, mental health, performance optimization, and the psychological aspects of sport, exercise, and physical activity, among many others.

Timișoara's unique blend of tradition and innovation will provide a memorable backdrop for scientific discussions and professional networking. Beyond the sessions and symposia, the congress will offer moments of connection, creativity, and cultural discovery - the true spirit of our FEPSAC family.

I warmly invite you to take part in this exciting journey. Together, let's continue advancing sport and exercise psychology across Europe and beyond.

Maurizio Bertollo
President of FEPSAC

Message from the Rector of the West University of Timișoara

Prof. Marilen Gabriel Pirtea, PhD

Rector of the West University of Timișoara



Dear colleagues, distinguished guests, and participants,

It is a great honor for the West University of Timișoara (UVT) to host, in 2026, the European Conference on Sport Psychology - the most significant event of its kind in Europe, bringing together nearly one thousand experts, researchers, and practitioners from all over the world.

The fact that this conference returns to Eastern Europe after more than four decades is not only a recognition of the academic potential of our region but also a confirmation of the strategic role UVT plays within the European higher education landscape. As a proud member of the UNITA European University Alliance, our university is an active participant in advancing innovation, interdisciplinary research, and academic mobility, strengthening the bond between science and community.

The West University of Timișoara is the largest comprehensive university in Western Romania, encompassing diverse fields - from sciences and arts to physical education, psychology, and social sciences - within an integrated framework of knowledge. In this spirit, UVT defines itself not only as an institution of higher learning but also as a driving force for cultural, scientific, and social development, serving as a catalyst for the local and regional community.

Through its educational, cultural, and sports initiatives, our university promotes a balanced and healthy lifestyle. A flagship example is the Liberty Marathon, an annual event organized by UVT, which has become the largest university-organized marathon in Romania, part of the international competitive circuit - an initiative that celebrates movement, community, and the spirit of freedom.

In 2026, Timișoara will become the international capital of sport psychology, and UVT will be the place where ideas, research, and passion for performance meet. I warmly invite you to discover not only a remarkable academic event but also a vibrant, multicultural, and innovative city where science and sport complement each other perfectly.

Welcome to Timișoara! Welcome to the West University of Timișoara!

Prof. Marilen Gabriel Pirtea, PhD

Rector of the West University of Timișoara

Message from the Mayor of Timișoara

Dominic Fritz
Mayor of Timișoara



Dear specialists, members of the sport psychology community, and distinguished guests,

Timișoara has always been a city of dialogue, innovation, and openness to the world, making it the go-to host for the European Congress of Sport Psychology. This event brings together professionals, researchers, and practitioners dedicated to performance, balance, and well-being, emphasizing just how vital both the mental side of performance and reliable sports infrastructure really are: not only for athletes to succeed, but for our communities to thrive and stay healthy.

Timișoara has a long-standing sports tradition and quite a few national firsts to its name. In 1899, the first football match on the present-day territory of Romania was played here. In the early 20th century, the first football clubs were founded, the first water polo matches took place, and the first handball cup was organized.

But Timișoara won't sit back. We will not rest on our laurels. We invest consistently and decisively in sport. We're building modern, accessible facilities for both elite athletes and everyday players. We're expanding programs that truly support the idea that sport is meant for everyone. We are active in schools and neighborhoods to encourage children and families to stay active. Recently, we opened a new community sports complex that is available to everyone: seniors in the mornings, schools and club members during the day, and local residents in the evenings and on Sundays. We are also moving forward with Timișoara's new stadium, set to open its gates this year, while continuing to build football and basketball courts across our neighborhoods.

Our goal is simple: to make sport part of everyday life in every corner of the city, for professionals and for the whole community alike, while promoting health, balance, and the joy of movement.

Thank you for choosing Timișoara as the host of this year's Congress. I wish everyone involved the best of luck and hope that the time spent in Timișoara will not only be professionally valuable, but also personally meaningful and memorable. May Timișoara be the place where you find both an excellent space for the exchange of ideas and a warm, vibrant city full of inspiration.

Dominic Fritz
Mayor of Timișoara

Pre-Conference Training

Quality Coach-Athlete Relationships and Interpersonal Communication: The Fuel of Performance and Wellbeing



Overview

The workshop will focus on how high-quality coach-athlete relationships and effective communication can support both performance and wellbeing in sport. Participants will explore evidence-based models such as the 3+1Cs Model and the COMPASS communication strategies, with practical examples and applied exercises that can be transferred directly into professional practice.

Facilitator(s)

Sophia Jowett

Date / Time: 13 July 2026, 9:30-16:30

Availability: Only 20 places available

Special opportunity led by Sophia Jowett.

Pre-Congress Workshop 1

Applying a new framework using Brainspotting and EMDR to address epigenetic, developmental, and recent trauma in performance enhancement



Overview

This interactive workshop will explore a trauma-informed approach to performance, including Brainspotting vs. EMDR in applied practice, case discussions and experiential learning, and practical techniques for performance enhancement. A valuable opportunity for practitioners, researchers, and students interested in advancing their work in performance psychology.

Facilitator(s)

Dr. Alessia Bruno (Clinical & Sport Psychologist, SASP-FEPSAC; EMDR Europe Consultant; Brainspotting Consultant & Trainer).

Pre-Congress Workshop 2

From Consensus to Practice: Implementing IOC Mental Health Frameworks and Tools



Overview

How do we translate IOC mental health consensus into real action in high-performance sport? This workshop focuses on practical implementation strategies, case examples, and adaptable tools to support early identification, risk management, and integrated care pathways for athletes.

Facilitator(s)

Margo Mountjoy, MD, PhD - Clinical Professor (McMaster University, Canada) and member of the IOC Medical Commission's Mental Health Working Group.

Pre-Congress Workshop 3

From Athlete Voice to System Change: Engineering Better Sport Through Advisory Leadership



Overview

How can athlete input move from symbolic consultation to real systems-level influence? This interactive workshop explores athlete advisory leadership through systems thinking, governance, power dynamics, and psychological safety, plus practical frameworks for embedding athlete-centredness into policy and everyday sport practice. Expect case discussions, small-group exercises, and applied mapping tools.

Facilitator(s)

Dr. Sasha Gollish: professional engineer, PhD in civil engineering and applies systems thinking to sport performance, governance, and athlete well-being, coach, and retiring Canadian middle-/long-distance runner, focused on athlete voice, equity, youth sport reform, and system change.

Pre-Congress Workshop 4

Using heart rate variability in sport & exercise psychology - Practical insights for recovery, stress regulation & performance



Overview

Want to move beyond "HRV as a number" and actually use it in applied work? This workshop explores practical ways sport & exercise psychologists can integrate HRV to support recovery, stress regulation, and cognitive and performance readiness, with clear takeaways for both research and practice.

Facilitator(s)

Sylvain Laborde (German Sport University Cologne) - Associate Professor, founder of HRV LABorde - Performance Psychophysiology; author of 150+ peer-reviewed papers and 4 books; developer of the Vagal Tank Theory.

Pre-Congress Workshop 5

Beyond Performance: Psychological First Aid, Safeguarding and Athlete Welfare in High-Performance Sport - Practical Tools for Sport Psychologists Working with Elite Athletes and Sport Organizations



Overview

This workshop offers practical, system-aware tools for sport psychologists working in elite settings, focusing on early identification of distress and environmental risk factors, psychological first aid (PFA) and safeguarding in practice, and supporting athletes ethically within complex high-performance systems.

Facilitator(s)

Alina Gherghișan - sport psychologist, Welfare & Safeguarding expert and European project manager at the Romanian Olympic and Sports Committee, with 18+ years in high-performance sport and extensive experience in European safeguarding and wellbeing initiatives.

Pre-Congress Workshop 6

Using Athlete365 resources in applied sport psychology practice



Overview

This workshop will explore how the IOC's Athlete365 resources can be integrated into everyday applied practice with athletes and their entourage. Participants will gain practical insights on how to translate key topics such as mental health, safeguarding, dual career, and athlete well-being into concrete strategies for real-world settings.

Facilitator(s)

Scott Sloan, International Olympic Committee - Senior Project Manager for Mental Health at the IOC, bringing over 15 years of experience across sport, mental health, and international development.

Daily Movement & Wellbeing Sessions

Location: The Daily Movement & Wellbeing sessions listed below take place at the West University of Timișoara.

Short daily sessions designed to help participants start the day with energy, movement, presence, and a stronger connection with their body before returning to the scientific programme.

Morning Grappling & Conditioning (7:00 - 7:30)

~30 min · Before the morning run · Daily at FEPSAC

Every morning before the run, we're doing something a little different. This is a 30-minute conditioning session built around movement drills from the world of BJJ and wrestling: animal locomotion, ground flow, tumbling, partner games. The kind of stuff that looks casual but gets your whole body working in ways you didn't expect.

If you've never trained a grappling sport, it is perfect. There's something genuinely fresh about moving close to the ground, figuring out how your body navigates space, and doing it all with another person. It trains coordination, spatial awareness, and functional strength (and it's fun).

No experience needed, no gear needed. Just show up with comfy clothes and some curiosity, and get properly fired up before the morning run.

Gergő Gacs, sports psychologist, PhD Candidate, BJJ coach

Morning Runs (7:30 - 8:00)

~30 min · After the Grappling session · Daily at FEPSAC

To start the conference day focused, energetic and powerful, we are inviting you to our morning running sessions. It doesn't matter if this is your first run or if you're already a seasoned veteran, we'll be running in separate groups at different paces.

We'll start with a warm-up, then run for 30 minutes, and finish with a group stretch. If you're just looking for a light run to start your day, this is the place for you. If you want to challenge yourself and have a more intense workout, this is the place for you, too.

Bring your running shoes and let's go!

The morning grappling workouts and runs will take place one after the other, not at the same time, so you can join just one or the other, or you can even do both (highly recommended).

Gábor Barta, sports psychologist, organizational development psychologist, runner

Midday Mindfulness (14:15 - 14:35)

~20 min · After lunch · Daily at FEPSAC

Back-to-back sessions, new people, new ideas, a brain that won't slow down. This is a small pause in the middle of it all to replenish for the second half of the day.

Every day after lunch, Gábor Barta and Gergő Gacs will guide you through 20 minutes of mindfulness: a gentle mix of breathing-based meditation, body scan, visualization, and a mindful walk. Nothing intense, nothing complicated. Just a chance to actually land in your body for a bit before the afternoon kicks off. We'll help you connect with yourself and be fully present so you can experience the conference to the fullest!

No previous experience with meditation needed, you just have to show up and be present!

Gábor Barta & Gergő Gacs

Conference benefit: Free entry to Iguana Fitness Club throughout the conference.

Social Activities

1. Treasure Hunt

Join us for a fun Treasure Hunt through the city and discover some of Timisoara's most important landmarks in an interactive way. The activity will end with prizes and a relaxed beer gathering on a riverside terrace.

2. Guided Tours with Wine Tasting and Traditional Dinner

Discover Timisoara through guided tours that will take you to some of the city's most important landmarks and cultural highlights. The experience will end with wine tasting and dinner at a traditional restaurant, offering participants a relaxed opportunity to enjoy local food, drinks, and atmosphere.

3. Brewery Tour & Beer Tasting

Discover the world of craft beer at OneTwo Brewery, a local craft brewery from Timisoara. During the tour, participants will learn about the brewing process, explore the brewery, and hear the story behind OneTwo's beers and creative approach. The experience includes a guided tasting of 5 different beers and a selection of local bites, including traditional Romanian Plescoi IGP sausages and matured cheeses.

4. Wine Tasting & La Pizza Napoletana

Enjoy a special evening of Italian food, Romanian wines, and a relaxed summer atmosphere at La Pizza Napoletana, the oldest Neapolitan pizza place in Timisoara. The experience includes a pairing of 3 Romanian wines from Petro Vaselo with 3 Italian dishes, including arancini, a selection of pizzas, and tiramisu. The evening will also feature lounge music from a live DJ, with the possibility to stay afterwards in the garden to relax, connect, and enjoy the atmosphere.

Types of Submissions

The summaries below present the essential format requirements for each submission category.

Oral presentations

- Format: 12 minutes presentation + 3 minutes discussion, grouped in paper sessions of four to six speakers.
- Oral presentation abstracts should cover objectives, theoretical background, design/approach/intervention, results, and discussion.
- The listed presenter must attend the session.
- Session chairs will take charge of time management during the session and will allow sufficient time for questions and discussion with the audience.

Poster presentation

- Posters may be presented by individuals or groups in any area of sport and exercise psychology.
- Each accepted poster is allocated to one of the congress poster sessions, each lasting 90 minutes.
- The presenting author is expected to be present for the entire poster session.
- Research poster abstracts should include a brief introduction, theoretical framework, problem statement, methodology, results summary, and implications.
- Applied poster abstracts should include introduction, setting/intervention, theoretical background, applied implications, and discussion.
- Poster format: A0 portrait (118.9 cm high x 84.1 cm wide).
- Posters should be removed at the end of the assigned conference day.

Symposium

- Symposia address a coherent topic in sport and exercise psychology and may be theoretical, methodological, or applied.
- Typical duration: 75-90 minutes, usually with approximately 15 minutes per speaker/discussant plus 15 minutes for Q&A.
- Each symposium should normally include three to four presenters from at least three different countries, with male and female presenters included.
- The chair/convener submits one general abstract plus one individual abstract for each presentation, in presentation order.
- All listed presenters are expected to attend; symposium chairs manage timing and discussion.

Workshop

- Workshops emphasize active participation through interactive discussion, demonstrations, and/or experiential learning.
- Research workshops may focus on methods, ethics, theory or measurement development, grant writing, or mentoring in scientific writing.
- Applied workshops give practitioners an opportunity to share professional practice strategies, with evidencebased practice prioritized.

Gimme 5 Presentation

- Each presenter has 5 minutes and may use a maximum of 5 PowerPoint slides.
- Each short presentation is followed by up to 2 minutes of discussion.

Invited Symposia

- Only invited contributors may submit in this category.
- Invited symposia consist of multiple oral presentations on a coherent topic and may also include a discussant.

- Three to four presenters are recommended, ideally from different countries or at least from three different universities/research groups.

Science slam

- A creative oral format designed to communicate research or evidence-based practice to a broad audience.
- Presentations may use humor, storytelling, props, music, dance, or other creative elements while maintaining scientific rigor.

FEPSAC 2026 Young Researcher Award

- Award categories: Oral Presentation and Poster Presentation.
- Applicants must be current students or have graduated by December 2025, must be FEPSAC members, and must follow the standard abstract guidelines.

Panel discussion

- Panel discussion bring together experts from a specific, relevant topic who will share their experiences, intervention strategies and how they link theory and/ or practice. Bringing expert researchers and expert practitioners together on a common topic in a panel discussion provides excellent opportunities for an audience to learn and engage in open dialogue in a scientist-practitioner framework.

Erasmus+ Projects: Presentations & Dissemination

- Contributions in this category are delivered as oral presentations (12 minutes + 3 minutes Q&A).
- Submissions should fit clearly within sport and exercise psychology and communicate applied insights in a structured way.

Programme at a Glance

Monday, 13 July 2026	Tuesday, 14 July 2026	Wednesday, 15 July 2026	Thursday, 16 July 2026	Friday, 17 July 2026
08:30 - 17:00 Participant registration West University of Timisoara	07:00 - 07:30 Morning Grappling & Conditioning West University of Timisoara	07:00 - 07:30 Morning Grappling & Conditioning West University of Timisoara	07:00 - 07:30 Morning Grappling & Conditioning West University of Timisoara	07:00 - 07:30 Morning Grappling & Conditioning West University of Timisoara
09:00 - 12:00 Pre-Congress Workshops West University of Timisoara	07:30 - 08:00 Morning Run West University of Timisoara	07:30 - 08:00 Morning Run West University of Timisoara	07:30 - 08:00 Morning Run West University of Timisoara	07:30 - 08:00 Morning Run West University of Timisoara
09:30 - 16:30 Pre-Conference Training: Sophia Jowett West University of Timisoara	08:30 - 17:00 Participant registration West University of Timisoara	08:30 - 17:00 Participant registration West University of Timisoara	09:00 - 10:00 4th Keynote Speaker (Andrea Petroczi) West University of Timisoara	09:00 - 10:30 Parallel Sessions West University of Timisoara
12:00 - 14:00 Pre-Congress Workshops West University of Timisoara	09:00 - 10:30 Parallel Sessions West University of Timisoara	09:00 - 10:30 Parallel Sessions West University of Timisoara	10:00 - 11:00 Coffee Break and 3rd Poster Session West University of Timisoara	10:30 - 11:30 Coffee Break and 4th Poster Session West University of Timisoara
14:00 - 15:30 Parallel Sessions West University of Timisoara	10:30 - 11:30 Coffee Break and 1st Poster Session West University of Timisoara	10:30 - 11:30 Coffee Break and 2nd Poster Session West University of Timisoara	11:00 - 12:15 Parallel Sessions West University of Timisoara	11:30 - 13:00 Parallel Sessions West University of Timisoara
15:30 - 17:00 Parallel Sessions West University of Timisoara	11:30 - 13:00 Parallel Sessions West University of Timisoara	11:30 - 13:00 Parallel Sessions West University of Timisoara	12:15 - 13:30 Parallel Sessions West University of Timisoara	13:00 - 14:30 Lunch break
17:00 - 17:30 Break	13:00 - 14:30 Lunch Break	13:00 - 14:30 Lunch Break	13:30 - 15:15 Lunch break	14:15 - 14:35 Midday Mindfulness West University of Timisoara
17:30 - 18:00 Opening Ceremony Convention Center	14:15 - 14:35 Midday Mindfulness West University of Timisoara	14:15 - 14:35 Midday Mindfulness West University of Timisoara	14:45 - 15:05 Midday Mindfulness West University of Timisoara	14:45 - 16:15 Parallel Sessions West University of Timisoara
18:00 - 19:00 1st Keynote Speaker (Paul Wylleman) Convention Center	14:45 - 16:15 Parallel Sessions West University of Timisoara	14:45 - 16:15 Parallel Sessions West University of Timisoara	15:30 - 16:30 5th Keynote Speaker (Caroline Bolling) West University of Timisoara	16:30 - 17:00 Coffee Break Convention Center
19:00 - 19:05 FEPSAC 2026 Group Photo Convention Center	16:30 - 17:00 Coffee Break Convention Center	16:30 - 17:00 Coffee Break Convention Center	17:00 - 19:30 Social Program	17:00 - 18:00 6th Keynote Speaker (Sophia Jowett) Convention Center
19:05 - 23:00 Welcome Reception Convention Center	17:00 - 18:00 2nd Keynote Speaker (Jean Fournier) Convention Center	17:00 - 18:00 3rd Keynote Speaker (Rita Cordovil) Convention Center		18:00 - 19:00 Closing Ceremony Convention Center
	18:10 - 19:40 Round table athletes Convention Center	18:00 - 19:30 FEPSAC General Assembly and FEPSAC Elections Convention Center		20:00+ Conference Dinner/Party Congress Hall
	19:50 - 21:00 Science Slam Convention Center			

Parallel Sessions

Pre-Congress Workshops

Poster Sessions

Keynotes

Round Table

Ceremonies / Social Events

Keynotes

Keynote Presentation

Paul Wylleman

"We're gonna need a bigger boat!". The evolving role of sport psychology and sport psychologists in high-performance sport

Monday, 13 July 2026 · 18:00 - 19:00 · Convention Center

Keynote Presentation

Jean Fournier

In search of performance

Tuesday, 14 July 2026 · 17:00 - 18:00 · Convention Center

Keynote Presentation

Rita Cordovil

Before Sport: Movement Experiences, Motor Competence, and the Roots of Children's Engagement

Wednesday, 15 July 2026 · 17:00 - 18:00 · Convention Center

Keynote Presentation

Andrea Petroczi

Keynote title to be announced soon

Thursday, 16 July 2026 · 09:00 - 10:00 · West University of Timisoara

Keynote Presentation

Caroline Bolling

Injury Prevention Only Works When Athletes Own It: Becoming the Guardian of Health and Performance

Thursday, 16 July 2026 · 15:30 - 16:30 · West University of Timisoara

Keynote Presentation

Sophia Jowett

Navigating emerging tensions and contradiction within the coach-athlete relationship

Friday, 17 July 2026 · 17:00 - 18:00 · Convention Center

Daily Programme

Monday, 13 July 2026

Time	Event	Location
08:30 - 17:00	Participant registration	West University of Timisoara
09:00 - 12:00	Pre-Congress Workshops	West University of Timisoara
09:30 - 16:30	Pre-Conference Training: Sophia Jowett	West University of Timisoara
12:00 - 14:00	Pre-Congress Workshops	West University of Timisoara
14:00 - 15:30	Parallel Sessions	West University of Timisoara
15:30 - 17:00	Parallel Sessions	West University of Timisoara
17:00 - 17:30	Break	
17:30 - 18:00	Opening Ceremony	Convention Center
18:00 - 19:00	1st Keynote Speaker (Paul Wylleman)	Convention Center
19:00 - 19:05	FEPSAC 2026 Group Photo	Convention Center
19:05 - 23:00	Welcome Reception	Convention Center

09:00 - 12:00

Pre-Congress Workshop · Hall: Aula Biblio

Applying a New Framework Using Brainspotting and EMDR to Address Epigenetic, Developmental, and Recent Trauma in Performance Enhancement
Dr. Alessia Bruno

Pre-Congress Workshop · Hall: A10

Using Heart Rate Variability in Sport & Exercise Psychology: Practical Insights for Recovery, Stress Regulation & Performance
Sylvain Laborde

09:00 - 11:00

Pre-Congress Workshop · Hall: 048

Beyond Performance: Psychological First Aid, Safeguarding and Athlete Welfare in High-Performance Sport - Practical Tools for Sport Psychologists Working with Elite Athletes and Sport Organizations
Alina Gherghișan

09:30 - 16:30

Pre-Conference Training · Hall: 106

Quality Coach-Athlete Relationships and Interpersonal Communication: The Fuel of Performance and Wellbeing
Sophia Jowett

12:00 - 14:00

Pre-Congress Workshop · Hall: Aula Biblio

From Consensus to Practice: Implementing IOC Mental Health Frameworks and Tools

Margo Mountjoy, MD, PhD

Pre-Congress Workshop · Hall: 130

From Athlete Voice to System Change: Engineering Better Sport Through Advisory Leadership

Dr. Sasha Gollish

Pre-Congress Workshop · Hall: A10

Using Athlete365 Resources in Applied Sport Psychology Practice

Scott Sloan, International Olympic Committee

14:00 - 15:30

Oral Presentations 1: Health, Youth · Hall: A03

Chair: Markus Gerber

Consensus-Based Mental Health Guidelines for U.S. Youth Sport: A Multi-Phase Mixed-Methods Study

Whitley Meredith, Massey William, Özkoca Nazli, Arnold Jim

How Can Artificial Intelligence Advance What We Know About Sport Psychology? Insights From a Longitudinal Study of Young Athletes

Saarinén Milla, Phipps Daniel J., Gustafsson Henrik, Thue Bjørndal Christian

Implementing a Mental Health Monitoring System in a Youth Elite Football Academy

Calvet Jules, Le Coz Clément

Psychological and Social Determinants of Anabolic Steroid Use Among Adolescent Girls and Young Women

Hamdi Faten

Oral Presentations 2: Elite sports and expertise · Hall: A02

Chair: David Mann

A Data-Driven Assessment of the PoST Framework for Training Classification in Team Sport

Green Sarah, Broadbent David, Kittel Aden, Teune Ben, Bruce Lyndell

Coaching under pressure in Australian high-performance sport: A qualitative study of coach mental performance

Fryer Richard, Mallett Cliff, Kirby James, Kashdan Todd

Mapping the Landscape of Emotions, Appraisals, and Psychological Experiences of Athletes When Navigating Challenges in Practice

Radowits Royden, Young Bradley W.

Experiences of Romantic Partners of Super-Elite Athletes

McLoughlin Ella, Mapstone Alexandra, Fletcher David

Oral Presentations 3: Social and cultural diversity (e.g. migration, ethnicity), Cultural sport psychology · Hall: A12

Chair: Nicky Bosman

Moving in Limbo: Evaluating a Co-Designed Exercise and Sport Intervention in a Greek Refugee Camp on Biopsychosocial Outcomes

Knappe Florian, Filippou Konstantinia, Hatzigeorgiadis Antonis, Morres Ioannis D., Gerber Markus

Participatory Evaluation of a Community Sport Program for Psychosocial Inclusion: A Methodological Framework From YouSport

Ferraboli Alessia, Greiner Anna, D'Angelo Chiara

Naturalistic Verbal and Non-Verbal Encouragement in Athletic Performance Assessments: A Mixed-Methods Study

van Meurs Edda, Nieto Maggie, Strauss Bernd, Harenberg Sebastian

Religio-Spiritual Experiences and Mental Preparation Plans in Sport Psychology Practice

Hagan John Elvis, Srem-Sai Medina, Schack Thomas

Are Sport-Specific Psychological Strengths Culturally Relational? Evidence from the Turkish Adaptation of the SSPSQ

Sahin Yekta, Balci Velittin

Oral Presentations 4: Violence · Hall: A13

Chair: Nahum Ohad

"Maybe This Must Be Endured If One Wants to Do Sports": Experiences of Sexual Harassment Among Sports Stakeholders

Nikander Aku

Experiences of Complaint Processes for Violence in Sport: Preliminary Findings from a Qualitative Study in Québec, Canada

Radziszewski Stephanie, Rheault Camille, Parent Sylvie, Montiel Corentin, Stirling Ashley, Gurgis Joseph, Gillard Allyson

Associations Between Interpersonal Violence and Mental Health: A Network Analysis

Laureys Felien, Hébert Martine, Parent Sylvie

The Relationship Between Athletic Identity and Beliefs That Normalize Interpersonal Violence in Sport

Hannus Aave, Mäoma Silver, Olde Margareth

Conducting Trauma-Informed Research on Violence in Sport: Methodological Reflections From a Qualitative Study

Rheault Camille, Radziszewski Stephanie, Montiel Corentin, Gillard Allyson, Gurgis Joseph, Stirling Ashley, Parent Sylvie

Symposium 1 · Hall: Aula Magna

History of FEPSAC and European Sport Psychology - Why is it Important?

Seiler Roland, Serpa Sidónio, Cei Alberto, Apitzsch Erwin

Symposium 2 · Hall: A01

Psychological and Affective Processes of Physical Effort

Öz İrem Tuğçe, Nogueira Lopez Abel, Bieleke Maik, Brevers Damien

Symposium 3 · Hall: A11

'Climbing Psychology': The Multidimensional Nature of Psychological Functioning in Sport Climbing

Ion Andrei, Ionel Maria Stefania, Iliescu Dragos, Visu-Petra Laura, Nemeti Fehér, Zsófia (1, 2), Wheatley Katherine, Runswick Oliver, Godfrey Emma, Tomaselli Valentina, Leo Irene

Workshop 1 · Hall: A10

Working with the Body in Performance: A Practical Introduction to Working with the Nervous-System and Somatic Performance Styles

Goldman Aura

Workshop 2 · Hall: 130

Sport and Non-sport Performance in Young People: A New Framework to Overcome Trauma and Develop a Resilient Mindset

Bruno Alessia

Workshop 3 · Hall: 048

From Role Strain to Resilience: Evidence-Based Strategies for Managing Coach Burnout

Dragomir Ioana Georgiana

Workshop 4 · Hall: Aula Biblio

Playing to Perform: Applying Donald Winnicott's Psychoanalytic Concepts to Sport Psychology Practice

Blatt Asaf, Yablochnik Royi, Gershgoren Lael

15:30 - 17:00

Oral Presentations 5: Social psychology, Cultural sport psychology · Hall: A01

Chair: Alessandro Quartiroli

Validating the Hungarian Sport Courage Scale and Examining Its Relationship With Mental Toughness and Anxiety

Kalkan Gökçe, Ehrlenspiel Felix, Konter Erkut, Csányi Tamás

Individual and Team Performance Under Familiar and Unfamiliar Observation: A Mixed-Design Test of Social Facilitation and Loafing

Görgülü Recep, Yüksel Ensar Nihat, Öncü Mertkan

Labels and Self-Fulfilling Prophecies in Youth Sport: A Curious Case of Choking Under Pressure

Thrower Sam, Hamann Magnus, Stokoe Elizabeth, Harwood Chris

Winning at All Costs: Russian Female Tennis Players' Experiences of Parental Influence: An Interpretive Phenomenological Analysis

Kotiusheva Kseniia, Dohme Lea-Cathrin, Woods David, Sharp Lee-Ann

Checkmate at Home - Testing Explanations for Home Advantage in a Cognitive Sport

Brüggemann Leon, van Meurs Edda, Strauss Bernd

Oral Presentations 6: Group dynamics, Leadership · Hall: A13

Chair: Louise Davis

Shared Leadership and Commitment in Youth Team Sports: The Role of Psychological Safety
Jang Gilyoung

Authentic Leadership Predicts Athletes' Performance and Mental Well-being via Psychological Safety and Intra-team Moral Behaviour
Kavussanu Maria, Savko Teodors, Zhang Shuge, Hurst Philip

Work Together, Move Together-Cooperation and Rapport Promote Interpersonal Synchrony
Scheer Clara, Bowling Daniel L., Hungerländer Niklas A., Fitch Tecumseh, Horn Lisa

Oral Presentations 7: Well-being and quality of life · Hall: Aula Magna

Chair:

Health and Well-Being in Esports: A Cross-Cultural Survey Study
Leis Oliver, Ziegeldorf Alexandra, Wunsch Lara, Hottenrott Nina, Trotter Michael G., Sharpe Benjamin T., Scholz Tobias, Watson Matthew, Moriconi Marcelo, Barkoukis Vassilis

Hierarchical Model of Superior Performance (HMSP): Bringing Order to the Domains of IZOF, Momentum, and Flow
Morgulev Elia, Tenenbaum Gershon, Ben-Zaken Sigal

The Mediating Role of Self-Compassion Between Intuitive Eating and Social Physique Anxiety in Adult Athletes
Kurden Ayşe Yaren, Aşçı Hülya

Nonverbal Behavior and Emotions in the Context of Sports
Furley Philip

Psychological Profiles in Adolescent Athletes: A Person-Centered Analysis of Burnout, Anxiety, Well-Being, and Demographics
Dislere Beate Evelina, Kolesnikova Jelena, Reihmane Dace

Oral Presentations 8: Physical activity, Emotion · Hall: A12

Chair:

A Qualitative Study of University Students' Perspectives on Using Dance to Address Social Anxiety and Body Esteem
Du Min, Hancox Jennie, Hooper Oliver, Sandford Rachel

Exercising Under Stress: Latent Profiles of Training Adaptation and Pathways From Mindfulness to Exercise Motivation
Krymtsova Maria, Pannicke Björn, Amesberger Günter, Finkenzeller Thomas, Würth Sabine

Observing Physical Activity Posts on Social Media: Based on the Theory of Planned Behavior with Body Image Similarity among Adults
Yang Kyoungjin

Does More Aerobic Activity Mean Better Emotion Regulation? Examining Behavioral Dimensions of Physical Activity
Engels Eliane, Mueller Maïke

Elucidating the Dynamic Interplay between Integral Affect and Affective Processing in the Context of Physical Activity Behaviour
Ruissen Geralyn

Oral Presentations 9: Sports injury, Prevention and rehabilitation · Hall: 048

Chair: Walker Daniel

Pain Self-Management: Strategies Used by Elite Athletes and Their Short- and Long-Term Effects

Macquet Anne-Claire

“I’ve Not Been Knocked Out, So I’ll Probably Be Fine:” Amateur Rugby Players Do Not Know the Risks They Are Taking

Walker Daniel ., Qureshi Adam ., Marchant David ., Murray Rebecca ., Bahrami Balani, Alex, .

Longitudinal Changes in Brain-Muscle Communication From Pre- to Post-ACL Reconstruction

Jarvis Callum, Parr Johnny, Daniels Kat, Dos’Santos Thomas, Callaghan Michael

Courage in Soccer: Injury, Received Yellow and Red Cards

Konter Erkut, Şahinler Yunus

Athletes’ Emotional Recovery Following Severe Sports Injury

Bullard Kendra, Coumbe-Lilley John, Hamstra-Wright Karrie, Shipherd Amber

Symposium 4 · Hall: A03

Individual Differences in Sport Psychology

Budnik-Przybylska Dagmara, Wilczyńska Dominika, Guillot Aymeric, Lundy Leo

Symposium 5 · Hall: A02

Rethinking and Refuting the Performance and Well-Being Relationship in Elite Sport

Simpson Richard Alastair Cameron, Gennings Ellie, Goldman Aura, Walsh Kate, Oblinger-Peters Violetta

Symposium 6 · Hall: A11

Train Hard, Recover Smart: Empirical Evidence on Athletes’ Recovery

Zajonz Pia, Frytz Patricia, Werner Tabea, Di Pinto Gianluca

Workshop 5 · Hall: Aula Biblio

THE MISSING LINK? Breathing, Attention, and ADHD-Relevant Cognitive Mechanisms

Gacs Gergő, Szilárd Zsuzsanna, Kolumbán Erika, Cserjési Renáta, Zsebi Soma

Workshop 6 · Hall: 130

Doing Mindfulness: Dharma Drills for Clarity, Flexibility, and Performance

Gerson Michael, Tomlinson Vicki, Hayden-Blackburn Julie, Biro Eszter

Workshop 7 · Hall: A10

Welfare Officers at the Olympic Games: Same Badge, Yet Diverse Pathways and Realities

Bednářiková Michala, Stoljarova Snežana, Gherghisan Alina, Muller Frank, Kiens Kristel

17:00 - 17:30

Break

17:30 - 18:00

Opening Ceremony · Location: Convention Center

18:00 - 19:00

1st Keynote Speaker: Paul Wylleman · Location: Convention Center

"We're gonna need a bigger boat!". The evolving role of sport psychology and sport psychologists in high-performance sport

19:00 - 19:05

FEPSAC 2026 Group Photo · Location: Convention Center

19:05 - 23:00

Welcome Reception · Location: Convention Center

Tuesday, 14 July 2026

Time	Event	Location
07:00 - 07:30	Morning Grappling & Conditioning	West University of Timisoara
07:30 - 08:00	Morning Run	West University of Timisoara
08:30 - 17:00	Participant registration	West University of Timisoara
09:00 - 10:30	Parallel Sessions	West University of Timisoara
10:30 - 11:30	Coffee Break and 1st Poster Session	West University of Timisoara
11:30 - 13:00	Parallel Sessions	West University of Timisoara
13:00 - 14:30	Lunch Break	
14:15 - 14:35	Midday Mindfulness	West University of Timisoara
14:45 - 16:15	Parallel Sessions	West University of Timisoara
16:30 - 17:00	Coffee Break	Convention Center
17:00 - 18:00	2nd Keynote Speaker (Jean Fournier)	Convention Center
18:10 - 19:40	Round table athletes	Convention Center
19:50 - 21:00	Science Slam	Convention Center

09:00 - 10:30

Invited Symposium · Hall: A12

International Perspectives on Applied Sport Psychology Across Performance Contexts: ISSP Science-to-Practice Perspective

Alessandro Quartiroli, Chris Wagstaff, Chris Harwood, Pedro Teques

Oral Presentations 10: Coaching · Hall: A02

Chair: Andrada Vincze

Coaching Style, Gender Beliefs, and Dropout Intentions in Adolescent Girls' Football: Insights From a UEFA Innovation Project

Chanal Julien

Coach Perspectives on the Feasibility and Applicability of a Novel Pressure Training Framework

Byrne Gavin, Meggs Jennifer, Low William

Developing Self-Awareness and Understanding of Coach-Player Interactions: A Reflective Intervention

Sloot Lena, Brown Daniel J., Price David, Standage Martyn

Pedagogical Practices Supporting Positive Youth Development in Youth Sport

Berki Tamás

Authentic Performance in Elite Sport: An Integrative Scientist-Practitioner Coaching Framework for Athletes and Coaches

Rähse Daniel

Oral Presentations 11: Pedagogical psychology, Developmental/lifespan perspectives · Hall: A13

Chair: Emine Caglar

School Context and Teacher Personality in Tolerance of Risky Play and Supervision Beliefs

Russo Gabriele, Coco Daniele, Colli Alessia, Cecilian Andrea

May Physical Education Shape Core Affects? Retrospective Affective-Emotional Experiences and Lifelong Physical Activity

Leister-Härtig Sascha, Dietz Lisa-Anna, Eckert Anna, Limmeroth Julia

Teacher Support in Physical Education and Adolescents' Prosocial Behavior: Psychological Needs as a Mediator in Chinese Youth

Primo Laura, González Juan, Carlo Gustavo, Yang Yin, López de Subijana Cristina

Emotion regulation in Physical Education - An intervention study

Zajonz Pia, Andrä Christian, Mächtle Claudia, Lautenbach Franziska

Voices of Older Athletes: How Coaches Shape Positive Sport Experiences

Palma Bartira, Galatti Larissa

Oral Presentations 12: Group dynamics · Hall: A01

Chair: Laura Healy

Communal Coping Strategies of Beach Volleyball Players During Timeouts

Bünemann Stephanie, Schubert Finn

Perceived Debriefing Quality and Coach Behaviour Are Associated with Teamwork Perceptions: A Multi-Method Study

Durdubas Deniz, Sezer Umut

Do Athletes Who Use Positive Interpersonal Emotion Regulation Improve Their Teammates' Mental Health?

Pons Joan, Blanes Maria Wei, Romero Victòria, Gervilla Elena

Standing Out by Pulling Together: How Assistant Coaches Shape Subgroup Identity and Team Alignment in Professional Team Sports

Glaude Marc, Bloom Gordon A., Martin Luc J.

Oral Presentations 13: Neuroscience · Hall: A03

Chair:

Effect of a Single Session of Individualized EEG Marker Neurofeedback Training on the Putting Performance of Skilled Golfers

Chen Shih-Huan, Yu Chien-Lin, Hung Eric, Hung Tsung-Min

Resting-State Brain Functional Connectivity Underlying Skill Difficulty (D-Score) in Artistic Gymnasts

Kawata Yujiro, Takahashi Yumi, Mizuguchi Nobuaki, Sukizaki Takaya, Nakamura Miyuki, Tomita Hiroyuki, Harada Mutsumi, Kirino Eiji

Attending to Wind Strength Enhances Movement-Goal Coupling and Inhibitory Neural Control in Skilled Archers

Chen Yin-Hua, Chen Ya-Ling, Chen Szu-Yuan, Kuo Wen-Jui

Decoding Motor Imagery Potential: Resting-State EEG Biomarkers as Predictors of Individual Performance and Ability

Yu Lin, Schack Thomas

Winning the Mind Game - Applied Neurofeedback in Modern Mental Training - From Wearable Brain Data to Practical Performance Tools

Spinner Kazula Tali

Panel 1 · Hall: Aula Magna

What are the challenges in supporting mental health and performance simultaneously? Exploring ethical practice in high performance

Kiens Kristel, Moesch Karin, Stirling Ashley, Boudreault Véronique, Birrer Daniel, Cumming Sam

Symposium 7 · Hall: A11

Navigating Risk: Motivational and Emotional Processes in Extreme and Adventure Sports

Dannerbo Cecilie, Nemeti-Fehér Zsófia, Ionel Maria Stefania, Sanchez Xavier, Ion Andrei, Muskett Calum, Woodman Tim, Macdonald Jamie, Hepperle Lisa, Ehrlenspiel Felix, Wengel Yana, Love Jessica, Brown Daniel, Wilkes Matt, Shakespeare Kate, Thelwell Richard

Workshop 8 · Hall: 048

Life and Death in Sport: Periodization, Grief, and Return to Play Protocols

Fletcher Teresa

Workshop 9 · Hall: 130

Applied Mental Skills for Dancers: Self-Compassion and ACT in Practice

Bartos Josef, Ferenc Anna Julia

Workshop 10 · Hall: A10

50,000 Runners, One Psyching Team: Delivering Ethical Sport Psychology at World Marathon Majors

Coumbe-Lilley John, Kerulis Michele, Wilesa Dan, Wekesser Meredith, Bullard Kendra

Workshop 11 · Hall: Aula Biblio

Heart Rate Variability in Sport and Exercise Psychology: Applications of the Vagal Tank Theory

Laborde Sylvain

10:30 - 11:30

Coffee Break and 1st Poster Session · Location: West University of Timisoara

YRA Poster - The Weight of Identity: A Systematic Review & Meta-Analysis of Athletic Identity & Eating Disorders in Sport

Katherine Wheatley, Thanusha Vee, Oliver Runswick, Emma Godfrey

YRA Poster - Athlete Students' Subjective Perceptions of the Mindfulness-Based Training Program on Mindfulness, Self-Compassion, and Self-Criticism

Merve Rumeysa Alpay, Serkan Hazar, Ozan Emre Tingaz

YRA Poster - Role of Exercise in Enhancing Cognitive Function and Mental Health in Children with Down Syndrome Aged 9-14 Years: A Randomised Trial

Shimal Hamad, Shokhan Abdulrahman

YRA Poster - Regulatory Focus and Sport Performance: First Narrative Review in Sport and First Empirical Examination in Sport Climbing

Cecilie Dannerbo, Nancy Durieux, Guillaume Levillain, Xavier Sanchez

YRA Poster - Mobilizing Effort in Complex Motor Tasks: Try-Harder Instructions in Deceptive Actions

Nils T. Böer, Michael B. Steinborn, Matthias Weigelt, Iris Güldenpenning

YRA Poster - Auditory Modeling in Endurance Cycling: Effects on Performance and Perceived Effort

Maria Colomba, Fabrizio Sors, Selenia di Fronso, Angelica Ielo, Alessandro Soranzo, Eleonora Bilotta, Mauro Murgia, Tiziano Agostini

YRA Poster - Cardiorespiratory Fitness and Behavioral Performance in an Emotional Priming Stroop Task: The Mediating Role of P3 Amplitude

Yi-Ting Cheng, Chien-Heng Chu, Yu-Kai Chang

YRA Poster - The Role of Self-Talk Use in Winning Tennis Matches

Vlad-George MĂDA

YRA Poster - Linking Effort and Performance: Extending the Theory of Challenge and Threat States in Athletes

Hannah Pauly, Svenja Anna Wolf, Bernd Strauss, Dennis Dreiskämper

YRA Poster - Mastering the Moment: How Target Distance, Target Speed and Additional Load Shape Affordances for Interceptive Actions in Football

John Oyewole, Helen E Nuttall, Christopher J Gaffney, Trevor J Crawford, Sally A Linkenauger

YRA Poster - The influence of visual spatio-temporal frequencies on decision-making behaviour in sport.

Aimee McGinley, Simon Bennett, Joe Causer, Edward Hope, James Roberts

YRA Poster - Promoting mental health in elite sport: perspectives from European organisational leaders

Laura Spolverato, Jolan Kegelaers, Koen De Brandt, Paul Wylleman

YRA Poster - Insights from the Romanian version of the International Olympic Committee Sport Mental Health Assessment Tool 1 in Elite Athletes

Zsófia Némethi-Fehér, Maria Stefania Ionel, Alina Gherghișan, Dragos Iliescu, Andrei Ion

YRA Poster - Decisive Breath: How Breathing-Induced Activation Shapes Motor-Cognitive Decision Processes

Maša Iskra

YRA Poster - The Relationships Between Choking Under Pressure, Resilience, Self-Confidence, and Performance Among Athletes

Alexandra-Maria Petrișor

YRA Poster - Athletic Development in Conflict-Affected Context: Can the Lebanese Context be Informative of How Athlete Reach Excellence in Adv

Nathalie Jbeily, Denis Hauw

YRA Poster - A Holistic Ecological Approach to Injury Prevention and Management in Youth Sport: A Scoping Review

Nicklas Balle Venzel, Kristoffer Henriksen, Merete Møller, Louise Kamuk Storm

YRA Poster - Dose and Type of Sport Participation as Determinants of Adolescent Mental Health Trajectories: A Prospective Cohort Study

Sedat Ozturk, Huiyun Ding, Alexis Le Faucheur, Fabienne Fox, Andrea Dietrich, Pieter Hoekstra, Boris Cheval

YRA Poster - The Social Context Matters! How Physical Activity and Social Interaction Influence Executive Functions

Căcilia Zehnder, Mirko Schmidt, Jennifer L. Etnier, Valentin Benzing

YRA Poster - Understanding Kinesiophobia After ACL Injury: the role of Knee Self-Efficacy and Perceived Susceptibility to Sport Injury

Valentina Tomaselli, Irene Leo

The Meaning of Psychological Safety among Soccer Players:A Phenomenological Study

Sungho Kwon, Gilyoung Jang, Seungho Chang

Socially Oriented Goals, Social Identity, and Sport Commitment in Recreational Team Sports

Sungho Kwon, Heejung Jung, Seungho Chang

The Relationship between Adolescents' Self-esteem and Exercise Adherence Intention: Verifying the Mediating Effect of Envy

Taiwoo Kim, Sungho Kwon, Kyoungjin Yang

Fostering Environmental Awareness: Links Between Love for Nature and Environmentally Physical Activity Related Behaviors

Yannis Theodorakis, Aristeia Karamitrou, Charalampos Krommidas, Aikaterini Violatzi, Maria Angeli, Evangelos Galanis, Mary Hassandra, Nikos Comoutos

Applying Sport Psychology Principles in Entrepreneurship: A Professional Reflection with Cyber and Crypto Founders

Asaf Blatt

Using EEG to Measure Cortical Control of Reactive Balance Recovery in Children With Developmental Coordination Disorder (DCD)

Griet Warlop, Callum Jarvis, Richard S. Mills, Toby J. Ellmers, Greg Wood, Aiden Payne, Elmar Kal, Samuel Wood, Sally Payne, Thomas O'Brien, Johnny Parr

Psychological Safety as a Pathway to Reducing Vulnerabilities Under Pressure in Football

Ender Şenel, İlhan Adiloğulları

Psychological Safety and Team Dynamics: The Case of Dyadic Relationship Quality Between Team Members

Ender Şenel, Sophia Jowett, İlhan Adiloğulları

“You Must Turn All Eyes Blind”: Parental Beliefs in Normalisation of Maltreatment in Youth Sports

Johanna Uuemäe, Andero Uusberg, Aave Hannus

Mental Workload, Competitive Anxiety, and Burnout in Youth Football

Verónica Tutte Vallarino, Antonio Núñez Prats

The Role of Empowerment in Interpersonal Violence Prevention: Examining Hierarchies and Power Dynamics - A Scoping Review

Helena Schmitz, Janina Jaspers, Jeannine Ohlert, Bettina Rulofs

Peri-Run Changes in Mood and Subjective Sleep Quality in Ultramarathon Runners: A Multi-Point Observational Study

Katarzyna Ciechanowska, Kamila Litwic-Kaminska, Piotr Morawski

Effect of a Psychological Program on Mental Stress and Salivary Cortisol in Junior Karate Athletes

Shahenda T. H Halima

Mental Health Problems and Unhealthy Lifestyle Patterns in Swiss University Students: A Latent Profile Analysis

Markus Gerber, Jan Hochuli

Exploring a Sport-Focused Projective Assessment Tool: A Pilot Study of the Athlete Apperception Technique (AAT)

Noémi Gyömbér, Hajnalka Eszter Selmeci

Victory in the Frame: Can Sports Films Act as a Mental Coach?

Büşra Nurefşan Ülker, VeySEL Küçük, Nezahat Alara Metin

Mapping Psychological Competencies Across Athlete Development: A Cross-Sport Document Analysis

Loranne Smans, Paul Wylleman, Koen De Brandt, Jolan Kegelaers

Initial Validation of a Peer Relationship Questionnaire in Youth Team Sports: A Pilot Study

Katarzyna Ciechanowska, Małgorzata Siekańska, Kamila Litwic-Kaminska, Janusz Trempała

"Every Athlete Needs to Understand How Their Head Works." Qualitative Investigation of the Practice of Sport Psychology in Czechia

Patrik Voříšek, Jiří Mudrák

Opportunities and Challenges for Integrating Sport Psychologists into Esports: A Descriptive-Analytical Study of the Arab Context

Nadhim Al-Wattar, Reem Abdulkream

No Myth: Be Literate, Be Well, Be Fit (MentiFit)

Renata Barić, Jelena Gerjević, Maja Lagator, Vedran Jakobek, Ana Đerek, Sunčica Bartoluci

Myth or Misclassification? Who Is Who Among Ultra-Endurance and Extreme Sport Athletes: A Cluster Analysis

Abel Nogueira Lopez, Priscilla Fabrizi, Dominik Stefan Mihalits

Discrepancies Between Self-Reported and Objectively Measured Physical Activity Among Asylum Seekers

Marco Pasquali, Konstantinia Filippou, Florian Knappe, Theodoros Proskinitopoulos, Fotini Xaxiri, Ioannis D. Morres, Emmanouil Tzormpatzakis, Markus Gerber, Marcello Constantini, Yannis Theodorakis, Antonis Hatzigeorgiadis

Association Between Sport Participation, Cognitive Skills, and Psychosocial Profiles in Adolescence

Teresa Di Bella, Rossana Actis-Grosso, Silvia Serino, Patrizia Steca

Opening the Doors of Esports: Expectations versus Reality

Ismael Pedraza-Ramírez, Lisa Musculus, Bernadette Ramaker

An Explanatory Model of Achievement Goals, Physical Self-Concept, and Competitive Anxiety in Indian eFootball Players

Kanupriya Rawat

From Fixed Beliefs to Functional Tools: Training Self-Belief and Perceived Control in Youth Football

Nabeegh Anwar Wahab

11:30 - 13:00

Oral Presentations 14: Non-traditional applications (e.g. music, dance and performing arts, military) · Hall: A02

Chair: Darrell L. Phillips

Analog Astronauts' Psychophysiological Profile and the Type of Task Situations in a Space Analog Habitat - a Pilot Study

Siekanska Małgorzata, Tota Lukasz, Kolodziejczyk Agata

Music Performance Anxiety in Hungarian Musicians: A Cross-Sectional Population Study

Woytynowska Kaya Ariel

Psychological Research Jointly Investigating Athletes and Performing Artists: A Scoping Review

Lubert Veronika J., Halter Valérie J., Schmid Michael J.

Effects of Live-Fire Exposure on Risk-taking Behaviour, Reflection Impulsivity, and Spatial Working Memory in Firefighters

Wälde Jannic, Amesberger Günter, Würth Sabine, Finkenzeller Thomas

Oral Presentations 15: Youth · Hall: A11

Chair: Sascha Leisterer-Härtig

The Shrinking Horizon: A Generation Effect on Children's Independent Mobility

Cordovil Rita, Rodrigues Luis Paulo, Brito Henrique, Pombo André, Research Group Asas

Measuring Critical Consciousness in Youth Sport: Psychometric Evidence from Brazil

Peixoto Evandro, Romano Amanda, Silva Maynara, Camiré Martin

Exploring Engagement and Disengagement in Youth Sport Through the Lens of a Multi-Level Sport Organization

Sievert Elin, Davis Louise, Knight Camilla, Solstad Bård Erlend, Stenling Andreas

Reimagining Youth Sport: Insights from Canadian sport leaders

Gollish Sasha

Looking to the Future: Exploring the Possible Selves of Youth Athletes in Talent Development Systems

Kelly Roisin, Harwood Chris, Rongen Fieke

Oral Presentations 16: Motivation, Exercise psychology · Hall: A12

Chair: Francesca Vitali

The Role of Swearing in Sport and Exercise: A Multi-Study Self-Talk Perspective

Manor Noam, Tenenbaum Gershon

The Influence of Effort Intensity and Duration on Exercise Choices

Taylor Ian, Leonard Lucie, Gwynne-Mayer Nicole

The Impact of the Coronavirus Pandemic on Psychological Variables in Competitive Sports

Schröder Sebastian, Stucke Christine, Linkohr Tabea, Schulz Melanie

How the Social Dimension of Physical Literacy Relates to Physical, Cognitive, and Affective Dimensions and Physical Activity

Hüttemann Hannah, Henning Lena, Tietjens Maike

Oral Presentations 17: Personality · Hall: A03

Chair: Chris Englert

The Role of Personality Traits in Determining Basic Psychological Needs and Self-Compassion in Exercise Participants

Erol Melek, Ersöz Ay Gözde

Exploring the Links Between Personality, Perfectionism, and Dispositional Flow in Athletes

González-García Higinio, Ramírez Amaia

Is Acceptance and Commitment Therapy for Everyone?

Kajtna Tanja, Spreizer Anze

Beyond Sensation Seeking: Rethinking Ultra-Endurance Participation Through an Integrative Framework

Fabrizi Priscilla, Nogueira Lopez Abel, Mihalits Dominik Stefan

Could Volition Enhance Physical Activity Levels? A Mediation Analysis in a Cohort of University Students Using PID-5

De Angelis Matteo, Prigitano Vincenzo, Greco Francesca, Bertollo Maurizio, Hamdi Faten, Emerenziani Gian Pietro

Panel 2 · Hall: Aula Magna

The Realities and Experiences of Thriving in High-Performance Sport. Discussing the Path to Sustainable Performance and Well-Being

Birrer Daniel, Brown Daniel, Wagstaff Chris, Oblinger-Peters Violetta, Ackeret Nadja, Branza Ana Maria

Symposium 8 · Hall: A01

Capturing Dynamic Cognition-Action Interaction in Sport: Methodological Advances Beyond Static Decision Tasks

Voigt Laura, Iskra Maša, Mann David, Nieuwenhuys Arne

Symposium 9 · Hall: A13

Advancing the Female Perspective in Sport Psychology: From Individual Resilience to Environmental Optimization

Solstad Bård Erlend, Davis Louise, Didymus Faye, Ausland Ådne, Mosewich Amber

Symposium 10 · Hall: Aula Biblio

ENYSSP: A Network Supporting Young Specialists in the Field of Sport Psychology

Nurkse Laur, Zajonz Pia, Iscru Ionuț Alexandru, Schmitz Helena, Sors Fabrizio, Szekeres Zsolia, Więclaw Grzegorz, Vrančić Sanja, Manolopoulos-Dekaristos Evangelos, Ramaker Bernadette

Workshop 12 · Hall: A10

Embodied Self-Talk and Dynamic Imagery: Applied Strategies for Enhancing Attention and Self-Regulation in Sports

Abraham Amit, Franklin Eric

Workshop 13 · Hall: 130

Integrating the Learning-Modification-Application Model into Psychological Periodization in Team Sports

Gershgoren Lael, Orbach Iris, Blatt Asaf

Workshop 14 · Hall: 048

Delivering the PsychMapping Exercise: A Practical Learning Experience

Bolger Roisin, Gianniki Konstantina, Robin Arno, Latinjak Alexander T.

13:00 - 14:30

Lunch Break

14:15 - 14:35

Midday Mindfulness · Location: West University of Timisoara

14:45 - 16:15

Oral Presentations 18: Safeguarding, Safe sports · Hall: A13

Chair: Vitali Francesca

Co-Adapting Safe Sport Allies: Tailoring an Evidence-Based Safeguarding Intervention to Elite Youth Football

Brouwers Otis, Brain Jon, Vertommen Tine, Haerens Leen

Supporting the Developing Athlete: Psychological Safety and the Coaching of Adolescent Girls in Gymnastics

Casa Deanna, Kerr Gretchen

Co-Creatating Safe Sport Through Visual Design Thinking: Integrating Sport Psychology theory for visual Systemic Change

Rietdijk Yara

Understanding disclosure and reporting of interpersonal violence in high-performance sport

Willson Erin, Nepon Taryn, Kerr Gretchen

Oral Presentations 19: Cognition · Hall: A02

Chair: Faye Didymus

Combined Cognitive and Exercise Priming Improves Running Times

Mortimer Hannah, Díaz-García Jesús, Dallaway Neil, Ring Christopher

Physiological and Psychological Determinants of Ultrarunning Performance

de Jong Annabel, Matthews Allison, Hinder Mark, Pitchford Nathan

Does Mental Performance, Inhibitory Control & Emotion Interference, Change throughout the Menstrual Cycle?

Chattat Elissa, de Haan Hanna, Musculus Lisa

Reading the Game: Virtual Reality (VR) Methods for Assessing Peripheral Vision and Decision-Making in Football

Vukojević Božo, Pinchuk Svitlana, Vater Christian

The Psychology of Esports: Trends, challenges, and future directions

Pedraza-Ramirez Ismael, T. Sharpe Benjamin, Behnke Maciej, J. Toth, Adam (6, 7, 8, 9), R. Poulus, Dylan (10, 11)

Oral Presentations 20: Best practices · Hall: A12

Chair: Miquel Torregrossa

The Maternity Journey as a Positive Challenge: Insights From Sport Psychology

Meijen Carla

Periodization of Psychological Preparation Into the Training Process in Individual Sport.

Orbach Iris, Blumenstein Boris

The Functional Contextual Narratives of Elite Athletes' Paradoxical Performance Experiences of Fine Motor Skills

Kohli Tanuj, Steptoe Karl, Barker Jamie, Hill Denise

Implementing Pressure on Athletes During Training: A Scoping Review

Bouthiller Elif, Lautenbach Franziska

Psychology Practice in Esports: Challenges and Opportunities for Practitioners

Leis Oliver, Wunsch Lara, Whitehead Amy, Swettenham Laura Dawn

Oral Presentations 21: Elite sports and expertise · Hall: A03

Chair: Recep Gorgulu

Understanding Decision-Making Expertise in Football VAR: Insights from Elite Video Match Officials

Clark James, Wood Samuel, Uiga Liis, Weston Matthew, Jackson Robin C., Williams A. Mark, McNally Steve, Wood Greg

Psychological Momentum and Match Performance in Tennis

Konter Erkut, Şahinler Yunus

Developing A Thriving Environment in Academy Football. An Action Research Pilot Study

Thomas Samuel, Wagstaff Christopher, Quartiroli Alessandro, Brown Daniel, Miller Matt

Modification of Individual Challenge in Team-Based Training in Elite Australian Football

Green Sarah, Broadbent David, Kittel Aden, McCalman William, Bruce Lyndell

Sport as a Psychological Anchor During Wartime Among Elite Ukrainian Athletes

Yukhymenko-Lescroart Mariya, Voiedilova Olena

Panel 3 · Hall: Aula Magna

Joining Hands in Research and Practice: A Critical Discussion on the Past, Present, and Future of Relationship Work in Sports

Wachsmuth Svenja, Davis Louise, Healy Laura, Jowett Sophia, Solstad Bård Erlend, Thrower Sam, Walter Nadja, Zakrajsek Rebecca Anne

Symposium 11 · Hall: A01

Subclinical Levels of Distress: Multiple Psychodynamic Lenses in Sport Consultation

Nahum Ohad, König Réka Zsanett, Goldman Aura, Ionel Maria Stefania

Symposium 12 · Hall: A11

Towards a Deeper Understanding of Effort-Related Process in Sport and Exercise

Taylor Ian, Pauly Hannah, Poss Niklas, Dreiskämper Dennis, Baus Tina, Bieleke Maik, Mundt Lisa, Ennigkeit Fabienne, Englert Chris, Samuel Roy David, Filho Edson

Workshop 15 · Hall: A10

The Influence of Breathing Techniques on Sport Performance

Iskra Maša, Laborde Sylvain

Workshop 16 · Hall: 048

An Integrated Matrix Workshop for Sport Injury Rehabilitation: SDT, BPS Model for Injury, and the Stress-is-Beneficial Mindset

Phillips Darrell L.

Workshop 17 · Hall: Aula Biblio

Police Deadly Force Consulting: Integrating Operational Realities and Evidence Based Performance Psychology

Heil John, Bedard Roy

Workshop 18 · Hall: 130

Connecting Sport-Specific Behavioral Patterns to Psychological States

Zagorc Blaž

16:30 - 17:00

Coffee Break · Location: Convention Center

17:00 - 18:00

2nd Keynote Speaker: Jean Fournier · Location: Convention Center
In search of performance

18:10 - 19:40

Athletes Round Table · Location: Convention Center

19:50 - 21:00

Science Slam · Location: Convention Center

It's a Feeling Problem

Ralf Brand

**The Force Is With Us: The Role of Mental Imagery, Music, and Their Combination
in Performance Improvement and Psychological States**

*Fernando Castellar, Rocco Cavaleri, Liila Taruffi, Ugur Kaya, Miriam Olsen,
Steffen A. Herff*

11 vs 0

Christoph Herr

Wednesday, 15 July 2026

Time	Event	Location
07:00 - 07:30	Morning Grappling & Conditioning	West University of Timisoara
07:30 - 08:00	Morning Run	West University of Timisoara
08:30 - 17:00	Participant registration	West University of Timisoara
09:00 - 10:30	Parallel Sessions	West University of Timisoara
10:30 - 11:30	Coffee Break and 2nd Poster Session	West University of Timisoara
11:30 - 13:00	Parallel Sessions	West University of Timisoara
13:00 - 14:30	Lunch Break	
14:15 - 14:35	Midday Mindfulness	West University of Timisoara
14:45 - 16:15	Parallel Sessions	West University of Timisoara
16:30 - 17:00	Coffee Break	Convention Center
17:00 - 18:00	3rd Keynote Speaker (Rita Cordovil)	Convention Center
18:00 - 19:30	FEPSAC General Assembly and FEPSAC Elections	Convention Center

9:00 - 10:30

Oral Presentations 22: Well-being and quality of life · Hall: A13

Chair:

The Relationship Between Chronic Pain and Psychological Well-being in Endurance Athletes: A Longitudinal Mixed Method Study

Emeka Lloyd, Meijen Carla, Sheffield David, Brug Peary, Martin Emily, Riva Silvia

Self-Criticism, Self-Compassion, and Other Related Variables as Factors of Well-Being in Pre-Professional and Professional Dancers

Bartos Josef

Determinants for Sport Coaches' Occupational Well-Being: a Scoping Review

Leisterer-Härtig Sascha, Nicaise Virginie, Bracco Maëlle, Eckert Anna, Martinet Guillaume, Guillet-Descas Emma

Take Care of Your Coach 2.0: A Transnational Intervention to Enhance Coaches' Mental Health and Well-Being

Serpa Sidonio, Martinović Dubravka, Smrdu Maja, Udovč Patricija, Jeromen Tina

Community Sports Coaches' Knowledge and Perspectives of Physical Literacy to Improve Child Wellbeing

Vella Lara, Carl Joahannes, Crotti Matteo, Barnett Lisa, Duncan Michael

Oral Presentations 23: Mental health · Hall: A03

Chair: Lautenbach Franziska

Mental Health as Motivational Context: Symptom Moderation of Within-Person Processes Underlying Exercise Enjoyment

Rebar Amanda, Gardner Benjamin, Vincent Grace

Understanding Mental Health in Elite Women's Cricket: A Longitudinal Investigation

Williams Harry, Jones Eleri, Roberts Ross, Woodman Tim, Peirce Nick

Mental Health Profiling: A Pattern Recognition Approach

Ely George, Roberts Ross, Owen Robin, Woodman Tim, Evans Lynne, Peirce Nicholas

The Development and Implementation of a Mental Performance and Mental Health Promotion Program for Varsity Athletes and Coaches

Lacoste Elise, Werthner Penny

An ecological systems approach towards world-class female athletes' perceptions of changes needed to support their mental health

Walsh Kate, Giles Samuel, Harwood Chris, Seward Chris

Oral Presentations 24: Coaching · Hall: A11

Chair: Svenja Wachsmuth

Coach Trust, Grit, and Athletic Career Commitment in Elite Soccer Players: A Career Motivation Theory Perspective

Lee Jungwon, Kwon Sungho

Enhanced Expectancies by Positive Feedback Do Not Influence the Learning of a Form-Based Motor Skill in Gymnastics

Laroëre Bianca Maria, Mudrák Jiří, Malíř Roman, Iwatsuki Takehiro, Třebický Vít

Facing Failure Together: Managing Underperformance in the parents-athlete-coach triad

Varenne Fabien, Doron Julie, Lienhart Noémie

"You Can't Just Shout the Information Across the Pitch and Everyone Take It On": Football Coaches' Perceptions of Neuroinclusion

Runswick Oliver, Waite Sissily, Chotai Daya, Lowery Emily, Athanasopoulos Panagiotis, Wood Sam

A Comprehensive Taxonomy of Track and Field Sport Practices: A Resource for Coaches and Researchers

Radowits Royden, Young Bradley W.

Oral Presentations 25: Exercise psychology · Hall: A12

Chair: Yiannis Theodorakis

Self-Efficacy on the Apparatus: A Systematic Review and the Development of an Artistic Gymnastics-Specific Assessment Tool

Marzoli Federica, Di Pinto Gianluca, Di Fronso Selenia, Curzi Davide

The Relations Between Social Media Engagement, Psychological Needs, Motivation, and Healthy Behaviors in Adolescents

Behzadnia Behzad

Taiwan Tai Chi Research: Global Trends and Hot Topics from a Bibliometric Analysis

Lee Chi-Jui, Hsieh Wei-Li, Hung Chiao-Ling, Chang Yu-Kai

Reciprocal Associations Between Smartwatch Use, Self-Determined Motivation and Moderate-to-Vigorous Physical Activity

Steel Richard, Mitra Suvo

Physiological Load Increases Without Changes in Affective Responses During High-Intensity Exercise When Combined With tDCS

Pixa Nils Henrik, Voelcker-Rehage Claudia

Oral Presentations 26: Professional development and mentoring · Hall: 048

Chair: Recep Gorgulu

Perceptions of Applied Youth Sport Work in Neophyte MPC Trainees from the United States

Hart Kayleigh, Blanton Jedediah E.

Fostering Sustainable Novice and Young Female Coaches: The Role of Mentors' Motivation, Gender Sensitivity, and Communication

Thierry Suzanne, Nicaise Virginie

The Athlete Needs Assessment Plan: A 3-Component, 7-Session Framework for Supporting Athletes' Self-Understanding and Development

Alberton Mathias

From Prompt to Performance: Evaluating ChatGPT in Gymnastic Movement Analysis

Frenkel Marie, Szawilla Cara, Ziekow Holger

Talent Selection Processes in Sports: A Qualitative Comparison With Personnel Selection in Business

Brinkmöller Birte, Dreiskämper Dennis, Eckardt Valeria, Höner Oliver, Strauss Bernd

Symposium 13 · Hall: A02

Coaches' Mental Health in High-Performance Sport: From Individual Responsibility to Systemic Care

McLoughlin Ella, Johnston Julie, Smans Lorraine, Olusoga Peter, Chroni Stilian, Kenttä Göran

Symposium 14 · Hall: Aula Magna

Mental Health Challenges and Pathways Forward in High-Performance Sport: Voices, Pressures, and Practical Solutions

Wergin V. Vanessa, Schwender Julia T., Peterken Hannah C., Willson Erin

Symposium 15 · Hall: A01

Interpersonal Violence (IV) in Sport as a Systemic Issue: Evidence, Priorities, and Organisational Responses

Schwab Laurie, Parent Sylvie, Gomez Carole, Vertommen Tine, Ramis Laloux Yago

Workshop 19 · Hall: 130

Psychodynamic Thinking in Applied Work with Athletes

Nahum Ohad

Workshop 20 · Hall: A10

An interactive workshop: Project - Road to Milano Cortina 26 - Fail or Golden Success? Insights, Learnings and Co-Creation

Rähse Daniel

Workshop 21 · Hall: Aula Biblio

Building a Working Alliance in Elite Esports: Applied Lessons from Sport Psychology Practice

Pedraza-Ramirez Ismael, Ramaker Bernadette

Coffee Break and 2nd Poster Session · Location: West University of Timisoara

Exploring Self-Talk in Athletic Rehabilitation Following Sport Injury - Insights From a Qualitative Study

Sarah Terhorst, Felix Ehrlenspiel

The Olympic Games Transition Model

Roy David Samuel, Itay Basevitch

Finding One's Tribe: Distinction of sport & extracurricular engagement on student flourishing and stress mindset in the UAE

Christopher Bryan, Ruba Ahmed, Tatiana Tairi, Sariah Daouk, Oliver Bones, Muna Amr

Online Interpersonal Violence in Sport: Prevalence and Associated Factors in a Population-Based Sample of Quebec Adolescents

Sylvie Parent, Emma Kavanagh, Sophie Labossière

Extending the SPPD Model Through Global Lenses: Complexity, Time, and Culture in Sport Psychology Professionals' Development

Janaina Lima Fogaça, Dan R. F. Martin, Alessandro Quartirol

Development and Content Validation of a Cross-Sport Questionnaire for Perceived Self-Efficacy

Francesco Bigotto, Teresa Di Bella, Christian Carafa, Silvia Serino, Patrizia Steca

Social Anxiety and Body Esteem Among University Students: Prevalence, Associations, and the Role of Dance

Min Du, Jennie Hancox, Oliver Hooper, Rachel Sandford

The Relationship Between Mental Toughness and Trait Emotional Intelligence: Mental Training in the Service of Performance

Davide Cresto Ferrino

Motivational Determinants of Fitness Centre Users Among Foreigners and Native Germans: An Assessment With Machine Learning

Sally Sonia Simmons, Medina Srem-Sai, John Elvis Hagan, Thomas Schack

UK Sporting Organisations' Responses to Wrongdoing in Elite Sport

James Newman, Harry Buttery, Georgie Gibbs

An Exploratory Study Using MSPE Among Hungarian Elite Athletes

Luca Pump, Karrie Hamstra-Wright, Zoltan Kiss, John Coumbe-Lilley

Effects of Competitive Level on Brain Information Processing and Reaction Time in Open-Skill Sports: A Preliminary Study

Koki Watanabe, Taiga Arai, Takayuki Sugo, Hironobu Tsuchiya

Hungarian Sport Psychologists' Experiences With Child and Youth Safeguarding

Ágota Lénárt, Kaya Woytynowska, Judit Boda-Ujlaky

Active Bodies, Sustainable Minds: PE Teachers' and Students' Experiences from the ENLITE Program in Greek Primary Schools

Mary Hassandra, Aristeia Karamitrou, Charalambos Krommydas, Aikaterini Violatzis, Maria Angeli, Eleni Dimitriou, Vasiliki Tziara, Christos Trikalis, Yannis Theodorakis, Nikos Comoutos

Beyond "Good Teammates": Identifying Team Dynamics Profiles Predicting Mental Health and Performance Satisfaction

Maria Wei Blanes, Elena Gervilla, Joan Pons

Expertise and Competitive Context Regulate Performance-Related Arm EMG in Esports

Sorato Minami, Ken Watanabe, Naoki Saijo, Makio Kashino

Emerging Approaches to Anti-Doping Education for Athlete Support Personnel

Despoina Ourda, Maria-Theodora Gkountou, Ioannis Paliokas, Sousana Papadopoulou, Anne-Marie Elbe, Ladislav Petrovic, Ruta Banyte, Ria Vanderstraeten, Nenad Dikic, Vassilis Barkoukis

Formula Racing Study: Intra-Individual Associations Between Steroid Hormones and Competitive Performance Differ Across Drivers

Yuuki Ooishi, Seiji Matsumura, Makio Kashino, Naoki Saijo

Combining Mental Skills Training and Individualized Pressure Training: A Preliminary Practical Intervention

Kanta Mizuno, Yasuhisa Tachiya, Andrew Cooke, Takahiro Ogata

Difficulty Describing Feelings, Stress Coping during Injury Rehabilitation, and Adaptation after Return to Sport

Tomonori Tatsumi

Mental Health and Well-Being in Youth Football Players - A Systematic Review

Gantima Praisan, Camilla Scaramuzza, Moira Raimo, George Yiapanas, Faten Hamdi, Marika Berchicci, Maurizio Bertollo

Tactical Knowledge of Handball Players Excelling in Preventing One-on-One Breakthrough

Takeru Onishi, Yuki Yabunaka, Masayoshi Shimokawa, Takehito Hirakawa

Prevalence and Predictors of Clinically Significant Depressive Symptoms in Taiwanese Collegiate Athletes

Jen-De Chen, Jong-Yi Wang

Predicting Physical Activity in Adolescents: The Role of Positive Youth Development and Physical Self-Concept

Mustafa Işık, Ergün Çakır, Gözde Ersöz Ay

Focus Inward to Move Forward: Emotional Intelligence Training for Elite Coaches

Karin Moesch, Sofia Bunke

Mental Health Indicators Among Spanish-Speaking Esports Players

Ivan Bonilla Gorrindo, Adrián Díaz Moreno, Judith Amorós Robles, Raquel Muñoz Martinez, Jolan Kegelaers, Andrés Chamarro Lusa

Effect of Physical Exercise Practice on Executive Functions: A Scoping Review

Mª Dolores González-Fernández, Mª del Pilar Vieiro-Iglesias, Mª Concepción Ba-Fente

Neural Dynamics of Attentional Focus Switching During Golf Putting: An Event-Related Desynchronization Study

Lin Yu, Emole E. Onuoha, Thomas Schack

The Effects of Simulated Vision Impairment on Spaceflight Relevant Perceptual-Motor Skill

Oliver Runswick, Mia Hite, Zahra Kuliev

Understanding the Psychological Profile of the Hungarian Dog Sport Participants

Hajnalka Eszter Selmeci, Noémi Gyömbér

Trajectories of Sport Exhaustion, Cynicism and Inadequacy Among Adolescent Student-Athletes: A Three-Year Longitudinal Study

Joni Kuokkanen, Daniel J. Phipps, Milla Saarinen, Johan Korhonen, Jan-Erik Romar, Henrik Gustafsson

Effect of Relative Age in Spanish Women's Youth Football

Alberto Gil-Galve, Pedro Teques, David Peris-Delcampo

Social Media Sports Content and Adolescent Health Promotion: Chain Mediation of Online Social Support and Psychological Capital

Xinchun Wang, Huiyu Shi, Minmin Du, Jian Yang

Neurocognitive Effects of Resistance Training on Cognitive Flexibility and P300 in Adults with ADHD

Chiao-Ling Hung, Wei Zhang, Chi-Jui Lee, Dong-Yang Fong

Translation and Cross-Cultural Validation of the Sport Psychological Safety Inventory in German-Speaking Athletes

Sedat Ozturk, Anne-Marie Elbe, Nastja Rettich, Nadja Walter

Psycho-Oncology, Sport, Quality of Life: Triathlon Training to Enhance Quality of Life in Oncology Patients. Preliminary Data

Giulia Di Marco, Michela Bellucci, Tommaso Mariano, Benedetta Ceccarelli, Paolo Catanzaro, Livia Buratta, Verena De Angelis

A Fencing-Based Intervention for an Adolescent With Autism Spectrum Disorder: A Case Study

Flora Papitsi, Apostolos Skouras, Panagiotis Koulouvaris, Charilaos Tsolakis

Hazard Perception in Cyclists: An Experimental Analysis of Age- and Experience-Related Factors

Julian Groß, Julia Limmeroth, Norbert Hagemann

AI-Supported Deliberate Practice of Mental Skills in Competitive Sport: An Ongoing Investigation

Maria Ogurtsova

The Symbolic Dimension of Precarious Work: Integrating Institutional Equity into the Perceived Precarious Life Model

Martina Palumbo, Edgardo Zanolì, Caterina Gozzoli, Alessia Ferraboli

Anticipating an Opponent's Action in Sports: A Virtual Reality Investigation of Expertise in Tennis

Simona Perrone, Daniele Romano, Luisa Girelli

Moderating Role of Psychological Flexibility in the Relationship Between Coach-Created Motivational Climate and Athlete Mindset

Ayşe Yaren Kurden, Ibrahim Dogukan Eskitürk, Enes Ozdemir, Pakize Keskin, Ihsan Sari

Football Coaches' Leadership Power Perceptions in Relation to Big-Five Personality Traits

Erkut Konter

The Same Punch, Different Judgment: Gender Bias in the Evaluation of Women in Combat Sports

Iuliana Costea, Ramona-Alice Bran

The Effects of Instructional and Motivational Self-Talk on Gaze Behavior in a Virtual Reality Setting

Sahil Pawade

Poster - Social Anxiety, Help-Seeking, and Psychological Support Preferences among Dance Students in Higher Education

Ying Liu, Jennie Hancox, Rachel Sandford, Oliver Hooper

Training Sport Psychologists to Work With Post-Traumatic Populations: An Applied Framework

Shoshi Shtemer, Orit Bar Artvinsky

Oral Presentations 27: Clinical sport psychology and Counseling · Hall: A03

Chair:

Beyond Performance: Type of Sport, Gender and Autonomy-Connectedness in Recreational Athletes' Disordered Eating Behaviors

Bosman Nicky, Maas Joyce, van Assen Marcel, Bekker Marrie

Implementing Virtual Reality in the Treatment of Chronic Pain: A Qualitative Analysis of Barriers and Facilitators

Elser Alexander, Frenkel Marie Ottilie, Kopkow Christian, Schäfer Axel

Recognizing Shame in Elite Sport: A Psychodynamic-Informed Framework

Nahum Ohad, Ryall Emily

"Sport Saved Me": Elite Athletes' Experiences of Adverse Childhood Experiences and the Role of Sport Participation

Hjaltadóttir Stella, Tahtinen Richard, Sigurðardóttir Sigrún

Delivering Safeguarding Education in Professional Football: Reflections for Research and Practice

Newman James

Oral Presentations 28: Dual career, Transitions in and out of sport · Hall: A01

Chair: Cristina De Subijana

Implementation of Ten Key Features of Dual Career Development Environments in Finnish Sport Schools: A Multiple-Case Study

Kuokkanen Joni, Saarinen Milla, Mäkiharju Alex, Kamuk Storm Louise, Romar Jan-Erik

What Is Employability for Student-Athletes? Preliminary Results From a Delphi Study

Ferraboli Alessia, D'Angelo Chiara, Capranica Laura, Quartiroli Alessandro

Balancing Demands: A Qualitative Exploration of Coping in UK Dual-Career Student-Athletes

Beere James, Tibbert Stephanie, Wimshurst Zoe, Cotterill Stewart

Understanding Academic Perspectives on Dual Career Pathways in Higher Education

Decelis Andrew, Muscat Adele

Examining Student-Athlete Dual Identity Over Time in University Athletes: A Longitudinal Study of Academic and Athletic Identities

Yukhymenko-Lescroart Mariya

Oral Presentations 29: Motor control and learning · Hall: 048

Chair: Lin Yu

Gaze Behavior During the Preparatory Phase of Smash Defense in Badminton Doubles: An On-Court Comparison Across Skill Levels

Kokubu Masahiro, Suita Masashi

Effects of Movement-Specific Reinvestment on Action-Change Performance in Dynamic Performance Environments

Nieuwenhuys Arne, Sullivan Robyn, De Haan Juliette, Ortega Auriol Pablo, Uiga Liis, Anson Greg, Masters Rich

Using a Think Aloud Protocol to Explore Cognitive Processes Underpinning Sense-Making of Skilled Cricket Players in Competition

Hasan Shahbaz, Broadbent David P., Dancy Paul, North Jamie S., Roca Andre, Murphy Colm P.

Hierarchical Motor Planning and Dynamic Arbitration of Constraints in Naturalistic Hand Selection

Chiou Shiau-Chuen, Schack Thomas

The Effects of Movement-Related Verbalisation on Stair Walking Behaviour in Young Adults: Preliminary Results

Hill Luke, Mills Rick, Masters Rich, Middlebrook Nicola, Reeves Neil, Uiga Liis

Panel 4 · Hall: Aula Magna

The Scientist Practitioner: A ‘Nice to Be’ or a ‘Need to Be’ in Sport Psychology?

Wylleman Paul, Harwood Chris, Kristjánsdóttir Hafrun, Johnson Urban, Kajtna Tanja, Pensgaard Anne Marte

Symposium 16 · Hall: A02

Who Benefits and How? Applied Perspectives on Bio- and Neurofeedback Trainings in Sport

König Réka Zsanett, Hodgetts James, Hung Tsung-Min, Cheng Ming-Yang

Symposium 17 · Hall: A11

The Dynamics of Affective Processes in Sport Contexts

Fritsch Julian, Bieleke Maik

Symposium 18 · Hall: A13

Contemporary Directions in Qualitative Inquiry for Sport and Exercise Psychology Research and Practice

Didymus Faye F., Welsh Allie, Kent Sofie, Cropley Brendan, Murray Megan, Zakrajsek Rebecca

Workshop 22 · Hall: 130

Recognizing the Signs: Early Detection of Eating Disorders in Athletes

Selby Christine

Workshop 23 · Hall: A10

The Architecture of Toughness: Strength Under Stress—Practical Applications of the 4C Model

Gerson Michael

Workshop 24 · Hall: Aula Biblio

The Power of “Us”: Promoting Psychological Safety Through Social Identity Leadership in Sport Coaching

Schwender Julia T., Wergin V. Vanessa

YRA - Oral · Hall: A12

Chair: *Jolan Kegelaers*

Psychosocial Resource Clusters and Well-Being Across the Transition Out of Elite Sport: A Person-Oriented Approach

Amor Lauren S., Schmid Michael J.

A Daily Diary Examination of Physical Activity and Affect in Adolescence

King Sara, Chandler Kelly, Geldhof G. John

CBT and VR Exposure After ACL Reconstruction: Efficacy and Component Effects in a Five-Arm Trial

Turkeri-Bozkurt Hande, Brewer Britton W., Koruc Ziya

The Mental Meta: Mapping Mental Health Complexity in Esports

Van Ruysevelt Lucas, Mairesse Olivier, Kegelaers Jolan

Making the Invisible Visible: Exploring Youth Sport Environments using Photovoice as a Participatory Method

Sternberg Line Maj, Henriksen Kristoffer, Storm Louise Kamuk

13:00 - 14:30

Lunch Break

14:15 - 14:35

Midday Mindfulness · Location: West University of Timisoara

Gimme 5 · Hall: A13

Chair:

Antidepressant Effects of Exercise in University Students - A Study Protocol*Praisan Gantima, Micale Alice, Fontanesi Lilybeth, Bertollo Maurizio, Berchicci Marika***Lifestyle Physical Activity Counselling in Inpatients With Depression (PACINPAT+): RCT Study Protocol***Lauxtermann Lena, Brühl Annette, Beck Johannes, Imboden Christian, Kreppke Jan-Niklas, Lang Undine, Oswald Anja, Ringli Maya, Rogausch Anja, Schreiner Ann-Katrin, Stubbs Brendon, Gerber Markus***Exploring Physical Activity Awareness and Sedentary Behaviour in Psychiatric Day-Care Settings.***Duina Marta, Corretti Giorgio, Carraro Attilio***Acute Effects of Physical Activity on Menstrual Symptoms and Affective Well-Being: A Randomized Crossover Trial***Rausch Linda, Wolfgruber Teresa, Kopp Martin, Niedermeier Martin***Physical Activity Coaching in Outpatients With Major Depressive Disorder: Study Protocol for PACOUTPAT Randomized Controlled Trial***Stark Céline, Beck Johannes, Oswald Anja, Rogausch Anja, Schreiner Ann-Katrin, Cody Robyn, Hohberg Vivien, Knappe Florian, Kreppke Jan-Niklas, Ludyga Sebastian, Gerber Markus***Kenny Music Performance Anxiety Inventory - Hungarian Validation in the Central and Eastern Europe Context***Woytynowska Kaya Ariel***From Sports to Life: A Case Study on Building Resilience***Micale Alice, Hill Yannick, van der Kamp, John (1, 2)***From Summit to Mind: Tracking Affective States and Mental Health in Female Elite K2 Climbers Bichler Carina S., Abdoli Marzieh, Gatterer Hannes, Falla Marika, Burtscher Johannes, Limmer Mirjam, Rausch Linda K., Klingler Paul, Vinetti Giovanni, Strapazzon Giacomo, Hufner Katharina****Insights from a Female Practitioner Working in Football***Plée Céline, Middleton Thierry, Pinckney Amanda, Wagstaff Chris***Evaluation of Dual Career Development Environment: Validity and Reliability Study of Turkish Version***Karadağ Duygu, Gözmen Elmas Aydan, Keskin Akın Nurgül, Elmas Safer, Aşçı Fevziye Hülya***Pathways to Pride: When Self-Criticism Meets Social Comparison in Athletes***Tsai Chi-Lun***Running into Uncertainty: The Role of Sport-Specific Intolerance of Uncertainty and Optimism in Athletic Performance***Assa Ran*

Oral Presentations 30: Developmental/ lifespan perspectives · Hall: A01

Chair: Carla Meijen

Understanding the Youth Sport Specialization Paradox Using the Holistic Ecological Approach Storm

Louise Kamuk, Venzel Nicklas Balle, Henriksen Kristoffer

An Adaptation Study of the Psychological Characteristics of Developing Excellence Questionnaire - Version 2 (PCDEQ-2) Into Turkish

Tekay Ece, Urfa Osman, Şahin-Kirik Fatma Adalet, Görgülü Recep

Applying the 5Cs Framework to Elite Youth Tennis: Impact Factors in a Talent Development Environment

Harwood Chris, Porter Kieran

Developmental Experiences Promoting Self-regulation in Sport among Adolescent and Adult Basketball Players

Siekanska Malgorzata, Wojtowicz Agnieszka, Popek Adam

Psycho-Social Health and Sports Club Activity of Young People: Longitudinal Results of the Representative Move for Health Study

Dreiskaemper Dennis, Burrmann Ulrike, Veltmaat Annalena, Suess Pina Li, Henning Lena

Oral Presentations 31: Cognition · Hall: A12

Chair:

Can Cognitive Abilities Predict Future Soccer Success? Evidence From a Five-Year Longitudinal Study

Ott Jonathan, Digutsch Jan, Heilmann Florian, Steindorf Lena

Latent Profiles of Adolescent Athletes' Sport Performance Strategies and their Associations with Competitive Anxiety and Flow

Lee Doheung, Won Jieun, Jang Dojin

Team Cognition and Verbal Communication in Esports: A Multi-Study Examination of Expert and Non-expert Team Dynamics

Eldadi Omer, Tenenbaum Gershon

Immersive Anticipation Testing to Predict Future Performance in International Pathway Cricket Batters

Runswick Oliver

Skilled Cricket Batters' Perceptions of the Role of Momentum in Shaping Anticipation and Decision-Making During Competition

Hasan Shahbaz, Broadbent David P., Dancy Paul, North Jamie S., Roca Andre, Murphy Colm P.

Oral Presentations 32: Special needs · Hall: 048

Chair: Urban Johnson

Inclusive Badminton in Higher Education: Preparing Future Coaches for Intellectual Disability Inclusion

Primo Laura, Gutiérrez Suárez Andrea, Pinilla Javier, Ocete-Calvo Carmen

The Role of Football in Enhancing Psychosocial Skills in Youth With Autism Spectrum Disorder

Cei Alberto, Sepio Daniela, Bruno Ruscello

Against all odds: Conditional inclusion, gendered legitimacy, and the experiences of female athletes with disabilities

Todd Rebecca, Tibbert Stephanie, Williams Yasmin

“Why Should I Have to Fight to Say that I Exist?”: Perceptions of Quebec Paraspport Athletes on Safe Sport

Rheault Camille, Radziszewski Stephanie, Parent Sylvie

Swimming as a Means of Integrating Children With Intellectual Disabilities Into Able-Bodied Children

Hafsaoui Benyoucef, Djaafri Asma

Oral Presentations 33: Mental skills training · Hall: A03

Chair: Christine Habeeb

Skill Development in Esports: Effects of Cognitive Training and Structured Gameplay Training in Novice Players

Sahin Kirik Fatma Adalet, Gulec Hayriye, Gorgulu Recep

How Does Mental Practice Training Influence Motor Accuracy Variability and Task Execution in a Precision Throwing Task?

Castellar Fernando, Cavaleri Rocco, Herff Steffen A.

Design and Implementation of Imagery and Self-Talk Intervention in Youth Tennis

Redlichova Vendula, Kocib Tomas, Rusnakova Kristyna, Novotna Jana, Slamova Jana, Harbichova Ivana, Komarc Martin

Mixed Reality Intervention with Eye-Tracking to Enhance Selective and Sustained Attention in Adolescent Athletes

Pleinica Solvita, Şuriņa Sanita, Semjonova Guna, Peleckis Gints, Liepa Agris

Training the Mind and the Saddle: Effects of PETTLEP Imagery on Equestrian Performance and Psychophysiological Responses

Yildiz Ahmet Anil, Gorgulu Recep, Demir Soner, Goncagül Gulsen

Panel 5 · Hall: Aula Magna

Psychology, Sport and Exercise (PSE): Ask the Editors

Raab Markus, Rebar Amanda

Symposium 19 · Hall: A11

Self-Talk in Sport: New trends and Directions.

Hatzigeorgiadis Antonis, Tzormpatzakis Emmanouil, Proskinitopoulos Theodoros, Latinjak Alexander, Gianniki Konstantina

Symposium 20 · Hall: A02

From Recovery to Excellence: Psychological Foundations of Sustainable Performance

Elser Alexander, Lautenbach Franziska, Ackaret Nadja, Vincze Andrada

Workshop 25 · Hall: Aula Biblio

Broken and Reassembled: What Can We Learn From Each Other's Crises?

Barta Gábor, Gacs Gergő

Workshop 26 · Hall: 130

Combined Cognitive and Exercise Priming and Training: Using the SOMA-NPT App

Ring Christopher

Workshop 27 · Hall: A10

A Practical Phenomenology of Corporal Fighting: Experiential Reductions in Combat Sports and Martial Arts

Roque Antunes Barreira Cristiano, Castelo Branco Telles Thabata

16:30 - 17:00

Coffee Break · Location: Convention Center

17:00 - 18:00

3rd Keynote Speaker: Rita Cordovil · Location: Convention Center

Before Sport: Movement Experiences, Motor Competence, and the Roots of Children's Engagement

18:00 - 19:30

FEPSAC General Assembly and FEPSAC Elections · Location: Convention Center

Thursday, 16 July 2026

Time	Event	Location
07:00 - 07:30	Morning Grappling & Conditioning	West University of Timisoara
07:30 - 08:00	Morning Run	West University of Timisoara
09:00 - 10:00	4th Keynote Speaker (Andrea Petroczi)	Aula Magna
10:00 - 11:00	Coffee Break and 3rd Poster Session	West University of Timisoara
11:00 - 12:15	Parallel Sessions	West University of Timisoara
12:15 - 13:30	Parallel Sessions	West University of Timisoara
13:30 - 15:15	Lunch break	
14:45 - 15:05	Midday Mindfulness	West University of Timisoara
15:30 - 16:30	5th Keynote Speaker (Caroline Bolling)	Aula Magna
17:00 - 19:30	Social Program	

09:00 - 10:00

4th Keynote Speaker: Andrea Petroczi · Location: Aula Magna

Keynote title to be announced soon

10:00 - 11:00

Coffee Break and 3rd Poster Session · Location: West University of Timisoara

Perceptions of Gender Conflict and Influences on an Athletes' Global Self-Esteem in Athletics: A Cross-Cultural Study

Vedika Jogani

Psychological Safety Under Threat: Negative Coaching Behaviours and Elite Athlete Wellbeing in Aesthetic Sports

Nia Palmer, Nicholas de Cruz

From COVID-19 to Bubble Events to Booster Vaccination: Psychological Effects on Elite Athletes' Mental Well-Being and Performance

Zsolia Boglarka Zrubecz, Eva Baramacheva, Mary Hassandra, Nikos Comoutos, Anne-Marie Elbe

A Phenomenological Study on the Continuation of Soccer Players' Careers

Jungwon Lee, Taiwoo Kim, Jieun Won

Exploring Associations Between Organized Sport Participation and Dimensions of Impulsivity Among US Youth

Matt D. Hoffmann, Joel D. Barnes

Conceptualizing Communities of Practice in SEPP: An International Delphi Study of Purpose, Structure, and Professional Value

Alessandro Quartiroli, Christopher R. D Wagstaff

The Sequential Mediating Role of Anxiety and Depression in Physical Activity and Adolescent Problem Behaviors

Xinchun Wang, Huiyu Shi, Minmin Du, Jian Yang, Yishan Liu

Triangulating Mental Toughness: Correlations between Personality, Skills, and Self-Perception in National Athletes

Marina Gerin

Relationships Between Cognitive Accuracy, Psychomotor Speed, and Reactive Agility in Youth Football

Izabela Huzarska-Rynasiewicz, Wojciech Paško, Maciej Śliż, Patryk Marszałek, Natalia Jasińska, Krzysztof Przednowek

Self-compassion and psychological safety as predictors of depression/anxiety and sustainability in high-performance coaches

Johanna Belz, Karin Hägglund, Richard Eirikur Taehtinen, Göran Kenttä

Boring Habits? Cross-Sectional Studies Investigating the Relationships Between Habit, Boredom, and Contextual Stability

Phil Ljubic, Maik Bieleke, Wanja Wolff, Chris Englert

Bridging the Gap: A Multidimensional Person-Centered Approach to Organizational Wellness

Hila Sharon David

How Do Teammates Exchange Interpersonal Emotion Regulation Efforts? A Social Relations Model Approach

Maria Wei Blanes, Joan Pons

Be Kind to Yourself: The Role of Self-Compassion in Athletes' Post-Injury Well-Being

Stefan Berti, Tabea Werner, Alena Michel-Kröhler, Karolina Grebner, Michèle Wessa

	Formula Racing Study: Feasibility of Measuring Pit Crew Heart Rate During Tire Changes in a Race <i>Jumpei Yamashita, Hiroki Terashima</i>
	The Five Rings for Soft-Landing: A Multidisciplinary Intervention Program for Transitioning Back Following the Olympic Games <i>Lael Gershgoren, Iris Orbach, Asaf Blatt, Royi Yablochnik, Itay Basevitch</i>
	Esports and Lifestyle: Players’ Perspectives on Health, Social Relationships, and Balance <i>Vassilis Barkoukis, Despoina Ourda, Oliver Leis, Marcelo Moriconi, Matthew Watson, Tobias Scholz, Leonidas Karaïskos</i>
	Between the Classroom and the Pitch: Balancing Athletic and Educational Demands Among Saudi Youth Football Players <i>Mohammad Aldosari</i>
	The Effect of Motor Imagery and Action Observation on Time Perception in Short-Term Motor Tasks <i>Muhammet Cihat Çiftçi</i>
	Boxing for Mind, Mood, and Movement (BM3): A pilot study exploring applied sport psychology intervention impact. <i>John Coumbe-Lilley, Nich Motyka, Ryan Braga</i>
	Supporting Elite Coaches’ Creation of Empowering Motivational Climates Through Coach Education and Follow-up Community of Practice <i>Matthew Cullen, Paul Appleton, Daniel Milton, Joan Duda</i>
	The Mediating Role of Self-Conscious Emotions in the Relationship Between Perfectionist Climate and Commitment to Sport <i>Ibrahim Dogukan Eskiürk, F. Hülya Aşçı, Osman Urfa</i>
	Understanding the Process of Normalizing Psychological Abuse: A Grounded Theory Study <i>Sarah McGee, Ashley Stirling</i>
	Distance-Specific Mental Representations in Freestyle Swimming: A Structural Analysis <i>Ludwig Vogel, Jonas Kämpfer, Steven Dethloff, Alexander Törpel, Thomas Schack</i>
	SMARTS: Evaluation of a Sports-Based Preventive Mental Health Intervention in Secondary Schools <i>Jolan Kegelaers, Imke Baetens, Martijn Van Heel, Lisa Van Hove</i>
	The Impact of Online Abuse on Professional Female Athletes <i>Amberlie Williams, James Newman, Beth Fielding-Lloyd, Ruth Deller</i>
	Reading Results Right: How Context Shapes Skill and Luck in Sport <i>Stephan Horvath, Philipp Röthlin</i>
	Effects of Exercise and Cognitive Training on Metacognition in Older Adults: The Moderating Role of Intervention Frequency <i>Feng-Tzu Chen, Yu-Tzu Chang</i>
	The effect of verbal and visual instructions on working memory and motor learning in sport: a scoping review <i>M^a Dolores González-Fernández, M^a del Pilar Vieiro-Iglesias, M^a Concepción Bao-Fente</i>
	On the Bench: Athletes’ Experiences of Substitution and Self-Regulation in Team Sport <i>Richard Hu, Alexander T. Latinjak, Oliver Leis</i>
	Risk of Eating Disorders in Strength Sports: Evidence from Spanish Powerlifting <i>Gerardo J. Cobo, David Peris-Delcampo, Enrique Cantón</i>
	Association between cardiorespiratory fitness and depression in university students: The mediation effect of lifestyle <i>Maria Eduarda Adornes Guimarães, Debora Tornquist, Julia Amaral, Eduarda Bitencourt, Felipe Schuch, Markus Gerber</i>
	Burnout and Well-Being Among Coaches <i>Galina Domuschieva-Rogleva, Maria Yancheva</i>
	Mental Performance Optimization in Modern Sport: A Sport Psychology Perspective <i>Abed Albasit Ashorman</i>
	Challenging Inhibitory Control and Working Memory Capacity Through FitLight Technology in Professional Handball Players <i>Lorena Rus, Marius Cioara</i>
	Informal Help-Seeking Intentions Buffer Daily Stress and Reduce Athletic Burnout in a Longitudinal Study of Competitive Athletes <i>Karolina Grebner, Tabea Werner, Alena Michel-Kröhler, Stefan Berti, Michèle Wessa</i>
	Psychometric Properties of Turkish Version of the Perceived Game-Specific Soccer Competence Scale <i>Nurgül Keskin Akın, Mehmet Zozik, Erdem Karabulut, Emine Çağlar</i>
	The Impact of the “Elite Athlete” Stigma on Mental Well-Being Among Athletes of Different Performance Levels <i>Petya Petrova-Whelan, Tatiana Iancheva</i>
	Temperament Structure, Dimensions of Personality, and Anxiety Level in Soccer Players <i>Joanna Basiaga-Pasternak, Jan Blecharz, Malgorzata Siekanska</i>
	Fan Identity and Consumption Among Turkish Football Fans: Preliminary Findings <i>Can Özgider, Mustafa Ozan Altın, İlhan Adiloğulları</i>
	Future Time Perspective Across the Elite Sport Career: A Focus Group Study <i>Elisabeth Åström, Paul Davis</i>
	Feeling Capable, Having Fun: Self-Efficacy Aligns with Enjoyment in iVR Cycling - Preliminary Results <i>Salvatore Alberto Rosito, Matteo De Angelis, Anna Carideo, Maurizio Bertollo, Selenia Di Fronso, Francesco Sartor</i>
	Prior Self-Control Exertion and Dart Throwing Performance <i>Ruth Boat, Toby Saunders, Simon B Cooper</i>

Can Acute Virtual Reality Exercise Selectively Modulates Emotional Memory? Preliminary Effects on Remembering and Forgetting

Miyuki Nakamura, Yujiro Kawata, Takuma Matsumoto, Shimin Song, Yuka Murofushi, Nobuto Shibata, Tsuneyoshi Ota

The LTAD Model of Hungarian Swimming and its relationship to athlete dropout

Réka Fanni Kunics

Temperamental Determinants of Success in Professional and Amateur Sports: A Sensation Seeking Perspective

Malwina Fituch, Izabela Głębicka

Poster - The Limits of Artificial Intelligence in Coaching: Why Human Presence Remains Irreplaceable

Costin Valentin

11:00 - 12:15

Oral Presentations 34: Elite sports and expertise · Hall: A02

Chair: Julian Fritsch

Are We Negative? The Frequency, Intensity, and Performance Effect of Negative Emotions in Elite Sport

Gershgoren Lael, Blatt Asaf, Yablochnik Royi

Beyond Laughter: The Role of Humour Styles and Perceived Control in Sport Achievement

Pan Min, Cheng Wen-Nuan Kara

Self-Regulation Under High Pressure: An Interpretative Phenomenological Study of Elite Sabre Fencers

Iscru Ionuț Alexandru, Hassandra Mary, Elbe Anne-Marie, Ionel Maria Ștefania, Latinjak Alexander T.

Amplifying Athletes' Voices: The Role of Team Leaders in Advancing Safeguarding

Campbell Bryanna, Stirling Ashley

Oral Presentations 35: Mental health · Hall: A12

Chair: Laura Giurgiu

Dynamic Relationships of Coping and Social Identity in Football: Influence on Players' Mental Health

Pété Emilie, Alletru Elliott, Thomas-Ollivier Véronique

Exploring Protective Factors Against Mental Ill-Health and Promotive Factors for Mental Health in World-Class Female Athletes

Walsh Kate, Giles Samuel, Harwood Chris, Saward Chris

A Comparison of Self-Administered Havening Technique and Active Control on Athlete Mental Health

Johal Kelly, Mcloughlin Ella, Saward Chris, Hunter Kirsty, Sarkar Mustafa, Sumich Alex, Harwood Chris

A Mental Health and Sport Performance Continuum Tool: Behavioral Indicators and Practical Strategies for Athlete Longevity

Kirby Jess

Oral Presentations 36: Cultural sport psychology · Hall: A01

Chair: Radu Predoiu

The Invisible Barrier: Menstrual Experiences of Female Footballers and the Culture of Silence Constructed with Male Coaches

Ağaç Betül, Elmas Safer, Hacısoftaoğlu İlknur, Aşçı Hülya

Understanding Stigma in Female Combat Sports: A Narrative Review and Psychoeducational Perspective

Papitsi Flora, Tsolakis Charilaos

Rethinking Applied Sport Psychology Considering Cultural Differences in Chronically Unstable Contexts

Jbeily Nathalie, Hauw Denis

University Sports Staff's Perspectives on Perfectionism in Competitive Racialized Athletes

Worthen J'mi, Tamminen Katherine, Kerr Gretchen, Joseph Janelle, Hill Andrew

Oral Presentations 37: Developmental / lifespan perspectives · Hall: A03

Chair: Faye Didymus

A Meaning Extraction Analysis of High School Student Athlete Essays on Sportsmanship

Pintar Tjaša, Ault-Baker Kylee, Blanton Jedediah

After the Last Lap: Body Image, Diet, and Physical Activity in Former Canadian Women Olympic Swimmers

Spagnuolo Erika, Duncan Lindsay

Student-Athlete or Athlete-Student?: Educational Neglect of Pre-Professional Hockey Players

Leaf Thomas, Kerr Gretchen, Principe Francesca

Tracking Social Support for Male Athletes Through Their Transition Into a National Football Academy

MacManus Oisin, Sharp Lee-Ann, Woods David, Ferguson Kyle, Paradis Kyle

Symposium 21 · Hall: A13

Biopsychosocial factors associated with refereeing performance in football

Teques Pedro, Peris David, Samuel Roy David

Symposium 22 · Hall: A11

Examining Norms and Group Dynamics in Elite-Level Refereeing Using NBA Last Two Minute Reports

Morgulev Elia, Sabag Eran, Bar-Eli Michael

Symposium 23 · Hall: Aula Magna

Positive Youth Development: Life Skills, Teaching Responsibility and Self-Transcendence as Pathways to Well-Being

Papaioannou Athanasios, Borrueco Marta, Toivonen Hanna-Mari

Workshop 28 · Hall: Aula Biblio

Psychological Support in Military Aviation: a Lifecycle Approach to High Performance in Extreme Environments

Eijsink Evelien Maria, Hengeveld Martijn

Workshop 29 · Hall: 048

2Steps4Health Workshop Series - Fostering Resilience and Mental Health in Competitive Youth Athletes

Riedmayr Luc, Kroll Josephine, Eckert Anna, Schnöckel Moritz, Walter Nadjia

Workshop 30 · Hall: A10

JustMove: Inclusive Physical Activity and Technology-Based Fitness Strategies for Persons with Disabilities

Stanescu Monica, Zahiu Mihaela, Popescu Gabriel, Kaygisiz Yildiz Ayse, Vasile Luciela

Workshop 31 · Hall: 130

Navigating Motherhood and Identity Change: A Humanistic Workshop for Sport and Performance Psychologists Supporting Mothers

Sharon David Hila, Block Carly

12:15 - 13:30

Oral Presentations 38: Neuroscience · Hall: A13

Chair: Tsung-Min (Ernest) Hung

Associations between cycling behaviour, spatial cognition, and prefrontal activity among adults: A VR and fNIRS study

Herfet Melinda, Debertshäuser Julius, Teo Wei-Peng, Broadbent David, Farizi Farah, Mazzoli Emiliano, Hoang Thuong, Tittlbach Susanne, Timperio Anna

High-Intensity Interval Training Activates a Frontothalamic Circuit to Modulate Affect-Related Behavior in Mice

Formolo Douglas Affonso, Cheng Tong, Yu Jiasui, Kranz Georg S., Zhang Shirley, Suk-Yu Yau

Does a Short Bout of Football Heading Impair the Neural Control of Balance?

Jarvis Callum, Mohamed Mohamed Omar, Wood Greg, Uiga Liis, Parr Johnny

How Individual Differences in Perceived Physical Effort Influence Effort-Based Reward Valuation: An Electroencephalography Study

Shi Huiyu, Yang Jian, Qu Yueyao, Liu Yumin, Miller Matthew W., Guérin Ségolène, Zhang Yuan, Li Zhihui, Brush C. J., Cheval Boris

Oral Presentations 39: Well-being and quality of life, Physical activity · Hall: A12

Chair: Latinjak Alexander

The Menstrual Cycle as Moderating Factor in the Physical Behavior and Affective Well-Being Interaction in Individuals With AUD?

Lutz Luisa, Reichert Dominic, Hoffmann Sabine, Ebner-Priemer Ulrich, Lenz Bernd, Reichert Markus

A Feasibility Study Investigating Effects of Exercise in the Workplace During Work Time for Menopausal Women

Bibbey Adam, Delextrat Anne, Walsh Gregory, Sabir Lily, Baines Katy, Fletcher Maxine

Temporal Narratives of Community-Based Physical Activity in Severe Mental Illness

Laxman Sreedevi, Day Melissa, Yu Chen-an, Hunt Emily, Wadey Ross

Enhancement of Embodied Awareness Following Yoga Practice

Shikanai Nao

Oral Presentations 40: Safeguarding, Social Psychology · Hall: A11

Chair: Laura Healy

Professional Identity Formation of Safe Dance Educators

Milne Aalaya, Magrath Jenna, Lefever Elisa, Chateau Nicole, Amato Lauren, McGee Sarah, Kyle Pip, Stirling Ashley

Psychological Safety in Sport: Deconstructing Conceptual Challenges

Heinisch Angela, Kerr Gretchen

Training Needs of the Athlete Support Professionals on Interpersonal Violence (IV) in Sport

Fréchette Corinne, Audrey-Anne De Guise, Allyson Gillard, Stephanie Radziszewski, Véronique Boudreault

Effects of Personal Disclosure and Mutual Sharing Intervention on Youth Team Cohesion

Karadoğan Özce Sila, Koruç Ziya, Durdubaş Deniz

Oral Presentations 41: Organisational development, Well-being and quality of life · Hall: A03

Chair: Storm Louise Kamuk

Psychological Configurations and Burnout Trajectories in Sport

Tutte Vallarino Verónica

A Multi-Phased Study of Self-Care in Elite Esports: Perspectives of Players, Coaches, Managers, and Sport Psychology Practitioners

Brain Jon, Quartiroli Alessandro, Wagstaff Christopher R. D.

Is it Really Growth for All? Professional Female Footballers' Perceptions of the Growth of Women's Football in the UK

Plée Céline, Middleton Thierry, Wagstaff Chris, Quartiroli Alessandro

Psychological Strengths in Sport as Relational Constructs: An Applied Perspective

Sahin Yekta, Balci Velittin

Symposium 24 · Hall: A02

When Everything Is Violence, Nothing Is Measurable: Operationalising Violence and Severity in Sport Psychology

Vertommen Tine, de Lafontaine Marie-France, Parent Sylvie, Schwab Laurie, Nery Miguel, Avelar Rosa Bruno

Symposium 25 · Hall: Aula Magna

Mental Health Promotion in High-Performance Sport: a Multidisciplinary and Organisational Perspective

Kegelaers Jolan, Usenik Janja, Devoto Maximiliano, Spolverato Laura

Workshop 32 · Hall: A10

The Spiritual Compass: Integrating the Spiritual Domain into Sport & Performance Psychology

Gerson Michael, Tomlinson Vicki, Hayden-Blackburn Julie, Biro Eszter

Workshop 33 · Hall: 130

Compassionate Mindsets and Motivational Environments in Competitive Sport: An Introduction to Compassionate Mind Training

Meichan Angus

Workshop 34 · Hall: Aula Biblio

Transforming Power Cultures That Malnourish Mental Health into Empowered Cultures: Jamming a Square Peg into a Round Table

Julie Hayden-Blackburn, Chelsea Norris, Dr. Vicki Tomlinson, Dr. Michael Gerson

Erasmus + Youth Social and cultural diversity (e.g. migration, ethnicity) · Hall: 048

Dual Career for Biathletes (DC4B)

Ślawińska Małgorzata, Doupona Mojca, Khomutova Anastasiya, Karbowska Julia

Erasmus+ Sport Stage Performance: A Showcase of a Multi-Institutional Programme at the Intersection Between Sport and Art

Laroëre Bianca Maria, Černá Jana, Kolbová Kateřina, Wolfová Natálie, Henebergová Lenka

EFPA Session · Hall: A01

Applying EFPA's Recognition of Sport Psychology in Europe: Challenges and Considerations for the EuroPsy Certificates in Sport

Harwood Chris

13:30 - 15:15

Lunch Break

14:45 - 15:05

Midday Mindfulness · Location: West University of Timisoara

15:30 - 16:30

5th Keynote Speaker: Caroline Bolling · Location: Aula Magna
Injury Prevention Only Works When Athletes Own It: Becoming the Guardian of Health and Performance

17:00 - 19:30

Social Program

Location: Timisoara

Treasure Hunt

Guided Tours with Wine Tasting and Traditional Dinner

Brewery Tour & Beer Tasting

Wine Tasting & La Pizza Napoletana

Friday, 17 July 2026

Time	Event	Location
07:00 - 07:30	Morning Grappling & Conditioning	West University of Timisoara
07:30 - 08:00	Morning Run	West University of Timisoara
09:00 - 10:30	Parallel Sessions	West University of Timisoara
10:30 - 11:30	Coffee Break and 4th Poster Session	West University of Timisoara
11:30 - 13:00	Parallel Sessions	West University of Timisoara
13:00 - 14:30	Lunch break	
14:15 - 14:35	Midday Mindfulness	West University of Timisoara
14:45 - 16:15	Parallel Sessions	West University of Timisoara
16:30 - 17:00	Coffee Break	Convention Center
17:00 - 18:00	6th Keynote Speaker (Sophia Jowett)	Convention Center
18:00 - 19:00	Closing Ceremony	Convention Center
20:00+	Conference Dinner/Party	Congress Hall

09:00 - 10:30

Oral Presentations 42: Exercise psychology · Hall: A12

Chair: Urban Johnson

A Gateway Hypothesis of Adult Exercise Participation: Early Affective Experiences and PE Memories

Brand Ralf, Kliegl Reinhold

Cross-Task Consistency of Motor Performance under Pressure in Hot-wire, Darts, and Golf—Is it a Thing?

Lillich Liane F., Utesch Katharina, Back Mitja D., Utesch Till

Impact of Exercise Addiction on Psychological Mechanisms and Outcomes

de Lafontaine Marie-France, Provencher Martin D., Turcotte Stéphane, Foldes-Busque Guillaume

Barriers to Physical Activity Cricket Participation for Women from Ethnically Diverse Backgrounds in the West Midlands

Garstang Katie, Williams Sarah, Navas Fidelis, Butt Sajda, Ward Jess, Veldhuijzen van Zanten Jet

Beyond self-Report: Neural and expressive signatures of the exercise experience

Ker Tony, Kirk Chris, Brand Ralf, Spackman Lynne, Jones Leighton

Oral Presentations 43: Group dynamics · Hall: A01

Chair: Radu Predoiu

Development and Validation of a Questionnaire for Assessing Players' Crisis Perception in Football

Rausch Constantin, Altmann Stefan, Spielmann Jan, Steindorf Lena, Jekauc Darko

Confidence in teammates: Teasing apart interpersonal sources of variance

Habeeb Christine, Daniel Reagan, Guempel Bishop, Domire Zachary

Psychological Preparation in Team Sport: Conceptual Framework and Application

Orbach Iris, Gershgoren Lael, Blatt Asaf

Coach-Athlete-Parent Interpersonal Relationship Dynamics and Psychological Outcomes in Youth Basketball: A Longitudinal Study

Lisinskiene Ausra, Lochbaum Marc

Emerging Kinesiology Leaders' Intentions to Apply the 3+1C Model and Achievement Goal Theory in Practice

McShan Keith

Oral Presentations 44: Health · Hall: 048

Chair:

Between Solidarity and Scrutiny: The Role of Athletic Peers in the Construction of Severe Menstruation

Quinn Emma, O'Donnell Emma, Papathomas Anthony

RESIST: Psychological Resilience in Sport and Its Over Time Relations With Athletes' Burnout

Metin Ayşe Nur, Vitalucci Davide, Galli Federica, Zelli Arnaldo, Mallia Luca

A Person-Centered Analysis of Rumination in Athletes: Associations With Selected Coping Strategies and Psychological Resources

Michel-Kröhler Alena, Werner Tabea, Grebner Karolina, Wessa Michèle

Body Image Beyond Appearance: Integrating Movement-Based Strategies Into Sport and Health Psychology

Sharon David Hila

Making the Case for Human Flourishing in Sport and Performance Domains

Simpson Richard Alastair Cameron

Oral Presentations 45: Youth · Hall: A13

Chair: Francesca Vitali

The Relationship Between Sport Behaviour, Social Media Use, Body Image, and Mental Health in Adolescents

Veltmaat Annalena, Henning Lena, Dreiskämper Dennis

Who Is at Risk of Doping? Psychosocial and Behavioral Profiles of Doping Intentions in Adolescent Athletes

Kristensen Jan Åge

Exploring Opportunities for Athlete-Led Practice in Adolescent Sport Practice Contexts

Radowits Royden, Wilson Stuart G., Teschuk Erin, Bain Lisa, Young Bradley W.

The Role of Coaches, Teammates, and Parents' Need Support in Buffering the Effects of Stressors Encountered by Adolescent Athletes

Duvert-Chenebert Valentin, Campagne Aurélie, Trouilloud David

The Revised Sports Interests Inventory (SPIT 36): Development and Validation

Schmid Michael J., Beck Damian, Côté Jean, Schmid Jürg

Oral Presentations 46: Mental Skill Training · Hall: A11

Chair: Laura Giurgiu

The use of Music, Imagery, and Their Combination by Athletes and Coaches

Castellar Fernando, Cavaleri Rocco, Herff Steffen A.

A Comparison of Flow-Clutch States in Real and Virtual Reality Table Tennis Competitions

González-García Higinio, Martinent Guillaume, Prieto Joel

An Exploration of Team-Level Effects of Mindful Sport Performance Enhancement: Athlete and Coach Perspectives

Minkler Thomas, Zizzi Sam, Costalupes Blake

Integrating Reflective Practice Within a Psychological Skills Training Program for Chinese Volleyball Players

Zhang Xiao, Cao Chunmei, Werthner Penny

Self-Reported and Behavioral Measures of Motor Imagery Correlate in Competitive Athletes

Bar Tamir, Tenenbaum Gershon, Abraham Amit

Symposium 26 · Hall: A03

Safeguarding in Sport Psychology: Cultural Contexts, Case Studies, and Applied Practice

Khomutova Anastasiya, Chroni Ani, Brain Jon, Stoljarova Snežana, Barić Renata

Symposium 27 · Hall: Aula Magna

No One Achieves in a Vacuum: Advancing Understanding of Coach-Athlete Relationships

Jowett Sophia, Davis Louise, Solstad Bard, Healy Laura

Symposium 28 · Hall: A02

Why Consider the Environment in Youth Sport?

Storm Louise Kamuk, Sternberg Line Maj, Saarinen Milla, Pancow Kurtis, Kelly Roisin Marie, Harwood Chris

Workshop 35 · Hall: Aula Biblio

Training Body Awareness through Embodied Anatomy: Franklin Method Strategies for Perception, Belief, and Motor Regulation

Abraham Amit, Franklin Eric

Workshop 36 · Hall: 130

Designing Holistic Season-long Self-Regulation Training Program

Hu Richard, Iscru Ionut Alexandru, Vance Michael, Mastino Stefano, Latinjak Alexander T.

Workshop 37 · Hall: A10

Helping Athletes Manage the Yips: Approaches, Strategies and Interventions

Jensen Jacob

10:30 - 11:30

Coffee Break and 4th Poster Session · Location: West University of Timisoara

A Cross-Sectional Examination of Relationships Between Perfectionism, Burnout, and Mental Rest in College Athletes

Elif Bouthiller, David William Eccles, Brian Joseph Foster, Yanyun Yang

The Effectiveness of Community Sports Interventions on Children's Wellbeing: A Systematic Review and Meta-analysis

Lara Vella, Chaturani De Silva, Johannes Carl, Matteo Crotti, Lisa Barnett, Michael Duncan

Move More, Scroll Less? Physical Activity, Smartphone Use, and Body Shape Perception in Adolescents: Gender Differences

Sungho Kwon, Juhyeong Kim, Seungho Chang

Spontaneous Headshake After a Kinematic Event (SHAAKE): New Concussion Symptom Is Prevalent When Heading the Football

Daniel Walker, Jade Jukes

Towards the Exploration of Abuse-Driven Career Transitions in Sport

Nicole Chateau, Michael Atkinson, Ashley Stirling

Effects of Moderate-Intensity Aerobic Exercise on Working Memory in College Students with Anxiety Symptoms: ERP Evidence

Xinchun Wang, Huiyu Shi, Minmin Du, Jian Yang

Digitising the SDA-M Approach: An AI-Enhanced Software for Motor Gesture Analysis and Imagery Scripting

Marina Gerin

Cultural Differences and Acculturation Effects on Physical Activity Motives of Gym Users Among Foreigners and Native Germans

Paul Obeng, Mustapha Amoadu, Medina Srem-Sai, John Elvis Hagan, Thomas Schack

Let's Learn Together: A Multilevel Study of Teaching Behaviors, Class Cohesion, and Student Outcomes in Physical Education

Francisco M. Leo, Rubén Llanos-Muñoz, Leen Haerens, Luis García-González, Miguel Á. López-Gajardo

How Coaches' Leadership Behaviors are Related to Individual- and Team-sport Athletes' Ability to Self-regulate Their Learning?

Malgorzata Siekanska, Jan Blecharz

	Emotion Dysregulation: A Key Predictor of Adolescent Athletes’ Mental Health <i>Victòria Romero, Joan Pons, Elena Gervilla</i>
	Relationship Between Physical Activity and Psychological Well-Being in Adolescents: The Mediating Role of Critical Thinking <i>Kübra Tunç, F. Hülya Aşçı</i>
	Motor Decision-Making in Social Interaction: Investigating Joint Action Coordination in the Object-Transfer Task <i>Matthias Weigelt, Jean-Luca Schulz, Toni Anton Schirmacher, Natalie Sebanz</i>
	Baseline Psychological Profiles from Pre-Season Assessment in an Elite Hungarian Sports Club <i>Luca Pump, Karrie Hamstra-Wright, Zoltan Kiss, John Coumbe-Lilley</i>
	The Effect of Resistance Training on Physical Performance and Mental Health in the Elderly <i>Elena Sirbu, Romeo Golimba, Timea Szasz</i>
	Prevalence of Mental Illness Symptoms in Spanish Elite Athletes <i>Irene Checa, Francesca Ancarani, Marta Perarnau, Cristina López de Subijana, Nuria Garatachea</i>
	When Numbers Tell the Story: Data-Driven Early Detection of Performance Crises in Professional Football <i>Constantin Rausch, Jannik Jekauc, Darko Jekauc</i>
	AI-Generated Feedback in Sport: A Scoping Review Protocol on Its Alignment With Motor Learning Principles <i>Annika Stippler, Lennart Eing, Stefan Künzell</i>
	Smartphone Dependence and Flow in Adolescent Soccer Players: The Mediating Roles of Sleep Quality and Competitive State Anxiety <i>Minkwon Moon, Kyoungjin Yang</i>
	Athletes’ Views and Practices Regarding Nutritional Supplement Use <i>Despoina Ourda, Maria-Theodora Gkountou, Andreas Loukovitis, Lambros Lazuras, Ana Sofia Tavares, Vassilis Barkoukis</i>
	Formula Racing Study: Practical Cortisol Estimation From Wearable Heart-Rate Monitoring and Sleep-Related Stress Adjustment <i>Seiji Matsumura, Yuuki Ooishi, Makio Kashino, Naoki Saijo</i>
	Exploring the Antecedents of Physical Education Teachers’ Basic Psychological Needs and Motivation <i>Juan José Pulido González, Iván Ramírez-Bravo, Ana Rubio-Morales, Rosa Ayuso-Moreno</i>
	Understanding Thriving in Elite Youth Athletes: An Arts-Based Narrative Inquiry <i>Emily Beach, Daniel J. Brown, Thierry Middleton, Louise Davis</i>
	INSIST: The Role of Psychological Resilience in Accounting for Athletes’ Burnout Through Performance Failure and Sport Commitment <i>Ayşe Nur Metin, Davide Vitalucci, Federica Galli, Arnaldo Zelli, Luca Mallia</i>
	Rumination in Athletes: A Scoping Review <i>Alena Michel-Kröhler, Richard E. Taetinen</i>
	Understanding the Women and Men Sport Aspiring Leaders’ Experiences on Future Sustainable Work Life Through Dream Day Narratives <i>Ellora Bourgeois, Elisa Sarda, Virginie Nicaise</i>
	Mind Over Muscle: Perceived Pain and Coping Strategies in Elite Athletes Under Physical Exertion <i>Jan Blecharz, Katarzyna Supernat</i>
	Characteristics of the Parent(s)-Coach Relationship: A Qualitative Study in Intensive Training Centers in Team Sports <i>Ruben Breniaux, Noémie Lienhart, David Trouilloud</i>
	Psychosocial, Health-Related, and Socio-Demographic Correlates of PE Teachers’ Mental Health <i>Sascha Leisterer-Härtig, Anna Eckert, Alexandra Ziegeldorf</i>
	A Motor-Cognitive Signature of Skilled Object Manipulation: Linking Action Structure to Movement Efficiency <i>Miguel Cienfuegos, Henrik Schelenz, Thomas Schack</i>
	Becoming a Fighter: Phenomenological Dimensions of Personal Development in Beginner Martial Arts and Combat Sports Practitioners <i>Yan Lázaro dos Santos, Thabata Castelo Branco Telles, Carlos Gutiérrez-García, Cristiano Roque Antunes Barreira</i>
	Gender, Type of Sport, and Level of Competition Impact Dual-Career Satisfaction, Stress, and General Well-Being <i>Francesca Vitali, Anna Calderaro, Elisa Bisagno, Alessia Pecchini</i>
	Mental Workload, Perfectionism, and Burnout in Sport <i>Tatiana Iancheva, Milena Kuleva</i>
	Tilt and Toxic Behaviour in Esports: Associations With Internet Gaming Disorder <i>Adrián Díaz Moreno, Iván Bonilla Gorrindo, Samuel Jurado Zapata, Andrés Chamarro Lusa</i>
	Temporal Stability and Predictive Validity of the Romanian CART-Q in Youth Sport: Links to Athlete Satisfaction <i>Bogdan-Alexandru David, Alexandru Boncu, Andrei Rusu, Radu Predoiu, Paul Sărbescu</i>
	Motivational Psychological Intervention With "The Giraffe of Canton" to Increase Physical Fitness (Flexibility) <i>Enrique Cantón, David Peris-Delcampo</i>
	Coping Skills and Emotional Regulation of Elite Level Young Fencers <i>Flora Papits, Emmanouil Georgiadis, Charilaos Tsolakis</i>
	The Effect of Acute Exercise with Different Cognitive Levels on Working Memory and Cerebral Blood Flow in Adolescents <i>Yi-Hsuan Lin, Tse-Yuan Chuang, Tsung-Min Hung</i>

Influence of External Factors on the Leadership Style of Football Coaches

Galina Domuschieva-Rogleva, Viktor Vencov

Sex-Related Differences in Aggressiveness Among Competitive Judo Athletes and Age-Matched Untrained Persons

Marcin Krawczyński, Jan Supiński, Zbigniew Obmiński, Rafał Kubacki, Roman Maciej Kalina, Marzena Supińska

Immersive Virtual Nature Exposure and Recovery of Decision-Making Performance in Mentally Fatigued Soccer Players

Yujiro Kawata, Kyohei Mikajiri, Takeshi Hibi, Miyuki Nakamura, Kazusa Oki, Haruka Kadoya, Yuka Murofushi, Tsuneyoshi Ota

Implementing Sport and Exercise Programmes for Female Asylum Seekers in a Refugee Camp

Konstantinia Filippou, Florian Knappe, Antonis Hatzigeorgiadis, Ioannis D. Morres, Markus Gerber, Yannis Theodorakis

Effect of Perfectionistic Climate on Athletes' Emotion and Motivation Outcomes: Mediating Role of Irrational Performance Beliefs

Sergen Yücel, İhsan Sari

Impact of Individual Differences on Receptiveness to Neurofeedback Related to Motor Imagery

Arfa Mubeen, Johanna Glaaser, Michael Avola, Allison Cox, Anjali Kapadia, Edgar Mora, Elita Odartei, Keanu Parsa, Yoax Zamir, Konstantin Sonkin, Brady S. DeCouto

Sport Leadership Power Perceptions of Football Players in Relation to Big-Five Personality Traits

Erkut Konter

11:30 - 13:00

Oral Presentations 47: Sports injury, prevention and rehabilitation · Hall: A11

Chair: John Coumbe-Lilley

Coping With Post-Surgical Pain in ACL Rehab: A Daily Diary Approach to Understanding Strategy Use, Flexibility, and Pain Dynamics

Werner Tabea, Wessa Michèle, Brewer Britton W., Cornelius Allen E., van Raalte Judy L.

Demonstrating a Holistic Ecological Approach to Injury Prevention and Management in Youth Sport - A Single Case Study

Venzel Nicklas Balle, Møller Merete, Henriksen Kristoffer, Storm Louise Kamuk

The Storied Experiences of Tensions and Sacrifices within the Injured Athlete-Support Person Dyad

Principe Francesca, Kerr Gretchen

A Phase-Based Imagery Intervention to Facilitate Return to Training in Injured Elite Wrestlers

Loes Denisa

Motor-Cognitive Therapy Approaches in Pediatric Upper Extremity Fractures: A Single-Case Pilot Study

Frenkel Marie, Brod Carolin, Gonzales-Blum Inga

Oral Presentations 48: Violence, Safeguarding · Hall: A03

Chair: Tanja Kajtna

Coaches' Lived Experiences of Psychological Safety as they Support Safeguarding in a High Performance Environment

Guinzbourg Anya, Stirling Ashley

Representing and Elevating Child (Athlete) Voice in the Safe Sport Discourse

Gennings Ellie, Kavanagh Emma

Building Safer Environments in Combat Sports and Martial Arts: a tailored Safeguarding Code

Verhelle Helena, Soares Ramos Falcão Renata, Schyvinck Cleo

Sport as Identity and Psychological Anchor: University Athletes' Experiences of Training and Career Development During War

Yukhymenko-Lescroart Mariya, Voiedilova Olena

Dancers' Experiences of Psychological Harm: Understanding the Dancer-Instructor Relationship

Magrath Jenna, Stirling Ashley

Oral Presentations 49: Elderly · Hall: A01

Chair: Selenia Di Fronso

The Effects of Chronic Cognitive Challenges Exercise on Working Memory in Older Adults

Lo Yu-Ting, Liao Chang-Jing, Deng Yuan-Jun, Chang Chen, Hung Tsung-Min

Longitudinal Effects of Light Exercise in Older Adults: Affective Changes Based on the Circumplex Model

Szabo Attila, Járai Róbert, Tóth Eliza, Ihász Ferenc

The Association between Physical Fitness and Sustained Attention in Older Adults- An Ex-Gaussian Approach

Chang Chen, Deng Yuan-Jun, Chu Chiung-Ling, Liao Chang-Jing, Hung Tsung-Min

Orienteering as a Sport for Healthy Aging

Gröpel Peter

Panel 6 · Hall: Aula Magna

Exercise Behavior vs. Sport Decisions: An Adversarial Collaboration and Open Discussion on Dual and System Process Models

Rebar Amanda, Raab Markus, Nieuwenhuys Arne, Chamberland Pier-Eric

Symposium 29 · Hall: A13

Mental Health in Youth Elite Sport: A Multilevel Perspective From Athlete Monitoring to System Change

Örencik Merlin, Kroll Josephine, Åkesdotter Cecilia, Devoto Maximiliano

Symposium 30 · Hall: A12

Acceptance and Commitment Therapy and Expressive Art Therapy Practices in Applied Sport Psychology

Mastino Stefano, Chies Matteo, Moesch Karin, Fang Ho Kiu

Symposium 31 · Hall: A02

Navigating the Professional Careers of Women in Sports

Borrucco Marta, López de Subijana Cristina, Perarnau Marta, Pecchini Alessia, Saarinen Milla

Workshop 38 · Hall: A10

From Performance Blocks to Personal Patterns: the Model of Sport-Psychotherapy by Sport and Soul Sport-Psychotherapy Association

Bóna Krisztina, Sárkány Dominik

Workshop 39 · Hall: 048

When High Athletic Identity and an Eating Disorder Become Intertwined

Selby Christine

Workshop 40 · Hall: 130

Revisiting Context Transferability in Applied Sport Psychology: A Social Assemblage Perspective

Kuo Pei-Ling

Workshop 41 · Hall: Aula Biblio

Enhancing Athletic Performance: An Integrated Framework for Mastering Breath, Muscle Tension, and Mental Imagery

Stavrou Nektarios

13:00 - 14:30

Lunch Break

14:15 - 14:35

Midday Mindfulness · Location: West University of Timisoara

Oral Presentations 50: Cognition · Hall: A02

Chair: Fabrizio Sors

Latency-Based Measures of Aggression in Sports Coaches

Predoiu Radu, Piotrowski Andrzej, Stănescu Monica, Cosma Germina

Rapid chase or continuous flow of information? Visual-motor processing of head fakes in basketball

Güldenpenning Iris, Schulze Frielinghaus Lars, Böer Nils Tobias, Weigelt Matthias

Relationships Between Motor Imagery, State Anxiety, Selective Attention and Tennis Skill in University Students

Akin Gokce, Odabas İlhan, Yarsuvat Billur, Asci Alper

Acute Effects of Adding Cognitively Engaging Tasks to the Daily Mile on Subsequent Cognition and Enjoyment in Young People

Dunn Anna

The Multilayer Model of Automatization: A Predictive, Adaptive Framework for the Development of Skilled Performance

Müller Hermann, Canal-Bruland Rouwen, Künzell Stefan, Schubert Torsten

Oral Presentations 51: Motor control and learning · Hall: 048

Chair:

Measuring Anxiety in the Learning of High-Risk Motor Skills: A Methodological Discussion

DeCouto Brady, Higgins Taylor, Fawver Bradley

Eyes don't lie? Qualitative Insights into Scanning Behaviour in Ice Hockey

Bespomoshchnov Vladislav, Mallett Clifford J., Martel Ken, Jordet Geir

Illusory Awareness in Professional Table Tennis Players: A Kinematic Analysis of Consciously Reproduced Stroke Parameters

Jurchis Razvan, Vincze Andrada, Preda Andrei, Caprioli Lucio, Costea Andrei, Opre Adrian

Creativity Requires Time: A Preliminary Study on the Effect of Task Duration on Motor Creativity Assessment in Children

Zinni Annalisa, Hamdi Faten, Bertollo Maurizio, De Fano, Antonio (2, 4)

Does Combining Music and Mental Imagery Improve Motor Skill Performance in Sports?

Castellar Fernando, Cavaleri Rocco, Taruffi Liila, Herff Steffen A.

Oral Presentations 52: Decision making and judgement · Hall: A01

Chair:

The Influence of Affect and Emotions on Judgment and Decision Making in Applied Performance Contexts - A Scoping Review

Knöbel Simon, Twelbeck Olga Imogen, Lautenbach Franziska

Tactical Decision-Making in Soccer: Differences Between Coaches and Players Across Scenario Difficulty

Russo Gabriele, Ceciliani Andrea, Verghini Gabriele, Maurizio Aldrovandi, Williams A. Mark, Bigliassi Marcelo

The Impact of Shame on Perceptual Decision Making

Boda-Ujlaky Judit, Török Lilla, Járai Róbert

Read and React in Flag Football - Development of a Quarterback-Specific Decision-Making Assessment Tool

Finkenzeller Thomas, Hofer Andreas, Amesberger Günter, Wälde Jannic, Haller Simon, Pannicke Björn

The Psychology of Rock Climbing: A Systematic Review

Mangan Kevin, Andrews Kathryn, Miles Brad, Draper Nick

Oral Presentations 53: Psychophysiology · Hall: A03

Chair: Recep Gorgulu

Mitigating Ironic Errors Under Pressure: Effects of PETTLEP Imagery and HRV Biofeedback on Free-Throw Performance

Görgülü Recep, Sezan İlayda

The Impact of Physiology, Motivation and Pain on Self-Control Strength Performance

Steel Richard, Supple Cassandra, Boat Ruth

Enhancing Emotional Regulation and Decision-Making in a Youth Soccer Player Using HRV Biofeedback and a Go/No-Go

Yablochnik Royi, Blatt Asaf, Gershgoren Lael

Response Inhibition Under Physical and Emotional Stress

Nieuwenhuys Arne, Page Martin, Nash Sam

Panel 7 · Hall: Aula Magna

Parasport in Winter Sports - Health, Performance, and Decision-Making

Frenkel Marie, Boudreault Véronique, Forster Anna-Lena, Zimanyi Zsuzsanna, Willrett Jürgen

Symposium 32 · Hall: A13

Finding the Best Practices to Organize Athlete Education: Insights from the Nordic Model

Saarinen Milla, Johnson Urban

Symposium 33 · Hall: A11

Educating Master's Students in Sport and Exercise Psychology - The joys of three European degree programs

Elbe Anne-Marie, Walter Nadja

Symposium 34 · Hall: A12

Conflict in Sport: Regaining Momentum in Research to Drive Practice

Lüdemann Jonas, Wachsmuth Svenja, Paradis Kyle, López-Gajardoa Miguel A., Boulter Matt

Workshop 42 · Hall: A10

Dynamic Neurocognitive Imagery in Dance and Sport: An Applied Workshop for Performance Enhancement

Franklin Eric, Abraham Amit

Workshop 43 · Hall: Aula Biblio

Integrating Systemic-Solution-Focused Therapy in applied Sport Psychology: Self-Care for Practitioners

Ruchti Erika

Workshop 44 · Hall: 130

Leading with Cultural Intelligence in Sport

Deniz Urgun, Rita de Oliveira, Mario Borges, Eleni Vangeli

16:30 - 17:00

Coffee Break · Location: Convention Center

17:00 - 18:00

6th Keynote Speaker: Sophia Jowett · Location: Convention Center

Navigating emerging tensions and contradiction within the coach-athlete relationship

18:00 - 19:00

Closing Ceremony · Location: Convention Center

20:00+

Conference Dinner / Party · Location: Congress Hall

Ceremonies and Social Events

Monday, 13 July 2026

Time	Event	Location
08:30 - 17:00	Participant Registration	West University of Timisoara
17:30 - 18:00	Opening Ceremony	Convention Center
19:00 - 19:05	FEPSAC 2026 Group Photo	Convention Center
19:05 - 23:00	Welcome Reception	Convention Center

Tuesday, 14 July 2026

Time	Event	Location
08:30 - 17:00	Participant Registration	West University of Timisoara
19:50 - 21:00	Science Slam	Convention Center

Wednesday, 15 July 2026

Time	Event	Location
08:30 - 17:00	Participant Registration	West University of Timisoara
18:00 - 19:30	FEPSAC General Assembly and FEPSAC Elections	Convention Center

Thursday, 16 July 2026

Time	Event	Location
17:00 - 19:30	Social Program	

Friday, 17 July 2026

Time	Event	Location
18:00 - 19:00	Closing Ceremony	Convention Center
20:00+	Conference Dinner / Party	Congress Hall